

THE BIG APPLE CLASSIC - NOV. 17, 18, 19, 2006
METRO SANCTION # 061103

Awards: Individual medals 1-3, ribbons 4-6. Relay - ribbons 1-3. Girls and Boys Individual high point and Team Trophy will be awarded based on the following: Top six - 7,5,4,3,2,1 - Relays - double, Boys & Girls Individual High Point in each age group - 1st, 2nd & 3rd and 1st, 2nd & 3rd overall team trophy.

****SWIMMERS ARE LIMITED TO THREE INDIVIDUAL EVENTS PER DAY****

ALL ENTRIES MUST BE RECEIVED BY FRIDAY, NOV. 3rd, 2006. ENTRIES WILL BE CUT BASED ON DATE OF RECEIPT OF ENTRIES. PRIORITY WILL BE GIVEN TO METRO LSC TEAMS OVER TEAMS OUTSIDE METRO IF THEIR ENTRY IS RECEIVED BY OCT. 20th. ENTRY TIME MUST BE AT OR FASTER THAN THE CUT. "NO TIME" ENTRIES WILL NOT BE ACCEPTED. IF USING HY-TEK YOU MUST STILL SEND HARD COPY FOR INDIVIDUALS & RELAYS.

Friday Nov. 17: Session #1 Warm-up 5:15 PM Start 6:15

<u>Event#</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Event#</u>
1	2:54.0	13-14 200 Breaststroke	2:45.0	2
3	2:48.0	Open 200 Breaststroke	2:35.0	4
5	2:16.0	13-14 200 Freestyle	2:10.0	6
7	2:12.0	Open 200 Freestyle	2:01.0	8
9	1:09.0	13-14 100 Butterfly	1:06.0	10
11	1:08.0	Open 100 Butterfly	1:02.0	12
13	5:22.0	13-14 400 IM	5:10.0	14
15	5:10.0	Open 400 IM	4:50.0	16
17	NCT	Open 200 Free Relay	NCT	18
19	12:00.0	Open 1000 Freestyle **	11:10.0	20

** 1000 limited to 3 heats of girls & 3 heats of boys
1000 counts towards open high point award only

Saturday Nov. 18: Session #2 Warm-up 11:30 Start 12:30

<u>Event#</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Event#</u>
21	NCT	11-12 200 IM	NCT	22
23	2:35.0	13-14 200 IM	2:29.0	24
25	NCT	11-12 100 Freestyle	NCT	26
27	29.0	13-14 50 Freestyle	27.0	28
29	NCT	11-12 50 Backstroke	NCT	30
31	1:20.0	13-14 100 Breaststroke	1:16.0	32
33	NCT	11-12 100 Breaststroke	NCT	34
35	1:12.0	13-14 100 Backstroke	1:06.0	36
37	NCT	11-12 50 Butterfly	NCT	38
39	5:53.0	13-14 500 freestyle	5:41.0	40
41	NCT	11-12 200 Medley Relay	NCT	42
43	NCT	13-14 200 Medley Relay	NCT	44

Saturday Nov. 18: Session #3 Warm-up 5:00 Start 6:00

<u>Event#</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Event#</u>
45	NCT	10 & Under 100 IM	NCT	46
47	2:30.0	Open 200 IM	2:17.0	48
49	NCT	10 & Under 100 Freestyle	NCT	50
51	28.6	Open 50 Freestyle	25.5	52
53	NCT	10 & Under 50 Breast	NCT	54
55	1:18.0	Open 100 Breaststroke	1:10.0	56
57	NCT	10 & Under 100 Backstroke	NCT	58
59	1:09.5	Open 100 Backstroke	1:03.0	60
61	NCT	10 & Under 50 Butterfly	NCT	62
63	5:40.0	Open 500 Freestyle	5:15.0	64
65	NCT	10 & Under 200 Med Relay	NCT	66
67	NCT	Open 200 Med Relay	NCT	68

Sunday Nov. 19: Session #4 Warm-up 7:00, Start 8:00

<u>Event#</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Event#</u>
69	NCT	11-12 200 Freestyle	NCT	70
71	2:35.0	13-14 200 Butterfly	2:30.0	72
73	NCT	11-12 50 Breaststroke	NCT	74
75	1:03.0	13-14 100 Freestyle	59.0	76
77	NCT	11-12 100 Butterfly	NCT	78
79	2:32.0	13-14 200 Backstroke	2:25.0	80
81	NCT	11-12 50 Freestyle	NCT	82
83	NCT	13-14 400 Free Relay	NCT	84
85	NCT	11-12 100 Backstroke	NCT	86
87	NCT	11-12 200 Free Relay	NCT	88
		10 MINUTE WARM-UP		
89	NCT	13-14 1650 Freestyle***	NCT	90

Sunday Nov. 19: Session #5 Warm-up 1:00, Start 2:00

<u>Event#</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Event#</u>
91	NCT	10 & Under 200 Free	NCT	92
93	2:30.0	Open 200 Butterfly	2:20.0	94
95	NCT	10 & Under 50 Backstroke	NCT	96
97	1:02.0	Open 100 Free	55.5	98
99	NCT	10 & Under 100 Fly	NCT	100
101	2:30.0	Open 200 Back	2:16.0	102
103	NCT	10 & Under 50 Free	NCT	104
105	NCT	Open 400 Free Relay	NCT	106
107	NCT	10 & Under 100 Breast	NCT	108
109	NCT	10 & Under 200 Free Relay	NCT	110
		10 MINUTE WARM-UP		
111	NCT	Open 1650 Freestyle***	NCT	112

