



**NEW YORK SHARKS  
LAST CHANCE INVITATIONAL  
At LEHMAN COLLEGE**

**SATURDAY AND SUNDAY  
July 13th & 14th, 2019**

**Metro Sanction # 190705**

Invited Teams: AG, WSSC, MWSC, NBS,RFAC, HVD, TRS, WEST, BAD, YMID, BGNW, EAST,HAWKS, VAC, GAEL, LIE, DA, COND, AGUA, MVA, YBAR, NCAC, SPAR, SSC, SMC, SSL, WAC,APEX, FAST, IA, LGAC, MAKO, MPNY, GATORS-NJ, BBNJ,WAV-NJ, LSA, FREE, SWAG, CAT-NJ,SCY-NJ, YFD, LIAC, HS, DESC-NJ, PATS, SS, WSA, JCC, TS, HAA, QNS, SWIM70-CT, RAC, SCY, NJRC, Albany Starfish, Mandell JCC,PACK-CT, DVWM, SCAR-NJ, PAC

# NEW YORK SHARKS LAST CHANCE INVITE

July 13-14, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 190705
- LOCATION:** Lehman College APEX Aquatic Center  
250 Bedford Park Boulevard West  
Bronx, New York 10468
- FACILITY:** 8 Lane 50 Meter Pool utilizing Daktronic Timing System and Scoreboard The pool Has been certified in accordance with Article 104.2.2C (4) The competitive course is 7-13 feet deep. 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 1: Saturday AM: 7:30 AM Warm Up, 8:30 AM Start  
Session 2: Saturday PM: 2:00 PM Warm Up, 3:00 PM Start  
Session 3: Sunday AM: 7:30 AM Warm Up, 8:30 AM Start  
Session 4: Sunday PM: 2:30 PM Warm Up, 3:30 PM Start
- FORMAT:** This meet will be a timed final meet.  
The meet will be deck seeded.
- ELIGIBILITY:** Open to all invited teams registered swimmers. All swimmers participating in this meet must be registered by first day of the meet. Age on July 13, 2019 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 competition.
- ENTRIES:** Swimmers may compete 3 individual events per day for Saturday and Sunday. **NT's will not be accepted.** The host club reserves the right to keep their swimmers in the meet.

The 800 meter Freestyle and the 1500 meter freestyle will be swum Fastest to slowest. They may be limited to 3 heats. The 12 and under 400 ind. Medley may be limited to 2 heats. It will be swum slowest to fastest.

All invited teams will be given priority. All other teams please send email to [BG26608@hotmail.com](mailto:BG26608@hotmail.com).

The final entry deadline for this meet is June 25, 2019.

Teams will be considered accepted when the host club accepts the entries. The host club must stay within the four hour per session rule.

**All received entries will be confirmed within 48 hours.**

**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:

**NYS Aquatics, Inc,  
c/o Edgar Perez  
55 Walnut Street Suite 101B  
Norwood, NJ 07648**

Email Entries/Confirm Entry Receipt: [NYSAEntries@gmail.com](mailto:NYSAEntries@gmail.com).

Sign Express Mail Waiver allowing delivery without signature.

**DEADLINE:** The final entry deadline for this meet is **June 25, 2019**.

All other requests received after **June 25, 2019** 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 **\$8.00** per individual event for timed final event. There will be a \$5.00 facility fee per swimmer.

Payment must be received by **June 25, 2019** 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.

Make check payable to: **NYS Aquatics, Inc,**

**WARM-UP:** The meet director reserves the right to assign lanes for warm up based on the size of the meet. If lanes are not assigned; we will use Lanes 3,4 and 5 for continuous one-way starts starting 15 minutes before the end of the warmup and Lanes 1, 2, 6, 7, 8 for warm-up. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.

**SCRATCH PROCEDURE:** 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 to 12 and under swimmers only. Medals will be given for 1st – 3rd place in each event and ribbons for 4th – 8th place.

**OFFICIALS:** Meet Referee: Ernesto Martinez  
Officials wishing to volunteer should contact Meet Referee by email:  
[emathletics@gmail.com](mailto:emathletics@gmail.com)

**MEET DIRECTOR:** Patsy Burke, Email [nysaentries@gmail.com](mailto:nysaentries@gmail.com)

- ADMIN. OFFICIAL:** Patsy Burke, Email [melissafreehill@gmail.com](mailto:melissafreehill@gmail.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:** Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warmups 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 2012 - 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." **1.0 meter = 4 feet 6 inches, 5 meters = 13 feet**
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all liabilities and claims for damages against The City of New York, Lehman College Apex Aquatic Center, NYS Aquatics Swim team, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for injuries to anyone during the conduct 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 RULES:** "Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the blocks."
- Drones:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- DECK CHANGING:** Deck changing is prohibited.
- ADMISSION:** \$7.00 Adults/session \$3.00 10 and unders/session \$3.00 Program/session.
- ALL ADMISSIONS MUST BE BOUGHT ONLINE AND PROOF OF PURCHASE WILL BE NEEDED TO BE ALLOWED INTO SPECTATORS STANDS. YOU WILL NOT BE ABLE TO BUY TICKETS AT THE DOOR. FAILURE TO BUY ONLINE WILL RESULT IN NO ENTRY TO THE MEET.**
- Ticket purchase link will be available no later than June 1, 2019.**
- MERCHANT:** A concession stand will be available throughout the duration of the meet. A Swim shop vendor will also be on site.
- PARKING:** Parking is \$5 in The North Lot (alongside the reservoir) There is also ample free and metered street parking however be sure to read all signs to avoid costly parking tickets. (Parking fees are set and collected by Lehman College and subject to change at the discretion of Lehman College and without prior notice or consultation with the NYSA Swim team.)

