

# **METROPOLITAN SWIMMING**



## **JO CHAMPIONSHIP LONG ISLAND, NY**

**Hosted By:**



**March 13-15, 2015  
Friday, Saturday, Sunday**

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number - 150301

Time Trial Number - 150350-T

**General Chairmen:**

**Meet Director:**

**Age Group Chairman:**

**Coach Representative:**

**Athlete Representative:**

**John McIlhargy**

**Ginny Nussbaum/ Edgar Perez**

**Edgar Perez / John Yearwood**

**Amine Boubsis**

**Frances Warren / Michael Zuppone**

**Meet Committee:**

**Age Group Rep.**

**Athlete Rep.**

**Meet Director**

# Metropolitan Junior Olympics

March 13<sup>th</sup>-15<sup>th</sup>, 2015

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction #, Time Trial #-T**  
150301 150350-T
- LOCATION:** Nassau County Aquatic Center  
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 2 X 10 Lane by 25 yard competition pool w/ 2 meter min depth  
6 Lane by 25 meter warm up pool w/ 2 meter min depth  
Colorado Timing System, scoreboard readouts, Hy-Tek meet manager  
The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Fri., Sat., Sun. Prelims: Warm-up: 7:00 am Meet: 8:30 am  
Finals: Warm-up: 5:30 pm Meet: 6:30pm
- FORMAT:** 10 & under events, the 11&12 400 IM & 500 Free, 13-14 1000 Free and all relays are run as timed final. All other events are trials and final.  
This will be a deck seeded event.
- 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 13, 2015 will** determine age for the entire meet.
- DISABILITY SWIMMER:** 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:** Entry times must equal or better the qualifying standards. Short course yards time will be the conforming standard and can only be used for entries. Entry times may NOT be converted. Times must have been achieved between January 1, 2014 and the meet entry deadline. **SWIMS Time Recon will be performed before the meet and all un-provable times will be scratched from the meet.**
- A swimmer may enter any number of events, but may swim no more than three (3) individual events per day for a total of nine (9) individual events. If scratched from the 1000 or 1650 because of two-heat limit, a 4<sup>th</sup> event may be selected.
- All swimmers, including relay only swimmers and alternates, must be listed on official entry form and included in Hy-Tek export file. Swimming exhibition or Deck entries (including relay only swimmers will not be permitted.)
- 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: **Long Island Aquatic Club**  
**750F Stewart Ave**  
**Garden City, NY 11530**
- Email Entries/Confirm Entry Receipt: [entries.liac@gmail.com](mailto:entries.liac@gmail.com)  
Sign Express Mail Waiver allowing delivery without signature.
- DEADLINE:** **Entries must be received by: March 3, 2015.** Entries received after the deadline will not be accepted. Swimmers achieving cuts after the deadline must email the entry by **Noon on Monday, March 9<sup>th</sup>.** **New cuts only. No time updates.**
- You must submit a working email address to receive an email confirming receipt of entries. Contact Karla at [entries.liac@gmail.com](mailto:entries.liac@gmail.com) if you do not receive such a report within 2 days of your original email.

**ENTRY FEE:** \$4.00 per individual Timed Final Event / \$5.00 per individual Trial and Final Event /  
\$8.00 per Relay Event  
\$5.00 Metropolitan Swimming surcharge per swimmer, Including **Relay Only Swimmers**

Make check payable to: **Long Island Swimming**

Payment must be received by **March 13, 2015** for email entries. Payment must be included with all mailed entries. Failure to pay entry fees by this deadline could result in the team being barred from the meet.

**TIME TRIALS:** If time permits. A separate sanction number will be used for time trial purposes. Swimmer must be entered in the meet to participate in time trials.  
**Time Trials count as one of the 3 individual events limit per day.**  
**Fee for time trials is \$5.00 per event, payable at sign-up.**  
**Please note that there is a limit of two (2) time trials over the course of the weekend.**

**PROTESTS:** All competition-related protests, including protests concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred. Protests will be handled at the time they are presented to the Meet Director, by the Meet Committee.

