

2006

Senior Metropolitan Short Course Championships

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.
Sanction Number 060201
Time Trials Sanction Number 060275

BONUS EVENTS WILL BE OFFERED AT THE 2006 SENIOR METS CHAMPIONSHIPS

Sponsored by Metropolitan Swimming, Inc.

To be held at

**LEHMAN COLLEGE APEX
BRONX, NEW YORK**

February 16-19, 2006

General Chair: Mary Fleckenstein
Meet Director: Dave Ferris

Meet Jury: Dave Ferris, Senior Chairman
An Athlete
A Coach

2006 SENIOR METROPOLITAN SHORT COURSE SWIMMING CHAMPIONSHIPS

Hosted by Metropolitan Swimming, Inc.
Held at Lehman College Apex, Bronx, New York
February 16-19, 2006

PLEASE READ CAREFULLY AND COMPLETELY!

Entries that do not follow entry rules will be subjected to a fine and may be rejected.

ENTRIES:

- 1) All entries, individual and relay, should be submitted on a Hy-Tek disk. Include Hy-Tek Team Manager Meet Entries report. Swimmers who will be on relays only must be listed on the Master Entry Form.
- 2) All swimmers must be 2006 Metropolitan Swimming, Inc. registered as of the entry deadline. In addition, to be eligible to swim in this meet, swimmers must have competed in at least three Metropolitan Swimming Inc. sanctioned meets (or Regional or Nationals while registered with Metropolitan Swimming, Inc.) since February 9, 2005
- 3) A fine of \$10 per mistake, up to \$100, will be levied up to three days after the entry deadline. After the three-day period, **NO CHANGES OR ADDITIONS WILL BE ALLOWED.**
- 4) Entry times must equal or better the qualifying standards. **Short course yards times will be the conforming standard and will be seeded faster than meter times. Entry times may NOT be converted. Times must have been achieved between February 9, 2005 and the meet entry deadline.**
- 5) A swimmer may enter any event for which he/she has met the qualifying standard, but may participate in only six individual events.
- 6) A swimmer may not swim more than three individual events on any one-day **INCLUDING TIME TRIALS.**
- 7) A swimmer may swim in any number of relay events during the meet.
- 8) Swimmers failing to swim the qualifying entry time shall have thirty days to prove having accomplished said time. Included are DQs and intentional DQs (behind block intentional scratch). Any times not proven by March 20, 2006 will be subject to a \$50.00 fine per unproven swim.
- 9) Swimmers with disabilities that qualify for Disability National Championships are encouraged to enter.

BONUS EVENTS: will be permitted according to the following formula. Swimmers must have the appropriate Bonus Time Standard for each bonus event entered. Bonus events must be clearly marked as such.

- Make 1 Senior Met standard, enter 2 Bonus events
- Make 2 Senior Met standards, enter 3 Bonus events
- Make 3 Senior Met standards, enter 3 Bonus events
- Make 4 Senior Met standards, enter 2 Bonus events
- Make 5 Senior Met standards, enter 1 Bonus events

ENTRY DEADLINE: Entries must be in hand no later than **Tuesday, February 7, 2006.** This entry date allows any swims achieved through Sunday, February 5th to be "Express Mail" prior to the deadline.

Entries received after the deadline will NOT be accepted.

If a swimmer qualifies between February 7 and February 12, coaches must fax or email **new entries only** no later than Tuesday, February 14th. (Absolutely no update of times)

- 1) Mail all entries to: Monique Grayson (email entries to mggrayson@aol.com)
22 Pine Hill Court
Briarcliff Manor, NY 10510

Sign Express Mail Waiver allowing delivery without signature.

- 2) Any problems or questions: Call Monique at 914-941-4464 (fax-914-923-2340) (e-mail: mggrayson@aol.com).
- 3) Enclose a stamped, self-addressed postcard if you want your entries acknowledged.
- 4) Telephone entries will not be accepted.

ENTRY FEES: \$4.00 per individual entry, \$8.00 per relay entered, \$2.00 per swimmer for Metro surcharge (including relay only swimmers), plus an additional \$1.00 per swimmer surcharge (including relay only swimmers) for non-disk entries.

