

2017 Senior Metropolitan SCY Winter Championships

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.
Sanction Number **170206** - Time Trials Sanction Number **170253-T**Sponsored by Metropolitan Swimming, Inc.

To be held at:

NASSAU COUNTY AQUATIC CENTER – EISENHOWER PARK EAST MEADOW, NEW YORK

February 17-20, 2017

<u>Important notice – Please read every page!</u>

The 2017 Winter Senior Mets must be entered through the USA Swimming OME (on-line meet entry) system only.

Entries will be accepted online at USA-S OME between January 1 & February 7, 2017

The MM events file is available on the Metro Web site for swimmers eligibility purposes only.

Exported Entries from Team Manager - or any other program - will not be accepted.

Questions - email metromeets16@gmail.com

General Chair: John McIlhargy

Meet Directors: Brian Hansbury, Mary Fleckenstein, Eric Fisher and/or Mary Lange

Meet Referee: Mark Amodio

Administrative Official: Mary Lange, Wendy Martinez and/or Mary Fleckenstein Meet Jury: Dave Ferris or John Collins, Metro LSC Senior Chairmen

A Metro Athlete A Metro Coach Meet Referee

Meet Director/Metro Board member (5 people min. – different each day)

2017 SENIOR METROPOLITAN SCY WINTER CHAMPIONSHIPS

Hosted by Metropolitan Swimming, Inc. At Nassau County Aquatic Center

February 17-20, 2017

PLEASE READ CAREFULLY AND COMPLETELY!

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 170206 Time Trials Sanction # 170253-T
LOCATION:	Nassau County Aquatic Center Eisenhower Park East Meadow, NY 11554
FACILITY:	2 x 10 Lane by 25 yard competition pool with 2 meter min. depth. 6 Lane by 25 meter warm-up pool with 2 meter min. depth Colorado Timing System, scoreboard readouts, Hy-Tek meet manager The pool has been certified in accordance with Article 104.2.2c (4)
MEET DIRECTORS:	Brian Hansbury – brian.hansbury@metroswimming.org Mary Fleckenstein – metro.office@metroswimming.org Eric Fisher – eric.fisher@metroswimming.org Mary Lange – thelangez@hotmail.com
QUESTIONS:	E-mail all questions to metromeets16@gmail.com
WEBSITE:	Metro Swimming LSC: http://www.metroswimming.org OME - Online Meet Entry System: http://www.usaswimming.org
OFFICIALS:	Meet Referee: Mark Amodio - e-mail: amodio@vassar.edu Meet Evaluation Process: Steven Kessler - e-mail: stevenkessler@msn.com Officials wishing to volunteer should contact Mark Amodio no later than February 7, 2017. The Senior Metropolitan Championship has been set as a USA Swimming OQM - please contact Mark Amodio and/or Steven Kessler.
SENIOR CHAIR:	John Collins — john.collins@metroswimming.org Dave Ferris — dave.ferris@metroswimming.org
SAFETY CHAIR:	Edgar Perez - edgar.perez@metroswimming.org
COACHES' MEETING:	A brief coaches' meeting will be held Saturday morning at a time designated by the meet referee and as necessary on Sunday and Monday. Meeting time will be announced Saturday morning.

