

METROPOLITAN SWIMMING, INC.

TECHNICAL PLANNING MEETING

August 31, 2005

PRESENT: David Ellinghaus, Bob Vializ, Mary Fleckenstein, Barry Roffer, Monique Grayson, Carolyn Johnson, Sophie Staskiewicz, Lenny Galluzzi and Paul Fortoul.

The meeting was called to order at 6:05pm at the Boys & Girls Clubs of Northern Westchester in Mount Kisco, NY.

The Senior Mets and Junior Olympics time standards were revised for 2006:

- **Senior Mets:**
 - Women: 100 fly was changed to 1:02.99
 - Men: no changes this year but cuts need to be reviewed for the 2007 season
- **Junior Olympics:**
 - 10-under girls: 50 free was changed to 32.09
 - 10-under boys: 50 free (32.09), 100 free (1:11.59), 50 fly (36.79) and 100 IM (1:21.99)
 - 11-12 girls: 50 back (33.29), 100 back (1:11.59) and 50 breast (37.19)
 - 11-12 boys: 50 back (33.49), 100 back (1:12.09), 50 fly (32.09) and 200 IM (2:34.59) - in addition: ZQ time for 200 IM has been changed to 2:33.99
 - 13-14 girls: 50 free (26.99), 100 free (58.49) and 100 fly (1:06.69)
 - 13-14 boys: 400 IM (5:00.99) - in addition: ZQ time for 400 IM (4:56.99)
 - 15-18 girls: 50 free (26.79), 100 free (57.79), 200 IM (2:22.09) and 400 IM (5:04.99)
 - 15-18 boys: 100 free (52.29)
- Silvers and Age Group time standards have been adjusted to reflect the changes in JO cuts.

Discussion on the three sections (North, Central, South) for Metropolitan Silvers and Age Group Championships:

South is still too big for Age Group Meet, especially since the meet is held in a six-lane pool. Based on their geographical situation, David's recommendation is to move LIAC to Central. But Old Westbury Aquatic Club has requested to be moved to Central. **We will move OWA to Central for 2006.** This is on a trial basis for one year and this move will be revisited before the 2007 season.

Short Course JO's Long Distance Events:

- 1000 free for 13-14: girls (11:44.99) and boys (11:32.99)
- 1650 free for 15-18: girls (19:19.99) and boys (18:29.99)

Recommendation from Technical Planning is to limit those events to no more than **20** swimmers (2 heats in a ten-lane pool).

Long Course JO's 2006:

Technical Planning recommends adding the 400 IM for 11-12 age-groups at the LC JO's. Recommendation is to hold the meet July 28-30, 2006

Long Course Senior Mets 2006:

We had a discussion on meet format and on when to hold the meet. Technical Planning recommends:

- Timed finals format with meet held in the morning with one hour warm-up
7:30am warm-up/8:30am start
- Hold the meet either on July 6-9, 2006 **or** July 13-16, 2006

Long Range Planning:

Long discussion on placement of Senior Mets and JO's in the Metropolitan Swimming 2007 Calendar:

Technical Planning proposal:

- Senior Mets: February 1-4, 2007 **or** February 8-11, 2007
- Junior Olympics: February 23-25, 2007

Age Group, Technical Planning and Senior Chairs need to meet.

Athletes Representatives:

A few athletes' representatives from New York State LSC's may be interested in having a New York State Championship. Would we be interested? We need more details on this subject

Coaches Education:

How to progress from Age Group to Senior Swimming and how to promote Senior Swimming? Metropolitan Swimming has a strong Age Group program but we need courses to educate coaches on how to continue to the senior level with those swimmers.

Workshops are needed: for age group and senior level coaches, for improving distance coaching, on ways to retain athletes.

Technical Planning recommends adding Coaches Education Workshops (Age Group, Senior, Distance) at the House of Delegates starting in September 2006.

Metropolitan Swimming Guidelines:

Lenny Galluzzi and Paul Fortoul have been working on the Guidelines. We reviewed some of the questions they had.

The Metropolitan Swimming Guidelines will be posted on the Metro Website around September 10, 2005.

Please download guidelines, read them, and be prepared to vote at the House of Delegates on September 24, 2005

All proposals for changes in policy, corrections, etc. must be made on the form that will be added. Make sure to include references to the guidelines for all changes.

The meeting adjourned at 8:30pm

Submitted by Monique Grayson
September 4, 2005