



Metro Bronze Championships South

March 22 – 24, 2019

Sanction# 190304

Team Assignments for each pool will be posted after 3/15.

Each team will be notified of their assigned pool.

Pools will be split by TEAM not AGE.

SSC will be split by last name, split TBD.

Results will be combined from both pools after each session.

Invited Teams: CSCD, EHY, FA, HAA, HYB, IA, LIE, LIAC, LBA, SSC, TS, TVSC, WISC

2019 Metro Bronze Championship South

March 22 – 24, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #190304
- LOCATION:** **Sachem East – 177 Granny Rd., Farmingville, NY 11738**
Sachem North – 212 Smith St., Lake Ronkonkoma, NY 11779
- FACILITY:** **Daktronics/Colorado Electronic Timing System & 6-Lane electronic scoreboard.**
25 yards 6 lane pools
The pools have not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1- 5:00PM Warm-up 6:05PM Start – March 22 All Age Groups Sachem North & East**
Session 2- 8:00AM Warm-up 9:05AM Start – March 23 11-12 & 13-14 Sachem North & East
Session 3- 2:00PM Warm-up 3:05PM Start – March 23 9-10 & 15-18 Sachem North & East
Session 4- 8:00AM Warm-up 9:05AM Start – March 24 11-12 & 13-14 Sachem North & East
Session 5- 2:00PM Warm-up 3:05PM Start – March 24 9-10 & 15-18 Sachem North & East
***Based on timeline pools may be combined. Teams will be notified after the entry deadline on pool assignments for both Friday Night and the remainder of the weekend.**
- FORMAT:** **All events are timed finals. Slow to fast standard.**
This meet will be deck seeded with coaches checking in/scratching all swimmers.
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
No “Deck Registrations” will be accepted
Age on **March 22, 2019** 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 Swimmers are limited to 4 events per session. 8 & Under are not permitted to swim in this meet. Entry times cannot be faster than BRONZE times as specified by Metropolitan Swimming 2019 time standards. Swimmers must have swum the events once prior to this meet. Entry times must have been achieved between January 1, 2018 and the meet entry deadline, March 15, 2019. Hy-Tek email entries will be accepted. An email confirmation will be sent back, if you do not receive the email confirmation within 2 days of your original email please contact the meet director to discuss the entry. Meet entries recon from SWIMS will be performed before the meet. NT’s are not allowed.**
- U.S. Mail Entries/Payment to: **Sachem Swim Club of LI, PO Box 191 Ronkonkoma NY 11779**
Email Entries/Confirm Entry Receipt: **ssc.meetentries@gmail.com**
If sending express mail, please sign the waiver on the front.
- Entries must be received by : March 15, 2019**
- DEADLINE:** An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$5.00** per individual event plus **\$1.00** dollar Metro surcharge per Swimmer
Make check payable to: **Sachem Swim Club of Long Island**
Payment must be received by **March 22, 2019** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** **General warm up with assigned lanes with Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be distributed.**

- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 35 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session. Metro Scratch rules will be followed. Please consult your guidelines.
Coaches must make sure that their swimmers understand that once they are scratched, they will not be reentered 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. Failure to scratch a swimmer entered in more than five events in a day will result in that swimmer having to swim the first five events for which he/she is entered. No exceptions.
- 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 – 6th place, ribbons 7th – 12th place for swimmers below the silver minimum standard. Overachiever ribbons will be awarded to swimmers who swim Silver, JO and Zone qualifying times in an event for a first time at this meet. Awards may be mailed if pools have to be separated. If that occurs results from both pools will be combined for the appropriate age groups.**
- OFFICIALS:** **Meet Referee: Allen Wone ssc.allenwone@gmail.com 516-330-4229**
Officials wishing to volunteer should contact Meet Referee by **March 15, 2019**
- ADMIN.**
- OFFICIAL:** **Administrative Official: Conroy Lee - mdrnlee@gmail.com**
- MEET DIRECTOR:** **Conroy Lee - mdrnlee@gmail.com**
- 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 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"
- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
1.0 Meter = 4 feet, 5 Meters = 14 feet
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against the **Sachem Central School District, Sachem Swim Club of LI**, 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:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, behind the blocks or locker rooms. 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.
- DRONES:** 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 changing is **PROHIBITED**.
- ADMISSION:** **Adult \$8.00 per person/session. Programs \$2.00 per session. Children under 12 are free.**
- MERCHANTS:** **Vendors may be available on site for the purchase of suits, bags, towels, goggles and apparel. Hot & cold dishes, snacks, desserts, & beverages may be available.**
- PARKING:** **There is ample free parking available in both schools. Please park in legal marked spaces.**
- DIRECTIONS:** **Sachem East** -Long Island Expressway to Exit 63. Head North on North Ocean Avenue, until you reach Granny Road. Make a right on Granny road and Sachem east is on the left about ½ mile down the road. The school is set back way off the road. It is your second left after passing the elementary school.
- Sachem North**- Long Island Expressway to exit 60, take the service road to Hawkins Ave head North, continue on Hawkins Ave until you reach the 5 corners intersection, make a right onto Smith St, school is on the right.