SESSIONS:	Friday: Timed Finals – 1000 free: Warm-up 4:00 p.m. Meet Start: 5:30 p.m.							
	Saturday, Sunday and Monday							
	Prelims: Warm-up 7:30 a.m. Meet Start: 9:00 a.m.							
	Finals: Warm-up 4:30 p.m. Meet Start: 6:00 p.m. Saturday and Sunday							
	Finals: Warm-up 5:00 p.m. Meet Start: 6:00 p.m. Monday							
	Monday: Timed Finals – 1650 free: Warm-up and start TBA (between prelims & finals)							
DISTANCE	The 1000 yd Freestyle may be limited to 40 Women and 40 Men.							
EVENTS:	e 1650 yd Freestyle may be limited to 32 Women and 32 Men.							
	Swimmers entered in these events must confirm their intention to swim (POSITIVE							
	CHECKING) or they will not be seeded.							
MADRA LID.	All clubs must warm up under the supervision of a seach. Coaches should register at the							
WARM-UP:	All clubs must warm-up under the supervision of a coach. Coaches should register at the pool desk when they arrive in order for their clubs to begin warm-up.							
	Only swimmers entered in this meet may use the warm-up lanes.							
	All athletes must have a coach in attendance. Athletes participating in the meet without a							
	coach must make prior arrangements with a club participating in the meet and ask for coach							
	coverage. Please notify the Meet Director of any different coaching assignments.							
	Lane assignments are open on a first come first served basis. Clubs may share lanes with							
	other clubs. No diving will be permitted, except in sprint lanes. Pace lanes will be reserved							
	for swimmers who are being timed by their coaches. Entry into pool is feet-first from the end							
	of the pool.							
	of the pool.							
FORMAT:	1. Coaches and swimmers shall have the responsibility to familiarize themselves with the							
	current U.S.A. Swimming Rules and Regulations.							
	2. There will be preliminary heats and finals in all individual events except the 1000 Yard							
	nd 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.							
	3. All Relays are timed finals with the Top 16 relays swimming at Finals except for the 800							
	free relay which will be held on Friday. The event order for the evening sessions will be:							
	D Final – 8 swimmers (limited to swimmers 18 & under - in 50's and 100's only)							
	C Bonus Final—8 swimmers (limited to swimmers 18 & under)							
	Consolation Final—8 swimmers							
	Championship Final—8 swimmers.							
	There will be a 10 minute break before the relays in all finals sessions.							
	4. All participating teams will be expected to time lanes, during the meet.							
FINALS:	Friday: All heats of 1000 Yard Freestyle to be swum fastest to slowest alternating							
	women and men							
	Saturday: Same order as the Prelims and the fastest 2 heats of the 800 Yd Free Relay							
	Sunday: Same order as the Prelims and the fastest 2 heats of the 400 Yd Medley Relay.							
	Monday: 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 women and							
	men, 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.
ELIGIBILITY:	 All swimmers must be registered for 2017 with Metropolitan Swimming, Inc. as of the entry deadline. Any swimmer, who is entered and is unregistered, will be scratched from the meet. Registrations will not be processed at the meet. In addition, to be eligible to swim in this meet, swimmers must have competed in individual events in a minimum of three (3) Metropolitan Swimming Inc. sanctioned meets (or Regional or Nationals Championships while registered with and representing Metropolitan Swimming, Inc.) since February 21, 2016. Attendance at a meet as a relay only swimmer will not count as one of the 3 Metro Meets requirement. Entry times must equal or better the qualifying standards. Short course yard (SCY) times will be the conforming standard and will be seeded faster than LCM and SCM times. Entry times may NOT be converted. Times must have been achieved between January 1, 2016 and the meet entry deadline. All times must be provable in the SWIMS Database. Swimmers entered with un-provable times will not be allowed to swim their events!
	7. Relay may be entered with composite times.
ENTRIES:	 A swimmer may enter any event for which he/she has met the qualifying standard, but may participate in only six (6) individual events over the course of the weekend. If a swimmer exceeds his/her maximum daily or meet allowance of events, and is not properly scratched – then the first events listed for that swimmer are the events that he/she will be seeded in and he/she will be scratched from the remainder events. A swimmer may not swim more than three (3) individual events at prelims on any one-day. This rule INCLUDES ANY TIME TRIALS HELD AFTER THE PRELIM SESSION. Once a swimmer is seeded in a prelims event, it counts as an event for that day. A swimmer may swim in any number of relay events during the meet. All entries, individual and relay, must be submitted through the USA Swimming OME System (no exceptions) between January 1st and February 7, 2017. This is the only accepted way to enter this meet. Relay only Swimmers must be entered through the OME System to be eligible to swim. Reminder – please wait until your athletes have exhausted all of their chances to qualify or improve seed times before finalizing your entry and "check-out". The OME System does not allow for swimmers to change or delete after closing on February 7th Entries' Report must be printed directly from OME after check out as a confirmation of entries. Screen shots or emails will not be accepted as proof of entries! Email all questions to: metromeets16@gmail.com
DISABILITY SWIMMERS:	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.
<u>DEADLINE</u> :	Entries <u>must</u> be submitted through the <u>USA Swimming OME System</u> between January 1 st and February 7, 2017. This entry date allows any swims achieved through Sunday, February

