



# **2013 Senior Metropolitan SCY Winter Championships**

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number 130205

Time Trials Sanction Number 130250-T

Sponsored by Metropolitan Swimming, Inc.

To be held at:

**LEHMAN COLLEGE APEX**

**BRONX, NEW YORK**

## **February 21-24, 2013**

General Chair: John McIlhargy  
Meet Director: Monique Grayson

Meet Jury: Don Wagner, Metro LSC Senior Chairman  
A Metro Athlete  
A Metro Coach

# 2013 SENIOR METROPOLITAN SCY WINTER CHAMPIONSHIPS

Hosted by Metropolitan Swimming, Inc.

February 21-24, 2013

**PLEASE READ CAREFULLY AND COMPLETELY!**

<b><u>SANCTION:</u></b>	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # <b>130205</b> Time Trials Sanction # <b>130250-T</b>
<b><u>LOCATION:</u></b>	Lehman College APEX Aquatic Center 250 Bedford Park Boulevard West Bronx, New York, 10468
<b><u>FACILITY:</u></b>	<p>The competitive course is 7-13 feet deep. The shallow end of the pool will be available for warm-up, warm-down, throughout the meet. (Coaches must monitor their swimmers in the warm-up lanes).</p> <p><b>NO SMOKING ALLOWED IN THE BUILDING.</b> 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.</p>
<b><u>SESSIONS:</u></b>	<p><b>Thursday:</b> Timed Finals: Warm-up 4:30 p.m. Meet Start: 5:30 p.m.</p> <p><b>Friday, Saturday, and Sunday</b></p> <p>Prelims: Warm-up 7:30 a.m. Meet Start: 9:00 a.m.</p> <p>Finals: Warm-up 5:00 p.m. Meet Start: 6:00 p.m.</p>
<b><u>FORMAT:</u></b>	<ol style="list-style-type: none"><li>1. Coaches and swimmers shall have the responsibility to familiarize themselves with the current U.S.A. Swimming Rules and Regulations.</li><li>2. There will be preliminary heats and finals in all individual events except the 1000 Yard and 1650 Yard 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.</li><li>3. All Relays are timed finals with the Top 16 relays swimming at Finals. Only 2 relays per team will be accepted (A &amp; B relays only).</li><li>4. The event order for the evening sessions will be: Bonus Final—8 swimmers (limited to swimmers 18 &amp; under), Consolation Final—8 swimmers, Championship Final—8 swimmers. There will be a 10 minute break before the relays in all finals sessions.</li><li>5. Consolation and Championship finals will score. Bonus Final is a non-scoring heat limited to swimmers 18 &amp; under.</li><li>6. All participating teams will be expected to time lanes, during the meet.</li></ol>

