

METROPOLITAN SWIMMING, INC.

HOUSE OF DELEGATES MEETING

Wednesday, May 15, 2013

1. CALL TO ORDER, WELCOME, and INTRODUCTIONS:

The House of Delegates meeting came to order at 7:27pm at Lehman College APEX in the Bronx. The list of Clubs in attendance is at the Metro office.

John McIlhargy welcomed everyone present and reminded all coaches to hand out their meet bids applications for the 2013-2014 season.

2. APPROVAL OF MINUTES:

A motion to approve the minutes of the January 9, 2013 House of Delegates meeting was made, seconded and approved by all. Vote by acclamation – all in favor - **Motion carries.**

3. GENERAL CHAIR: John McIlhargy

- a. Metropolitan will again be hosting the **Eastern Zone Meeting** in Fort Lauderdale on either the first or second weekend of May in 2014.
- b. **Report on Governance:**
 - 1) USA Swimming Governance Committee is presenting a new proposal of Potential Changes in the Governance Structure of USA Swimming:
 - 2) Shift from an annual to biennial convention (with education, training, certification programs in alternate years)
 - 3) Change from Wednesday-Saturday format to Sunday-Wednesday format
 - 4) Change the manner in which some delegates are selected (including, a reduction from six (6) to four (4) LSC delegates, with ability to receive additional delegates based on athlete registration and other criteria and the addition of direct club selection of delegates)
 - 5) Each LSC shall have four, automatic delegates (4x59=236). (The remaining 153 delegates shall be apportioned to the LSCs based on athlete registration)
 - 6) Currently Up to 10% of non-LSC delegates appointed by President -Presidential appointments to continue, % TBD
 - 7) Each club achieving objective standard names a delegate with a hard cap on total number
- c. **January HOD Meeting:** John McIlhargy made a motion to eliminate the January Meeting allowing all meet bids to be mailed into office with all the appropriate paperwork attached. Changes can be allowed up to a month before. We will use this time to run committee meetings in conjunction with our Metro BOD meeting and add time for any member wishing to address the board on issues, needs or ideas with written proposal and acceptance of schedule prior to the BOD meeting. The May meeting would then become a mandatory meeting for all Metro Clubs (like the September HOD meeting but not mandatory for athletes). David Ellinghaus seconded the motion. Discussion followed. Question was asked whether this would require a change in By-Laws – Answer is no (By-Laws 4.5 – page 15). Vote by acclamation took place – all members in attendance were in favor – none were opposed. **Motion to eliminate the January HOD carries.**

- d. **Eastern Zone Meeting:**
 - 1) Well attended meeting.
 - 2) Saturday morning LSC Chairs meeting to discuss EZ Budget and possible new future Zone responsibilities relative to USA Swimming Governance Changes.
 - 3) North and South Short Course Sectional Meet was approved 3/20-23
 - i. Long Course Winter SuperSectional Meet approved for the following week of 3/28-30 - same weekend as Eastern Zone Age Group Meet
 - ii. Olympic Distance Events will be moved to beginning of meet in even years.
 - iii. Sectionals North: Syracuse Chargers, Star Swimming. South: Virginia Swimming
 - iv. Discussion to make time standards identical through Zone (technical working on evaluating)
 - v. Fairport (Webster) Eastern Zone Bid winner
 - 4) Zone Discussion on adding a New Safe Sport Zone Position
- e. **The Safe Sport** Committee of USA-S will hold the first “LSC Safe Sport Coordinators Workshop” in Dallas, TX on May 31-June 1. Safe Sport is getting bigger and bigger – Please check the USA Swimming Website. The Safe Sport handbook is available on the Metro Website as well as on the USA Swimming Website. Every coach should check it – there are many Guidelines and model required and optional policies re: travel, electronic communication, and anti-bullying policies, as well as Locker room monitoring policy.
- f. Insurance for Coaches and families – We are 10 coaches short – we need 50 applications to make it work – Contact George Rhein at grheincpa@aol.com or george.rhein@metroswimming.org for information or to sign up. George will need the contact name, date of birth, zip code, and whether it would be a single or family coverage.

4. TREASURER: Corinne Cody

- a. The September 2012–May 2013 Budget vs. Actuals’ Report was available at the meeting. Pretty much everything is on target.
- b. Still some outstanding meet entry fees for Zone Qualifier and Senior Mets!
- c. Club Excellence is done – still waiting for some paperwork to get back.
- d. Travel reimbursements – Spring meets travel reimbursement expenses are now done. The process was much smoother this spring due to the rules changes for proofs of swims.

