

March 15-17, 2013
Friday, Saturday, Sunday



Sanctioned by United States Swimming & Metropolitan Swimming, Inc.
Sanction Number - 130302
Time Trial Number -130350 - T

General Chairman:	John McIlhargy	<u>Meet Committee:</u>
Meet Director:	Ginny Nussbaum/ Edgar Perez	Age Group Rep.
Age Group Chairman:	John Yearwood	Athlete Rep.
	Edgar Perez	Meet Director
Coach Representative:	Amine Boubsis	
Athlete Representative:	Julian Mackrel	

Hosted By



Metropolitan Junior Olympics

March 15th-17th, 2013

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction #130302, Time Trial #130350-T**
- LOCATION:** Nassau County Aquatic Center
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 2 X 10 Lane by 25 yard competition pool w/ 2 meter min depth
6 Lane by 25 meter warm up pool w/ 2 meter min depth
Colorado Timing System, scoreboard readouts, Hy-Tek meet manager
The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Fri., Sat., Sun. (11-12, 13-14) prelims: Warm-up: 7:00 am Meet: 8:30 am
finals: Warm-up: 5:30 pm Meet: 6:30pm
Fri., Sat., Sun. (10 & U, 15-18) timed finals: Warm-up: 12:30 noon Meet 1:30 p.m.
- FORMAT:** 10 & under events, the 11&12 400 IM & 500 Free, 13-14 1000 Free, 15-18 1650 Free and all relays are run as timed final. All other events are trials and final.
This will be a deck seeded event.
- 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 **March 15, 2013 will** determine age for the entire meet.
- DISABILITY SWIMMER:** 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:** Entry times must equal or better the qualifying standards. Short course yards time will be the conforming standard and can only be used for entries. Entry times may NOT be converted. Times must have been achieved between January 1, 2012 and the meet entry deadline. **SWIMS Time Recon will be performed before the meet and all un-provable times will be scratched from the meet.**
- A swimmer may enter any number of events, but may swim no more than three (3) individual events per day for a total of nine (9) individual events. If scratched from the 1000 or 1650 because of two-heat limit, a 4th event may be selected.
- All swimmers, including relay only swimmers and alternates, must be listed on official entry form and included in Hy-Tek export file. Swimming exhibition or Deck entries (including relay only swimmers will not be permitted.
- Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.
- U.S. Mail Entries/Payment to: **Long Island Aquatic Club**
750F Stewart Ave
Garden City, NY 11530
- Email Entries/Confirm Entry Receipt: entries.liac@gmail.com
Sign Express Mail Waiver allowing delivery without signature.
- DEADLINE:** **Entries must be received by: March 5, 2013.** Entries received after the deadline will not be accepted. Swimmers achieving cuts after the deadline must email the entry by **Noon on Monday, March 11th.** **New cuts only.** **No time updates.**

You must submit a working email address to receive an email confirming receipt of entries. Contact Karla at entries.liac@gmail.com if you do not receive such a report within 2 days of your original email.

ENTRY FEE: \$4.00 per individual Timed Final Event / \$5.00 per individual Trial and Final Event /
\$8.00 per Relay Event
\$5.00 Metropolitan Swimming surcharge per swimmer, Including **Relay Only Swimmers**

Make check payable to: **Long Island Swimming**

Payment must be received by **March 15, 2013** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in the team being barred from the meet.

TIME TRIALS: If time permits. A separate sanction number will be used for time trial purposes. Swimmer must be entered in the meet to participate in time trials.
Time Trials count as one of the 3 individual events limit per day.
Fee for time trials is \$5.00 per event, payable at sign-up.
Please note that there is a limit of two (2) time trials over the course of the weekend.

PROTESTS: All competition-related protests, including protests concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred. Protests will be handled at the time they are presented to the Meet Director, by the Meet Committee.

WARM-UP: Warm-up lanes and times will be assigned to each team. Following the general warm-up, the competition pool will be open to all teams for a 15 minute dive and pace session: lanes 3-8 will be open for one-way sprints; lanes 2 & 9 will remain as general warm up and lanes 1 & 10 will be designated for pace. The diving pool will remain open for general warm-up. No diving will be permitted except in designated sprint lanes. All swimmers must be supervised by a coach.

SCRATCH: **Scratches will be due no later than forty five (45) minutes after each published warm-up start time. Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.** Coaches must make sure that their swimmers understand that once they are scratched, they will not be re-entered in the session. Coaches should inform their swimmers to leave plenty of time for traffic etc.

The coach of a swimmer that was seeded in an event, and is a **No-Show (NS)** in the event, must positively check the swimmer for the next days' events in order for that swimmer to be eligible to compete in the rest of the meet.