**WARM-UP:** Warm-up lanes and times will be assigned to each team. Following the general warm-up, the competition pool will be open to all teams for a 15 minute dive and pace session: lanes 3-8 will be open for one-way sprints; lanes 2 & 9 will remain as general warm up and lanes 1 & 10 will be designated for pace. The diving pool will remain open for general warm-up. No diving will be permitted except in designated sprint lanes. All swimmers must be supervised by a coach.

**SCRATCH:** **Scratches will be due no later than forty five (45) minutes after each published warm-up start time. Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.** Coaches must make sure that their swimmers understand that once they are scratched, they will not be re-entered in the session. Coaches should inform their swimmers to leave plenty of time for traffic etc.

The coach of a swimmer that was seeded in an event, and is a **No-Show (NS)** in the event, must positively check the swimmer for the next days' events in order for that swimmer to be eligible to compete in the rest of the meet.

Athletes who miss a race in which they were seeded and did not properly deck scratch **will be barred from their next individual event of the day**. If they miss their last event of the day they will be barred from their first event of the next day. **A swimmer who misses a final will be barred from the rest of the meet.**

**Failure to scratch a swimmer entered in more than three events in a day will result in that swimmer having to swim the first three events for which he/she is entered. No exceptions.**

A relay swimmer who fails to report will be barred from his/her first individual event of the next day. The other three will not be penalized provided they appeared.

Relay swimmers' names must be submitted **in the order in which they will swim**.

**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.

**SCORING:** Individual Events (1<sup>st</sup> – 16<sup>th</sup> Pl.) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relay Events (1<sup>st</sup> – 16<sup>th</sup> Pl.) 40-34-3230-28-26-24-22-18-14-12-10-8-6-4-2  
**Only two relays per club may score**

**AWARDS:** Individual Events: Medals for 1<sup>st</sup> through 8<sup>th</sup> places, Ribbons for 9<sup>th</sup> through 16<sup>th</sup> places.  
Relay Events: Medals for 1<sup>st</sup> through 3<sup>rd</sup> places, and ribbons for 4<sup>th</sup> through 8<sup>th</sup> places.  
Individual High Point Awards: 1<sup>st</sup> through 3<sup>rd</sup> for 10&U, 11-12, 13-14, & 15-18  
Combined Team Awards: 10&U, 11-12, 13-14  
Overall 14 & Under Team Award

- OFFICIALS:** **Meet Referee:** Rich Brown Meet Admin: Jane Chan and Carolyn McNulty  
Officials wishing to volunteer should contact Meet Referee by email at [RichBrown4@verizon.net](mailto:RichBrown4@verizon.net)
- MEET DIRECTOR:** Ginny Nussbaum, contact information phone: 516-378-8467,  
email [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com), **only Metropolitan Swimming certified USA Swimming Coaches questions will be entertained. All parents are to speak with their individual team's coach regarding their specific needs.**
- 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.
- MEET DECORUM:** Each club is requested to handle its own team and discipline problems. Anyone found vandalizing county property; stealing or displacing disorderly conduct will be subject to disqualification, ejection from the meet and possible criminal prosecution.
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Long Island Aquatic Club, Long Island Swimming, 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 or locker rooms**
- ADMISSION** Pre-sale admission tickets will be available on [longislandswimming.com](http://longislandswimming.com) – once the facility is sold out no daily admission tickets will be sold.  
\$10.00 per JO session  
\$24.00 3 Prelim JO session pass  
\$42.00 All weekend JO pass for entry to 3 prelim sessions and 3 final sessions of the JO's.  
Programs and heat sheets will be for sale on Meet Mobile.
- MERCHANT:** A 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.
- 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”**
- DECK CHANGING:** **Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited**
- PARKING:** **There is ample free parking available in the park**
- 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 Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) 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 Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead Tpk.(exit M4). 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.