Entry fees **MUST** accompany entries. Make one check payable to **Metropolitan Swimming. NO REFUNDS.**

AWARDS: Medals for first 8 places in individual events and first three places in relays. Awards for top Women, Men, and Combined Teams as well as Female and Male Individual High Point Awards will be presented.

SCORING: Scoring will be to 24 places. Points for individual events are: 30, 27, 26, 25, 24, 23, 22, 21, 19, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Points will be doubled for relays. **Only two relay teams per club may score.**

GENERAL RULES:

- 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, including two heats of consolation finals determining 9th - 16th and 17th -24th places, in all individual events except the 1000 Yard and 1650 Yard Freestyle. These events and all relays will be Timed Finals.
- 3) The order for each event during the evening session will be: Consolation B (Bonus), followed by Consolation A, followed by the Championship Final.

Warm-up Procedures and Safety Guidelines of Metropolitan Swimming will be strictly enforced.

FINALS ORDER:

Thursday: All heats of 1000 Yard Freestyle to be swum: Women Heat 3, Men Heat 3, Women Heat 4, Men Heat 4, Women Heat 5 (Fastest Heat), Men Heat 5 (Fastest Heat), Women Heat 2, Men Heat 2, Women Heat 1, Men Heat 1.

Friday: Same order as the Prelims and the fastest two heats of the 800 Yard Freestyle Relay

Saturday: Same order as the Prelims and the fastest two heats of the 400 Yard Medley Relay.

Sunday: 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 two heats of the 400 Yard Freestyle Relay.

DISTANCE EVENTS: The 1000 Yard Freestyle may be limited to 40 Women and 40 Men. The 1650 Yard Freestyle may be limited to 32 Women and 32 Men. **Swimmers entered in these events must confirm their intention to swim (POSITIVE CHECK-IN) or they will not be seeded.** All individual timed final events will be seeded only if proof of time is submitted with the entries.

SCRATCH RULES AND PROCEDURES: READ VERY CAREFULLY!! (Some info has been updated for 2006)

- 1) **POSITIVE CHECKING** for the 1000 Yard Freestyle **MUST** be made in person at the pool desk of Lehman College between 4pm and 5pm on Thursday, February 16, 2005. The 1000 free will be seeded promptly at 5pm.
- 2) **Scratches for Friday's events MUST be made by calling or emailing Monique between 11am and 1:00pm on Thursday, February 16th or in person by a coach during warm-up of the 1000 free on Thursday. All scratches for Friday will close at the end of warm-up, at 5:30pm, on Thursday, February 16th.**
- 3) 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.
- 4) **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.**
- 5) 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.
- 6) 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 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.

- 7) 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.
- 8) **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.**

TIMERS WITH WATCHES 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. **PLEASE COOPERATE.** Any timer that has not reported, from a club assigned to time, will result in the disqualification of that club's swimmers until that timer reports. **Swimmers entered in the 1000 and 1650 must provide their own timer and counter.**

TIME TRIALS: Time trials will be held after prelims, as time permits. 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. **Time trials are counted toward the three individual events allowed per swimmer per day.**

WAIVER: Waiver of all claims for injury and acceptance of all meet rules are conditions for acceptance of entries.

MEET SCHEDULE:

Thursday: Timed Finals: Warm-up 4:30 p.m. Meet Start: 5:30 p.m.

Friday, Saturday, and Sunday

Prelims: Warm-up 7:30 a.m. Meet Start: 9:00 a.m.

Finals: Warm-up 4:30 p.m. Meet Start: 5:30 p.m.

ADMISSIONS AND PROGRAMS: Adult Admission: \$5.00 per person Child Admission: \$2.00 per person
Trials Program: \$3.00 per session Finals Program: \$3.00 per session

SPECTATORS: Only swimmers, coaches with current USA Swimming certification credentials, and officials will be allowed on deck.

FACILITY NOTE: * NO SMOKING ALLOWED IN THE BUILDING. * NO FOOD OR GLASS BOTTLES ALLOWED ON POOL DECK. * 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.

DIRECTIONS TO LEHMAN COLLEGE APEX **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.