5. FINANCE: George Rhein

- a. Budget Committee will meet in August.
- b. Please email George all Budget Requests for next year

6: REGISTRATION REPORT: Mary Fleckenstein

- a. Current Membership Statistics: 512 Coaches; 227 Officials; 112 Non-athlete – other; 10,010 athletes – 80 clubs – 2 organizations – A reminder that the bigger LSC’s have seasonal athletes in their numbers.
- b. Please be sure to get **your background screening** done before it expires – once it expires you cannot be on the pool deck without green clearance – some take hours – some take days...
- c. Reminder to **send in updated certifications** – you cannot be on deck without your certifications being updated and current – Mary needs copies of all. If you send her a course record sheet – It can only be updated for one year – Mary needs the certificates.

- d. **Safety Training for Swim Coaches** – The Red Cross sent out an email to all organizations that run swim lesson programs about teaching Safety Training – All Lifeguard Instructors can teach Safety Training course.
- e. Safety Training will be updated in September to include First Aid – It will work the same way – you can take full Safety Training course or have a current lifeguard certification and take the online test. Many of you are sending lifeguard certifications but have not taken the online test. Beginning September 1st – the online test will NOT be uploaded into the database – so Mary will need a copy of the course completion.
- f. **Foundations of Coaching** – Reminder that it is new – FOC 1 for all new coaches before they are on deck – FOC 2 and FOC – Rules and Regulations before renewal... Please advise your coaches.
- g. **A HUGE reminder that if your certifications are NOT current – you CANNOT be on the deck at a meet or practice.**
- h. **Beginning with the 2014 registrations - You will not receive an athlete registration card** from Metro – USA Swimming will be sending them a card/bag tag directly. The card will also offer them discounts from some of USA Swimming’s sponsors. They will receive only ONE card per year and will have the preferred name, ID#, registration date and expiration date. It is important that you make sure your information is correctly sent in since they get one card only – too many issues still with wrong middle initials and birthdates.
- i. **Club Portals** – Mary cannot stress enough how important it is to use your club portals – You have access to all of your membership information – up-to-date registrations etc. The office should not have to look up registration info – log on to your portal to see if Sally or Billy is registered. Mary has all the portal info – and thanks to the few teams that requested it after last meeting.

7: HALL OF FAME: Mary Fleckenstein/Monique Grayson

- a. The 2013 Hall of Fame Dinner will take place Wednesday, May 22nd at Riccardo’s by the Bridge in Astoria, Queens. There was still time to register after the HOD!
- b. The 2013 inductees are Kip Fierro, Donatello Galluzzi, John Santos and Julia Smit

8: ELECTIONS: Mary Fleckenstein

The Nominating Committee presented the **slate of officers** for election. There were no nominations from the floor. A motion was made to accept the following members for a two-year term. The above motion was seconded. All voting members were in favor – **Slate of officers was accepted as voted on by acclamation.**

- a. Age Group Chairs: **Edgar Perez** and **John Yearwood** – Co-Chairs
- b. Treasurer: **Corinne Cody**
- c. Technical Planning: **David Ellinghaus**
- d. Athlete Representative: **Ryan Wagner** (as voted by Athletes at Winter Senior Mets)

The Nomination Committee also presented the following **slate of officers** for election:

- a. Safety: Brian Hansbury + Carle Fierro (nominated from the floor by Chris Fierro)
- b. Review Committee: As per the metro By-Laws 10.3.2 and 10.3.3.A - Six (6) members – 2 of which must be athletes – and at least three (3) alternates

Vote by “pink card only” ballot took place (pink cards were given to all eligible registered members – max of 3 per team): **Result of the vote:**

Safety: Brian Hansbury

Review Board: (alphabetical order): **Scott Bartleson** (WAC), **Larry Collins** (PATS), **Paul McClintock**, (UN), **Michael Morrissey** (BAD), and athletes: **Julian Mackrel** (NDAC) and **Kristen Pozmanter** (TVSC). In addition, three (3) alternate members in alphabetical order: **Andrew Regenbaum** (CSD), **Gay Silverman** (SS) and **Jennifer Trotman** (NFS).

A motion to accept the above nominations was made and seconded. All were in favor. **Motion carries.** Congratulations to all!

