



**Bronze Championship – North, Hosted by Condors Swim Club, New York Sharks Aquatics & Patriot Swim Team
March 21-23, 2014
Sanction #140305**

Bronze North Teams: Aqua Gems, BGC-N Westchester Marlins, Club Fit Briarcliff, Club Fit Jefferson Valley, Condors Swim Club, Cornwall Sea Dragons, Devilfish Aquatics, Empire Swimming, Fairview Swim Team, Hudson Valley Dolphins, Minisink Valley Aquatics, Monroe Woodbury Marlins, New York Sharks, Newburgh Sharks, Northern Dutchess Aquatic Club, Ossining Spartans, Patriots, Pine Bush Aquatic Club, Rivertown Aquatic Club, Red Fox Aquatic Club, Rye YMCA, Saw Mill Ace Aquatics, Silver Streaks, Suffern Sea Lions, Team Rockland, Viking Aquatic Club, Washingtonville Seahawks, White Plains Middies and YMCA of Middletown.



Bronze Championship North

March 21-23, 2014

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 140305
- LOCATION:** Yonkers Montessori Academy, Mark Twain Pool
160 Woodlawn Avenue
Yonkers, NY 10704
- FACILITY:** 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Start end depth 12ft, far end depth 4ft.
Colorado electronic timing system and 1-line scoreboard. Seating for 400 spectators.
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:**
- | | | |
|-------------------------------|------------------|---------------------------|
| Session 1: Friday, March 21 | Warm-ups 3:30 PM | Session Starts at 4:30 PM |
| Session 2: Saturday, March 22 | Warm-ups 8:30 AM | Session Starts at 9:30 AM |
| Session 3: Saturday, March 22 | Warm-ups 2:30 PM | Session Starts at 3:30 PM |
| Session 4: Sunday, March 23 | Warm-ups 8:30 AM | Session Starts at 9:30 AM |
| Session 5: Sunday, March 23 | Warm-ups 2:30 PM | Session Starts at 3:30 PM |
- FORMAT:** This is a Timed Final Event
The meet will be Deck Seeded. All scratch sheets are due back 30 minutes prior to the end of warm-ups.
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet. Age on **March 21, 2014** 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 the competition.
- ENTRIES:** All athletes are limited to enter 4 events per session. 8 & under swimmers are not permitted to Compete in this meet. Entry times cannot be faster than Bronze times as specified by Metropolitan Swimming 2014 time standards. NT's entries are not permitted. Events must have been swum at least once before. Meet entries recon from SWIMS will be performed before the meet.

Entry times must have been achieved between January 1, 2013 and the meet entry deadline, March 14, 2014.

Hy-Tek Email entries will be accepted. An Entry Summary, Hy-Tek file, and payment must be received by our office for entries to be considered accepted by March 14, 2014.

U.S. Mail Entries/Payment to: **Condors Swim Club, 115 N. Main St. New City, NY 10956**
Email Entries/Confirm Entry Receipt: MeetEntries@CondorsSwimming.com
Sign Express mail Waiver allowing delivery without signature.
- DEADLINE:** 1: The Metro LSC North teams are eligible to attend.
2: The final entry deadline for this meet is **March 14, 2014**
if you do not receive email confirmation of your entries within 2 days contact the Meet Director.
- ENTRY FEE:** **\$4:00 Per Event plus \$1 Per Swimmer Metro Championship Surcharge.**

Make check payable to: **Condors Swim Club.**
Payment must be received by **March 14, 2014** for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