**Friday MARCH 13 A.M. Preliminaries 10&U Boys (all Timed Final), 11 – 12 Girls & 13 – 14 Boys WEST POOL**

**Session #1**

<b>EVENT #</b>	<b>QUAL.</b>	<b>EVENT</b>
1	5:24.99	GIRLS 11-12 400 Individual Medley – TIMED FINAL
4	4:45.99	BOYS 13-14 400 Individual Medley
6	2:51.99	BOYS 10 & U 200 Individual Medley
7		GIRLS 11-12 400 Freestyle Relay – TIMED FINAL
10		BOYS 13-14 400 Freestyle Relay – TIMED FINAL
12		BOYS 10-U 400 Freestyle Relay – TIMED FINAL
13	31.09	GIRLS 11-12 50 Butterfly
16	1:02.49	BOYS 13-14 100 Backstroke
18	1:22.19	BOYS 10&U 100 Backstroke
19	1:09.69	GIRLS 11-12 100 Backstroke
22	2:35.19	BOYS 13-14 200 Breaststroke
24	1:34.59	BOYS 10&U 100 Breaststroke
25	2:53.99	GIRLS 11-12 200 Breaststroke
28	53.99	BOYS 13-14 100 Freestyle
30	1:10.59	BOYS 10&U 100 Freestyle
31	1:01.19	GIRLS 11-12 100 Freestyle
34	18:19.99	BOYS 13-14 1650 Freestyle - TIMED FINAL*

**Friday MARCH 13 A.M. Preliminaries 10&U Girls (all Timed Final), 11-12 Boys & 13-14 Girls EAST POOL**

**Session #2**

<b>EVENT #</b>	<b>QUAL.</b>	<b>EVENT</b>
2	5:27.99	BOYS 11-12 400 Individual Medley – TIMED FINAL
3	5:06.99	GIRLS 13-14 400 Individual Medley
5	2:51.99	GIRLS 10 & U 200 Individual Medley
8		BOYS 11-12 400 Freestyle Relay – TIMED FINAL
9		GIRLS 13-14 400 Freestyle Relay – TIMED FINAL
11		GIRLS 10-U 400 Freestyle Relay – TIMED FINAL
14	31.09	BOYS 11-12 50 Butterfly
15	1:06.59	GIRLS 13-14 100 Backstroke
17	1:20.99	GIRLS 10&U 100 Backstroke
20	1:10.69	BOYS 11-12 100 Backstroke
21	2:42.49	GIRLS 13-14 200 Breaststroke
23	1:32.99	GIRLS 10&U 100 Breaststroke
26	2:59.99	BOYS 11-12 200 Breaststroke
27	57.99	GIRLS 13-14 100 Freestyle
29	1:10.99	GIRLS 10&U 100 Freestyle
32	1:01.59	BOYS 11-12 100 Freestyle

33 11:19.99

GIRLS 13-14 1000 Freestyle - TIMED FINAL\*

Limit 2 heats\*

**Friday Finals March 13 Session #3**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
3	13-14 400 Individual Medley	4
13	11-12 50 Butterfly	14
15	13-14 100 Backstroke	16
19	11-12 100 Backstroke	20
21	13-14 200 Breaststroke	22
25	11-12 200 Breaststroke	26
27	13-14 100 Freestyle	28
31	11-12 100 Freestyle	32

