

2005

**Metropolitan Long Course
Junior Olympic Championships**

July 29-30-31, 2005

ENTRY PACKET

Sanction # 050701

Time Trials Sanction # 050750

Lehman College APEX Aquatic Center

250 Bedford Park Boulevard West

Bronx, New York 10468

Hosted by

Metropolitan Swimming

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

**General Chair
Age Group Chair
Athletes Representative
Coaches Representative**

**Mary Fleckenstein
Paul Furbeck & Bob Vializ
Anthony Mironov
Gil Smith**

2005 LC Metropolitan Junior Olympic Swimming Championships

July 29, 30, 31, 2005

Sessions: (10 & U, 13 - 14) Warm-up: 8:00am Start: 9:00am
(11 - 12, 15 - 18) Warm-up: 1:30pm Start: 2:30pm

Warm-up/Start times may be adjusted after all entries are received. Teams will be notified of any change. A 5-10 minutes break (warm-up/warm-down) may be added to each session.

Site: Lehman College APEX Aquatic Center - Bronx, New York. Eight lanes 50-meter pool with non-turbulent lane lines. Two Daktronics 10-Line Scoreboards and Daktronics Omni Sport 6000 Automatic Timing System,

Awards: Medals for 1st through 8th places, and ribbons for 9th through 16th places in Individual Events. Medals for 1st through 3rd, and ribbons for 4th -8th places in Relay Events. Individual High Point Awards in each Age Group. Combined Team Award for 10&Under, 11-12, and 13-14.

Events: All Events are **Timed Finals**. **CONVERTED TIMES WILL NOT BE ALLOWED. Times must have been achieved in either Long Course Meters, Short Course Yards or Short Course Meters between July 21, 2004 and the entry deadline.**

Scoring: Individual Events: (1st-16th Place) 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1
Relay Events: (1st-16th Place) 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
NOTE: Only two relays per club may score.

Admission: Adults: \$ 5.00 Children: \$ 2.00 Session Programs: \$ 3.00

Parking: \$ 3.00 per day at College Supervised Lot, all day parking, in & out.

Eligibility: All swimmers must be registered with USA-Swimming and Metropolitan Swimming. A swimmer may enter any number of individual events for which he/she has met the qualifying time, but **may not swim more than three (3) individual events per any one-day excluding relays**. Failure to scratch will result in the swimmer swimming the first three events they are entered in on that day. Entry times must equal or better the qualifying standards. **Long course meter times will be the conforming standards and will be seeded first, followed by SCM & SCY.** Times must have been achieved between **July 21, 2004** and the entry deadline.

Entry Fees: \$4.00 per Individual Event, \$10.00 per Relay, \$1.00 Metropolitan surcharge (including RELAY ONLY SWIMMERS), \$1.00 per swimmer for non-disk entries including relay only swimmers. Make Checks payable to **Metropolitan Swimming, Inc. (NO REFUNDS)**

Entries: Hy-Tek E-mail entries are preferred. **Entry times may NOT be converted.** They must be submitted in **LCM, SCY or SCM times. Long course meter times will be the conforming standards and will be seeded first, followed by SCM & SCY.** Team Manager Hy-Tek Entries on a 3 1/2" diskette, labeled with the team name (along with a hard copy) is a second option of entry. Relay only swimmers must also be listed on the Master Entry Form. An Entry Summary with a signed waiver must accompany each entry, regardless whether entries are submitted via e-mail, diskette or in writing. All results will be e-mailed to the team representative. Add \$1.00 per swimmer surcharge to entry fee for entries not submitted on Hy-Tek Team Manager export file format. The Name, Address, and Phone Number of Club Official must be included on the form. **Please include coaches' email address. In case of dispute, the official entry form will be considered the only document of entry.** A swimmer's age as of July 29, 2005 will determine the swimmer's age group for the meet. **NT's and Deck Entries will not be accepted.**

Entry Deadline: All entries must be in hand no later than **Wednesday, July 20, 2005 – SIGN EXPRESS MAIL WAIVER** allowing delivery without signature. Entries received after the deadline will be rejected.

