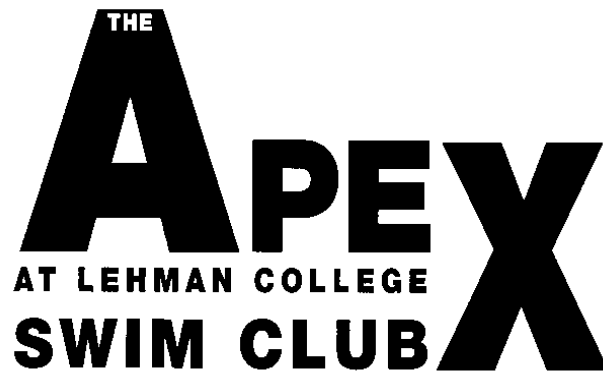


2013 METRO SILVER CHAMPIONSHIPS CENTRAL



**FRIDAY, SATURDAY AND SUNDAY,
March 1, 2 and 3, 2013**

**Hosted By: Lehman College
The City University of New York
The APEX Swim Club**

**Held at the Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, New York 10468**

Apex, Asphalt Green, Badger Swim Club, Blue Arrow Swim Club, CAS Stingrays, Central Queens YM&YWHA, Cross Island YMCA, Flushing YMCA, Gateway, Harbor Seals/Bay Ridge, Harlem Honey Bears, HES Hurricanes, Hydro Aquatics, Kips Bay Makos, Kraken Swim Team, LaGuardia Aquatics, Long Island Express, , Madison Square Boys and Girls Club, Manhattan Makos, McBurney Manta Rays YMCA, New Rochelle YMCA, New York City Aquatic Club, New York Athletic Club, Nile Crocodile, Nu-Finmen Swimming, Richmond Aquatic Club, Riverbank Redtails, Roosevelt Island Marlins, Shorefront Y Brooklyn Seals, Swim Brooklyn, Wagner Aquatic Club, Westchester Wolverines, 92nd Street Flying Dolphins.

**Metropolitan Swimming Sanction # 130305
Time Trial Sanction # 130353-T**

2013 METROPOLITAN SWIMMING SILVER CHAMPIONSHIPS

Central – Hosted by the APEX Swim Team

Friday, Saturday and Sunday – March 1, 2 and 3, 2013

METRO CENTRAL TEAMS: Apex, Asphalt Green, Badger Swim Club, Blue Arrow Swim Club, CAS Stingrays, Central Queens YM&YWA, Cross Island YMCA, Flushing YMCA, Gateway, Harbor Seals/Bay Ridge, Harlem Honey Bears, HES Hurricanes, Hydro Aquatics, Kips Bay Makos, Kraken Swim Team, LaGuardia Aquatics, Long Island Express, , Madison Square Boys and Girls Club, Manhattan Makos, McBurney Manta Rays YMCA, New Rochelle YMCA, New York City Aquatic Club, New York Athletic Club, Nile Crocodile, Nu-Finmen Swimming, Richmond Aquatic Club, Riverbank Redtails, Roosevelt Island Marlins, Shorefront Y Brooklyn Seals, Swim Brooklyn, Wagner Aquatic Club, Westchester Wolverines, 92nd Street Flying Dolphins.

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #130305 - TT #130353-T

LOCATION: Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, New York 10468

FACILITY: The competitive course is 7-13 feet deep. Two-30 yard warm-up/warm-down lanes will be available in the shallow end of the pool throughout the meet. (Coaches must monitor their swimmers in the warm-up lanes).
The pool has been certified in accordance with Article 104.2.2C (4)

SESSIONS:

Session 1: Friday, March 1	Warm-ups 4:00 PM	Session Starts at 5:00 PM	
Session 2: Saturday, March 2	Warm-ups 7:30 AM	Session Starts at 8:30 AM	
Session 3: Saturday, March 2	Warm-ups 1:30 PM	Session Starts at 2:30 PM	**
Session 4: Sunday, March 3	Warm-ups 7:30 AM	Session Starts at 8:30 AM	
Session 5: Sunday, March 3	Warm-ups 1:30 PM	Session Starts at 2:30 PM	**

**** afternoon sessions warm-up and start times may be adjusted after the meet entries deadline. All teams will be notified.**