IMPORTANT! IN CASE OF EMERGENCY:
Pool Office: 718-960-7123 Meet Desk: 718-960-1134

2006 SENIOR METROPOLITAN SHORT COURSE SWIMMING CHAMPIONSHIPS FEBRUARY 16-19, 2006

Female			Event			Male		
LCM	SCM	SCY	#		#	SCY	SCM	LCM

Thursday, February 16, 2006

9:58.29	9:46.19	11:09.99	1	1000	Free	2	10:45.99	9:25.19	9:44.69
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Friday, February 17, 2006

1:24.59	1:22.19	1:13.59	3	100	Breast	4	1:06.49	1:14.29	1:16.89
2:17.89	2:16.19	2:01.99	5	200	Free	6	1:51.49	2:04.49	2:07.49
1:10.79	1:10.29	1:02.99	7	100	Fly	8	57.09	1:03.79	1:04.59
5:28.89	5:24.79	4:50.99	9	400	IM	10	4:32.99	5:04.69	5:13.79
9:47.59	9:40.39	8:39.99	11	800	Free Relay	12	7:59.99	8:55.69	9:07.49

Saturday, February 18, 2006

2:36.89	2:34.09	2:17.99	13	200	IM	14	2:04.99	2:19.49	2:24.49
29.79	29.29	26.19	15	50	Free	16	23.59	26.39	27.19
2:59.59	2:56.39	2:37.99	17	200	Breast	18	2:26.49	2:43.49	2:49.39
1:12.99	1:12.09	1:04.59	19	100	Back	20	58.99	1:05.89	1:07.79
4:45.79	4:39.99	5:19.99	21	500	Free	22	5:01.99	4:24.29	4:33.29
5:07.59	5:02.49	4:30.99	23	400	Med Relay	24	3:59.99	4:27.89	4:34.79

Sunday, February 19, 2006

19:33.49	19:06.59	19:09.99	25	1650	Free	26	18:19.99	18:16.69	18:48.19
2:35.99	2:34.09	2:17.99	27	200	Back	28	2:07.99	2:22.89	2:27.19
1:04.49	1:03.29	56.69	29	100	Free	30	51.59	57.59	59.29
2:37.29	2:36.29	2:19.99	31	200	Fly	32	2:11.99	2:27.39	2:29.99
4:32.69	4:27.89	3:59.99	33	400	Free Relay	34	3:35.99	4:01.09	4:08.19

Female	BONUS EVENTS	Male
26.79	50 free	23.79
57.79	100 free	52.29
2:05.99	200 free	1:54.99
5:31.99	500 free	5:19.99
11:44.99	1000 free	11:32.99
19:19.99	1650 free	18:29.99
1:06.49	100 back	1:00.49
2:23.99	200 back	2:13.09
1:16.19	100 breast	1:08.49
2:42.99	200 breast	2:31.99
1:05.99	100 fly	58.99
2:29.99	200 fly	2:18.99
2:22.09	200 IM	2:10.99
5:04.99	400 IM	4:45.99

FEBRUARY 16-19, 2006

SENIOR METROPOLITAN CHAMPIONSHIPS

Team Name _____ Team Code _____

Coach's Name _____

Phone # Day _____ Eve _____ Fax _____

Address _____

Email: _____

ENTRY SUMMARY

Women Entered * _____ x \$2.00 = \$ _____

Men Entered * _____ x \$2.00 = \$ _____

Women's Individual Entries _____ x \$ 4.00 = \$ _____

Men's Individual Entries _____ x \$ 4.00 = \$ _____

Women's Relay Entries _____ x \$ 8.00 = \$ _____

Men's Relay Entries _____ x \$ 8.00 = \$ _____

Total Amount Enclosed = \$ _____

Make check payable to Metropolitan Swimming

*** \$3.00 per person for entries not submitted on disk**

RELAY ENTRY

(use only if not submitting entries on disk)

Women

Men

Event # 11 800 yd. Freestyle

Event # 12 800 yd. Freestyle

Team A _____

Team A _____

Team B _____

Team B _____

Team C _____

Team C _____

Event # 23 400 yd. Medley

Event # 24 400 yd. Medley

Team A _____

Team A _____

Team B _____

Team B _____

Team C _____

Team C _____

Event # 33 400 yd. Freestyle

Event # 34 400 yd. Freestyle

Team A _____

Team A _____

Team B _____

Team B _____

Team C _____

Team C _____