

2009
Metropolitan Swimming
SILVER CHAMPIONSHIPS - SC
CENTRAL

Asphalt Green, Apex, Badger Swim Club, Blue Arrow, Boys Club of New York,
Brooklyn Sports Club Aquatic Team, Central Queens YMHA, Cross Island,
Flushing YMCA, Flying Dolphins Swim Team, Gateway, Harbor Seals,
Kraken Swim Team, La Guardia, Long Beach, Long Island Express,
Manhattan Boys & Girls Club, Mc Burney YMCA, New York City Aquatic Club,
Nu-Finmen, Old Westbury Aquatics, Richmond Aquatic Club, Riverbank Redtails, Roosevelt
Island Swim Team, Rye Y, Shorefront Y, Triton Aquatic Club, Wagner Aquatics

MARCH 6-8, 2009

Hosted By

Lehman College
The City University of New York
The APEX Swim Club

Held at the
Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, New York 10468

Sanction # 090304
Time Trials Sanction # 090352-T

THE
APEX
AT LEHMAN COLLEGE
SWIM CLUB

2009 Silvers Championships - Central
Hosted by Lehman College and the APEX Swim Club
March 6-8, 2009

Sessions:	Fri.,	(15-18, 13-14, 11-12, 9-10)	Warm-up: 4:30pm	Meet: 5:30pm
	Sat., Sun.	(9-10, 13-14)	Warm-up: 7:30am	Meet: 8:30am
		(11-12, 15-18)	Warm-up: 1:30pm	Meet: 2:30pm

The warm up/start times may need to be adjusted if entries exceed the allotted time.
All teams will be notified of any changes no later than Tuesday, March 3, 2009.
Any changes will also be posted on the Metro Website.

Site: The Meet will be held at **Lehman College APEX Aquatic Center**, Bronx, New York.

Eligibility: All swimmers must be USS registered for 2009. **A swimmer may compete in a maximum of 5 events per day.** Age as of first day of the meet will determine eligibility.
Entry times must have been achieved between March 3rd, 2008 and the meet entry deadline.
“No Time (NT) entries” will not be accepted. Only teams designated as Central may compete at this site: Asphalt Green, Apex, Badger Swim Club, Bethpage, Blue Arrow, Boys Club of New York, Brooklyn Sports Club Aquatic Team, Central Queens YMHA, Cross Island, Flushing YMCA, Flying Dolphins Swim Team, Gateway, Harbor Seals, Kraken Swim Team, La Guardia, Long Beach, Long Island Express, Manhattan Boys & Girls Club, Mc Burney YMCA, New York City Aquatic Club, Nu-Finmen, Old Westbury Aquatics, Richmond Aquatic Club, Riverbank Redtails, Roosevelt Island Swim Team, Rye Y, Shorefront Y, Triton Aquatic Club, Wagner Aquatics.
Swimmers with disabilities are strongly encouraged to attend. Please advise our meet director if any special accommodations will be necessary.

Entries: Entry times must be within the Silvers Time Standards as specified by Metropolitan Swimming. Email Hy-Tek entries to Apexswim@usa.net or mail a Hy-Tek disk to the address below. Be sure to enclose a Master Entry Sheet or Hy-Tek Spreadsheet with proof of times. The Name, Address, Phone Number and email address of Club Official must be included on the form. In case of dispute, the official entry form will be considered the only document of entry.
Hy-Tek Team Manager Printout with Proof of Times must accompany the entries.
Any swimmer not achieving the meet qualifying time at Silvers will have 30 days after the meet to send proof of time to the Metropolitan Office. Any time not proven by April 9, 2009 will be subject to a \$50 fine (per event), payable to Metropolitan Swimming.

Entry Deadline: Entries must be in hand no later than **Friday, February 27, 2009**. Entries will not be accepted after this date. Deck entries will not be accepted.

Entry Fees: **\$3.00** per Individual Event + **\$1.00** Metro Championship surcharge per swimmer.
Make one single check payable to APEX Swim Club
Send Check, Diskette, Entry Form and Meet Entry Report to:

Peter Kiernan
Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, NY 10468

Apexswim@usa.net

Awards: Individual medals for 1st through 8th place, ribbons 9th through 16th place for swimmers within the “silver” time standards. Overachiever Ribbons will be awarded to swimmers who swim JO and Zone qualifying times in an event for the first time at this meet. Awards must be picked up at the end of the meet.

Admission: **Adults** \$5.00 per session
 Children \$2.00 per session
 Session Programs: \$3.00 each

Events: All events are **TIMED FINALS**. “**No Time (NT)**” entries will not be accepted.