<b><u>FINALS:</u></b>	<p><b>Thursday:</b> All heats of 1000 Yard Freestyle to be swum fastest to slowest alternating women and men.</p> <p><b>Friday:</b> Same order as the Prelims and the fastest 2 heats of the 800 Yd Freestyle Relay</p> <p><b>Saturday:</b> Same order as the Prelims and the fastest 2 heats of the 400 Yd Medley Relay.</p> <p><b>Sunday:</b> Heats of the 1650 Yard 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 1650 will be adjusted and announced after positive check-in. The evening session will begin with the fastest heats of the 1650 Yard Freestyle, Women and Men; then the remaining individual events in the same order as prelims; and the fastest 2 heats of the 400 Yard Freestyle Relay.</p>
<b><u>DISTANCE EVENTS:</u></b>	<p>The 1000 Yard Freestyle <b>may</b> be limited to 40 Women and 40 Men. The 1650 Yard Freestyle may be limited to 32 Women and 32 Men. <b>Swimmers entered in these events must confirm their intention to swim (POSITIVE CHECKING) or they will not be seeded.</b> All individual timed final events will be seeded only if proof of time is submitted with the entries.</p>
<b><u>ELIGIBILITY:</u></b>	<ol style="list-style-type: none"> <li>1. All swimmers must be registered for 2013 with Metropolitan Swimming, Inc. as of the entry deadline.</li> <li>2. In addition, to be eligible to swim in this meet, <b>swimmers must have competed in <u>individual events</u> in a minimum of three Metropolitan Swimming Inc. sanctioned meets (or Regional or Nationals while registered with Metropolitan Swimming, Inc.) since February 27, 2012. Attendance at a meet as a relay only swimmer will not count as one of the 3 Metro Meets requirement.</b></li> <li>3. Entry times must equal or better the qualifying standards. <b>Short course yards times will be the conforming standard and will be seeded faster than meter times. Entry times may NOT be converted.</b></li> <li>4. <b><u>Times must have been achieved between January 1, 2012 and the meet entry deadline.</u></b> SWIMS Time Recon will be performed before the meet.</li> <li>5. As per House of Delegates of May 14, 2008: Beginning with the 2009 SC Senior Mets, <b>all relay entries must be accompanied by proof of time. Composite times may be used.</b></li> </ol>
<b><u>ENTRIES:</u></b>	<ol style="list-style-type: none"> <li>1. A swimmer may enter any event for which he/she has met the qualifying standard, but may <b>participate in only six (6) individual events over the course of the weekend.</b></li> <li>2. A swimmer may not swim more than three (3) individual events at prelims on any one-day. This rule <b>INCLUDES ANY TIME TRIALS HELD AFTER THE PRELIM SESSION.</b> <b>Once a swimmer is seeded in a prelims event, it counts as an event for that day.</b></li> <li>3. A swimmer may swim in any number of relay events during the meet.</li> <li>4. All entries, individual and relay, <u>must</u> be submitted on a Hy-Tek file. Include Hy-Tek Team Manager Meet Entries report. Swimmers who will be on <u>relays only</u> must be listed on the Master Entry Form.</li> <li>5. Email all entries to: Monique G. Grayson - <a href="mailto:monique.grayson@metroswimming.org">monique.grayson@metroswimming.org</a></li> <li>6. <b>A Meet Manager entries report will be emailed back as confirmation of receipt.</b></li> <li>7. Coaches, please contact Monique if you do not receive such a report within 2 days of your original email.</li> </ol>

<b><u>DEADLINE:</u></b>	<p><b>Entries</b> must be in hand no later than <b>Tuesday, February 12, 2013</b>. This entry date allows any swims achieved through Sunday, February 10<sup>th</sup> to be emailed prior to the deadline. Entries received after the deadline will NOT be accepted. For swimmers qualifying for the first time between February 13<sup>th</sup> and February 17<sup>th</sup>, coaches must send an email with <b><u>new entries only</u></b> no later than Tuesday, February 19<sup>th</sup>. <b><u>Absolutely no new Hy-Tek file and no updating of times will be allowed.</u></b></p>
<b><u>DISABILITY SWIMMERS:</u></b>	<p>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.</p>
<b><u>ENTRY FEE:</u></b>	<p>\$5.00 per individual entry, \$10.00 per relay entered, \$10.00 per swimmer for Metro surcharge (including relay only swimmers). Entry fees <b>MUST</b> be received no later than February 21<sup>st</sup>.  Make one check payable to <b>Metropolitan Swimming. NO REFUNDS.</b></p> <p><b>Mail checks to:</b> Monique Grayson (SMSC2013)  22 Pine Hill Court – Briarcliff Manor, NY 10510</p>
<b><u>MEET DIRECTOR:</u></b>	<p>Meet Director - Monique Grayson – <a href="mailto:monique.grayson@metroswimming.org">monique.grayson@metroswimming.org</a>  Senior Chair – Don Wagner – <a href="mailto:don.wagner@metroswimming.org">don.wagner@metroswimming.org</a></p>
<b><u>WARM-UP:</u></b>	<p>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.</p>
<b><u>SCRATCHES:</u></b>	<p><b><u>RULES AND PROCEDURES: PLEASE READ VERY CAREFULLY!!</u></b></p> <ol style="list-style-type: none"> <li>1. <b>POSITIVE CHECKING</b> for the 1000 Yard Freestyle <b>MUST</b> be made in person at the pool desk of Lehman College between <b>4pm and 5pm on Thursday, February 21, 2013</b>. The 1000 free will be seeded promptly at 5pm.</li> <li>2. <b>Scratches for Friday's events MUST be made by emailing Monique no later than 1:00pm on Thursday, February 21<sup>st</sup> or be made in person by a coach during warm-up of the distance freestyle events on Thursday</b></li> <li>3. <b><u>All scratches for Friday will close at the end of warm-up, at 5:30pm, on Thursday, February 21' 2013</u></b></li> <li>4. Scratches for all subsequent days' events and confirmation of intent to swim the 1650 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.</li> <li>5. <b>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.</b></li> </ol>

