



# 2010 Senior Metropolitan Long Course Championships

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number 100702

Time Trials Sanction Number 100751-T

Sponsored by Metropolitan Swimming, Inc.

To be held at:

**NASSAU COUNTY AQUATIC CENTER  
EAST MEADOW, NEW YORK**

**July 22 - 25, 2010**

General Chair:  
Meet Director:  
Meet Jury:

Mary Fleckenstein  
Don Wagner  
Don Wagner, Senior Chair  
A Metro Athlete  
A Metro Coach

**Invited Teams:**

All Metro Teams  
Eastern Express  
New Jersey Wave  
Peddie Aquatic  
Scarlet Aquatic Club

# 2010 SENIOR METROPOLITAN LONG COURSE SWIMMING CHAMPIONSHIPS

Hosted by Metropolitan Swimming, Inc.

July 22 - 25, 2010

## PLEASE READ CAREFULLY AND COMPLETELY!

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # **100702**

**LOCATION:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY 11554

**FACILITY:** 10 - 50 meter lanes – min depth 2 meters. Colorado Timing system, with 10 lane scoreboard. **NO SMOKING ALLOWED IN THE BUILDING.** Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building. Offenders will be ejected from the facility.

**SESSIONS:** **Thursday:** Timed Finals: Warm-up 4:30 p.m. Meet Start: 5:30 p.m.

**Friday, Saturday, and Sunday**

Prelims: Warm-up 7:30 a.m. Meet Start: 9:00 a.m.

Finals: Warm-up 4:30 p.m. Meet Start: 5:30 p.m.

**FORMAT:**

1. Coaches and swimmers shall have the responsibility to familiarize themselves with the current U.S.A. Swimming Rules and Regulations.
2. There will be preliminary heats and finals in all individual events except the 800 Meter and 1500 Meter Freestyle. These events and all relays will be Timed Finals. A “prelims” break before the relays will be held at the discretion of the meet director.
3. The event order for the evening sessions will be: Bonus Final—8 swimmers (limited to swimmers 18 & under), Consolation Final—8 swimmers, Championship Final—8 swimmers. There will be a 10 minute break before the relays in all finals sessions.
4. Consolation and Championship finals will score. Bonus Final is a non-scoring heat.
5. All Relays are timed finals with the Top 8 relays swimming at finals.
6. All participating teams will be expected to time lanes during the meet.

### **FINALS ORDER:**

**Thursday:** All heats of 800 Meter Freestyle to be swum fastest to slowest alternating women and men.

**Friday:** Same order as the Prelims and the fastest heat of the 800 Meter Freestyle Relay

**Saturday:** Same order as the Prelims and the fastest heat of the 400 Meter Medley Relay.

**Sunday:** Heats of the 1500 Meter Freestyle will run to finish approximately 10-15 minutes before the start of warm-up for finals. They will be run alternating men and women, slowest to fastest. Warm-up for the 1500 will be adjusted and announced after positive check-in. The evening session will begin with the fastest heats of the 1500 Meter Freestyle, Women and Men; then the remaining individual events in the same order as prelims; and the fastest heat of the 400 Meter Freestyle Relay.

### **DISTANCE EVENTS:**

The 800 Meter Freestyle **may** be limited to 40 Women and 40 Men. The 1500 Meter Freestyle may be limited to 32 Women and 32 Men. **Swimmers entered in these events must confirm their intention to swim (POSITIVE CHECK-IN) or they will not be seeded.** All individual timed final events will be seeded only if proof of time is submitted with the entries.

**ELIGIBILITY:**

1. All swimmers must be 2010 USA Swimming, Inc. registered as of the entry deadline. In addition, to be eligible to swim in this meet, **Metro swimmers must have competed in individual events in a minimum of three Metropolitan Swimming Inc. sanctioned meets** (or Regional or Nationals while registered with Metropolitan Swimming, Inc.) since **July 27, 2009**. **Attendance at a meet as a relay only swimmer will not count as one of the 3 Metro Meets requirement.**
2. Entry times must equal or better the qualifying standards. **Long course meter times will be the conforming standard and will be seeded faster than yard or sc meter times. Entry times may NOT be converted.**
3. **Times must have been achieved between May 1, 2009 and the meet entry deadline.** **SWIMS Time Recon will be performed before the meet.**
4. As per House of Delegates of May 14, 2008: Beginning with the 2009 SC Senior Mets, **all relay entries must be accompanied by proof of time. Composite times may be used. Top 8 Relays will swim at Finals.**
5. Swimmers failing to swim the qualifying entry times shall have thirty days to prove having accomplished said times. Included are DQs (Disqualifications), and intentional DQs (behind the block intentional deck scratch).
6. **Each time not proven by August 25, 2010 will be subject to a \$50.00 fine.**

**DISABILITY SWIMMERS:**

Swimmers with disabilities that qualify for Disability National Championships are encouraged to enter. Contact the meet director if you need special consideration. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.