*** 1650 IS A SEPARATE SESSION BUT MAY STILL BE LIMITED TO ONE HEAT OF GIRLS AND BOYS.

**FLUSHING "Y" AQUATIC CLUB
USA MEET SCHEDULE
TO BE HELD AT THE JESS BROWN AQUATIC CENTER**

**FLUSHING YMCA
138-46 NORTHERN BLVD.
FLUSHING, N.Y. 11354
718-961-6880**

GENERAL INFORMATION

1. **Facilities:** Six lane 42' X 75' indoor pool, Colorado electronic timing, Keifer lanes, Paragon starting blocks, Colorado beep start system, 6 lane scoreboard.
2. **Seeding:** All events will be seeded using the re-entry system.
3. **Awards:** A distinctive medal will be given to 1st, 2nd, and 3rd places. Ribbons will be given to 4th, 5th, and 6th places. Relay awards - Ribbons 1st - 3rd place. Coaches, please pick up awards after each session.
4. **Entry Fees:** \$3.00 per individual event, \$8.00 per relay except where noted, \$1.00 per swimmer surcharge, non-Hy-Tek entries. Make checks payable to "Flushing YMCA". If not enclosing check please enclose check request. Telephone inquiries will be accepted at 718-961-6880. No phone entries please.
5. **Entry Format:** If using Hy-Tek, entries must be on disk with printout included. If not using Hy-Tek, please submit entries on a master form. Please return the form that certifies that all swimmers are current USA members along with your entries. Please include name, phone number, e mail and times to call contact person in case of any problems.
6. **Rules:** 2006 USA Rules will govern this meet. Metro safety and warm-up guidelines are in effect. Total warm-up will last 50 minutes and will be adjusted to ensure a safe and proper warm-up for all age groups. Time trials may be held if time permits.
7. **Conditions:** Entries may have to be limited in order to keep the sessions at 4 hours in duration. The method of cutting will be listed on the event entry blank.
8. **Eligibility:** All contestants must be USA registered. Age as of the first day of the meet will determine eligibility for age group events.
9. **Parking may** be available for certified coaches listed on the summary sheet in our lot on 37th Ave. If you are not listed, you will not have a spot. A municipal parking lot is available around the corner from the back entrance of the "Y" on Union St. between 37th and 38th Ave. in addition to street parking.
10. Refreshments available at reasonable rates. Food, smoking and glass of any kind are not permitted in the pool area or balcony.
11. **Admission:** \$3.00 for spectators over age 12. Programs will be available for purchase.

12. Supervision: Each club is requested to handle its own team and discipline problems.
Anyone found guilty of vandalism or disorderly conduct will be ejected from the meet.
No one is permitted above the 2nd floor of the building.

13. Coaches must show their current U.S.A. membership card to pick up meet packet. Only currently certified U.S.S. coaches will be permitted on the pool deck. U.S.A. cards must be worn on the pool deck or be available if requested.

14. Mail: SEND ALL ENTRIES TO: RICHARD FINKELSTEIN - SWIM COACH
FLUSHING YMCA 138-46 NORTHERN BLVD.
FLUSHING, N.Y. 11354
E Mail entries accepted at Finkfly33@aol.com - hard copy must follow

SUGGESTED DIRECTIONS: From Eastern Long Island - L.I.E. to Cross Isl. Pkwy. North (follow towards Whitestone Expy). Exit at Linden Place. Make a left at the light (Linden Pl). Follow about 5 blocks to 35th Ave. Make left onto 35th Ave. Go 2 blocks to Union St. Make right onto Union St. Go 1 block to Northern Blvd. Make left onto Northern Blvd. The YMCA will be on your right.

From Triboro Bridge - Take Grand Central Pkwy to Northern Blvd/Shea Stadium exit. Follow signs to Northern Blvd. YMCA will be about one mile on the right.

From Whitestone Bridge - Stay to the right when coming off the bridge. Exit at Linden Place and follow as above.

A) Upon acceptance of entries, swimmers, coaches, parents and spectators waive their right to all claims against Metropolitan Swimming, the Metropolitan Swim Committee, Flushing Y Aquatic Club, Flushing YMCA, their agents and/or representatives for any injury or loss of property occurring as a result of this meet.

B) I HEREBY CERTIFY THAT ALL SWIMMERS THAT I AM ENTERING AT THE _____ ARE CURRENTLY REGISTERED WITH USA SWIMMING
name of meet

_____	_____	_____
name of club	club code	E Mail
_____	_____	_____
coach's name (print)	coach's signature	

The following certified coaches will be attending this meet:

PLEASE RETURN THIS SHEET, SIGNED, ALONG WITH YOUR ENTRIES AND KEEP A COPY FOR YOUR RECORDS.

WARM-UP PROCEDURES - Metro guidelines will be followed. Adjustments may be made to ensure a safe & proper warm-up.