Mail Check, Diskette and Entry Forms to:

Monique G. Grayson
22 Pine Hill Court
Briarcliff Manor, NY 10510
Phone: 914-941-4464
Fax: 914-923-2340

Email: mgrayson@aol.com

NOTE: Metropolitan Swimming will impose a fine on any swimmer failing to equal or better the listed cut-off times if the entry time cannot be proven by August 31, 2005.

Timers: As this is a Metro-run meet, each club entered in the meet **must** supply timers. **A timing assignment will be e-mailed to each club. It will also be available on the Metro website.** Timers must report 15 minutes before the start of each session.

Scratches: This meet will be deck seeded. Non Conforming times will be seeded last.

- **Scratches will be due no later than thirty (30) minutes before each published session 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 meet. Coaches should inform their swimmers to leave plenty of time for traffic etc.
- Athletes who miss a race in which they were seeded and did not properly deck scratched **will be barred from their next individual event of the day**
- 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.**

Officials: Certified Metro Officials will be used. Metro Officials wishing to volunteer their time should contact Holger Fietkau (516-338-5575 / holgerfusa@aol.com) or Kris Sawicz (718-263-0521)

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.

Time Trials: 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.**

Meet Decorum: Each club is requested to handle its own team and discipline problems. Anyone found vandalizing college property, stealing or displaying disorderly conduct will be subject to disqualification, ejection from the meet, and possible criminal prosecution.

Vendors: Refreshments will be available for purchase in the lower lobby throughout the meet. Please eat outside the pool area and place trash in the proper receptacles.
The Circle Swim Shop will provide swimming apparel and related items for sale opposite the spectator entry.

Note: **No Food or drinks will be allowed on the pool deck. Plastic water bottles however, are acceptable. Coaches please monitor your team's area.**

IMPORTANT:

In Case of Emergency Call: Pool Office (718) 960-7123 or Meet Desk (718) 960-1134

DIRECTIONS TO LEHMAN COLLEGE APEX

Via New York Thruway (87 North or South)

Exit at Van Cortlandt Park South, turn left and proceed up hill to Sedgewick Ave; make left onto Sedgewick and continue uphill. Turn right at Goulden Ave. keeping reservoir on your right. Proceed south to Bedford Park Blvd. Parking lot is to the right.

Via Saw Mill Pkwy Exit at Mosholu Pkwy, Turn Right at Paul Ave (3rd traffic light) and proceed two blocks to Bedford Park Blvd. APEX is on the left, parking is straight ahead.

Via Whitestone or Throgs Neck Bridges (495) Take Cross Bronx Expressway to Rosedale Ave/Bronx River Pkwy Exit. Take Bronx R. Pkwy North to Mosholu Parkway Exit. Follow Mosholu Parkway North to Paul Ave. Turn left at traffic light past Jerome Ave Elevated Train Station. Turn onto Paul Ave and proceed to Bedford Park. Blvd. APEX is to the left. Parking is straight ahead.

2005 Metropolitan Long Course Summer Junior Olympics

July 29, 30, 31, 2005

SESSION # 1.