**ENTRIES:**

1. A swimmer may enter any event for which he/she has met the qualifying standard, but may **participate in only six (6) individual events.**
2. A swimmer may not swim more than three (3) individual events on any one-day **INCLUDING TIME TRIALS.**
3. A swimmer may swim in any number of relay events during the meet.
4. All entries, individual and relay, must be submitted on a Hy-Tek disk. Include Hy-Tek Team Manager Meet Entries report. Swimmers who will be on relays only must be listed on the Master Entry Form and on the disk.. A hard copy of the entries **with proof of times** must be emailed (or mailed) at the time entries are sent. (Just check the box "include proof of time" in Team Manager Meet entries report).
5. Mail all entries to: Mary Ann Senecal (email entries to [msenecal@optonline.net](mailto:msenecal@optonline.net) )  
1 Bonwit Place  
Farmingdale, NY 11735

**Sign Express Mail Waiver allowing delivery without signature.**

Any problems or questions: E-mail Mary Ann at [msenecal@optonline.net](mailto:msenecal@optonline.net)

6. **A Meet Manager entries report will be emailed back as confirmation of receipt.** Coaches, please contact Mary Ann if you do not receive such a report within 2 days of your original email.

**DEADLINE:**

**Entries** must be in hand no later than **Tuesday, July 13, 2010**. This entry date allows any swims achieved through Sunday, July 11<sup>th</sup> to be "Express Mailed" prior to the deadline. Entries received after the deadline will NOT be accepted. If a swimmer qualifies between July 14 and July 18, coaches must send an email with **new entries only** no later than Monday, July 19<sup>th</sup>. **Absolutely no new Hy-Tek file and no updating of times will be allowed.**

**ENTRY FEE:**

\$5.00 per individual entry, \$10.00 per relay entered, \$4.00 per swimmer for Metro surcharge (including relay only swimmers). Entry fees **MUST** accompany entries. Make one check payable to **Metropolitan Swimming. NO REFUNDS.**

**WARM-UP:**

First 60 minutes will be general warm-up. Last 30 minutes: 2 or more lanes will be open for one-way sprint. All other lanes will remain open for general warm-up.

**SCRATCHES:    SCRATCH RULES AND PROCEDURES: READ VERY CAREFULLY!!**

1. **POSITIVE CHECKING** for the 800 Yard Freestyle **MUST** be made in person at the pool desk of Nassau County Aquatic Center between **4pm and 5pm on Thursday, July 22, 2010**. The 800 free will be seeded promptly at 5pm.
2. **Scratches for Friday's events MUST be made by emailing Mary Ann between 11am and 1:00pm on Thursday, July 22<sup>th</sup> or in person by a coach during warm-up of the 800 free on Thursday.**  
**All scratches for Friday will close at the end of warm-up, at 5:30pm, on Thursday, July 22<sup>th</sup>**
3. Scratches for all subsequent days' events and confirmation of intent to swim the 1500 Yard Freestyle shall be made no later than 30 minutes after the conclusion of the prelims of the preceding day. Scratch forms will be provided.
4. **In all prelim-final events, after the prelims have been seeded, any swimmer who fails to compete in an individual event heat in which he/she is entered and from which he/she has not been scratched will be barred from all further individual and relay events of that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares his/her intent to swim prior to the close of scratches for that day's events.**
5. Heat sheets for same day finals and for the next day prelims session will be posted within 30 minutes of the conclusion of each morning session.
6. A swimmer qualifying for any finals swim based upon the results of the prelims must notify the Clerk of Course within 30 minutes after announcement of the qualifiers for that event that he/she **may not intend** to compete, and further must declare his/her final intention within 30 minutes following his/her last preliminary event. If a swimmer fails to follow this procedure, he/she will be barred from further competition for the remainder of the meet, except as noted in Rule 207.12.6 E1 and E3. In addition, if a swimmer fails to follow this procedure for the last session of the meet, his/her club will be fined \$50.00 for each instance.
7. The relay scratch rule will be as follows: Any relay team entered in a relay event and not properly scratched must swim the event. Failure to do so will result in each member of the relay team being barred from the next relay event in which they may otherwise be eligible to compete. A relay team member failing to appear ready to swim for a relay event will be barred from his/her next individual event. Relay members who do appear ready to swim shall not be penalized.
8. **It is the responsibility of the Swimmers and the Coaches to make sure that swimmers have not moved up into the top 24 by the close of the prelims session.**

**COACHES:**

In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.