	<p>6. 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.</p> <p>7. A swimmer qualifying for any finals swim based upon the results of the prelims must notify the Clerk of Course <b>within 30 minutes after announcement of the qualifiers</b> for that event that he/she <b>may not intend to compete, and further must declare his/her final intention within 30 minutes following his/her last preliminary event.</b> 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 207.5.9 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.</p> <p>8. 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.</p> <p>9. <b>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.</b></p>
<b><u>COACHES:</u></b>	<p>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.</p>
<b><u>AWARDS:</u></b>	<p>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.</p>
<b><u>SCORING:</u></b>	<p><b>All events will be scored to 16 places. Points for Individual events are:</b></p> <ul style="list-style-type: none"> <li>• <b>Bonus Final – no score</b></li> <li>• <b>Consolation Final – 9, 7, 6, 5, 4, 3, 2, 1.</b></li> <li>• <b>Championship Final – 20, 17, 16, 15, 14, 13, 12, 11</b></li> </ul> <p><b>Points will be double for relays. Only two relay teams per club may score.</b></p>
<b><u>OFFICIALS:</u></b>	<p><b>Meet Referee:</b> Bruce Brooks - contact information e-mail: <a href="mailto:bbrooks124@gmail.com">bbrooks124@gmail.com</a>          Officials wishing to volunteer should contact the Meet Referee by February 1, 2012.</p> <ul style="list-style-type: none"> <li>• <b>The Meet is open to all Officials within the Region who wish to, and are eligible to be evaluated for advancement and re-certification. Officials from other LSC's are encouraged to apply.</b></li> <li>• <b>It is our intent to have this meet approved as an Officials' Qualifying Meet for National certification evaluation.</b></li> <li>• <b>Officials must apply to be evaluated. Send applications directly to Steve Kessler at <a href="mailto:stevenkessler@msn.com">stevenkessler@msn.com</a>.</b></li> <li>• <b>Volunteers are encouraged to contact the Meet Referee using the application posted on the Officials site at <a href="http://www.metroswimming.org/Officials/Officials.html">http://www.metroswimming.org/Officials/Officials.html</a>.</b></li> <li>• <b>To request evaluation for National certification, please complete the Request for</b></li> </ul>

	Evaluation Sr. Mets application on the Officials site posted above and forward as directed and email it to <a href="mailto:stevenkessler@msn.com">stevenkessler@msn.com</a> .
<b><u>RULES:</u></b>	The current USA Swimming Rules and Regulations will apply. <b>The USA Swimming Code of Conduct is in effect for the duration of the meet.</b> The overhead start procedure may be used at the discretion of the meet Referee.
<b><u>SAFETY:</u></b>	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. <b>“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.</b> <b>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”</b>
<b><u>WATER DEPTH:</u></b>	USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls." The competitive course is 7-13 feet deep.
<b><u>DISCLAIMER:</u></b>	Upon acceptance of his/her entries, the participant waives all claims against Lehman College, Lehman College Apex Aquatic Center, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
<b><u>AUDIO/VISUAL STATEMENT:</u></b>	<b>Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms</b>
<b><u>DECK CHANGING:</u></b>	<b>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.</b>
<b><u>ADMISSION:</u></b>	<u>Adult Admission:</u> \$5.00 per person <u>Child Admission:</u> \$2.00 per person Only swimmers, coaches with current USA Swimming certification credentials, and officials will be allowed on deck.
<b><u>PROGRAMS:</u></b>	Prelims and Finals Programs: \$3.00 per session
<b><u>MERCHANTS:</u></b>	The Metro Swim Shop 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.
<b><u>TIMERS:</u></b>	<b>Timers</b> 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. <b>PLEASE COOPERATE.</b> Any timer that has not reported, from a club assigned to time, will

