

METROPOLITAN SWIMMING, INC.
HOUSE OF DELEGATES MEETING
Wednesday, May 13, 2009

1: CALL TO ORDER, WELCOME, and INTRODUCTIONS:

The House of Delegates meeting came to order at 7:15pm at the White Plains, YWCA.

The list of Clubs in attendance is at the Metro office.

- a. Bob Vializ welcomed everyone present at the meeting.
- b. Moment of silence for departed members.
- c. Bob reminded teams to pick up cards for meets bids.
- d. Reminder: up to 3 votes per team. Voters must be present
- e. Ballots available for Metropolitan Swimming Coach of the Year nomination: Age Group Coach and Senior Coach. Coaches only can vote for these 2 awards.

2: ACCEPTANCE/CORRECTIONS OF MINUTES:

Paul Simco made a motion to accept the minutes of the January 14, 2009 House of Delegates meeting. Mary Fleckenstein seconded the motion. All were in favor. Minutes were accepted as published.

3: COACHES REPRESENTATIVE: Larry Collins

Nomination ballots for Coach of the Year were available at the meeting. Consider the following when making a nomination:

- a. For Age Group Coach of the Year: Team's commitment to Metro's Age Group Meets (JO's, Silvers, 8 & Under, and Age Group Champs.); outstanding age group swimmers; coach's character on deck with swimmers.
- b. For Senior Coach of the Year: Team's commitment to Metro's Senior Meets (Sr. Mets SC and LC) and USA Nationals (JR & SR Nationals, Sectionals, Grand Prix and US Open); outstanding Senior swimmers; coach's character on deck with swimmers.

4: GENERAL CHAIR: Bob Vializ

- a. **Committee Formation:** We will go back to having active working committees to perform functions that need to be done. The list of committees and names of the members on the committees will be posted on the Metro Web Site on the Governance Page. Meeting dates will also be posted. Most of the meetings will be open to all and in some cases, non-committee members will be invited to speak.

- **Senior Committee:** Brian Brown – this committee will investigate the Senior Circuit and other issues pertaining to senior athletes.
- **Age Group Committee:** Edgar Perez and Eric Hertenstein – will look at different items, one being an alternate way to run JO's as a backup plan in case Eisenhower becomes unavailable.
- **Technical Planning Committee:** David Ellinghaus – this committee's meetings are often under-attended. Planning of Championship meets schedule, time standards, etc.
- **Budget Committee:** Corinne Cody – very important committee. Budget will be presented in September and the committee will meet over the next couple of months.

- b. **Reminder re: New Suit rule:** The rule went into effect on May 1st. Swimsuits worn for all 12 and under "age group defined competitions" shall not cover the neck, extend past the shoulder, nor past the knee. An exemption to Article 102.9.1 may be granted, on a case by case basis, to a swimmer who:

- a. Based upon the swimmer's stated religious beliefs, is required to wear a suit that covers more of the swimmer's body than is permitted under this Rule; or
- b. Whose medical condition requires more of the swimmer's body to be covered than permitted under this Rule.

This exemption does not extend to the use of any swimwear that has ever been promoted by its manufacturer as providing a performance advantage, or has otherwise been described as providing a technological advantage. This exemption applies to both USA Swimming's Rule and to any comparable rule adopted by any LSC and takes precedence over any determination by any member of an LSC.

All requests for any exemption must be submitted to the Chair of the USA Swimming Rules & Regulations Committee, or his/her designee. The request must be communicated in writing, including the use of e-

mail, at least ten (10) days in advance of any competition for which the exemption is sought. The request must include:

1. The swimmer's name, registration number and the name of LSC in which the swimmer is registered;
2. A statement explaining that the exemption is made necessary by the swimmer's religious principles or for medical reasons;
3. A representation by the swimmer that the exemption is being sought for religious reasons and not to increase performance or, in the case of a medical reason, a written statement from a physician specifying the requirement to have parts of the body covered that are not permitted under this Article; and
4. A photo or description of the swimsuit the swimmer proposes to wear so the Rules Chair can evaluate whether any technological advantage has been advertised or documented for the suit.