Scratches: This meet will be deck seeded. Scratches will be due thirty (30) minutes before each published session start time. **Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.** Coaches must make sure 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. The coach of a swimmer that was seeded in an event, and is a **No-Show (NS)**, in the event, must positively check the swimmer for the next days’ events in order for that swimmer to be eligible to compete in the rest of the meet. Athletes who miss a race in which they were seeded and did not properly deck scratch **will be barred from their next individual event of the day.** If they miss their last event of the day they will be barred from their first event of the next day.

Additional Information: Metropolitan Swimming Safety Guidelines and Warm-Up Procedures will be in effect. During warm-up there will be no diving except in designated sprint lanes and then only under the direct supervision of a coach. The meet marshals will enforce all warm-up procedures. This meet is governed by the rules set forth in the U.S.S Rule Book.

Protests must be made in writing, and within the time limit, to the Referee who will have final say. It is each team’s responsibility to make sure their swimmers are on time to be seeded.

United States Swimming, Inc; Metropolitan Swimming, Inc; Lehman College; and APEX Swim Club and their agents or representatives shall be held free and harmless from all liabilities or claims or damages arising by reason of injuries to anyone during the conduct of this meet. All persons on deck must be U.S.S. registered and should have their registration card visible. This is a U.S. Swimming rule and will be enforced.

Officials: Certified Metropolitan Officials will be used.

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.

Food: 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.

Vendor: The Metro Swim Shop will provide swimming apparel and related items for sale opposite the Balcony entrance to the pool.

Parking: College Supervised Lot (100 Yards from APEX): free all day parking, in & out.

Note: **No Food or Drinks Will Be Allowed On The Pool Deck. Plastic Water Bottles however, are acceptable. Coaches are expected to monitor your team area.**

Directions:

By Subway: Take the IRT # 4 (Lexington) or IND 'D' to Bedford Park Blvd. and walk west past Paul Ave to Gate 7 entrance on south side of street.

By Bus: From Westchester: (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #21 or (Yonkers via Getty Square/South Broadway/McLean Ave/Central Park Ave) # 4 to Bedford Park Blvd terminus and walk west.

By Car:

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 Whitestone or Throgs Neck Bridges (495), take Cross Bronx Expressway to Rosedale Ave/Bronx River Parkway Exit. Take BX. R. Pkwy North to Mosholu Parkway Exit. Follow Mosholu Pkwy North to Paul Ave. (traffic light past Jerome Ave Elevated Train Station - 1 mile). Turn left onto Paul Ave and proceed to Bedford Pk. Blvd. Turn right, APEX is to the left, and parking is straight ahead.

IMPORTANT PHONE #'S:

Pool Office	(718) 960 - 7123
Meet Desk	(718) 960 - 1134
Athletic Dept. Office	(718) 960 - 1117
FAX #	(718) 960 - 1140

2009 Metropolitan Silver Championships SC - Central Order of Events (All Events in Yards)

Friday March 6, 2009 Warm-up 4:30 p.m. Start 5:30 p.m.

Girls	Qualifying Times		Event	Qualifying Times		Boys
1	6:45.00	7:14.99	10 & Under 500 Free	6:45.00	7:14.99	2
3	2:14.00	2:31.89	11-12 200 Free	2:15.50	2:32.89	4
5	5:07.00	5:38.99	13-14 400 IM	4:55.00	5:22.79	6
7	5:05.00	5:36.29	15-18 400 IM	4:45.20	4:58.89	8
9	5:28.00	5:59.99	11-12 400 IM	5:28.00	5:59.99	10
11	5:36.00	6:05.59	13-14 500 Free	5:25.00	6:05.99	12
13	5:32.00	5:54.99	15-18 500 Free	5:20.00	5:29.99	14

Saturday March 7, 2009 Warm-up 7:30 a.m. Start 8:30 a.m.

Girls	Qualifying Times		Event	Qualifying Times		Boys
15	1:11.50	1:21.49	10 & Under 100 Free	1:11.60	1:21.49	16
17	58.50	1:06.09	13-14 100 Free	55.00	1:02.59	18
19	36.60	45.39	10 & Under 50 Fly	36.80	45.39	20
21	1:05.70	1:14.59	13-14 100 Fly	1:01.60	1:14.99	22
23	1:34.00	1:51.39	10 & Under 100 Breast	1:36.00	1:51.39	24
25	2:43.00	3:02.99	13-14 200 Breast	2:40.00	2:59.99	26
27	37.50	44.39	10 & Under 50 Back	38.00	44.39	28
29	2:22.60	2:48.99	13-14 200 Back	2:17.00	2:41.49	30
31	2:56.00	3:19.99	10 & Under 200 IM	3:00.00	3:19.99	32
33	2:23.50	2:47.79	13-14 200 IM	2:15.00	2:38.99	34

Saturday March 7, 2009 Warm-up 1:30 p.m. Start 2:30 p.m.