FORMAT: This meet will be deck seeded with coaches checking in/scratching all swimmers. Time Trials will ONLY be run if time allows at the discretion of the Meet Referee and Meet Director
There will be no more than two (2) time trials per swimmer over the 5 sessions and will count towards the 5 events per day/per swimmer.
The cost for time trials is \$5.00 per Time Trial and must be paid in cash at the desk

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 1, 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: Swimmers may compete up to **5 individual** events per day
Entry times must have been achieved between **January 1, 2012 and the entry deadline, February 17, 2013**. Entries with **NT** (No Time) will not be accepted.
A **SWIMS Times Recon** will be done at least one week prior to the meet. Times must have been achieved within the qualifying time period and must be in the SWIMS database. Entry times not found in SWIMS will be scratched. **Times cannot be converted.**

A hard copy of the entries with “**proof of times**” must be emails or (mailed) at the time entries are sent. (Just check the box “include proof of times” in the Team Manager Entry Report. All swimmers must be member of USA Swimming to enter and compete in this meet. There will be 10 and Under, 11-12, 13-14 and 15-18 Events.

Age for this meet is March 1, 2013

U.S. Mail Entries/Payment to: **Peter Kiernan – Lehman College APEX Aquatic Center**
250 Bedford Park Boulevard West
Bronx, New York 10468

Email Entries/Confirm Entry Receipt: ApexSwim@usa.net

Sign Express Mail Waiver allowing delivery without signature

DEADLINE:

1: This is a Metro Championship Meet (**Metro Central Teams Only**)

2: The final entry deadline for this meet is **February 17, 2013**

3: Only new Silver cuts achieved between **February 18, 2013 through February 27, 2013** will be added. No updates of times.

An email confirming receipt of entries if you provide an email contact. Please contact the Meet Director if you do not receive such a report within 2 days of your original email.

ENTRY FEE:

An entry fee of **\$4.00** per individual event plus **\$1.00** per swimmer Metro Silver Championship Surcharge must accompany the entries.

Make check payable to: **APEX Swim Club.**

Payment must be received by **February 17, 2013** for all entries.

Failure to pay entry fees by this deadline could result in teams being barred from the meet.

WARM-UP:

Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm up lanes and sprint lanes.

The first 40 minutes will be general warm-up. The last 20 minutes: lanes 2 & 7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Lanes 3 & 6 may be assigned as necessary. Warm-up lanes may be assigned for teams if necessary. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.

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.

Metropolitan Scratch Procedure for Timed Final Meets is as follows;

Any swimmer, who is seeded, must swim the event unless he/she declares his/her intention not to swim in the following manner;

1. Go to the Referee, before the event and state you do not wish to swim.
2. Stand **BEHIND** your assigned block until the swimmers in your heat has been sent off by the starter.
3. The swimmer is then disqualified from **THAT EVENT** for the delay of the meet.
4. This counts as an event against the total-per-day allowance.

If a swimmer fails to follow this procedure, he/she will be barred from his/her next individual event of the meet.

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:** Individual medals for 1st through 8th place, ribbons 9th through 16th place for swimmers within the “**Silver**” time standards. Overachiever Ribbons will be awarded to swimmers who swim JO qualifying times in an event for the first time at this meet. Awards must be picked up at the end of the meet.
- OFFICIALS:** **Meet Referee: Kris Sawicz** Krzysztofs0711@aol.com
Officials wishing to volunteer should contact Meet Referee by **February 17, 2013**.
- MEET DIRECTOR:** **Wendy Martinez and/or Peter Kiernan**
Email: ApexSwim@usa.net
- 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 **WILL BE USED** for this 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”
- DISCLAIMER:** Grievances (disputed finishes, etc.) must be made to the Referee who will have final say. It is each team’s responsibility to make sure their swimmers are on time to be seeded.
United States Swimming, Inc; Metropolitan Swimming, Inc; Lehman College; and APEX Swim Club and their agents or representatives shall be held free and harmless from all liabilities or claims or damages arising by reason of injuries to anyone during the conduct of this meet. All persons on deck must be U.S.S. registered and should have their registration card visible. This is a U.S. Swimming rule and will be enforced.