**DIRECTIONS:** 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.

**FACILITY RULES:** **NO SMOKING** within 50 feet of any entrance to the school or inside the school. **NO FOOD** is allowed on deck. Liquid refreshments in plastic bottles are allowed. **NO GLASSBOTTLES** or **JUICE BOXES** allowed on deck.

**SESSION 1 – July 13, 2019 7:30 AM Warm Up 8:30 AM Start**

| Women | Event                   | Men |
|-------|-------------------------|-----|
| 1     | 13-14 400M Free         | 2   |
| 3     | 15 and over 400m Free   | 4   |
| 5     | 13-14 200M Ind. Medley  | 6   |
| 7     | 15 and over 200m IM     | 8   |
| 9     | 13-14 100m Back         | 10  |
| 11    | 15 and over 100m Back   | 12  |
| 13    | 13-14 200m Fly          | 14  |
| 15    | 15 and over 200m Fly    | 16  |
| 17    | 13-14 100m Breast       | 18  |
| 19    | 15 and over 100m Breast | 20  |
| 21    | 13-14 100m Free         | 22  |
| 23    | 15 and over 100m Free   | 24  |
| *25   | 13 and over 800 Free    | *26 |

**\*MAY BE LIMITED TO 3 HEATS – SWIMMERS MUST PROVIDED THEIR OWN TIMER.**

**SESSION 2 – Saturday July 13, 2019 – 2:30 PM Warm Up 3:30 PM Start**

| Women | Event                  | Men |
|-------|------------------------|-----|
| 27    | 11-12 200m IM          | 28  |
| 29    | 10 & Under 200m IM     | 30  |
| 31    | 11-12 100m Fly         | 32  |
| 33    | 10 & Under 100m Fly    | 34  |
| 35    | 11-12 50m Back         | 36  |
| 37    | 10 & Under 50m Back    | 38  |
| 39    | 11-12 50m Breast       | 40  |
| 41    | 10 & Under 100m Breast | 42  |

|            |                      |            |
|------------|----------------------|------------|
| <b>43</b>  | 11-12 100m Free      | <b>44</b>  |
| <b>45</b>  | 10 & Under 100m Free | <b>46</b>  |
| <b>*47</b> | 12 & Under 400m Free | <b>*48</b> |

**\*MAY BE LIMITED TO 2 HEATS – SWIMMERS MUST PROVIDED THEIR OWN TIMER.**

**SESSION 3 – Sunday July 14, 2019 – 7:30 AM Warm Up 8:30 AM Start**

| <b>Women</b> | <b>Event</b>            | <b>Men</b> |
|--------------|-------------------------|------------|
| <b>49</b>    | 13-14 400m Ind. Medley  | <b>50</b>  |
| <b>51</b>    | 15 and over 400m IM     | <b>52</b>  |
| <b>53</b>    | 13-14 200m Free         | <b>54</b>  |
| <b>55</b>    | 15 and over 200m Free   | <b>56</b>  |
| <b>57</b>    | 13-14 100m Fly          | <b>58</b>  |
| <b>59</b>    | 15 and over 100m Fly    | <b>60</b>  |
| <b>61</b>    | 13-14 200m Back         | <b>62</b>  |
| <b>63</b>    | 15 and over 200m Back   | <b>64</b>  |
| <b>65</b>    | 13-14 200m Breast       | <b>66</b>  |
| <b>67</b>    | 15 and over 200m Breast | <b>68</b>  |
| <b>69</b>    | 13-14 50m Free          | <b>70</b>  |
| <b>71</b>    | 15 and over 50m Free    | <b>72</b>  |
| <b>*73</b>   | 13 and over 1500m Free  | <b>*74</b> |

**\*MAY BE LIMITED TO 3 HEATS – SWIMMERS MUST PROVIDED THEIR OWN TIMER.**

**SESSION 4 – Sunday July 14, 2017 – 2:30 Warm Up 3:30 Start**

| <b>Women</b> | <b>Event</b>          | <b>Men</b> |
|--------------|-----------------------|------------|
| <b>75</b>    | 11-12 200m Free       | <b>76</b>  |
| <b>77</b>    | 10 & Under 200m Free  | <b>78</b>  |
| <b>79</b>    | 11-12 100m Back       | <b>80</b>  |
| <b>81</b>    | 10 & Under 100m Back  | <b>82</b>  |
| <b>83</b>    | 11-12 50m Fly         | <b>84</b>  |
| <b>85</b>    | 10 & Under 50m Fly    | <b>86</b>  |
| <b>87</b>    | 11-12 200m Back       | <b>88</b>  |
| <b>89</b>    | 10 & Under 50m Breast | <b>90</b>  |
| <b>91</b>    | 11-12 100m Breast     | <b>92</b>  |
| <b>93</b>    | 10 & Under 50m Free   | <b>94</b>  |
| <b>95</b>    | 11-12 50m Free        | <b>96</b>  |
| <b>*97</b>   | 12 & Under 400m IM    | <b>*98</b> |

**\*MAY BE LIMITED TO 2 HEATS – SWIMMERS MUST PROVIDED THEIR OWN TIMER.**



## Metropolitan Swimming Photographer Registration Form

**As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.**

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

**THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.**

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID \_\_\_\_\_ # \_\_\_\_\_

Taking photos of \_\_\_\_\_

On behalf of \_\_\_\_\_

Purpose \_\_\_\_\_

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

Meet \_\_\_\_\_ Location \_\_\_\_\_

Date(s) of meet \_\_\_\_\_