Session 1

All Age Groups

**5:00PM Warm-up 6:05PM Start – Friday, March 22
Sachem North & East**

Bronze Not faster then	Girls Events	Friday Events	Boys Events	Bronze Not faster then
3:14.00	1	9-10 200 IM	2	3:14.00
2:46.70	3	11-12 200 Back	4	2:42.80
5:26.00	5	13-14 400 IM	6	5:09.80
5:23.30	7	15-18 400 IM	8	4:45.90
7:05.00	9	9-10 500 Free	10	7:06.00
3:11.20	11	11-12 200 Breast	12	3:03.50
2:57.00	13	13-14 200 Breast	14	2:47.90
2:51.00	15	15-18 200 Breast	16	2:36.80
2:49.60	17	9-10 200 Free	18	2:49.60
2:49.40	19	11-12 200 Fly	20	2:45.40
2:34.00	21	15-18 200 Fly	22	2:25.00
5:50.60	23	13-14 500 Free	24	5:51.00
6:20.80	25	11-12 500 Free	26	6:32.00

Session 2 - 11-12 & 13-14

8:00AM Warm-up 9:05AM Start – Saturday, March 23
Sachem North & East

Bronze Not faster then	Girls Events	Saturday AM Events	Boys Events	Bronze Not faster then
2:25.90	27	11-12 200 Free	28	2:26.00
2:17.00	29	13-14 200 Free	30	2:14.20
40.60	31	11-12 50 Breast	32	40.30
1:23.50	33	13-14 100 Breast	34	1:16.70
31.00	35	11-12 50 Free	36	30.70
1:03.10	37	13-14 100 Free	38	59.60
1:19.50	39	11-12 100 Back	40	1:17.50
2:36.30	41	13-14 200 Back	42	2:27.10
1:19.40	43	11-12 100 Fly	44	1:17.60
2:36.60	45	13-14 200 Fly	46	2:29.60
2:48.10	47	11-12 200 IM	48	2:48.00

Session 3 - 9-10 & 15-18

2:00PM Warm-up 3:05PM Start – Saturday, March 23
Sachem North & East

Bronze Not faster then	Girls Events	Saturday PM Events	Boys Events	Bronze Not faster then
1:28.60	49	9-10 100 IM	50	1:28.60
2:10.60	51	15-18 200 Free	52	1:58.00
47.80	53	9-10 50 Breast	54	48.60
1:20.90	55	15-18 100 Breast	56	1:10.90
35.20	57	9-10 50 Free	58	35.20
1:01.10	59	15-18 100 Free	60	54.50
1:33.10	61	9-10 100 Back	62	1:37.10
2:29.30	63	15-18 200 Back	64	2:16.90
1:38.00	65	9-10 100 Fly	66	1:38.00
1:09.60	67	15-18 100 Fly	68	1:02.60

Session 4 - 11-12 & 13-14

**8:00AM Warm-up 9:05AM Start – Sunday, March 24
Sachem North & East**

Bronze Not faster then	Girls Events	Sunday AM Events	Boys Events	Bronze Not faster then
1:18.70	69	11-12 100 IM	70	1:17.20
1:12.70	71	13-14 100 Back	72	1:08.30
1:08.30	73	11-12 100 Free	74	1:07.00
28.80	75	13-14 50 Free	76	26.80
34.60	77	11-12 50 Fly	78	34.70
2:41.50	79	13-14 200 IM	80	2:31.10
36.10	81	11-12 50 Back	82	36.10
1:11.60	83	13-14 100 Fly	84	1:07.10
1:28.70	85	11-12 100 Breast	86	1:26.50

Session 5 - 9-10 & 15-18

**2:00PM Warm-up 3:05PM Start – Sunday, March 24
Sachem North & East**

Bronze Not faster then	Girls Events	Sunday PM Events	Boys Events	Bronze Not faster then
42.40	87	9-10 50 Fly	88	43.90
2:30.00	89	15-18 200 IM	90	2:27.80
1:46.20	91	9-10 100 Breast	92	1:48.40
1:10.10	93	15-18 100 Back	94	1:03.90
41.90	95	9-10 50 Back	96	42.90
28.30	97	15-18 50 Free	98	25.20
1:18.50	99	9-10 100 Free	100	1:18.50
5:40.00	101	15-18 500 Free	102	5:18.00



Metropolitan Swimming Photographer Registration Form

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.

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.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____