The USA Swimming Code of Conduct is in effect for the duration of the meet.
- 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. Flash photography is not allowed at the start of the races.**
- 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.**
- ADMISSION:** **\$5.00 Adults / Session - \$2.00 Children / Session**
\$3.00 Program / Session
- MERCHANTS:** The Metro Swim Shop will provide swimming apparel and related items for sale opposite the Balcony entrance to the pool. Refreshments will be available for purchase in the lower lobby throughout the meet. Please eat outside the pool area and place trash in the proper receptacles. No Food or Drinks Will Be Allowed On The Pool Deck. Plastic Water Bottles however, are acceptable. Coaches are expected to monitor your team area.
- PARKING:** **Parking: \$5.00** all-day parking at College Supervised Lot, (100 yards from APEX).
- DIRECTIONS:** **By Train**
IRT No. 4 or the IND "D" line to Bedford Park Boulevard. The campus is a three-minute walk to the west. For more information about subway service to the Lehman campus, call the New York City Transit Authority at (718) 330-1234. Metro North's Harlem line has a local stop at the Botanical Gardens station. The campus is about 12 blocks due west on Bedford Park Boulevard.

Call Metro North for information about fares and schedules (212) 532-4900.

By Bus

Nine Bronx buses including the 2, 10, 22, and 28 have stops at Lehman College. Liberty Lines BXM4 express buses from Manhattan stop near the campus, at Bedford Park Boulevard and the Grand Concourse. Good connections are available on Westchester 20 or 20X buses from White Plains, Hartsdale, Scarsdale, and Yonkers via Central Park Avenue. The No. 4 from Yonkers also stops near the campus. For more information about taking a bus to the Lehman campus, call (718) 330-1234 (Bronx buses) or (718) 652-8400 (Liberty Lines) or (914) 682-2020 (Westchester buses).

By Car

From Manhattan - East Side

Via East River Drive to Willis Avenue Bridge (or Triborough Bridge - Bronx spur) to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.

From Manhattan - West Side

Via West Side Highway north (it becomes Henry Hudson Parkway) to Mosholu Parkway exit. Follow directions from the Henry Hudson Parkway.

From Westchester

- Via New York State Thruway (I-87) south (it becomes Major Deegan Expressway) to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.
- Via **Saw Mill River Parkway south** (it becomes Henry Hudson Parkway) to Mosholu Parkway exit. Follow directions from the Henry Hudson Parkway.
- Via **Bronx River Parkway south** to Gun Hill Road exit. Make a right from exit ramp and take Gun Hill Road West to Jerome Avenue. Turn left onto Jerome, following the elevated subway line above to W. 205 Street. Turn right, and proceed two short blocks to Goulden Avenue. Make a left onto Goulden Avenue and proceed one block. Campus is on the left.

From Queens and Eastern Long Island

- Via Grand Central Parkway to Triborough Bridge - Bronx spur to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.
- Via Throgs Neck Bridge or Whitestone Bridge to Cross Bronx Expressway west to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.

From New Jersey

Via George Washington Bridge to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.

From the Major Deegan Expressway

Exit at Van Cortlandt Park South. From the south, bear left along the fork of the exit ramp and make a left at the traffic light. From the north, make a left at the traffic light. Proceed up the winding hill for 4 traffic lights. Immediately after 4th traffic light, make a quick right onto Goulden Avenue. Proceed two long blocks to Bedford Park Boulevard West, where the campus begins. The parking lots are on your right.

From the Henry Hudson Parkway

Exit at Mosholu Parkway. Proceed on long exit ramp. At the second traffic light, before subway underpass, turn right onto Paul Avenue for two long blocks. At Bedford Park Boulevard, turn right and then left onto Goulden Avenue. The parking lots are on your right.