A motion requesting the Secretary to destroy the ballots was made, seconded and approved by all. **Motion carried.**

9: ADMINISTRATIVE VICE CHAIR: Denise Byrne

- a. Thank you to **Julian Mackrel** for his services as a Metro Athlete Rep and good luck at Princeton.
- b. Congratulations to **Nicole Papsco** for her appointment on a National Committee for Club Development.
- c. Congratulations and Welcome to **Ryan Wagner** as Metro's new Junior Athlete Rep.
- d. Congratulations to **Condors, Long Island Aquatic Club, LaGuardia** and **Asphalt Green** for achieving Metro Club Excellence.
- e. Reminder of Post Meet Reports. Use the new forms. Reports are due 30 days after the meet along with a check and/or voucher request.
- f. Meet Directors are reminded to email Denise if they are not sure when they last took the test or a clinic. It must be updated every three years. Meet Directors are required to be on deck for the duration of the meet.

10: SENIOR CHAIR: Don Wagner

Summer LCM Senior Mets will be held at Nassau County Aquatic Center in July. Meet entries will be done through the USA Swimming OME (Online Meet Entries) from June 1st to July 9th, 2013). Club may either send a check for their entries to Metro, pay cash, or ask the office to charge the entries on the credit card on file. Any question: email Monique Grayson at Monique.grayson@metroswimming.org

11: AGE GROUPS: Edgar Perez and John Yearwood

- a. Zone Meet Recap: Metro finished in 3rd place at Zones in March 2013. Kids swam very well
- b. Discussion on the motion to eliminate the Metro Team Fast Suits from the mandatory uniform list for Zones is still being researched by the Age Group Committee.

12: TECHNICAL PLANNING: David Ellinghaus

The proposed Championship meets calendar for 2014 and the updated time standards for 2013 Long Course and 2014 Short Course seasons were posted on the Web site after the May 7, 2013 TP meeting.

a. Metropolitan Swimming Proposed Championship Meets Calendar for 2014

1. February 15-16-17 Zone Team Qualifier
2. February 20-21-22-23 Senior Mets Short Course
3. February 28-March 1-2 Silver Championships (3 sites)
4. March 8-9 8 & Under Championships
5. March 14-15-16 Junior Olympics
6. March 21-22-23 Bronze Championships (3 sites)

A motion to adopt the proposed calendar was made and seconded – vote by acclamation – **motion carries.**

- b. Proposal from Alexis Skelos - Alternative meet for 15 & Over Metro Swimming Championships. A copy of the proposal was available on the Metro Web site and at the meeting. The meet would be held the same weekend as the JO weekend; separate meet name; meet will be run as timed finals; time standards would be around low Silver Cuts to NCSA standards; and the meet will score (with Team Trophy and Female and Male High Point Awards). The 10-under events would then move to the morning “prelims” sessions of JO’s. Long discussion with questions and answers followed.

Alexis Skelos made a motion to accept the proposal for a new Metro Championship meet for the 15-18 athletes. David Ellinghaus seconded the motion. Dave Ferris suggested a friendly amendment of no top end cuts. All were in favor. **Motion was accepted as amended.**

13: COACHES REPRESENTATIVE: Amine Boubsis

The 2012-13 Coach-of-the-Year Awards will be given out at the Metro HOF Dinner:

- a. Senior Coach of the Year: Rachel Stratton-Mills
- b. Age Group Coach of the Year: Verny Rodriguez

14: ATHLETES’ REPRESENTATIVES: Julian Mackrel and Nicole Papsco

Julian introduced Ryan Wagner as the new Junior Rep.

The Athletes’ Facebook page has more than 800 athletes members

15: OFFICIALS: Brice Brooks

Bruce was unable to attend the meeting.

Corinne Cody will be the meet Referee at this summer Senior Mets.