Friday

July 29, 2005 Warm-up 8:00am

Start 9:00am

Girls	Qualifying Times				Event			Qualifying Times			Boys
	<u>SCM</u>	<u>SCY</u>	<u>LCM</u>					<u>LCM</u>	<u>SCY</u>	<u>SCM</u>	
1	<i>NCT</i>	<i>NCT</i>	NCT	13-14	200 m	Medley Relay	NCT	<i>NCT</i>	<i>NCT</i>	2	
3	<i>53.29</i>	<i>42.99</i>	52.99	10&U	50 m	Breaststroke	53.99	<i>43.99</i>	<i>53.29</i>	4	
5	<i>1:30.89</i>	<i>1:16.49</i>	1:31.99	13-14	100 m	Breaststroke	1:26.99	<i>1:14.49</i>	<i>1:25.79</i>	6	
7	<i>1:27.19</i>	<i>1:11.49</i>	1:27.99	10&U	100 m	Freestyle	1:27.99	<i>1:12.59</i>	<i>1:26.29</i>	8	
9	<i>1:09.29</i>	<i>58.99</i>	1:09.99	13-14	100 m	Freestyle	1:05.99	<i>55.99</i>	<i>1:04.69</i>	10	
11	<i>46.69</i>	<i>37.99</i>	47.59	10&U	50 m	Backstroke	47.59	<i>37.99</i>	<i>46.09</i>	12	
13	<i>1:19.89</i>	<i>1:07.49</i>	1:19.99	13-14	100 m	Butterfly	1:13.99	<i>1:04.99</i>	<i>1:13.69</i>	14	
15	<i>3:41.09</i>	<i>2:55.99</i>	3:43.99	10&U	200 m	Individual Medley	3:43.99	<i>2:59.99</i>	<i>3:39.19</i>	16	
17	<i>2:48.79</i>	<i>2:24.99</i>	2:50.99	13-14	200 m	Individual Medley	2:43.99	<i>2:18.99</i>	<i>2:40.39</i>	18	

SESSION # 2.

Friday

July 29, 2005

Warm-up 1:30pm

Start 2:30pm

Girls	Qualifying Times				Event			Qualifying Times			Boys
	<u>SCM</u>	<u>SCY</u>	<u>LCM</u>					<u>LCM</u>	<u>SCY</u>	<u>SCM</u>	
19	<i>NCT</i>	<i>NCT</i>	NCT	11-12	200 m	Medley Relay	NCT	<i>NCT</i>	<i>NCT</i>	20	
21	<i>NCT</i>	<i>NCT</i>	NCT	15-18	200 m	Medley Relay	NCT	<i>NCT</i>	<i>NCT</i>	22	
23	<i>1:34.79</i>	<i>1:20.49</i>	1:35.99	11-12	100 m	Breaststroke	1:36.99	<i>1:24.09</i>	<i>1:35.69</i>	24	
25	<i>1:28.89</i>	<i>1:16.19</i>	1:29.99	15-18	100 m	Breaststroke	1:21.99	<i>1:08.49</i>	<i>1:20.89</i>	26	
27	<i>1:12.29</i>	<i>1:02.29</i>	1:12.99	11-12	100 m	Freestyle	1:13.99	<i>1:02.69</i>	<i>1:12.59</i>	28	
29	<i>1:08.79</i>	<i>58.19</i>	1:09.49	15-18	100 m	Freestyle	1:02.69	<i>52.59</i>	<i>1:01.49</i>	30	
31	<i>38.29</i>	<i>33.59</i>	38.99	11-12	50 m	Backstroke	39.99	<i>33.99</i>	<i>38.69</i>	32	
33	<i>1:18.89</i>	<i>1:05.99</i>	1:18.99	15-18	100 m	Butterfly	1:09.99	<i>58.99</i>	<i>1:09.69</i>	34	
35	<i>3:03.49</i>	<i>2:39.99</i>	3:03.99	11-12	200 m	Butterfly	3:03.99	<i>2:39.99</i>	<i>3:00.99</i>	36	
37	<i>2:47.79</i>	<i>2:23.49</i>	2:49.99	15-18	200 m	Individual Medley	2:36.99	<i>2:10.99</i>	<i>2:33.59</i>	38	
39	<i>2:57.59</i>	<i>2:32.29</i>	2:59.99	11-12	200 m	Individual Medley	3:02.99	<i>2:36.69</i>	<i>2:58.99</i>	40	

SESSION # 3.