ENTRY FEE:	5th to be submitted prior to the deadline. The OME System will close at 11:59pm on February 7, 2017. Entries will no longer be accepted on OME after the deadline. For swimmers qualifying for the first time between February 6th and February 12th, coaches must submit information on new entries only , no later than 12:00pm (non) on Tuesday, February 14th to metromeets16@gmail.com \$6.50 per individual entry, \$10.50 per relay entered, \$10.00 per swimmer for Metro Surcharge (including relay only swimmers). Credit Card only at OME checkout.
	"NEW QUALIFIERS or ADDITIONAL ENTRIES" – all fees for entries achieved after the published deadline MUST have payment received by the start of Prelims on Saturday, February 18 th , or swimmers will be scratched (cash, check or credit card)
CORRECTIONS:	Psych sheets will be posted on the metroswimming.org web site. All Corrections and New Entries must be submitted no later than Noon on February 14th by email to metromeets16@gmail.com (corrections include missed or miss-entered events). No exceptions will be made to this deadline. No improvements in seed time will be accepted, including improvements due to changes in course (LCM to SCY or SCM to SCY). \$5 may be assessed for each correction. Metro Swimming is not responsible for entry errors based on incorrect meet files, computer/servers' errors, software bugs, etc.
WARM-UP:	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.
SCRATCHES:	 RULES AND PROCEDURES: PLEASE READ VERY CAREFULLY!! POSITIVE CHECK-IN for the 1000 yd Freestyle MUST be made in person at the pool desk of Nassau County Aquatic Center between 4pm and 4:50pm on Friday, February 17, 2017. The 1000 free will be seeded promptly at 5pm. Scratches for Saturday, Sunday and Monday will be due no later than 8:15am each day. Scratch forms will be provided at the meet desk. Positive check-in for Monday's distance events will be due no later than 12noon on Sunday, February 19th. In all Timed Final Events (all relays, 1000 and 1650 free) and in all Prelim-Final events, after the events have been either positively checked or 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. Heat sheets for same day finals will be posted as soon as possible within 30 minutes of the conclusion of each morning session. A swimmer qualifying for any finals swim, based upon the results of the prelims, must notify the Clerk of Course within 30 minutes after announcement of the qualifiers for that event, that he/she may not intend to compete, and further must declare his/her final intention within 30 minutes following his/her last preliminary event. 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 Rules 207.11.6.A to F. 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. 7. The relay scratch rules 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. 8. It is the responsibility of the Swimmers and the Coaches to make sure that swimmers have not moved up into the top 30 by the close of the prelims session. Reminder - C & D Bonus finals are non-scoring finals and are limited to swimmers 18 and under - swimmers 19 and older will be automatically scratched from the Bonus finals unless they move up to the Consolation final due to scratches. **COACHES:** All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must display this card while on deck. All coaches (and/or assistant coaches) will be required to check-in at the pool deck in order to be on deck. 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. Live Deck Pass certification is acceptable. Coaches who do not possess these credentials will be required to leave the deck area. **AWARDS**: 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. **SCORING:** All events will be scored to 16 places. Points for Individual events are: • Bonus "D" Final – for 50 free and 100 events only - non-scoring • Bonus "C" Final - non-scoring Consolation "B" Final – 9, 7, 6, 5, 4, 3, 2, 1 Championship Final – 20, 17, 16, 15, 14, 13, 12, 11 Points will be doubled for relays. Only two relay teams per club may score. **OFFICIALS**: Meet Referee: Mark Amodio - e-mail: amodio@vassar.edu Meet Evaluation Process: Steven Kessler – e-mail: stevenkessler@msn.com Officials wishing to volunteer should contact the Meet Referee by February 7, 2017. 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. • It is our intent to have this meet approved as an Officials' Qualifying Meet for National certification evaluation. • Officials must apply to be evaluated. Send applications directly to Steve Kessler at stevenkessler@msn.com. To request an evaluation for National certification, please complete the Request for