The Rules Chair will then advise the swimmer and the appropriate LSC officials chair whether the exemption has been granted. The Rules Chair shall have the authority to grant the exemption on a permanent basis in his/her sole discretion. The decision of the Rules Chair can be appealed only to the entire Rules & Regulations Committee whose decision shall be final and binding on all parties.

IT WILL BE THE RESPONSIBILITY OF THE SWIMMER TO PROVIDE A COPY OF THE WAIVER TO THE REFEREE OF ANY MEET IN WHICH THE SWIMMER WISHES TO PARTICIPATE.

- c. **Certified Meet Director required for sanctions:** Sanctions will not be given to Clubs that don't have a certified meet director. If you have a certified meet director not on the list at Metro, please contact George Rhein with the name(s) of the meet directors, as well as when they took the course and who was the instructor. This list will be published on the Web site. Course must be taken again every 3 years. We may offer a "refresher" course. Certification stays with the person that is certified, not with the Club!
- d. **Eastern Zone Meeting Report:** was available at the meeting. Here is a brief recap:
 1. Super Sectional late entry period deadline (new qualifiers only) is Tuesday, August 4th at 1pm
 2. Bonus events + .5 per 50 for 400 and less. Make 1 distance event, get the other as a bonus.
 3. Make 1 regular event, get 1 Bonus; make 2, get 2; make 3+, get 1 within meet session limits.
 4. EZ Tech Planning will remove SC max time limitation for the LC Sectional Meet.
 5. EZ Elections in September: Director-non-Coach; Secretary. Background checks must be completed before nominations can be made and accepted.
 6. Meets: EZ SC Sectionals: March 11-14 (North: Buffalo, NY – South: Rockville, MD). EZ Zone Meet: April 1-3 at Webster (hosted by FAST). Top 3 swimmers (10-Under and 11-12) qualify beginning with this meet.
 7. TP will add a 10 lane meet format to the EZ manual for the EZ All Star Meet. Format will consist of 10 finalists and scoring to 10 places.
 8. There will be a new 15 & Over meet this coming short course. Format and date proposals will be available in September, after convention.
 9. Potomac valley Swimposium, Saturday, October 3rd at Georgetown Prep. Info will be available on PVS site at the end of June.
- e. **Coaches Clinic Recap:** took place April 18th at Pace University. The House of Delegates approved to required coaches that received the Club Excellence Program Grant to speak at the clinic. 38 coaches attended the clinic; 6 coaches spoke at the meeting; 2 representatives of USA Swimming were also in attendance. Unfortunately, the meeting was not recorded so we don't have the possibility to share the material with all the coaches or post it on the Web site. Clinic was scheduled to last 4 hours, lasted 5 hours and could have easily lasted longer.
- f. **Team Excellence Program change proposal:** Since we are now getting the coaches to speak at the meeting, the Program Committee will look into releasing some of the restrictions on the ways teams can use the money they receive from the program.
- g. **Thank You to Mary Ann Senecal:** Mary Ann is stepping down as Treasurer, a position she has held for 29 years! Mary Ann has been the only Metro Treasurer!!! (applause – Mary Ann received flowers and a plaque of recognition for the work she has done for Metro Swimming)

5: TREASURER'S REPORT: Mary Ann Senecal

- a. Mary Ann asked Corinne Cody to give the report as part of Finance Chair.

6: FINANCE CHAIR: Corinne Cody

- a. Right now, our income is exceeding our expenses but it should be close to budget as we go through the long course season.
- b. The new budget will be presented at the September House of Delegates meeting. All budget requests for 2009-2010 were due by April 1st 2009. Any new request will have to be considered for 2010-11. Corinne also praised Mary Ann for her honesty and integrity over the years!