16: NATIONAL TIMES VERIFICATION / TOP 16: Monique Grayson

a. SWIMS:

- 1) Meet name MUST always follow this pattern: YEAR MR TEAM Meet Name – for example: **2013 MR PATS (or Patriots) May Long Course Meet** and not “Patriots 2013 May LC Meet”
- 2) Do not use CAPITALS except for MR and TEAM – and do not add “-” between each word.
- 3) When there is a problem at the meet (yellow or blue line in Meet Manager) , please check the timers watches times and add them manually in backup 2 and backup 3 – don’t just change the time without first adding the watches times.
- 4) Try to add the DQ codes as it does help the coaches (and the swimmers and parents).

b. ARENA SUIT BANNING:

- 1) Information regarding the 3 Arena suits that have been banned by FINA:
POWERSKIN Carbon-Pro models: AR220993 (woman full body open back)
AR220994 (woman full body closed back)
AR141364 (man jammer) - These suits are already not allowed for USMS.
- 2) USA Swimming has made the suits legal through June 3, 2013, the last day of the last Grand Prix meet. Beginning June 3rd, they will not be legal. The NFHS and USA Swimming has legalized the suits through June 3rd as well which would permit those high school swimmers still competing in championship meets able to wear the suits as they have been worn all season. There is one parameter for records in that a World Record will not be allowed in these suits even though FINA is ok with our permitting their use till June 3rd.

c. SCHOLASTIC ALL AMERICAN 2013

- 1) The information on the SAA 2013 application process is now available. The application process is now open for all 10th-12th graders who achieved one time standard (posted on

- the website) or swam in a designated disability meet or will swim in the 2013 USE Swimming National Championship Open Water Meet. Academic criteria is a 3.5 GPA.
- 2) Deadline for achievement of swimming criteria and academic achievement is June 30th and the application process will close on August 21st.
- d. ADMINISTRATIVE OFFICIAL
- 1) Either an administrative official or extra referee acting in that capacity is a requirement for sanctioned and approved competitions.
 - 2) Having this official is a requirement for times to be considered legal in a meet held after September 1, 2013. We must work with the officials' committee to insure that the appropriate officials are in place before loading sanctioned and approved meet times.

17: WEB SITE: Monique Grayson

- a. Many thanks to Peter Smit for spending days cleaning the malware out of the files on the web site
- b. Top 25 were added instead of Top 10 for the Top Times Updates- We will be switching to the Top 10 single age: 8-Under, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18
- c. Whenever possible, the Top Times are updated once a week, mid week, once all the weekend meets are in SWIMS.

18: SAFETY/SAFE SPORT: Brian Hansbury

- a. Brian was unable to attend the meeting
- b. The Safe Sport Committee of USA-S will hold the first "LSC Safe Sport Coordinators Workshop" in Dallas, TX on May 31-June 1.

19: DISABILITY: Denise Byrne

- a. Edgar and Denise attended a Disability Clinic in Newton Square, PA (Middle Atlantic) – the minutes will be posted on the Metro Web Site.
- b. Middle Atlantic approached Denise & Edgar about the possibility of hosting a Disability Clinic next year (maybe in cooperation with NJ and AD) – maybe at Lehman.
- c. June 2014 – New Jersey will be the host for the Special Olympics. Denise would like to attend and suggests including an athlete and an official.

20: SWIM-A-THON: Rich Finkelstein

- a. The USA Swimming Foundation is on YOUR team and is doing all it can to help you raise more money for your club by bringing you an all new **2013 Swim-a-Thon Contest** – Check USA Swimming Web site for more details!
- b. Email Rich Finkelstein if you need more information

21: OPEN WATER: Colleen Driscoll/Rob Ripp

Neither Colleen nor Rob were at the meeting.

22: DIVERSITY: Elliot Ptasnik

- a. On April 28th, Metropolitan Swimming hosted its annual outreach clinic with the special guest Olympic Gold Medalist **Anthony Ervin**. The event was held at Asphalt Green with over 100 swimmers from the five borough of New York City and coaches from across the Metro LSC. This event gave kids the opportunity to learn about competitive swimming, enjoy the water, listen and learn from Metro coaches and interact and swim with a gold medalist. The day was a great success for all coaches and swimmers. Metropolitan Swimming continues to support diversity in

the sport of swimming. Not only do we want to enhance our area's youth, but show the rest of the country Metro swimming is a committed leader to promote diversity within our sport.

- b. Eastern Zone Diversity Summit will be held in Boston, MA - June 20-23rd.
- c. Two (2) athletes (1 male / 1 female ages 13-16yrs old) along with 1 diversity and inclusion chair and 1 coach will be invited - Selection is up to the LSC and LSC Diversity and Inclusion Chair. Application qualifications can be modified to your LSC. Please contact Elliot.