Girls Qual. Time Event Qual. Time Boys

Girls	Qualifying Times		Event	Qualifying Times		Boys
35	1:01.80	1:11.39	11-12 100 Free	1:02.20	1:11.59	36
37	57.80	1:03.59	15-18 100 Free	52.30	57.49	38
39	2:40.00	2:59.99	11-12 200 Fly	2:40.00	2:59.99	40
41	1:05.50	1:12.59	15-18 100 Fly	59.00	1:05.59	42
43	33.30	39.09	11-12 50 Back	33.30	42.19	44
45	2:24.00	2:35.29	15-18 200 Back	2:13.10	2:22.89	46
47	37.20	44.29	11-12 50 Breast	37.60	43.79	48
49	2:36.00	2:59.99	11-12 200 Back	2:38.00	2:59.99	50
51	2:43.00	2:56.99	15-18 200 Breast	2:31.00	2:42.79	52
53	1:20.50	1:34.59	11-12 100 Breast	1:21.60	1:31.89	54
55	2:22.10	2:43.09	15-18 200 IM	2:11.00	2:33.79	56
57	2:31.50	2:54.09	11-12 200 IM	2:32.60	2:59.09	58

2009 Metropolitan Silver Championships SC - Central Order of Events (All Events in Yards)

Sunday March 8, 2009 Warm-up 7:30 am Start 8:30 am

Girls	Qualifying Times		Event	Qualifying Times		Boys
59	2:36.00	2:55.59	10 & Under 200 Free	2:40.00	2:55.59	60
61	2:08.00	2:22.99	13-14 200 Free	2:01.00	2:24.09	62
63	1:21.00	1:31.59	10 & Under 100 IM	1:22.00	1:31.59	64
65	1:16.50	1:26.79	13-14 100 Breast	1:13.00	1:24.49	66
67	43.00	50.09	10 & Under 50 Breast	44.00	50.09	68
69	1:06.60	1:18.29	13-14 100 Back	1:03.00	1:19.49	70
71	1:22.20	1:40.09	10 & Under 100 Back	1:22.20	1:40.09	72
73	27.00	30.19	13-14 50 Free	25.30	28.29	74
75	32.10	36.69	10 & Under 50 Free	32.00	36.69	76
77	2:31.00	2:42.59	13-14 200 Fly	2:25.00	2:38.59	78
79	1:27.10	1:40.99	10 & Under 100 Fly	1:28.00	1:40.99	80

Sunday March 8, 2009 Warm-up 1:30 p.m. Start 2:30 p.m.

Girls	Qualifying Times		Event	Qualifying Times		Boys
81	1:12.10	1:29.19	11-12 100 Fly	1:13.50	1:28.99	82
83	2:04.50	2:16.59	15-18 200 Free	1:55.00	2:01.89	84
85	28.60	32.49	11-12 50 Free	28.30	32.49	86
87	1:06.50	1:13.09	15-18 100 Back	1:00.50	1:06.89	88
89	1:11.10	1:24.99	11-12 100 Back	1:11.60	1:25.79	90
91	1:15.20	1:23.89	15-18 100 Breast	1:07.50	1:13.89	92
93	2:56.00	3:19.99	11-12 200 Breast	3:00.00	3:19.99	94
95	31.60	37.19	11-12 50 Fly	32.10	39.69	96
97	26.60	28.49	15-18 50 Free	23.80	26.59	98
99	1:11.30	1:21.69	11-12 100 IM	1:12.30	1:22.59	100
101	2:30.00	2:39.99	15-18 200 Fly	2:18.00	2:30.99	102
103	6:04.00	6:35.79	11-12 500 Free	6:04.00	6:41.99	104

2009 Metropolitan Silver Championships SC - Central

Sanction # 090304

March 6-8, 2009

Team Name _____ Team Code _____

Coach's Name _____

Day Phone # _____ Evening Phone # _____

Address _____

City _____ State _____ Zip _____

Club/Coach email
address _____

MEET ENTRY REPORT

Female Individual Entries _____ x \$3.00 = _____

Male Individual Entries _____ x \$3.00 = _____

Metro Surcharge: Girls Entered _____ x \$1.00 = _____

Metro Surcharge: Boys Entered _____ x \$1.00 = _____

Total Amount Entries (Make Check payable to APEX Swim Club) = _____

Apexswim@usa.net

Mail Checks and Entry Report and Proof of Times to:

**Peter Kiernan
Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, NY 10468**