Athletes who miss a race in which they were seeded and did not properly deck scratch **will be barred from their next individual event of the day**. If they miss their last event of the day they will be barred from their first event of the next day. **A swimmer who misses a final will be barred from the rest of the meet.**

Failure to scratch a swimmer entered in more than three events in a day will result in that swimmer having to swim the first three events for which he/she is entered. No exceptions.

A relay swimmer who fails to report will be barred from his/her first individual event of the next day. The other three will not be penalized provided they appeared.

Relay swimmers' names must be submitted **in the order in which they will swim**.

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.

SCORING: Individual Events (1st – 16th Pl.) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events (1st – 16th Pl.) 40-34-3230-28-26-24-22-18-14-12-10-8-6-4-2
Only two relays per club may score

AWARDS: Individual Events: Medals for 1st through 8th places, Ribbons for 9th through 16th places.
Relay Events: Medals for 1st through 3rd places, and ribbons for 4th through 8th places.
Individual High Point Awards: 1st through 3rd for 10&U, 11-12, 13-14, & 15-18
Combined Team Awards: 10&U, 11-12, 13-14
Overall 14 & Under Team Award

- OFFICIALS:** **Meet Referee:** A. Nakkab
Officials wishing to volunteer should contact Meet Referee by email at anakkab@optonline.net
- MEET DIRECTOR:** Ginny Nussbaum, contact information phone: 516-378-8467,
email gnussbaum@longislandswimming.com, **only Metropolitan Swimming certified USA Swimming Coaches questions will be entertained. All parents are to speak with their individual team's coach regarding their specific needs.**
- 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.
- MEET DECORUM:** Each club is requested to handle its own team and discipline problems. Anyone found vandalizing county property; stealing or displacing disorderly conduct will be subject to disqualification, ejection from the meet and possible criminal prosecution.
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Long Island Aquatic Club, Long Island Swimming, Nassau County, 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**
- ADMISSION** \$7.00 session
\$3.00 Program/session
- MERCHANT:** A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.
Hobieswim will be available with swimming merchandise throughout the meet.
- SAFETY:** **All swimmers must wear footwear upon leaving the pool area.**
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"
- 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 prohibited.**
- PARKING:** **There is ample free parking available in the park**
- 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 Parkway East. Take So.State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to 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 Hempstead Tpk.(exit M4). On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.

Friday MARCH 15 A.M. Preliminaries 11 – 12 Girls, 13 – 14 Boys WEST POOL

Session #1

EVENT #	QUAL.	EVENT
1	5:27.99	GIRLS 11-12 400 Individual Medley – TIMED FINAL
4	4:45.99	BOYS 13-14 400 Individual Medley
5	4:39.99	GIRLS 11-12 400 Freestyle Relay – TIMED FINAL
8	4:07.99	BOYS 13-14 400 Freestyle Relay – TIMED FINAL
9	31.59	GIRLS 11-12 50 Butterfly
12	1:02.99	BOYS 13-14 100 Backstroke
13	1:10.49	GIRLS 11-12 100 Backstroke
16	2:35.19	BOYS 13-14 200 Breaststroke
17	2:55.99	GIRLS 11-12 200 Breaststroke
20	53.99	BOYS 13-14 100 Freestyle
21	1:01.79	GIRLS 11-12 100 Freestyle
24	18:19.99	BOYS 13-14 1650 Freestyle - TIMED FINAL Limit 2 heats*

Friday MARCH 15 A.M. Preliminaries 11-12 Boys, 13-14 Girls EAST POOL

Session #2

EVENT #	QUAL.	EVENT
2	5:27.99	BOYS 11-12 400 Individual Medley – TIMED FINAL
3	5:06.99	GIRLS 13-14 400 Individual Medley
6	4:39.99	BOYS 11-12 400 Free Relay - TIMED FINAL
7	4:15.99	GIRLS 13-14 400 Free Relay - TIMED FINAL
10	31.59	BOYS 11-12 50 Butterfly
11	1:06.59	GIRLS 13-14 100 Backstroke
14	1:11.59	BOYS 11-12 100 Backstroke
15	2:42.99	GIRLS 13-14 200 Breaststroke
18	2:59.99	BOYS 11-12 200 Breaststroke
19	57.99	GIRLS 13-14 100 Freestyle
22	1:01.59	BOYS 11-12 100 Freestyle
23	11:19.99	GIRLS 13-14 1000 Freestyle TIMED FINAL Limit 2 heats*

Friday Finals March 15 Session #4

GIRLS	EVENT	BOYS
3	13-14 400 Individual Medley	4
9	11-12 50 Butterfly	10
11	13-14 100 Backstroke	12
13	11-12 100 Backstroke	14
15	13-14 200 Breaststroke	16
17	11-12 200 Breaststroke	18
19	13-14 100 Freestyle	20
21	11-12 100 Freestyle	22