23: TECHNICAL PLANNING – PART 2: David Ellinghaus

a. BIDS FOR METRO CHAMPIONSHIPS:

- 1) Zone Qual. (Feb. 15-17) - Metro will run Zone Qual. at Lehman.
- 2) Sr. Mets (Feb. 20-23) - Metro will run Sr. Mets at Lehman
- 3) Silver Championships (February 28-March 1-2): 3 sites:
 - North: NYSA at Felix Festa;
 - Central: APEX at Lehman;
 - South: TVSC at Ward Melville
- 4) 8-Under Championships (March 8-9): Condors at Felix Festa
- 5) Junior Olympics (March 14-15-16): Long Island Aquatic Club at Eisenhower Park
- 6) Bronze Championships (March 21-22-23) - 3 sites:
 - North: no bids;
 - Central: Lehman College APEX
 - South: Sachem Swim Club at Sachem East and North

b. BIDS FOR MEETS SHORT COURSE SEASON 2013-2014.

A motion to accept the calendar for 2013-2014 was made, seconded and approved by all. **Motion carries.** Calendar is included at the end of the minutes.

24: NEW BUSINESS:

- a. Jessica Foschi, a former Metro/LIAC swimmer, made a presentation to the House about SWIM ACROSS AMERICA – Making waves to fight cancer: what it is, current Events in Nassau/Suffolk. Contact Jessica at: Jessica@swimacrossamerica.org for more information on how to get involved.
- b. Bea Hartigan announced that there will be a Safety Weekend – June 16th (Fathers' Day weekend) at Huntington Beach – Information is posted on the Metro Web site. Contact Bea Hartigan for additional information: 631-271-3349

NEXT HOD: Mandatory HOD on Saturday, September 28, 2013 at 10:00am.

As a reminder, The September meeting of the House of Delegates is a mandatory meeting. Each club shall have both a representative to the House of Delegates and an athlete representative to the Athletes Committee present. There is a \$100 fine for each person not in attendance – P&P Manual 103.3

A motion to adjourn the meeting was made, seconded and approved by all. Meeting adjourned at 9:05pm.

Respectfully submitted
Monique Grayson

May 27, 2013

Metropolitan Swimming, Inc.

Tentative 2013-2014 Calendar (05/21/2013)

September:

- 27: Nile Crocodile – September Sprint Meet - 1 session (open meet) at Queens College
- 28: **Mandatory House of Delegates Meeting (all clubs + athlete) at Lehman College, APEX**

October:

- 5-6: Newburgh Sharks - Red, White & Blue - 4 sessions (open meet) at Newburgh Free Academy
- 5-6: Asphalt Green – AGUA Season Starter (open meet) – at Asphalt Green
- 12-13: FAST Hispanic - Heritage Swim Meet - 4 sessions (open meet) at Theodore D. Young Pool
- 12-13: Patriot Swim Club – Halloween IMX Meet – 4 sessions (open meet) at Lehman College APEX
- 12-13: FLY – JR Swim Champs. - 4 sessions with 2-1000 free sessions (open meet) at Flushing YMCA
- 18-19: Red Fox Aquatic – Elizabeth Miller Memorial – 5 sessions (open meet) at Marist College
- 18-20: Long Island Express - Octoberfest - 5 sessions (open meet) at Hofstra University
- 18-20: Condors Swim Club - Fall Festival Invitational - 5 sessions at Felix Festa Middle School
- 19: New York Sharks – 8 & Under Meet – 1 session at Rockland Community College
- 19-20: Long Island Aquatic Club - Chappy's Big Race Invitational – 5 sessions (1 Distance) at NCAC
- 19-20: BGNW Marlins Season Starter – 3 sessions (open meet) at BG Club - Sat.pm & Sun. am & pm
- 20: Badger Swim Club – 2 sessions (open meet) at Lehman College APEX
- 25: Nile Crocodile – Team Freestyle Relay Record Meet – 1 session (open Meet) at Queens Col.
- 26-27: Three Village Swim Club - Ann Wycoff – 4 sessions (open meet) at Ward Melville HS
- 26-27: YWCA Middies – Halloween Havoc – 4 sessions (open meet) at YWCA in White Plains
- 26-27: HYDRO/RIST – 4 sessions (open meet) at Lehman College APEX
- 27: Flushing Y – Distance (open meet) - 1 session at Flushing YMCA

November:

- 1-2: Sachem Swim Club – Fall Face-Off Invitational - 4 sessions at Sachem East
- 1-3: Washingtonville/Devilfish – 5 sessions (open meet) at Washingtonville High School
- 1-3: New York Sharks – NYSA Fall Classic – 5 sessions (open meet) at Felix Festa Middle School
- 2: BGNW Marlins – November 8 & Under Meet – 1 session (open meet) at BG Club in Mt. Kisco
- 2-3: Westchester Aquatic Club – 4 sessions (open meet) – at Mark Twain Montessori School
- 3: BGNW Marlins – Distance (open meet) – am: 500 free/400 IM – pm: 1650 at BG Club- Mt. K.
- 9: GAEL Aquatic Club – 9 & Over Invitational – 2 sessions at Iona College
- 10: GAEL Aquatic Club – 8 & Under Meet – 2 sessions (open meet) at Iona College
- 10: Hauppauge Swim Club – Hauppauge One Day Meet – 3 sessions (open meet) –at Hauppauge
- 15-17: Viking Aquatic Club – Viking Classic – 6 sessions (open meet) at Valley Central Natatorium
- 15-17: Long Island Aquatic Club – Thanksgiving Invitational – 4 sessions at Nassau County AC
- 15-17: Condors – Condors IMX Invitational – 5 sessions at Felix Festa Middle School
- 16-17: FAST - 4th Annual TD Young Meet (open meet) - 4 sessions (open meet) at TD Young CC
- 22-24: Flushing Y – Big Apple Classic (open meet) – 7 sessions at Flushing YMCA
- 22-24: Long Island Express – Thanksgiving Classic – 5 sessions (open meet) at Hofstra University
- 22-24: Minisink Valley – Fall Frenzy – 5 sessions (open meet) – at Minisink Valley High School

- 22-24: Aqua Gems/Washingtonville – Early Bird – 6 sessions (open meet) at Washingtonville H.S.
- 29: AGUA – Butterball Burn-off Invitational – 2 sessions - Distance Invitational at Asphalt Green
- 29: Nile Crocodile – Team Medley Relay Record Meet – 1 session (open Meet) at Queens Col.
- 30-12/1: Northern Dutchess – Winter Festival – 4 sessions (open meet) at *Facility TBA by end of May*

December:

- 1: Badger Swim Club – 2 sessions (open meet) at Lehman College APEX
- 5-7: **AT&T Winter National Championships – SCY – Knoxville, Tennessee**
- 6: Newburgh Sharks – Blue & Gold Meet – 1 Distance session at Newburgh Free Academy
- 6-8: New York Sharks – Holiday Classic – 5 sessions (open meet) at Felix Festa Middle School
- 7: Manhattan Makos – Imagine Invitational – 2 sessions Invitational at Flushing Meadows
- 7: GAEL Aquatic Club – 9 & Over Invitational – 2 sessions at IONA College
- 7-8: Newburgh Sharks – Blue & Gold Meet – 4 sessions at Newburgh Free Academy
- 8: Condors Swim Club – Condors Penguin Plunge Invitational – 2 sessions at Mark Twain Pool
- 8: GAEL Aquatic Club – 8 & Under Meet – 2 sessions (open meet) at IONA College
- 12-14: **Speedo Junior Nationals SCY Championships – Greensboro, North Carolina**
- 13-15: Patriots – Holiday Invitational – 7 sessions - Trials/Finals at Felix Festa Middle School
- 14-15: HYDRO/RIST – 4 sessions (open meet) at Lehman College APEX
- 20-22: Red Fox Aquatic Club – Holiday Invitational (open meet) – 6 sessions at Marist College

January 2014:

- 3-4: Sachem Swim Club – New Year Splash Invitational - 4 sessions at Sachem North
- 3-5: Aqua Gems/Washingtonville – January Blitz – 6 sessions at Washingtonville HS
- 11: GAEL Aquatic Club – 9 & Over Invitational – 2 sessions at IONA College
- 11-12: FAST Swim Team – IMX extreme Challenge – 4 sessions Invitational at Theodore D Young
- 11-12: Minisink Valley – Deep Freeze – 4 sessions (open meet) at Minisink Valley High School
- 11-12: Patriot Swim Team – Winters Frost – 4 sessions (open meet) at Lehman College APEX
- 12: GAEL Aquatic Club – 8 & Under Meet – 2 sessions (open meet) at Iona College
- 17-19: Nu Finmen – Annual Dr. Martin Luther King Swim Meet – 5 sessions (open meet) at NCAC
- 17-19: Newburgh Sharks – Trials and Finals – 7 sessions Invitational at Newburgh Free Academy
- 18: Badger Swim Club – 2 sessions (open meet) at Lehman College APEX
- 18: BGNW Marlins – January 8 & Under Meet – 1 session (open meet) at BG Club in Mt. Kisco
- 18: New York Sharks – 8 & Under Meet - 1 session (open meet) at Rockland Community College
- 18-20: Long Island Express – Winterfest Meet – 5 sessions (open meet) at Hofstra University
- 18-20: Asphalt Green – AGUA MLK Jr. Invite – 8 sessions (open meet) at Asphalt Green
- 19: BGNW Marlins – Mid January Meet – 2 sessions (open meet) at BG Club in Mt. Kisco
- 24-26: Three Village Swim Club – January Joust – 7 sessions (open meet) at Ward Melville HS
- 25: Condors Swim Club – Condors Swashbuckler Invitational – 2 sessions at Mark Twain Pool
- 25-26: Flushing Y – Fran Schnarr Memorial Sprint Meet – 2 sessions (open meet) at Flushing YMCA
- 26: Condors Swim Club – Distance Invitational – 2 sessions at Felix Festa Middle School
- 31-2/2: New York Sharks – Last Chance Meet – 5 sessions (open meet) at Felix Festa Middle School
- 31-2/2: Hauppauge Swim Club – IMX & 8-Under Meet – 7 sessions (open Meet) at Hauppauge HS

February:

- 1: Viking Aquatic Club – Quick Freeze – 2 sessions (open meet) – at Valley Central Natatorium
- 1-2: Westchester Wolverines – IMX Trophy Meet – 4 sessions (open meet) at Mark Twain MS
- 7: Washingtonville/Devilfish – Distance Meet – 1 session at Washingtonville High School

- 7-9: Badger Swim Club – 5 sessions (open meet) at Lehman College APEX
- 7-9: Condors – Last Chance Invitational – 5 sessions at Felix Festa Middle School
- 7-9: Long Island Express – 5 sessions (open meet) at Hofstra University
- 8: BGNW Marlins – February 8 & Under Meet – 1 session (open meet) at BG Club in Mt. Kisco
- 8-9: Washingtonville/Devilfish – 4 sessions (open meet) at Washingtonville High School
- 8-9: FAST Swim Team – Black Legends Swim Meet – 4 sessions Invitational at Theodore D Young
- 9: HYDRO/RIST – Invitational at Sports Park, Roosevelt Island
- 15-16: YWCA Middies – Founding Fathers Meet - 4 sessions (open meet) at YWCA in White Plains
- 15-17: Metro Zone Team Qualifier Meet – at Lehman College APEX**
- 20-23: Senior Metropolitan SC Championships – Trials/Finals at Lehman College APEX**
- 21-23: WSSC/DA – 4 sessions (open meet) [2 standards slower than Sr. Mets] at Washingtonville
- 28-3/2: Metro Silver Championship North – NYSA – 5 sessions at Felix Festa Middle School**
- 28-3/2: Metro Silver Championship Central – APEX – 5 sessions at Lehman College APEX**
- 28-3/2: Metro Silver Championship South – TVSC - 5 sessions at Ward Melville High School**

March:

- 8-9: Metro 8 & Under Championship – COND - 4 sessions at Felix Festa Middle School**
- 8-9: Asphalt Green – Last Chance (no 8 & Unders) – 4 sessions (open meet) at Asphalt Green
- 11-15: NCSA Junior Nationals Championships – Orlando, Florida**
- 14-16: Metro Junior Olympics – Long Island Aquatic Club – Trials/Finals – at NCAC – Eisenhower**
- 14-16: 15-18 Age Group Team Challenge – Long Island A.C. – 3 sessions (1 each day) – at NCAC**
- 20-23: Speedo Champions Series – Sectional SCY North – at Ithaca (Syracuse Chargers)**
- 21-23: Metro Bronze Championship North – 5 sessions at TBA (Metro North team needs to bid)**
- 21-23: Metro Bronze Championship Central – APEX – 5 sessions at Lehman College APEX**
- 21-23: Metro Bronze Championship South – Sachem – 5 sessions at Sachem East & North**
- 27-29: Eastern Zone Age Group Championships – at Webster, NY**
- 27-29: Eastern Zone Speedo SuperSectionals – LCM Championships – at TBA**

April:

- 12: FAST Swim Team – Distance Meet – 2 sessions at Theodore D Young