



2009 Metropolitan Senior Circuit Meet #2

Sunday, November 15, 2009

Sanction Number #091117

2009 METROPOLITAN SENIOR CIRCUIT MEET #2

SUNDAY, NOVEMBER 15, 2009

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 091117
- LOCATION:** **Lehman College APEX, 250 Bedford Park Boulevard West, Bronx, New York 10468**
- FACILITY:** Eight lane 25-yard competitive course that is 7-13 feet deep. Eight lane, 25-yard warm-up / warm-down space will be available to the swimmers throughout the meet. The pool has been certified in accordance with Article 104.2.2C (4)
- There is no smoking allowed in the building. No food or glass bottles are allowed on the pool deck. Teams are expected to police and maintain their areas on the pool deck. Only swimmers and coaches with current USA Swimming certification credentials and officials will be allowed on the pool deck. Parents and children are restricted to the spectator stands only and are not authorized to be in any other part of the building. Offenders will be ejected from the facility.
- SESSIONS:** **This meet will be one session only. All events will be Timed Finals. Warm-up begins at 10:00 AM. The meet start time is 11:00 AM.**
- FORMAT:** All events will be swum as Timed Finals. The scratch deadline is 10:30 AM (or 30 minutes before the start of the meet). All events will be seeded at this time.
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. Age on Saturday, November 14, 2009 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:** Please waive the signature request if sending overnight.
- BONUS EVENTS:** Swimmers may enter bonus events according to the following formula. Swimmers must have the appropriate Bonus Time Standard for each Bonus event.
- Bonus events must be clearly marked as such on your entry – check the "Bonus" box in TM entries.
- Make 1 Senior Circuit standard, enter 1 Bonus event
 - Make 2+ Senior Circuit standards, enter 2 Bonus events
- DEADLINE:** **1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by Monday, November 9, 2009 at 11:59 PM EST.**

2: The final entry deadline for this meet is Wednesday, November 11, 2009 at 11:59 PM EST.

3: Entries received from other LSC's will be entered in the order they were received, as space allows.

An email will be sent to you confirming receipt of your entries if you provide an email contact. Please contact the Meet Director if you do not receive such a report within two days of your original email.

ENTRY FEE: **An entry fee of \$3.00 per individual event and \$2.00 per swimmer for Metro surcharge must accompany the entries. Please make checks payable to: Metropolitan Swimming.** There will be no refunds. **Payment must be received by Friday, November 13th, 2009 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.

SCRATCHES: Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to clearly indicate any scratches for individual events as well as any swimmers who will not be participating in the session.

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: Awards will not be distributed at this meet.

OFFICIALS: **Meet Referee: Kris Sawicz, krzysztofs0711@aol.com, (917) 975-9816**
Officials wishing to volunteer should contact Meet Referee by **Friday, November 13, 2009.**

MEET DIRECTOR: **Brian Brown, bbrown@asphaltgreen.org (212) 369-8890 x2234**

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.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Lehman College, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION: Adult Admission: \$5.00 per person; Child Admission: \$2.00 per person; Meet Program: \$3.00 per session

MERCHANTS: None

PARKING: Parking will be available on the street and in the Lehman College lot #

DIRECTIONS: By subway: Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk west on Bedford Park Blvd. past Paul Ave. to entrance on the south side of the street.

By bus: From Westchester (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Avenue) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave/Central Park Avenue) #4 to Bedford Park Boulevard terminus and walk west.

By car: Take the Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Avenue. Proceed up the winding hill to Sedgwick Avenue and make a left onto Sedgwick. Turn right at Goulden Avenue (keeping reservoir on your right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right.

Via Saw Mille River Parkway South (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. The APEX building is on your left. Proceed to the traffic light and then turn left onto Goulden Avenue. Parking lots will be on your right.

In case of emergency:
 Pool Office – (718) 960-7123
 Meet Desk – (718) 960-1134

**2009 Metropolitan Senior Circuit Meet #2: Short Course
 Sunday, November 15, 2009**

Female			Event				Male		
LCM	SCM	SCY	#	Distance	Stroke	#	SCY	SCM	LCM
5:28.89	5:24.79	4:50.99	1	400	IM	2	4:32.99	5:04.69	5:13.79

1:10.79	1:10.29	1:02.49	3	100	Fly	4	57.09	1:03.79	1:04.59
2:59.59	2:56.39	2:36.99	5	200	Breast	6	2:26.49	2:43.49	2:49.39
1:04.49	1:03.29	56.69	7	100	Free	8	51.29	57.59	59.29
4:45.79	4:39.99	5:19.99	9	500	Free	10	5:01.99	4:24.29	4:33.29
2:35.99	2:34.09	2:16.99	11	200	Back	12	2:07.99	2:22.89	2:27.19
19:33.49	19:06.59	18:50.99	13	1650	Free	14	18:03.49	18:16.69	18:48.19

Female	Bonus Event	Male
4:54.99	400 IM	4:36.99
1:03.49	100 Fly	58.09
2:38.99	200 Breast	2:28.49
57.69	100 Free	52.29
5:24.99	500 Free	5:06.99
2:18.99	200 Back	2:09.09
19:07.49	1650 Free	18:19.99