- WARM-UP:** Warm up lane assignments and instructions will be posted and provided to each team. All swimmers must be supervised by a coach.
- SCRATCHES:** 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 must clearly indicate individual events scratches and which swimmers will not be participating in the session.
- Metropolitan Scratch Procedure In Effect**
- 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:** Individual medals for 1st through 8th place, ribbons 9th through 16th place for swimmers below the
the
“Silver” minimum standard. Special awards will be awarded to swimmers who swim Silver, JO and Zone Qualifying times in an event for the first time at this meet. Awards must be picked up at the end of the meet. No awards will be mailed.
- OFFICIALS:** Meet Referee: Mike Natale, Officials wishing to volunteer should contact Meet Referee by email mfnnc45@optonline.net
- MEET DIRECTOR** Laurie Lawson, Laurie@CondorsSwimming.com, 267-237-4876, Denise Byrne, nysharksoffice@gmail.com, 845-548-4772, Julie Schatz, office@condorsswimming.com, 845-638-4381
- ADMIN OFF.** Laurie Lawson, Laurie@CondorsSwimming.com, 267-237-4876, Denise Byrne, nysharksoffice@gmail.com, 845-548-4772, Julie Schatz, office@condorsswimming.com, 845-638-4381
- 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 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 safety & facility 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.
- AUDIO VISUAL:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms
- DECK** 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 prohibited
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Yonkers School District, Condors Swim Club, New York Sharks Aquatics, Patriot Swim Team,** Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** \$5.00 Adults / Session
\$3.00 Program / Session

MERCHANTS: Food concession stand run will be available throughout the majority of the meet.

PARKING: Is available in two school lots and on street around the perimeter of the school and side streets. Please adhere to posted parking restrictions to avoid tickets. Car Pooling is recommended.

DIRECTIONS: From North

A: Taconic Parkway South to Sprain South to Bronx River Parkway South. After Cross County Parkway exits, take the Second Bronx River Road Exit. Make a right onto Bronx River Road and the immediate left onto Wakefield Avenue. Go approximately 5 blocks. Pool entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.

B: 87 South to Exit 4, Cross County Parkway. Stay on Service Road South to Yonkers Avenue. Make a left onto Yonkers Avenue. Continue for approximately .25 mile and make a right onto Kimball Avenue. Bear left onto Sterling Avenue, Then Bear Left onto Woodlawn Avenue. Pool entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.

Bronze Championship North March 21-23, 2014

Session 1 (All age groups) Friday PM – 3:30 PM warm-up / 4:30 PM Start

| Girls Event # | No Faster Than | Event | No Faster Than | Boys Event # |
|---------------|----------------|----------------|----------------|--------------|
| 1 | 2:56.00 | 11-12 200 Back | 2:58.00 | 2 |
| 3 | 2:49.60 | 9-10 200 Free | 2:49.60 | 4 |
| 5 | 6:20.80 | 11-12 500 Free | 6:32.00 | 6 |
| 7 | 5:26.00 | 13-14 400 IM | 5:09.80 | 8 |
| 9 | 5:23.30 | 15-18 400 IM | 4:45.90 | 10 |
| 11 | 3:14.00 | 9-10 200 IM | 3:14.00 | 12 |
| 13 | 2:48.10 | 11-12 200 IM | 2:55.10 | 14 |
| 15 | 5:50.60 | 13-14 500 Free | 5:51.00 | 16 |
| 17 | 5:40.00 | 15-18 500 Free | 5:18.00 | 18 |

Session 2 (9-10 and 13-14) Saturday AM – 8:30 AM warm-up / 9:30 AM Start

| Girls Event # | No Faster Than | Event | No Faster Than | Boys Event # |
|---------------|----------------|------------------|----------------|--------------|
| 19 | 2:17.00 | 13-14 200 Free | 2:18.10 | 20 |
| 21 | 48.60 | 9-10 50 Breast | 48.60 | 22 |
| 23 | 1:23.80 | 13-14 100 Breast | 1:21.50 | 24 |
| 25 | 35.20 | 9-10 50 Free | 35.20 | 26 |
| 27 | 1:03.10 | 13-14 100 Free | 59.60 | 28 |
| 29 | 1:37.10 | 9-10 100 Back | 1:37.10 | 30 |
| 31 | 2:43.00 | 13-14 200 Back | 2:35.50 | 32 |
| 33 | 1:38.00 | 9-10 100 Fly | 1:38.00 | 34 |
| 35 | 1:11.60 | 13-14 100 Fly | 1:12.00 | 36 |