**AWARDS:**

Medals for the first 8 places in individual events and first 3 places in relays.  
Top Women, Men, and Combined Teams Awards will be presented.  
Female and Male Individual High Point Awards will be presented.

**SCORING:**

**All events will be scored to 16 places. Points for Individual events are:**

- **Bonus Final – no score**
- **Consolation Final – 9, 7, 6, 5, 4, 3, 2, 1.**
- **Championship Final – 20, 17, 16, 15, 14, 13, 12, 11**

**Points will be double for relays. Only two relay teams per club may score.**

**OFFICIALS:**

Meet Referee: Corinne Cody [corinneck@frontiernet.net](mailto:corinneck@frontiernet.net) or 914-443-0457..

**It is our intent to have this meet approved as an Officials' Qualifying Meet for National certification evaluation. Volunteers are encouraged to contact the Meet Referee using the application posted on the Officials site at <http://www.metroswimming.org/Officials/Officials.html>. To request evaluation for National certification, please complete the 2010 Request for Evaluation Sr. Mets application on the Officials site posted above.**

**MEET  
DIRECTOR:**

Senior Chair – Don Wagner [Don.wagner@condorsswimming.com](mailto:Don.wagner@condorsswimming.com)

**RULES:**

The current USA Swimming Rules and Regulations will apply.  
**The USA Swimming Code of Conduct is in effect for the duration of the meet.**  
The overhead start procedure may be used at the discretion of the meet Referee.

**SAFETY:**

Warm-up Procedures and Safety Guidelines of Metropolitan Swimming will be strictly enforced. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.  
The USA Swimming Code of Conduct is in effect for the duration of the meet.  
All swimmers must wear footwear upon leaving the pool area.

**DISCLAIMER:**

Upon acceptance of his/her entries, the participant waives all claims against Nassau County, Nassau County Aquatic Center, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

**ADMISSION:**

Adult Admission: \$5.00 per person      Child Admission: \$2.00 per person  
Only swimmers, coaches with current USA Swimming certification credentials, and officials will be allowed on deck.

**PROGRAMS:**

Prelims and Finals Programs: \$3.00 per session

**MERCHANTS:**

Will be in attendance at the meet  
Food will be available in designated area only – Food and glass bottles will not be allowed on deck or in the locker rooms.

**TIMERS:**

**TIMERS WITH WATCHES** will be required from each club and will be assigned based on a percentage of entries at each session. Assignments will be posted on the website with the psych sheets. **PLEASE COOPERATE.** Any timer that has not reported, from a club assigned to time, will result in the disqualification of that club's swimmers until that timer reports. **Swimmers entered in the 800 and 1500 must provide their own timer and counter.**

**TIME TRIALS:**

Time trials will be held after prelims, as time permits. They will cost \$5.00 per swim. Time trials will be open only to swimmers who are entered in individual events in the meet. Swimmers are allowed a maximum of two (2) time trials over the course of the weekend. **Time trials are counted toward the three individual events allowed per swimmer per day.**

**PARKING:**

Lots 1A and 6

**DIRECTIONS:**

**DIRECTIONS:**

**FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:**

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Pkwy East.

Take So. State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At the first light on Merrick Ave. Make a right turn into the Parking lot for the Pool.

**FROM WHITESTONE AND THROGS NECK BRIDGES:**

Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 East, Hempstead Tpke.. For pool see directions above.