**Saturday A.M. March 14 Preliminaries 10&U BOYS (all Timed Final), GIRLS 11-12 & BOYS 13-14 EAST POOL**

**Session #4**

<b>EVENT #</b>	<b>QUAL.</b>	<b>EVENT</b>
35	2:29.49	GIRLS 11-12 200 Individual Medley
38	2:13.99	BOYS 13-14 200 Individual Medley
40	1:19.99	BOYS 10& U 100 Individual Medley
41		GIRLS 11-12 200 Freestyle Relay – TIMED FINAL
44		BOYS 13-14 200 Freestyle Relay – TIMED FINAL
46		BOYS 10&U 200 Freestyle Relay
47	32.49	GIRLS 11-12 50 Backstroke
50	1:10.99	BOYS 13-14 100 Breaststroke
52	31.99	BOYS 10 &U 50 Freestyle
53	1:19.19	GIRLS 11-12 100 Breaststroke
56	2:19.99	BOYS 13-14 200 Butterfly
58	1:25.59	BOYS 10 & U 100 Butterfly
59	2:39.99	GIRLS 11-12 200 Butterfly
62	1:58.49	BOYS 13-14 200 Freestyle
63	2:12.99	GIRLS 11-12 200 Freestyle
66	6:44.99	BOYS 10 & U 500 Freestyle
68		BOYS 13-14 200 Medley Relay – TIMED FINAL
69		GIRLS 11-12 200 Medley Relay – TIMED FINAL

**Saturday A.M. March 14 Preliminaries 10&U GIRLS (all Timed Final), BOYS 11-12 & GIRLS 13-14 WEST POOL**

**Session #5**

<b>EVENT #</b>	<b>QUAL.</b>	<b>EVENT</b>
36	2:30.49	BOYS 11-12 200 Individual Medley
37	2:22.49	GIRLS 13-14 200 Individual Medley
39	1:20.99	GIRLS 10& U 100 Individual Medley
42		BOYS 11-12 200 Freestyle Relay – TIMED FINAL
43		GIRLS 13-14 200 Freestyle Relay – TIMED FINAL
45		GIRLS 10&U 200 Freestyle Relay
48	32.99	BOYS 11-12 50 Backstroke
49	1:16.49	GIRLS 13-14 100 Breaststroke
51	32.09	GIRLS 10 &U 50 Freestyle
54	1:21.59	BOYS 11-12 100 Breaststroke
55	2:30.99	GIRLS 13-14 200 Butterfly
57	1:25.99	GIRLS 10 & U 100 Butterfly
60	2:39.99	BOYS 11-12 200 Butterfly
61	2:05.69	GIRLS 13-14 200 Freestyle
64	2:14.99	BOYS 11-12 200 Freestyle
65	6:44.99	GIRLS 10 & U 500 Freestyle
67		GIRLS 13-14 200 Medley Relay – TIMED FINAL
70		BOYS 11-12 200 Medley Relay – TIMED FINAL

**Saturday Finals March 14 Session #6**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
35	11-12 200 Individual Medley	36
37	13-14 200 Individual Medley	38
47	11-12 50 Backstroke	48
49	13-14 100 Breaststroke	50
53	11-12 100 Breaststroke	54
55	13-14 200 Butterfly	56
59	11-12 200 Butterfly	60
61	13-14 200 Freestyle	62
63	11-12 200 Freestyle	64

**Sunday A.M. March 15 Preliminaries BOYS 10&U (all Timed Final), GIRLS 11-12 & BOYS 13-14 WEST POOL**

**Session # 7**

<b>EVENT #</b>	<b>QUAL.</b>	<b>EVENT</b>
71	5:58.99	GIRLS 11-12 500 Freestyle – TIMED FINAL
74	2:31.99	BOYS 10&U 200 Freestyle
75	1:10.49	GIRLS 11-12 100 Individual Medley
78	5:21.99	BOYS 13-14 500 Freestyle
80		BOYS 10&U 200 Medley Relay
81		GIRLS 11-12 400 Medley Relay – TIMED FINAL