7: AGE GROUP VICE CHAIR: Edgar Perez and Eric Hertenstein

- a. **Eastern Zone LC Meet:** There were no bids from LSC's to run the meet. At the EZ meeting held earlier in May, there was a proposal to host the meet in Cary, North Carolina at the Triangle Aquatic Center (August 12-15). If this is approved, each LSC will need to provide 5 volunteers to help run the meet. Meet would be held in one 8-lane pool! A question was asked about how this would affect the budget. The EZ will have to pay a meet director to run the meet. The cost of the meet entries, T-shirts sale, etc. will all go to pay what and who needs to be paid. All LSC's will then have to chip in to pay the balance. There is a possibility that there will not be a Zone meet this year. *(A couple of days after the HOD meeting, we learned that the Eastern Zone Long Course meet will be held at Penn State University, in Pennsylvania).*
- b. **Age Group Committee:** We will need volunteers to sign up for the Age Group Committee. We need to look for a different plan for JO's as there have been some problems at Eisenhower Park and we need to have a alternative emergency plan in place in case the facility breaks down before Short Course JO's.

8: TECHNICAL PLANNING: David Ellinghaus (By Mary Fleckenstein)

- a. **Disclaimer:** Mary was not at the Technical Planning meeting and read the report as TP Chair David Ellinghaus was away on a school trip.
- b. **Proposed short course Championship calendar for 2009-2010** has been available on line:
 - February 18-21: Senior Metropolitan Championships
 - February 26-28: Metro Zone Team Qualifier
 - March 5-7: Silver Championships
 - March 11-14: Speedo Sectionals (Buffalo hosted by STAR Swimming)
 - March 13-14: 8&U Championships
 - March 19-21: Age Group Championships ** (see "h" below)
 - March 26-28: Junior Olympics ** (see "h" below)
 - April 1-3: Eastern Zones (Rochester, NY hosted by Fairport Area Swim Team)

Eric Hertenstein made a motion to accept the calendar as proposed by Technical Planning. Al Scott seconded the motion. All were in favor. **Motion carries.**

c. **Proposals:**

1. To keep the 15-18 age group as timed finals at Junior Olympics. However, it is recommended that the 15-18s swim their timed finals during the morning prelims session. Ilan Noach made a motion to accept proposal #1. Larry Collins seconded the motion. Long discussion followed. Show of hands: **motion failed.**
2. To keep the 13-14 and 15-18 distance events in Junior Olympics. The proposal is to limit the events to 2 heats each. (Swimmers entered in the distance events can enter a 4th event that day in case they are scratched out of the distance event.) In addition, the proposal is to swim the distance events consistent with how USA Swimming ranks teams in its Virtual Club Championship. Therefore the 13-14 girls and 15-18 girls would swim the 1,000 free and the 13-14 boys and 15-18 boys would swim the 1,650 free. Dennis Munson made a motion to accept proposal #2. Eric Hertenstein seconded the motion. We need to indicate which event would be the 4th event. Discussion. Show of hands: **motion carries.**
3. To switch the eligibility period for Senior Mets to the first day of the previous year's meet (rather than the day after the meet concludes). This would be consistent with how USA Swimming establishes the eligibility period for senior level meets. Bea Hartigan made a motion to accept proposal #3. Jeff Chu seconded the motion. Show of hands: **motion carries.**
4. To require Metropolitan officials to serve as the timers at the Senior Metropolitan Championships (both SC & LC). This is a national certification meet and this would be consistent with USA Swimming's policies at its national championship meets. **This proposal has been tabled and sent back to TP for further discussion.**
5. To realign the teams for Silver Championships as follows: FAST, GAEL, & Silver Streaks to Central. All other teams would remain in the same areas. Bea Hartigan made a motion to accept proposal #5. Ilan Noach seconded the motion. Show of hands: **motion carries.**
6. To realign the teams for the Age Group Invitational as follows: Central Queens, Huntington, & LaGuardia to South (Nassau). FAST, GAEL, & YMID to Central. All other teams would remain in the same areas. Bea Hartigan made a motion to accept proposal #6. Ilan Noach seconded the

motion. Discussion. What if there are no bids to run the South meet? Show of hands: **motion carries.**