IMPORTANT! IN CASE OF EMERGENCY:

Pool Office: 718-960-7123 Meet Desk: 718-960-1134

SESSION # 1 - FRIDAY EVENING SESSION – March 1, 2013 - 10&U, 11-12, 13-14, and 15-18**Warm Up: 4:00 p.m.** **Start Time: 5:00 p.m.****Warm-ups:** Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 4:20 p.m.) before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 1 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#1	6:45.00	7:04:99	10 & Under – 500 yd. Freestyle	6:45.00	7:05.99	#2
#3	6:02.00	6:20.79	11-12 – 500 yd. Freestyle	6:01.99	6:31.99	#4
#5	5:36.00	5:50:59	13-14 – 500 yd. Freestyle	5:22.00	5:50.99	#6
#7	5:31.00	5:39:99	15-18 – 500 yd. Freestyle	5:11:00	5:14:99	#8
#9	5:28.00	5:50.99	11-12 – 400 yd. Ind. Medley	5:28.00	5:55.99	#10
#11	5:07.00	5:25.99	13-14 – 400 yd. Ind. Medley	4:46:00	5:09:79	#12
#13	5:05.00	5:23.29	15-18 – 400 yd. Ind. Medley	4:42:00	4:45.89	#14

SESSION # 2 - SATURDAY MORNING SESSION – March 2, 2013 - 10 & Under and 13-14**Warm Up: 7:30 a.m.** **Session Start Time: 8:30 p.m.****Warm-ups:** Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 8:10 a.m.) before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 2 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#15	1:11.00	1:18:49	10 & Under - 100 yd. Freestyle	1:11.60	1:18.49	#16
#17	:58.00	1:03.09	13-14 - 100 yd. Freestyle	:54.00	59.59	#18
#19	:36.00	:43.89	10 & Under – 50 yd. Butterfly	:36.00	:43.89	#20
#21	1:05.70	1:11.59	13-14 - 100 yd. Butterfly	1:01.60	1:11.99	#22
#23	1:33.00	1:48.39	10 & Un. – 100 yd. Breaststroke	1:34:60	1:48.39	#24
#25	2:43.00	2:56.99	13-14 - 200 yd. Breaststroke	2:35:20	2:53.99	#26
#27	:37.50	:42.89	10 & Under – 50 yd. Backstroke	:37:50	:42.89	#28
#29	2:22.60	2:42.99	13-14 - 200 yd. Backstroke	2:17.00	2:35.49	#30
#31	2:52.00	3:13.99	10 & Under – 200 yd. Ind. Medley	2:52.00	3:13.99	#32
#33	2:23.50	2:41.79	13-14 - 200 yd. Ind. Medley	2:14.00	2:32.99	#34

SESSION # 3 - SATURDAY AFTERNOON SESSION – March 2, 2013 – 11-12 and 15-18**Warm Up: 1:30 p.m.** **Session Start Time: 2:30 PM****Warm-ups:** Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 3 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#35	1:01.80	1:08.39	11-12 – 100 yd. Freestyle	1:01.80	1:09.59	#36
#37	:57.80	1:01.09	15-18 – 100 yd. Freestyle	:52.00	:54.49	#38
#39	2:40.00	2:55.99	11-12 – 200 yd. Butterfly	2:40.00	2:57.99	#40
#41	1:05:00	1:09.59	15-18 – 100 yd. Butterfly	:58.00	1:02.59	#42
#43	:33.00	:37.99	11-12 – 50 yd. Backstroke	:33.30	:41.19	#44
#45	2:21.00	2:29.29	15-18 – 200 yd. Backstroke	2:11.00	2:16.89	#46
#47	:37.20	:42.79	11-12 – 50 yd. Breaststroke	:37.60	:42.79	#48
#49	2:33.00	2:55.99	11-12 – 200 yd. Backstroke	2:38.00	2:57.99	#50
#51	2:43.00	2:50.99	15-18 – 200 yd. Breaststroke	2:30.10	2:36.79	#52
#53	1:20.50	1:31.59	11-12 – 100 yd. Breaststroke	1:21.60	1:29.89	#54
#55	2:20:00	2:39.09	15-18 – 200 yd. Ind. Medley	2:08.00	2:29.79	#56
#57	2:30.50	2:48.09	11-12 – 200 yd. Ind. Medley	2:32.60	2:55.09	#58