Session 3 (11-12 and 15-18) Saturday PM – 2:30 PM warm-up / 3:30 PM Start

| Girls Event # | No Faster Than | Event | No Faster Than | Boys Event # |
|---------------|----------------|------------------|----------------|--------------|
| 37 | 2:25.90 | 11-12 200 Free | 2:28.90 | 38 |
| 39 | 2:10.60 | 15-18 200 Free | 1:58.00 | 40 |
| 41 | 1:22.00 | 11-12 100 Back | 1:23.80 | 42 |
| 43 | 1:10.10 | 15-18 100 Back | 1:03.90 | 44 |
| 45 | 31.00 | 11-12 50 Free | 31.50 | 46 |
| 47 | 1:01.10 | 15-18 100 Free | 54.50 | 48 |
| 49 | 1:31.60 | 11-12 100 Breast | 1:29.90 | 50 |
| 51 | 2:51.00 | 15-18 200 Breast | 2:36.80 | 52 |
| 53 | 35.70 | 11-12 50 Fly | 38.70 | 54 |
| 55 | 2:34.00 | 15-18 200 Fly | 2:25.00 | 56 |
| 57 | 2:56.00 | 11-12 200 Fly | 2:58.00 | 58 |

Bronze Championship North March 21-23, 2014

Session 4 (9-10 and 13-14)

Sunday AM – 8:30 AM warm-up / 9:30 AM Start

| Girls Event # | No Faster Than | Event | No Faster Than | Boys Event # |
|---------------|----------------|------------------|----------------|--------------|
| 59 | 2:41.80 | 13-14 200 IM | 2:33.00 | 60 |
| 61 | 1:18.50 | 9-10 100 Free | 1:18.50 | 62 |
| 63 | 28.80 | 13-14 50 Free | 26.80 | 64 |
| 65 | 42.90 | 9-10 50 Back | 42.90 | 66 |
| 67 | 1:15.30 | 13-14 100 Back | 1:16.50 | 68 |
| 69 | 1:48.40 | 9-10 100 Breast | 1:48.40 | 70 |
| 71 | 2:57.00 | 13-14 200 Breast | 2:54.00 | 72 |
| 73 | 43.90 | 9-10 50 Fly | 43.90 | 74 |
| 75 | 2:36.60 | 13-14 200 Fly | 2:32.60 | 76 |
| 77 | 1:28.60 | 9-10 100 IM | 1:28.60 | 78 |

Session 5 (11-12 and 15-18)

Sunday PM – 2:30 PM warm-up / 3:30 PM Start

| Girls Event # | No Faster Than | Event | No Faster Than | Boys Event # |
|---------------|----------------|------------------|----------------|--------------|
| 79 | 1:18.70 | 11-12 100 IM | 1:20.60 | 80 |
| 81 | 2:30.00 | 15-18 200 IM | 2:27.80 | 82 |
| 83 | 1:08.40 | 11-12 100 Free | 1:09.60 | 84 |
| 85 | 28.30 | 15-18 50 Free | 25.20 | 86 |
| 87 | 38.00 | 11-12 50 Back | 41.20 | 88 |
| 89 | 2:29.30 | 15-18 200 Back | 2:16.90 | 90 |
| 91 | 42.80 | 11-12 50 Breast | 42.80 | 92 |
| 93 | 1:20.90 | 15-18 100 Breast | 1:10.90 | 94 |
| 95 | 1:26.20 | 11-12 100 Fly | 1:27.00 | 96 |
| 97 | 1:09.60 | 15-18 100 Fly | 1:02.60 | 98 |
| 99 | 3:16.00 | 11-12 200 Breast | 3:18.00 | 100 |