84		BOYS 13-14 400 Medley Relay – TIMED FINAL
86	35.99	BOYS 10&U 50 Butterfly
87	37.19	GIRLS 11-12 50 Breaststroke
90	1:01.59	BOYS 13-14 100 Butterfly
92	37.49	BOYS 10 &U 50 Backstroke
93	1:10.99	GIRLS 11-12 100 Butterfly
96	2:15.29	BOYS 13-14 200 Backstroke
97	2:30.99	GIRLS 11-12 200 Backstroke
100	43.49	BOYS 10&U 50 Breaststroke
102	24.99	BOYS 13-14 50 Freestyle
103	28.49	GIRLS 11-12 50 Freestyle

**Sunday A.M. March 15 Preliminaries GIRLS 10&U (all Timed Final), BOYS 11-12 & GIRLS 13-14 EAST POOL**

**Session # 8**

<b>EVENT #</b>	<b>QUAL.</b>	<b>EVENT</b>
72	6:01.99	BOYS 11-12 500 Freestyle – TIMED FINAL
73	2:31.99	GIRLS 10&U 200 Freestyle
76	1:11.99	BOYS 11-12 100 Individual Medley
77	5:35.99	GIRLS 13-14 500 Freestyle
79		GIRLS 10 &U 200 Medley Relay
82		BOYS 11-12 400 Medley Relay – TIMED FINAL
83		GIRLS 13-14 400 Medley Relay – TIMED FINAL
85	35.99	GIRLS 10&U 50 Butterfly
88	37.59	BOYS 11-12 50 Breaststroke
89	1:05.69	GIRLS 13-14 100 Butterfly
91	37.49	GIRLS 10 &U 50 Backstroke
94	1:12.59	BOYS 11-12 100 Butterfly
95	2:21.59	GIRLS 13-14 200 Backstroke
98	2:34.99	BOYS 11-12 200 Backstroke
99	42.99	GIRLS 10&U 50 Breaststroke
101	26.69	GIRLS 13-14 50 Freestyle
104	28.29	BOYS 11-12 50 Freestyle

**Sunday Finals March 15 Session # 9**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
75	11-12 100 Individual Medley	76
77	13-14 500 Freestyle	78
87	11-12 50 Breaststroke	88
89	13-14 100 Butterfly	90
93	11-12 100 Butterfly	94
95	13-14 200 Backstroke	96
97	11-12 200 Backstroke	98
101	13-14 50 Freestyle	102
103	11-12 50 Freestyle	104

**2015 Metropolitan Short Course Junior Olympics**



**sanction #**  
**Nassau County Aquatic Center**  
**March 13 - 15, 2015**

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_

Coach's Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone # \_\_\_\_\_ Evening Phone # \_\_\_\_\_

E-Mail \_\_\_\_\_

**MEET ENTRY REPORT**

**Metropolitan Swimmer Surcharge (made payable to Metropolitan Swimming)**  
**(Including relay only swimmers)**

Females Entered \_\_\_\_\_ X \$5.00 = \_\_\_\_\_  
Males Entered \_\_\_\_\_ X \$5.00 = \_\_\_\_\_

**Individual and Relay Entry**

Female Individual Timed Finals \_\_\_\_\_ X \$4.00 = \_\_\_\_\_  
Male Individual Timed Final \_\_\_\_\_ X \$4.00 = \_\_\_\_\_

Female Ind. Prelim-Finals \_\_\_\_\_ X \$5.00 = \_\_\_\_\_  
Male Ind. Prelim-Final \_\_\_\_\_ X \$5.00 = \_\_\_\_\_

Female Relay Entries \_\_\_\_\_ X \$8.00 = \_\_\_\_\_  
Male Relay Entries \_\_\_\_\_ X \$8.00 = \_\_\_\_\_

**Total Amount Entries (Made payable to Long Island Swimming) = \_\_\_\_\_**

Mail Check to: **Karla Leite**  
**750 F Stewart Ave.,**  
**Garden City, NY 11530**

Please sign Express Mail Waiver allowing delivery without signature -HY-Tek athlete entry report and Meet Entry Report must be included with payment. Hy-Tek disk not needed if entering by email