SESSION # 4 - SUNDAY MORNING SESSION – March 3, 2013 - 10 & Under and 13-14

Warm Up: 7:30 a.m. **Session Start Time: 8:30 p.m.**

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 8:10 a.m.) before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 4 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#59	2:32.00	2:49.59	10 & Under - 200 yd. Freestyle	2:32:00	2:49.59	#60
#61	2:07.00	2:16.99	13-14 - 200 yd. Freestyle	2:00:00	2:18.09	#62
#63	1:21.00	1:28.59	10 & Under – 100 yd. Ind. Medley	1:22.00	1:28.59	#64
#65	1:16.50	1:23.79	13-14 - 100 yd. Breaststroke	1:11.00	1:21.49	#66
#67	:43.00	:48.59	10 & Under – 50 yd. Breaststroke	:43:50	:48.59	#68
#69	1:06.60	1:15.29	13-14 - 100 yd. Backstroke	1:03.00	1:16.49	#70
#71	1:21.00	1:37.09	10 & Under – 100 yd. Backstroke	1:22.20	1:37.09	#72
#73	:27.00	:28.79	13-14 - 50 yd. Freestyle	:25.00	:26.79	#74
#75	:32.10	:35.19	10 & Under – 50 yd. Freestyle	:32.00	:35:19	#76
#77	2:31.00	2:36.59	13-14 - 200 yd. Butterfly	2:24.00	2:32.59	#78
#79	1:26.00	1:37.99	10 & Under – 100 yd. Butterfly	1:27:10	1:37.99	#80

SESSION # 5 - SUNDAY AFTERNOON SESSION – March 3, 2013 – 11-12 and 15-18

Warm Up: 1:30 p.m. **Session Start Time: 2:30 PM**

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 5 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#81	1:12.10	1:26.19	11-12 – 100 yd. Butterfly	1:12.60	1:26.99	#82
#83	2:04.50	2:10.59	15-18 – 200 yd. Freestyle	1:54.00	1:55.89	#84
#85	:28.50	:30.99	11-12 – 50 yd. Freestyle	:28.30	:31.49	#86
#87	1:05.50	1:10.09	15-18 – 100 yd. Backstroke	1:00.00	1:03.89	#88
#89	1:10.50	1:21.99	11-12 – 100 yd. Backstroke	1:11.60	1:23.79	#90
#91	1:15.20	1:20.89	15-18 – 100 yd. Breaststroke	1:06.50	1:10.89	#92
#93	2:56.00	3:15.99	11-12 – 200 yd. Breaststroke	3:00.00	3:17.99	#94
#95	:31.60	:35.69	11-12 – 50 yd. Butterfly	:31.60	:38.69	#96
#97	:26.60	:26.99	15-18 – 50 yd. Freestyle	:23.80	:25:19	#98
#99	1:11.30	1:18.69	11-12 – 100 yd. Ind. Medley	1:12.00	1:20.59	#100
#101	2:30.00	2:33.99	15-18 – 200 yd. Butterfly	2:12:50	2:24.99	#102
#103	2:14.00	2:25.89	11-12 – 200 yd. Freestyle	2:15.00	2:28.89	#104

Metropolitan Swimming, Inc. & APEX Swim Club 'Silver Championships North' Swim Meet 2013

Friday, Saturday, and Sunday, March 1st- 3rd, 2013

*****WAIVER*****

In consideration of acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against **USA-Swimming, Lehman College, Lehman College APEX, Metropolitan Swimming, Inc., and the APEX Swim Team and their Staff** for any injuries and/or expenses occurred by me/us at the swim meet, or while on the road to and from the meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

NAME OF CLUB: _____

USS CLUB ABBREVIATION: _____

SIGNATURE OF CLUB OFFICIAL, COACH, AND/OR PARENT OR GUARDIAN:

_____ (Print Name)

_____ (Signature)

_____ (Address)

_____ (Telephone)

NAME(S) OF COACH: _____

LOCATION OF CLUB: _____, New York

NAME/PHONE #/E-MAIL ADDRESS of person to contact regarding this entry:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO CONTACT REGARDING TIMERS/OFFICIALS:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO RECEIVE FINAL RESULTS:

ENTRY FEE _____ Individual Event Entries @ **\$4.00** = _____ \$

SUMMARY: _____ Individual Swimmer Surcharge @ **\$1.00** = _____ \$

TOTAL ENTRY FEES = _____ \$

MAKE CHECKS PAYABLE TO: APEX SWIM CLUB

List All Unattached Swimmers:

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____