- d. **Recommendation for Senior Committee to Consider:** To eliminate bonus events at the Senior Metropolitan Championships. During the 2009 SC meet most events had well over 60 swimmers swim the actual meet cut during the meet. In some events the number was much higher. To help control the size of the prelim sessions it is recommended that bonus events be eliminated. Otherwise both the actual meet standards and the bonus standards will have to be reviewed.
- e. **Updated Standards for Metropolitan Championship Meets:**
 1. The LC standards have been updated and are now available.
 2. The SC standards have been reviewed and there are no changes at this time. If the Senior Committee (and ultimately the General Body) does not agree to drop the Bonus Events from the Senior Metropolitan Championships, then the cuts for that meet will need to be reviewed.
- f. Dave Ferris made a request to re-open the approved proposed calendar. It was suggested that we needed 2/3 approval to re-open discussion. Motion failed as we did not get the 2/3 approval needed. Long and animated discussion about this followed. Technical Planning had proposed the calendar which had been approved by the Board of Directors. Coaches want to re-open the discussion because JO's and the Eastern Zone meet will now be on back-to-back weekends.
- g. **The bidding for meets for 2009-10 took place.** Calendar is included at the end of the minutes.
- h. Bob Vializ announced that the requirement of 2/3 votes needed to re-open discussion on the 2010 championship meets schedule was incorrect. Therefore, Dave Ferris is allowed to re-open the discussion at this time. Dave is asking to go back to the schedule that was originally published, with JO's on the weekend of March 19-21 and Age Group on the weekend of March 26-28. This would give swimmers attending JO's and Zones a chance to have 2 weeks between meets. Approval from 2/3 of the members of Technical Planning was needed. David Ellinghaus was the contacted and he agreed to the change of dates between JO's and Age Group. We will now vote on the originally posted schedule. Dave Ferris made a motion to revert to the schedule proposed by TP after it's meeting of May 6th, and before it was changed on May 11th: JO's on March 19-21 and Age Group on March 26-28. Mary re-read the schedule at this time. Bea Hartigan seconded the motion. One opposed. The rest of the HOD was in favor. **Calendar approved as read.**
- i. **Championship Meets' Calendar sites for 2010:**
 - **Sr. Mets** (Feb. 19-22) & **Zone Qual.** (Feb. 26-28) - Metro will run both meets at Lehman.
 - **Silver Championships** (March 5-7): **North:** NYSA and VAC; **Central:** APEX; **South:** TVSC
 - **8-Under Championships** (March 13-14): ~~Condors at F. Festa~~ and BAD at Eisenhower Park
 - **Junior Olympics** (March 19-21 @ NCAC) - Nu-Finmen
 - **Age Group:** (March 26-28) - 4 sites:
North: COND - **Central:** APEX - **South/Nassau:** no bid yet -TBA - **East/Suffolk:** CSC
Dave Ferris (LIAC) will check on pool availability and will get back to Technical Planning.

9: COACHES' REPRESENTATIVES: Larry Collins

- a. **"Metropolitan Age Group Coach of the Year":** Carle Fierro of the Badger Swim Club was elected and will receive her award at the Metropolitan Hall of Fame dinner.
- b. **"Metropolitan Senior Coach of the Year":** Todd Langenmayr of the New York Sharks was elected and will receive his award at the Metropolitan Hall of Fame dinner.

10: REGISTRATION COORDINATOR: Barry Roffer

- a. Reminder again that all coaches must send in their new certifications before their coaches' card expires so they can receive a new card on time - NO coaches should be allowed on deck without a current card!
- b. Change next year for the Club application: the name and address of the pool must be on the application.
- c. Registration fee for athletes and non-athletes is going up \$1 in 2010 to \$56. Club registration stays the same (\$150).

11: OPEN WATER: Bea Hartigan

- a. Entries are coming in, mostly Masters swimmers. Age Group & Open "Open Water Championship" are Metro Championships. Metro Masters did not ~~request~~ *grant a sanction for our meet, their 5k championship, this year. Adjustments have been made to our entry materials so that Masters who*

are not USA-Swimming members can take out a "One Event membership" and still enter. (This information was corrected May 22, 2009).

- b. Hall of Fame dinner is Tuesday, May 19, 2009 at Riccardo's in Queens. Registrations for the dinner were still being accepted.

12: SWIM-A-THON: Richie Finkelstein

- a. Any club or organization running a Swim-A-Thon (or whatever clubs call it) must go through USA-Swimming to get approval and register their Swim-A-Thon.