Saturday A.M. March 16 Preliminaries GIRLS 11-12, BOYS 13-14 EAST POOL**Session #5**

EVENT #	QUAL.	EVENT
47	2:30.49	GIRLS 11-12 200 Individual Medley
50	2:13.99	BOYS 13-14 200 Individual Medley
51	2:04.99	GIRLS 11-12 200 Freestyle Relay – TIMED FINAL
54	1:55.99	BOYS 13-14 200 Freestyle Relay – TIMED FINAL
55	32.99	GIRLS 11-12 50 Backstroke
58	1:10.99	BOYS 13-14 100 Breaststroke
59	1:20.49	GIRLS 11-12 100 Breaststroke
62	2:23.99	BOYS 13-14 200 Butterfly
63	2:39.99	GIRLS 11-12 200 Butterfly
66	1:59.99	BOYS 13-14 200 Freestyle
67	2:13.99	GIRLS 11-12 200 Freestyle
70	2:04.99	BOYS 13-14 200 Medley Relay – TIMED FINAL
71	2:24.99	GIRLS 11-12 200 Medley Relay – TIMED FINAL

Saturday A.M. March 16 Preliminaries BOYS 11-12 , GIRLS 13-14 WEST POOL**Session #6**

EVENT #	QUAL.	EVENT
48	2:30.49	BOYS 11-12 200 Individual Medley
49	2:23.49	GIRLS 13-14 200 Individual Medley
52	2:04.99	BOYS 11-12 200 Freestyle Relay – TIMED FINAL
53	1:59.99	GIRLS 13-14 200 Freestyle Relay – TIMED FINAL
56	33.29	BOYS 11-12 50 Backstroke
57	1:16.49	GIRLS 13-14 100 Breaststroke
60	1:21.59	BOYS 11-12 100 Breaststroke
61	2:30.99	GIRLS 13-14 200 Butterfly
64	2:39.99	BOYS 11-12 200 Butterfly
65	2:06.99	GIRLS 13-14 200 Freestyle
68	2:14.99	BOYS 11-12 200 Freestyle
69	2:14.99	GIRLS 13-14 200 Medley Relay – TIMED FINAL
72	2:24.99	BOYS 11-12 200 Medley Relay – TIMED FINAL

Saturday Finals March 16 Session #8

GIRLS	EVENT	BOYS
47	11-12 200 Individual Medley	48
49	13-14 200 Individual Medley	50
55	11-12 50 Backstroke	56
57	13-14 100 Breaststroke	58
59	11-12 100 Breaststroke	60
61	13-14 200 Butterfly	62
63	11-12 200 Butterfly	64
65	13-14 200 Freestyle	66
67	11-12 200 Freestyle	68

Sunday A.M. March 17 Preliminaries GIRLS 11-12, BOYS 13-14 WEST POOL

Session # 9

EVENT #	QUAL.	EVENT
95	6:01.99	GIRLS 11-12 500 Freestyle – TIMED FINAL
97	1:11.29	GIRLS 11-12 100 Individual Medley
100	5:21.99	BOYS 13-14 500 Freestyle
101	5:09.99	GIRLS 11-12 400 Medley Relay – TIMED FINAL
104	4:49.99	BOYS 13-14 400 Medley Relay – TIMED FINAL
105	37.19	GIRLS 11-12 50 Breaststroke
108	1:01.59	BOYS 13-14 100 Butterfly
109	1:12.09	GIRLS 11-12 100 Butterfly
112	2:16.99	BOYS 13-14 200 Backstroke
113	2:32.99	GIRLS 11-12 200 Backstroke
116	24.99	BOYS 13-14 50 Freestyle
117	28.49	GIRLS 11-12 50 Freestyle

Sunday A.M. March 17 Preliminaries BOYS 11-12, GIRLS 13-14 EAST POOL

Session # 10

EVENT #	QUAL.	EVENT
96	6:01.99	BOYS 11-12 500 Freestyle – TIMED FINAL
98	1:11.99	BOYS 11-12 100 Individual Medley
99	5:35.99	GIRLS 13-14 500 Freestyle
102	5:09.99	BOYS 11-12 400 Medley Relay – TIMED FINAL
103	4:49.99	GIRLS 13-14 400 Medley Relay – TIMED FINAL
106	37.59	BOYS 11-12 50 Breaststroke
107	1:05.69	GIRLS 13-14 100 Butterfly
110	1:12.59	BOYS 11-12 100 Butterfly
111	2:22.59	GIRLS 13-14 200 Backstroke
114	2:37.99	BOYS 11-12 200 Backstroke
115	26.69	GIRLS 13-14 50 Freestyle
118	28.29	BOYS 11-12 50 Freestyle

