



Badger Long Course Meters #2  
June 9, 2013  
# 130605

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 130605
- LOCATION:** Lehman College APEX Aquatic Center 250 Bedford Park Boulevard W. Bronx, New York, 10468
- FACILITY:** The competitive course is 8 x 50 meter lanes 4-13 feet deep. Coaches must monitor their swimmers in the warm-up lanes). The pool has been certified in accordance with article 104.2.2C(4). Electronic timing system and non-turbulent lane lines will be used.  
**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:** **Session I - 12 & Under 8:00am WU; 9:00am Start - Events 1-26**  
**Session II - Open 1:00pm WU; 2:00pm Start - Events 27-38**
- FORMAT:**
1. Coaches and swimmers shall have the responsibility to familiarize themselves with the current U.S.A. Swimming Rules and Regulations.
  2. All Sessions will be Timed Finals
  3. **Swimmers in the 400IM will be responsible for providing their own timers.**
- Deck Seeding**
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. Age on **June 9, 2013** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. 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:** **Session 1 and Session 2 - 4 events maximum.**  
Entries **MUST** be sent via email or on a **Hy-Tek** disk. Be sure to enclose a Master Entry Sheet or Hy- Tek Spreadsheet. Entries received after the deadline will not be accepted. Deck entries will not be permitted
- U.S. Mail Entries/Payment to:
- Badger Swim Club**
- 119 Rockland Avenue Larchmont, NY 10538 Email Entries/Confirm Entry Receipt:  
**badgermeetentries@gmail.com,**

- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **May 24, 2013**.  
2: The final entry deadline for this meet is **June 2, 2013**  
3: Metro entries received between **May 24** and **June 1** and all entries from other LSC's will be entered in the order they were received, as space allows.  
An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$5.00** per individual event must accompany the entries.  
Make check payable to: **Badger Swim Club**.  
Payment must be received by **June 2, 2013** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** First 45 minutes will be general warm-up. Lane assignments will be given at meet. Last 15 minutes: lanes 3 through 6 will be open for one-way sprint. Lanes 1 and 8 will be general warm-up. Lanes 2 and 7 will be designated pace lanes.
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the 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:** Awards will be given for 1st through 8th places..
- OFFICIALS:** Meet Referee: Phil Johanson - [Philip.a.johanson@citi.com](mailto:Philip.a.johanson@citi.com)  
Officials wishing to volunteer should contact Meet Referee by **6/01/13**.
- MEET DIRECTOR:** Lucy Johanson  
[badgermeetentries@gmail.com](mailto:badgermeetentries@gmail.com)  
914-834-1084
- 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:** Metropolitan Safety and Warm-up procedures will be in effect. 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.

**“Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer’s legal guardian, to ensure compliance with this requirement”**

**WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls." Water depth from end of pool in deep end is: 13 feet at 1 meter / 12 feet at 5 meters Water depth from end of pool in shallow end is: 7 feet at 1 meter / 7 feet at 5 meters

**DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Lehman College and Badger Swim Club**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

**AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.  
There is no flash photography allowed.

**DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged. Deck changing is prohibited.

**ADMISSION:** Adults \$5.00 per session  
Children \$2.00 per session  
Session Programs: \$3.00

**MERCHANTS:** There will be a concession stand Sunday for Sessions I and II

**PARKING:** Parking: Free Parking for Coaches with USA Swimming Credentials  
\$5.00 fee all-day parking at College Supervised Lot, (100 yards from APEX).

**DIRECTIONS:** DIRECTIONS TO LEHMAN COLLEGE APEX Bedford Park Boulevard between Goulden and Paul Aves.!

**BY SUBWAY:** Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk West on Bedford Park Blvd. past Paul Ave. to entrance on south side of street.

**BY BUS: FROM WESTCHESTER:**

(White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers

via Getty Square/South Broadway/McClean Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West.

**BY CAR:** Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave. And make left onto Sedgwick and continue uphill. Turn right at Goulden Ave. (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right.

**Via Saw Mill River Parkway South** (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. APEX building is on your left. Proceed to traffic light and then turn left onto Goulden. Parking lots will be on your right.

**IMPORTANT! IN CASE OF EMERGENCY:!**Pool Office: 718- 960-7123 Meet Desk: 718-960-1134

## **Session I – 9am Start**

- 1 Girls 11-12 100 Freestyle
- 2 Boys 11-12 100 Freestyle
- 3 Girls 10 & Under 50 Freestyle
- 4 Boys 10 & Under 50 Freestyle
- 5 Girls 8 & Under 100 Freestyle
- 6 Boys 8 & Under 100 Freestyle
- 7 Girls 11-12 50 Butterfly
- 8 Boys 11-12 50 Butterfly
- 9 Girls 10 & Under 100 Butterfly
- 10 Boys 10 & Under 100 Butterfly
- 11 Girls 8 & Under 50 Butterfly
- 12 Boys 8 & Under 50 Butterfly
- 13 Boys 11-12 50 Backstroke
- 14 Girls 11-12 50 Backstroke
- 15 Boys 10 & Under 100 Backstroke
- 16 Girls 10 & Under 100 Backstroke
- 17 Boys 8 & Under 50 Backstroke
- 18 Girls 8 & Under 50 Backstroke
- 19 Boys 11-12 50 Breaststroke
- 20 Girls 11-12 50 Breaststroke
- 21 Boys 10 & Under 100 Breaststroke
- 22 Girls 10 & Under 100 Breaststroke
- 23 Boys 8 & Under 50 Breaststroke
- 24 Girls 8 & Under 50 Breaststroke
- 25 Boys 12 & Under 400 IM
- 26 Girls 12 & Under 400 IM

## **Session II – 2pm Start**

- 27 Girls 100 Freestyle
- 28 Boys 100 Freestyle
- 29 Girls 200 Butterfly
- 30 Boys 200 Butterfly
- 31 Girls 100 Backstroke
- 32 Boys 100 Backstroke
- 33 Girls 200 Breaststroke
- 34 Boys 200 Breaststroke
- 35 Girls 200 Freestyle
- 36 Boys 200 Freestyle
- 37 Girls 400 IM
- 38 Boys 400 IM