Saturday

July 30, 2005

Warm-up 8:00am

Start 9:00am

Girls	Qualifying Times				Event			Qualifying Times			Boys
	<u>SCM</u>	<u>SCY</u>	<u>LCM</u>					<u>LCM</u>	<u>SCY</u>	<u>SCM</u>	
41	<i>46.89</i>	<i>37.09</i>	47.99	10&U	50 m	Butterfly	46.99	<i>37.59</i>	<i>46.79</i>	42	
43	<i>2:29.59</i>	<i>2:07.99</i>	2:30.99	13-14	200 m	Freestyle	2:25.99	<i>2:01.99</i>	<i>2:22.89</i>	44	
45	<i>3:08.29</i>	<i>2:35.99</i>	3:09.99	10&U	200 m	Freestyle	3:09.99	<i>2:39.99</i>	<i>3:05.89</i>	46	
47	<i>2:55.59</i>	<i>2:30.99</i>	2:55.99	13-14	200 m	Butterfly	2:49.99	<i>2:29.99</i>	<i>2:47.19</i>	48	
49	<i>1:55.59</i>	<i>1:33.99</i>	1:56.99	10&U	100 m	Breaststroke	1:56.99	<i>1:35.99</i>	<i>1:55.39</i>	50	
51	<i>1:19.49</i>	<i>1:07.89</i>	1:20.99	13-14	100 m	Backstroke	1:16.99	<i>1:04.99</i>	<i>1:14.59</i>	52	
53	<i>1:41.09</i>	<i>1:22.19</i>	1:42.99	10&U	100 m	Backstroke	1:42.99	<i>1:22.19</i>	<i>1:39.79</i>	54	
55	<i>5:56.89</i>	<i>5:07.99</i>	5:59.99	13-14	400 m	Individual Medley	5:48.99	<i>5:02.99</i>	<i>5:41.99</i>	56	
57	<i>NCT</i>	<i>NCT</i>	NCT	10&U	200 m	Freestyle Relay	NCT	<i>NCT</i>	<i>NCT</i>	58	
59	<i>NCT</i>	<i>NCT</i>	NCT	13-14	400 m	Freestyle Relay	NCT	<i>NCT</i>	<i>NCT</i>	60	

SESSION # 4.**Saturday****July 30, 2005****Warm-up 1:30pm****Start 2:30pm**

Girls	Qualifying Times				Event			Qualifying Times			Boys
	<u>SCM</u>	<u>SCY</u>	<u>LCM</u>					<u>LCM</u>	<u>SCY</u>	<u>SCM</u>	
61	2:36.49	2:15.49	2:37.99	11-12	200 m	Freestyle	2:36.99	2:15.49	2:33.59	62	
63	2:28.59	2:05.99	2:29.99	15-18	200 m	Freestyle	2:15.99	1:54.99	2:13.09	64	
65	43.39	37.49	43.99	11-12	50 m	Breaststroke	44.59	38.09	43.99	66	
67	3:12.29	2:42.99	3:14.99	15-18	200 m	Breaststroke	2:59.99	2:31.99	2:55.69	68	
69	1:23.39	1:12.29	1:24.99	11-12	100 m	Backstroke	1:27.99	1:13.99	1:25.19	70	
71	1:18.49	1:06.49	1:19.99	15-18	100 m	Backstroke	1:11.99	1:00.49	1:09.69	72	
73	36.89	31.79	36.99	11-12	50 m	Butterfly	37.99	32.59	37.79	74	
75	5:52.89	5:06.99	5:55.09	15-18	400 m	Individual Medley	5:29.99	4:45.99	5:23.39	76	
77	3:25.09	2:55.99	3:27.99	11-12	200 m	Breaststroke	3:27.99	2:59.99	3:23.09	78	
79	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	15-18	400 m	Freestyle Relay	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	80	
81	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	11-12	400 m	Freestyle Relay	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	82	