Sunday Finals March 17 Session # 12

GIRLS	EVENT	BOYS
97	11-12 100 Individual Medley	98
99	13-14 500 Freestyle	100
105	11-12 50 Breaststroke	106
107	13-14 100 Butterfly	108
109	11-12 100 Butterfly	110
111	13-14 200 Backstroke	112
113	11-12 200 Backstroke	114
115	13-14 50 Freestyle	116
117	11-12 50 Freestyle	118

10 & Under, 15 – 18 Events

Friday P.M. March 15 10 & U, 15–18 - All events timed finals Session # 3

GIRLS	QUAL.	EVENT	QUAL.	BOYS
25	5:04.99	15-18 400 Individual Medley	4:41.99	26
27	2:51.99	10&U 200 Individual Medley	2:51.99	28
29	4:11.99	15-18 400 Freestyle Relay	3:49.99	30
31	5:19.99	10&U 400 Freestyle Relay	5:19.99	32
33	1:05.49	15-18 100 Backstroke	:59.99	34
35	1:20.99	10&U 100 Backstroke	1:22.19	36
37	2:42.99	15-18 200 Breaststroke	2:30.99	38
39	1:32.99	10&U 100 Breaststroke	1:34.59	40
41	57.79	15-18 100 Freestyle	:51.99	42
43	1:10.99	10 & U 100 Freestyle	1:11.59	44
45 *	11:09.99	15-18 1000 Freestyle * Limit 2 heats		
		15-18 1650 Freestyle * Limit 2 heats	18:03.49	46 *

Saturday P.M. March 16 10 & U, 15–18 – All events timed finals Session # 7

GIRLS	QUAL.	EVENT	QUAL.	BOYS
73	2:19.99	15-18 200 Individual Medley	2:07.99	74
75	1:20.99	10&U 100 Individual Medley	1:21.99	76
77	1:59.99	15-18 200 Freestyle Relay	1:49.99	78
79	2:29.99	10&U 200 Freestyle Relay	2:29.99	80
81	1:15.19	15-18 100 Breaststroke	1:06.49	82
83	:32.09	10&U 50 Freestyle	:31.99	84
85	2:29.99	15-18 200 Butterfly	2:12.49	86
87	1:25.99	10&U 100 Butterfly	1:27.09	88
89	2:04.49	15-18 200 Freestyle	1:53.99	90
91	2:09.99	15-18 200 Medley Relay	1:59.99	92
93	6:44.99	10 & U 500 Freestyle	6:44.99	94

Sunday P.M. March 17 10 & U, 15-18 - All events timed finals Session # 11

GIRLS	QUAL.	EVENT	QUAL.	BOYS
119	5:30.99	15-18 500 Freestyle	5:10.99	120
121	2:44.99	10&U 200 Medley Relay	2:44.99	122
123	4:49.99	15-18 400 Medley Relay	4:29.99	124
125	:35.99	10&U 50 Butterfly	:35.99	126
127	1:04.99	15-18 100 Butterfly	:57.99	128
129	:37.49	10&U 50 Backstroke	:37.49	130
131	2:20.99	15-18 200 Backstroke	2:10.99	132
133	2:31.99	10&U 200 Freestyle	2:31.99	134
135	:26.59	15-18 50 Freestyle	:23.79	136
137	:42.99	10 & U 50 Breaststroke	:43.99	138



2013 Metropolitan Short Course Junior Olympics sanction #130302
Nassau County Aquatic Center
March 15 - 17, 2013

Team Name _____ Team Code _____
Coach's Name _____
Address _____ City _____ Zip _____
Day Phone # _____ Evening Phone # _____
E-Mail _____

MEET ENTRY REPORT

Metropolitan Swimmer Surcharge (made payable to Metropolitan Swimming)
(Including relay only swimmers)

Females Entered _____ X \$5.00 = _____
Males Entered _____ X \$5.00 = _____

Individual and Relay Entry

Female Individual Timed Finals _____ X \$4.00 = _____
Male Individual Timed Final _____ X \$4.00 = _____

Female Ind. Prelim-Finals _____ X \$5.00 = _____
Male Ind. Prelim-Final _____ X \$5.00 = _____

Female Relay Entries _____ X \$8.00 = _____
Male Relay Entries _____ X \$8.00 = _____

Total Amount Entries (Made payable to Long Island Swimming) = _____

Mail Check to: **Karla Leite**
750 F Stewart Ave.,
Garden City, NY 11530

Please sign Express Mail Waiver allowing delivery without signature -HY-Tek athlete entry report and Meet Entry Report must be included with payment. Hy-Tek disk not needed if entering by email