	<p>result in the disqualification of that club's swimmers until that timer reports.  <u><b>Swimmers entered in the 1000 and 1650 yard Freestyle must provide their own timer and counter.</b></u></p>
<b><u>TIME TRIALS:</u></b>	<p><b>Time trials will be held after prelims, <u>as time permits</u>.</b> 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.  <u><b>Time trials are counted toward the three individual events allowed per swimmer per day.</b></u></p>
<b><u>PARKING:</u></b>	<p><b>Parking: \$5.00</b> all-day parking at College Supervised Lot, (100 yards from APEX).</p>
<b><u>DIRECTIONS:</u></b>	<p><b>By Train</b></p> <p>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.</p> <p><b>By Bus</b></p> <p>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).</p> <p><b>By Car</b></p> <p><b>From Manhattan - East Side</b>  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.</p> <p><b>From Manhattan - West Side</b>  Via West Side Highway north (it becomes Henry Hudson Parkway) to Mosholu Parkway exit. Follow directions from the Henry Hudson Parkway.</p> <p><b>From Westchester</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Via <b>Saw Mill River Parkway south</b> (it becomes Henry Hudson Parkway) to Mosholu</li> </ul>

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



**2013 SENIOR METROPOLITAN SCY WINTER CHAMPIONSHIPS  
FEBRUARY 21-24, 2013**

**Thursday, February 21, 2013**

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
9:45.79	9:30.79	10:55.99	1	1000	Free	2	10:22.99	9:01.89	9:23.79

**Friday, February 22, 2013**

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
1:22.89	1:20.09	1:12.09	3	100	Breast	4	1:04.49	1:11.59	1:15.39
2:17.29	2:13.09	1:59.99	5	200	Free	6	1:49.99	2:01.99	2:07.19
1:10.69	1:08.79	1:01.99	7	100	Fly	8	55.19	1:01.19	1:03.59
5:28.19	5:19.29	4:47.49	9	400	IM	10	4:25.99	4:55.29	5:07.49
9:47.59	9:37.19	8:39.99	11	800 yd	Free Relay	12	7:59.99	8:52.49	9:07.49

**Saturday, February 23, 2013**

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
2:36.89	2:30.99	2:15.99	13	200	IM	14	2:03.99	2:17.59	2:24.69
29.49	28.49	25.69	15	50	Free	16	23.29	25.79	27.09
1:13.39	1:09.49	1:02.59	17	100	Back	18	56.99	1:03.19	1:08.29
4:43.29	4:33.99	5:14.99	19	500	Free	20	4:56.99	4:18.29	4:28.79
5:07.59	5:00.89	4:30.99	21	400 yd	Med Relay	22	3:59.99	4:26.29	4:34.79

**Sunday, February 24, 2013**

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
19:08.79	18:31.89	18:39.99	23	1650	Free	24	17:49.99	17:41.99	18:28.79
2:37.69	2:29.99	2:15.09	25	200	Back	26	2:03.99	2:17.59	2:26.09
2:57.69	2:53.29	2:35.99	27	200	Breast	28	2:22.99	2:38.79	2:46.69
1:03.99	1:01.99	55.89	29	100	Free	30	50.19	55.69	58.19
2:37.79	2:34.29	2:18.99	31	200	Fly	32	2:05.99	2:19.79	2:25.49
4:32.69	4:26.29	3:59.99	33	400 yd	Free Relay	34	3:35.99	3:59.49	4:08.19