13: OLD BUSINESS:

- a. None at this time

14: NEW BUSINESS:

- a. **Ray D'Annolfo** and the Nominating Committee presented the **slate of officers** for election. Ray thanked the Nominating Committee for their help and asked if there were any nomination from the floor.
 1. Age Group Vice Chair: Edgar Perez and Eric Hertenstein (co-chairs); Marc Danin and Brandon Modrov. Edgar and Eric introduced themselves to the board. Marc and Brandon were not in attendance. Vote took place. Results: **Edgar Perez/Eric Hertenstein**.
 2. Treasurer: Mary Fleckenstein
 3. Safety: Jeff Chu
 4. Technical Planning: David Ellinghaus

A motion to approve the slate of officers as presented was made and seconded. All voting members were in favor of the slate as presented – **Slate of officers was accepted as voted on by acclamation**. Mary Ann Senecal moved that the secretary cast one ballot for each office. All were in favor. **Congratulations to all.**

5. The Nomination Committee also presented the following **members of the Review Board**: Jennifer Trotman, Dawn Diaz, Gay Silverman, Larry Collins, Paul McClintock, Bea Hartigan, Katie Flood and Anthony Anderson.
- b. **George Rhein**: the Joe Stetz Scholarship winners for this past year were: **Elizabeth Weston** of the BGC-N. Westchester Marlins and **Andrew Katz** of the New York Sharks. Betsy will attend Columbia University and Andrew will go to Brown University. They will receive their awards at the Hall of Fame Dinner on Tuesday, May 19, 2009. Congratulations to both!
- c. **Don Wagner (Condors)**: 3 proposals:
 - a. Senior Circuit Meets: *I believe there is a need to have three Senior Circuit meets in the summer in the Metro LSC. This would create a more competitive climate and give our senior swimmers three opportunities to race in a "senior" setting where they are not there for multiple hours between events and sessions. One in May would be a timed final meet and the other two would be prelims/ final/ in June and July competitions. The meets would have a minimum AA 13-14 qualifying time for the first year or a committee of senior coaches establish the "Q" times. I am asking our LSC to sponsor these meets in which case the third meet could be the Senior Mets which would also serve as the championship meet. If Metro will commit at least \$3,000 to help finance the meets, it will make a difference to the clubs that volunteer to host them since senior meets typically are not cost effective. I also think that down the road, these meets could be run by Metro and possibly qualify for funding from USA Swimming. West Point has agreed to host the second meet in June which fits into their academic schedule. WP is a 6 lane 50 meter pool with new Colorado timing equipment including pads and a graphic scoreboard. Condors would be willing to host the first meet in the 3rd week of May.*
Recommendation: This proposal should go to the Seniors Committee.
 - b. Funding for Zone coaches: *I am proposing a stipend of 300 dollars for every coach selected to accompany the zone team on its winter and summer meets. The Zone meet is an LSC sponsored event and as such, we should make certain our best young coaches accompany the swimmers to this competition. It would allow the younger coaches a chance to be in a "championship meet" setting giving them valuable experience working together in a "team" environment making the meet and team the best they can be. As an LSC we spend a lot of money sending our best swimmers to zones, we should make sure we also send our best younger coaches.*
Recommendation: Past the deadline for this year's budget – must go to Age Group Committee.
 - c. Training camp: *I propose we fund an annual training trip to the Olympic Training Center for the top 10-15 boys and girls in the Metro LSC age 13 and up. This would be open to the top Hy-Tek/VCC point scorers in the LSC. Swimmers on the National or Junior national team are not included in this total as*

they will already be making the trip with funding from USA Swimming. We would bring three coaches for boys and three for girls and the selection could be made on the number of athletes a team sends or based on application and experience. A process which we will formalize in writing to ensure it is fair and consistent. The cost would be minimal because most of the swimmers will have NRT's which would mean a very minimal cost for room and meals. The only significant costs to our LSC would be for airfare and coach's expenses. Currently, nine LSC's around the country are sending athletes on an annual basis and this number is going to grow making it more difficult to make this happen in the future. These swimmers will train, eat and be housed with numerous Olympians from many other sports who call the Olympic Training Center home. It will be a great training experience for our Metro swimmers helping give them the confidence to continue swimming at a higher level.