## **Hotel Information**

Long Island Marriott  
101 Doolittle Blvd.  
Uniondale, NY 1533-3637  
(516) 794-3800

Hilton Garden Inn  
1575 Privado Road  
Westbury, NY 11590  
(516) 683-8200

Best Western Hotel and Convention Center  
80 Clinton Street  
Hempstead, NY 11550  
(516) 486-4100

Coliseum Motor Inn  
Hempstead Tpke.  
East Meadow, NY 11554  
(516) 794-2100

Wingate Inn  
Stewart Ave.  
Garden City, NY 11530  
(516) 705-9000

Howard Johnson – Westbury  
120 Jericho Tpke.  
Westbury, NY 11793  
(516)333-9700

Econo Lodge  
429 Duffy Ave.  
Hicksville, NY 11801  
(516) 433-3900

**2010 SENIOR METROPOLITAN LONG COURSE SWIMMING CHAMPIONSHIPS**  
**July 22 - 25, 2010**

**Thursday, July 22, 2010**

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
10:14.99	9:37.49	10:59.99	1	800	Free	2	10:29.99	9:11.19	9:49.99

**Friday, July 23, 2010**

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
1:24.99	1:21.09	1:12.59	3	100	Breast	4	1:05.49	1:13.09	1:18.99
2:19.99	2:15.09	2:00.99	5	200	Free	6	1:50.99	2:03.89	2:09.99
1:11.99	1:09.79	1:02.49	7	100	Fly	8	56.09	1:03.49	1:04.99
5:38.99	5:24.09	4:50.49	9	400	IM	10	4:28.99	5:00.29	5:21.99
NCT	NCT	NCT	11	800	Free Relay	12	NCT	NCT	NCT

**Saturday, July 24, 2010**

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
2:38.99	2:32.89	2:16.99	13	200	IM	14	2:04.99	2:19.59	2:26.99
30.29	28.89	25.89	15	50	Free	16	23.29	25.99	27.49
1:14.99	1:11.09	1:03.09	17	100	Back	18	57.99	1:04.79	1:08.19
4:55.99	4:37.39	5:16.99	19	400	Free	20	5:01.49	4:23.79	4:34.99
NCT	NCT	NCT	21	400	Med Relay	22	NCT	NCT	NCT

**Sunday, July 25, 2010**

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
19:54.99	18:36.69	18:39.99	23	1500	Free	24	18:03.49	18:00.29	18:44.99
2:39.99	2:32.79	2:16.09	25	200	Back	26	2:05.99	2:20.69	2:28.99
3:05.99	2:55.29	2:36.99	27	200	Breast	28	2:24.99	2:41.89	2:52.99
1:04.99	1:03.09	56.09	29	100	Free	30	50.79	56.69	59.19
2:45.99	2:36.29	2:19.99	31	200	Fly	32	2:08.99	2:23.99	2:31.99
NCT	NCT	NCT	33	400	Free Relay	34	NCT	NCT	NCT

**JULY 22-25, 2010**

**SENIOR METROPOLITAN CHAMPIONSHIPS**

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_

Coach's Name \_\_\_\_\_

Phone # Day \_\_\_\_\_ Eve \_\_\_\_\_ Fax \_\_\_\_\_

Address \_\_\_\_\_

Email: \_\_\_\_\_

**ENTRY SUMMARY**

Women Entered \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

Men Entered \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

Women's Individual Entries \_\_\_\_\_ x \$ 5.00 = \$ \_\_\_\_\_

Men's Individual Entries \_\_\_\_\_ x \$ 5.00 = \$ \_\_\_\_\_

Women's Relay Entries \_\_\_\_\_ x \$ 10.00 = \$ \_\_\_\_\_

Men's Relay Entries \_\_\_\_\_ x \$ 10.00 = \$ \_\_\_\_\_

Total Amount Enclosed = \$ \_\_\_\_\_

**Make check payable to Metropolitan Swimming**

**RELAY ENTRY**

(use only if not submitting entries on disk)

Women

Men

Team A \_\_\_\_\_

Team A \_\_\_\_\_

Team B \_\_\_\_\_

Team B \_\_\_\_\_

Team C \_\_\_\_\_

Team C \_\_\_\_\_

Event # 23 400 yd. Medley

Event # 24 400 yd. Medley

Team A \_\_\_\_\_

Team A \_\_\_\_\_

Team B \_\_\_\_\_

Team B \_\_\_\_\_

Team C \_\_\_\_\_

Team C \_\_\_\_\_

Event # 33 400 yd. Freestyle

Event # 34 400 yd. Freestyle

Team A \_\_\_\_\_

Team A \_\_\_\_\_

Team B \_\_\_\_\_

Team B \_\_\_\_\_

Team C \_\_\_\_\_

Team C \_\_\_\_\_