	National Evaluation application posted on the Officials site of USA Swimming, and forward as directed and email it to stevenkessler@msn.com .
RULES:	The 2017 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:	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:	Upon acceptance of his/her entries, the participant waives all claims against Nassau County Aquatic Center, 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, locker rooms or behind the starting block's
	"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 CHANGES ARE PROHIBITED
ADMISSION:	Friday: No fees for admission Saturday, Sunday and Monday: fee per session: Adult Admission: \$7.00 per person Only swimmers, coaches with current USA Swimming certification credentials, and officials will be allowed on deck.
PROGRAMS:	Psych Sheets and Finals Programs: \$3.00 per session
MERCHANTS:	THE 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.
PARKING:	There is ample free parking available in the park

TIME TRIALS:

Time trials will be held after prelims, as time permits. They will cost \$10.00 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.

Fee for Relay Time Trials will be \$20

Time trials are counted toward the three individual events allowed per swimmer per day.

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 Parkway East to Meadowbrook Parkway (northbound) to NY-24 Hempstead Turnpike (exit M\$) 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 Parkway to Meadowbrook Parkway southbound (Jones Beach). Get off Meadowbrook Parkway at NY-24 Hempstead Turnpike. (Exit M4). On Hempstead Turnpike g 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.

2017 SENIOR METROPOLITAN SCY WINTER CHAMPIONSHIPS FEBRUARY 17-20, 2017

Friday, February 17, 2017

	Female			E	vent	Male			
LCM	SCM	SCY	#			#	SCY	SCM	LCM
9:35.69	9:22.89	10:44.99	1	1000	Freestyle	2	10:09.99	8:51.69	9:04.49

Saturday, February 18, 2017

Female			e Event					Male	
LCM	SCM	SCY	#			#	SCY	SCM	LCM
1:20.09	1:18.09	1:10.29	3	100	Breast	4	1:03.49	1:10.49	1:12.49
2:14.49	2:11.29	1:58.29	5	200	Free	6	1:48.69	2:00.69	2:03.89
1:08.29	1:06.69	1:00.29	7	100	Fly	8	54.99	1:01.09	1:02.49
5:22.79	5:16.39	4:44.99	9	400	IM	10	4:21.99	4:40.79	4:57.19
9:11.59	8:58.79	8:05.39	11	800	Free Relay	12	7:22.39	8:11.09	8:23.89

Sunday, February 19, 2017

	Female		Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
2:30.89	2:27.59	2:12.99	13	200	IM	14	2:01.39	2:14.79	2:17.99
28.79	27.99	25.19	15	50	Free	16	22.99	25.49	26.29
1:08.59	1:07.39	1:00.69	17	100	Back	18	55.99	1:02.19	1:03.39
4:37.59	4:31.19	5:10.99	19	500	Free	20	4:54.99	4:16.89	4:23.29
4:46.49	4:40.09	4:12.29	21	400	Med Relay	22	3:46.99	4:11.99	4:18.39

Monday, February 20, 2017

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
18:34.89	18:10.89	18:12.99	23	1650	Free	24	17:19.99	17:16.79	17:40.79
2:28.39	2:25.99	2:11.49	25	200	Back	26	2:01.99	2:15.39	2:17.79
2:52.69	2:48.69	2:31.99	27	200	Breast	28	2:19.99	2:35.79	2:39.39
1:02.29	1:00.79	54.69	29	100	Free	30	49.69	55.19	56.79
2:33.79	2:30.99	2:15.99	31	200	Fly	32	2:03.99	2:17.69	2:20.49
4:17.29	4:11.69	3:45.79	33	400	Free Relay	34	3:21.89	3:44.19	3:50.59



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.

Policy: Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director.

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

Notes:

The above policy will be published in meet announcements and programs.

It is the Meet Director's responsibility to have forms available at the meet.

The Meet Director should check the actual ID against entry on form, and keep a file of submitted forms.

The intent is to promote accountability and to give Meet Directors and Referees a tool for managing concerns about photographers. Teams should consider providing a lanyard indicating that the photographer is registered.

See form, below.



Metropolitan Swimming

Photographer Registration Form

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.
Signaturetoday's Date
MeetLocation
Date(s) of meet