Recommendation: Past the deadline for this year's budget – must go to Seniors Committee.

- d. **Rich Finkelstein:** Rich feels that the rules for Invitational swim meets in the LSC need to be straightened out, eliminated or reworded. It allows for discrimination in the LSC, especially during the long course season. Some clubs run Invitational meets and they exclude 70-78 percent of the Metro teams. It is hard enough finding long course meets and then teams don't get invited to many of the invitationals. Rich feels that Invitational meets should be open to every team in the LSC and it's up to them if they want to invite teams out of the LSC.

Mary Fleckenstein made a motion to adjourn the meeting. Edgar Perez seconded the motion which was approved by all. Meeting adjourned at 9:15pm.

House of Delegates Meetings 2009-2010:

- **September 26, 2009 – Mandatory meeting for all clubs – at the White Plains YWCA – one athletes' rep (13 & over) per team must be present.**
- **January TBA, 2010 – at TBA – Bid meeting**
- **May TBA, 2010 – at TBA – Winter Bid meeting & Elections**

Submitted by Monique G. Grayson
May 21, 2009

METROPOLITAN SWIMMING, INC.

2009-2010 TENTATIVE CALENDAR

SEPTEMBER:

26: **Mandatory House of Delegates Meeting:** at White Plains Y

OCTOBER:

3-4: Asphalt Green "Season Starter"
10: Suffolk County ASCSC Relay Carnival (closed)
10-11: BGNW Marlins "Fall Season Starter" – no 8 & under – 3 sessions
10-11: Suffern Sea Lions "Autumn Sunrise" – 4 sessions
10-11: Flushing Y – Junior Swim Championships
11: Monroe-Woodbury Marlins "12&Under Back To School Meet" – 2 sessions
16-18: Marist Swim Club – 5 sessions
17: Newburgh Sharks – Annual Red, White & Blue – 2 sessions
17-18: Three Village Swim Club "Ann Wycoff Meet" – 2 sessions each day
18: Badger Swim Club Halloween Meet at Lehman - 2 sessions
18: Flushing Y – **Distance** Meet – 6am warm-up
23-24: Big Blue Swimming "Harvest Relays & Sprints" – 3 sessions
23-25: FAST – Age Group Meet
23-25: Long Island Express - 5 sessions
23-25: Condors Swim Club "Fall Festival" at Felix Festa
24: Senior Circuit - Tentative
24-25: Long Island AC -Invitational – 4 Sessions
30-Nov.1: YWCA Middies "Shriek or Swim" Meet– 5 sessions

NOVEMBER:

6-8: New York Sharks/Empire "Fall Classic" at Felix Festa
7: Condors Mini Meet at Westchester Community College
7: Sachem Swim Club Fall Meet – 2 sessions
7-8: Asphalt Green "NYC Open" Invitational
13-15: Viking Aquatic Club "Viking Classic"
13-15: Gael Aquatic Club at IONA – 9 and Over Age Group Meet - 5 sessions
14: BGNW Marlins - 8 and Under Mini Meet – 1 afternoon session
14-15: Rivertown Aquatics – 2 sessions – at Pace
15: BGNW Marlins **Distance** Meet – 2 (3) sessions – am: 500 & 400 IM; pm: 1650
20-22: Flushing YMCA - Big Apple Classic – 5 sessions
20-22: Aqua Gems – Early Bird Meet – 5 sessions
20-22: Condors Age Group & Open
21-22: Long Island Aquatic Club – Invitational – 4 sessions
21: Senior Circuit - Tentative
22: Hauppauge – 2 sessions
27: Asphalt Green – Butterball Invitational
27-29: Long Island Express – 5 sessions
27-29: YWCA Middies "ThanksSwimming" Meet – 7 sessions
28-29: Long Island Aquatic Club – Invitational – 4 sessions

DECEMBER:

3-5: **ConocoPhillips National Championships – SCY** (Federal Way, WA)
4-5: Big Blue Swimming "Winter Sunshine" – 4 sessions
4: Connetquot "Holiday Meet" **Distance**
5-6: Connetquot "Holiday Meet"
4-6: New York Sharks "Holiday Classic"
5-6: Asphalt Green "Holiday Qualifier"
5-6: BGNW Marlins "Holiday Meet" – no 8 & under - 3 sessions (1 Saturday; 2 Sunday)
5-6: Pace Setters – 2 sessions (1 each day)
6: Gael Aquatic Club "8-Unders Meet" – 2 sessions (girls AM; boys PM)

10-12: **Speedo Junior National Championships - SCY** (Columbus, Ohio)
11-13: Marist SC "Xmas Meet" – 5 sessions
12-13: Newburgh Sharks – Blue & Gold Meet – 4 sessions
13: Manhattan Makos "Imagine Invite" at Flushing Meadows Aquatic Center
13: Badger Swim Club "Winter" meet

JANUARY 2010:

TBA: **House of Delegates** – summer meets bid meeting - 7:00pm at White Plains YWCA
8: YWCA Middies "Ladies Night Out" meet – 1 session pm – girls only
8-10: Aqua Gems "January Blitz" – 5 sessions
8-10: Sachem – 5 sessions
9: Condors Mini-Meet at WCC
9-10: Silver Streaks –age group meet
9-10: New York Sharks/Empire "New Year Invitational"
10: Long Beach Aquatics Snowball Mini Meet – 8&Unders Only
15-17: Newburgh Sharks – Trials & Finals Team Championship – 7 sessions
15-17: Nu-Finmen – 29th Annual Dr. Martin Luther King Jr. Classic at NCAC – 5 sessions
15-17: Long Island Express – 5 sessions
16-17: Rivertown Aquatics @ pace – 2 sessions (one each day)
16-18: Asphalt Green MLK Invitational
18: YWCA Middies "MLK Going the Distance" – **Distance** 2 sessions
22-24: Condors "NCAA Format Meet"
22-24: TVSC "January Joust Swim Meet" – 7 sessions
23: Senior Circuit – Tentative
23-24: BGNW Marlins "Last Chance Meet" – Sat. 1 session 8-Under; Sun. 2 sessions Age Group
23-24: Flushing YMCA – Fran Schnarr Sprint meet – 2 sessions
24: Badger Swim Club "New Year's Meet"

FEBRUARY:

5-6: Hudson Valley Barracudas – 3 sessions – Friday is **Distance**
5-6: YWCA Middies "See you at 8 Champs" Meet – 8 & Under Meet – 2 sessions
6-7: New York Sharks "February Invite" @ Felix Festa
12-14: Hauppauge "IMX Extreme Challenge Meet"
13-14: Badger Swim Club "IMX Meet"
19-22: **SENIOR METS:** at Lehman – hosted by Metro
26-28: **ZONE TEAM QUALIFIER:** Trials/Finals at Lehman College – hosted by Metro
26-28: Condors Swim Club "Last Chance Meet" @ Felix Festa
26-28: Sachem – 5 sessions
27-28: Asphalt Green "Last Chance"

MARCH:

5-7: **SILVER CHAMPIONSHIPS: North:** NYSA – **Central:** APEX – **East:** TVSC
11-14: **SPEEDO CHAMPIONS SERIES NORTH** at ECC in Buffalo
13-14: **8-UNDER CHAMPIONSHIPS:** Badger Swim Club @ Eisenhower
19-21: **JUNIOR OLYMPICS:** Trials/Finals at Eisenhower Park hosted by Nu-Finmen
25-28: **SPEEDO CHAMPIONS SERIES SOUTH** at Germantown, MD
26-28: **AGE GROUP INVITATIONAL:** 4 sites:
North: Condors – **Central:** APEX – **South/Nassau:** (LIAC) – **East/Suffolk:** CSC
TBA: **NCSA JUNIOR NATIONALS**

APRIL:

1-3: **EASTERN ZONE SHORT COURSE** @ Rochester Webster Facility
17-18: Suffolk County ASCSL (closed)
25: Badger "Spring Long Course Meet"

MAY:

TBA: **House Of Delegates/ Elections & Bid Meeting:** 7:00pm at White Plains YWCA