SESSION # 5.**Sunday****July 31, 2005****Warm-up 8:00am****Start 9:00am**

Girls	Qualifying Times				Event			Qualifying Times			Boys
	<u>SCM</u>	<u>SCY</u>	<u>LCM</u>					<u>LCM</u>	<u>SCY</u>	<u>SCM</u>	
83	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	13-14	200 m	Freestyle Relay	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	84	
85	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	10&U	200 m	Medley Relay	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	86	
87	2:52.59	2:26.49	2:54.99	13-14	200 m	Backstroke	2:45.99	2:22.99	2:41.79	88	
89	38.39	32.29	38.99	10&U	50 m	Freestyle	38.99	32.29	38.29	90	
91	31.49	27.19	31.99	13-14	50 m	Freestyle	30.19	25.69	29.59	92	
93	1:53.79	1:29.99	1:53.99	10&U	100 m	Butterfly	1:53.99	1:29.99	1:53.59	94	
95	3:14.29	2:42.99	3:16.99	13-14	200 m	Breaststroke	3:09.99	2:42.99	3:05.49	96	
97	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	10&U	400 m	Freestyle Relay	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	98	
99	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	13-14	400 m	Medley Relay	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	100	
10 minutes warm-up											
101	6:11.99	6:44.99	6:14.99	10&U	400 m	Freestyle	6:14.99	6:44.99	6:09.39	102	
103	5:12.49	5:35.99	5:14.99	13-14	400 m	Freestyle	5:05.99	5:32.09	5:02.39	104	

SESSION # 6.**Sunday****July 31, 2005****Warm-up 1:30pm****Start 2:30pm**

Girls	Qualifying Times				Event			Qualifying Times			Boys
	<u>SCM</u>	<u>SCY</u>	<u>LCM</u>					<u>LCM</u>	<u>SCY</u>	<u>SCM</u>	
105	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	11-12	200 m	Freestyle Relay	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	106	
107	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	15-18	200 m	Freestyle Relay	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	108	
109	3:01.49	2:36.99	3:03.99	11-12	200 m	Backstroke	3:03.99	2:39.99	2:59.29	110	
111	2:47.69	2:23.99	2:49.99	15-18	200 m	Backstroke	2:34.99	2:13.09	2:30.99	112	
113	32.99	28.69	33.49	11-12	50 m	Freestyle	32.99	28.69	32.39	114	
115	31.49	26.99	31.99	15-18	50 m	Freestyle	28.69	23.79	28.09	116	
117	1:25.89	1:12.39	1:25.99	11-12	100 m	Butterfly	1:25.99	1:14.49	1:25.69	118	
119	2:50.59	2:29.99	2:50.99	15-18	200 m	Butterfly	2:36.99	2:18.99	2:34.39	120	
121	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	11-12	400 m	Medley Relay	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	122	
123	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	15-18	400 m	Medley Relay	<i>NCT</i>	<i>NCT</i>	<i>NCT</i>	124	
10 minutes warm-up											
125	5:27.39	6:03.99	5:29.99	11-12	400 m	Freestyle	5:29.99	6:03.99	5:24.99	126	
127	5:09.49	5:31.99	5:11.99	15-18	400 m	Freestyle	4:49.99	5:19.99	4:45.59	128	

**2005 Metropolitan Long Course Summer Junior Olympics at Lehman College
JULY 29, 30, 31, 2005**

Team Name _____ Team Code _____

Coach's Name _____

Address _____

City _____ State _____ Zip _____

Day Phone # _____ Evening Phone # _____

E-Mail Address: _____

MEET ENTRY REPORT

Metropolitan Swimmer Surcharge (must include relay only swimmers)

Females Entered _____ x \$ 1.00 = _____

Males Entered _____ x \$ 1.00 = _____

Individual and Relay Entry

Female Individuals Entries _____ x \$4.00 = _____

Male Individual Entries _____ x \$4.00 = _____

Female Relay Entries _____ x \$10.00 = _____

Male Relay Entries _____ x \$10.00 = _____

Non Hy-Tek Surcharge _____ x \$1.00 = _____

Total Amount Entries (Make Check payable to Metropolitan Swimming Inc.) = _____

Mail Hy-Tek entry diskette, Hard Copy, Meet Entry Report and Check to:

**Monique Grayson
22 Pine Hill Court
Briarcliff Manor, NY 10510
mggrayson@aol.com**

DUE DATE: Wednesday, July 20, 2005

SIGN EXPRESS MAIL WAIVER allowing delivery without signature.