

2010

**Metropolitan Short Course
Junior Olympics
Swimming Championships**

March 19 – 21, 2010

AT

**Nassau County Aquatic Center
Eisenhower Park
East Meadow, NY**

Hosted By

Nu – Finmen Swim Club

**Sanctioned by United States Swimming & Metropolitan Swimming, Inc.
Sanction Number 100302 Time Trials Sanction Number 100303**

**General Chairman: Robert Vializ
Meet Director: Robert Trotman
Age Group Chairman: Edgar Perez
Eric Hertenstein
Coach Representative: Larry Collins
Athlete Representative: Zach Coleman
Erik Heinemann**

**Meet Committee:
Age group rep.
Athlete rep.
Meet director**

Make CHECKS payable to NU – FINMEN SWIM CLUB

Entries: MUST be sent by email using **Hy-Tek** . Send to msenecal@optonline.net

The Name, Address, Phone Number and Email Address of Club Representative must be included on the form or Hy-Tek . In case of dispute, the official entry form will be considered the only document of entry. A swimmer's age as of the first day of the meet will determine the swimmer's age group for the meet. All swimmers, including relay only swimmers and alternates, must be listed on official entry form and included in Hy-Tek export file.

Entry Deadline:

All entries must be in hand no later than **Tuesday, March 9, 2010**. Entries received after the deadline will not be accepted. Be sure to enclose a Master Entry Sheet or Hy-Tek Spreadsheet. (Please follow by mailing hard copy and check!) Swimmers achieving cuts after the deadline must email the entry by noon on Monday, 3/15. New cuts only. No time updates. Swimming exhibition or Deck entries (including relay only swimmers) will not be permitted.

Send check and entry forms to: **Mary Ann Senecal**
1 Bonwit Place
Farmingdale, NY 11735

Questions may be directed to Mary Ann Senecal (631) 249-1493, or msenecal@optonline.net

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, by the Meet Committee..

Metropolitan Swimming will impose a \$50.00 fine on any swimmer failing to equal or better the cut-off time if the entry time cannot be proven within 30 days following the conclusion of the meet. This includes **DQ's, No Shows, and scratches** made after the meet is seeded.

Scratches: This meet will be deck seeded.

Scratches will be due no later than thirty (30) minutes after each published warm-up 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 session. 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. **A swimmer who misses a final will be barred from the rest of the meet.**

Failure to scratch a swimmer entered in more than three events in a day will result in that swimmer having to swim the first three events for which he/she is entered. No exceptions.

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 at the meet please contact: Todd Trotman: KingfishTodd@aol.com

Meet Decorum:

Each club is requested to handle its own team and discipline problems. Anyone found vandalizing county 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 on the second floor adjacent to the spectator stands throughout the meet. Please eat outside the pool area and place trash in the proper receptacles.

NOTE: No Food or Drinks Will Be Allowed On The Pool Deck. Plastic Water Bottles however, are acceptable.

DIRECTIONS:**FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:**

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Pkwy East.

Take So. State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At the first light on Merrick Ave. Make a right turn into the Parking lot for the Pool.

FROM WHITESTONE AND THROGS NECK BRIDGES:

Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 East, Hempstead Tpke.. For pool see directions above.

Hotel Information

Long Island Marriott
101 Doolittle Blvd.
Uniondale, NY 1533-3637
(516) 794-3800

Wingate Inn
Stewart Ave.
Garden City, NY 11530
(516) 705-9000

Hilton Garden Inn
1575 Privado Road
Westbury, NY 11590
(516) 683-8200

Howard Johnson – Westbury
120 Jericho Tpke.
Westbury, NY 11793
(516)333-9700

Best Western Hotel and Convention Center
80 Clinton Street
Hempstead, NY 11550
(516) 486-4100

Econo Lodge
429 Duffy Ave.
Hicksville, NY 11801
(516) 433-3900

Coliseum Motor Inn
Hempstead Tpke.
East Meadow, NY 11554
(516) 794-2100

**2010 Metropolitan Short Course Junior Olympics sanction # 100302
Nassau County Aquatic Center
March 19 - 21, 2010**

Team Name _____ Team Code _____

Coach's Name _____

Address _____ City _____ Zip _____

Day Phone # _____ Evening Phone # _____

E-Mail _____

MEET ENTRY REPORT

**Metropolitan Swimmer Surcharge (made payable to Metropolitan Swimming)
(Including relay only swimmers)**

Females Entered	_____	X	\$1.00	=	_____
Males Entered	_____	X	\$1.00	=	_____

Individual and Relay Entry

Female Individual Timed Finals	_____	X	\$3.00	=	_____
Male Individual Timed Final	_____	X	\$3.00	=	_____
Female Ind. Prelim-Finals	_____	X	\$4.00	=	_____
Male Ind. Prelim-Final	_____	X	\$4.00	=	_____
Female Relay Entries	_____	X	\$8.00	=	_____
Male Relay Entries	_____	X	\$8.00	=	_____

Total Amount Entries (Made payable to Nu- Finmen Swim Club) = _____

Mail Checks and Entry Information to:

**Mary Ann Senecal
1 Bonwit Place
Farmingdale, New York 11735**

**Please sign Express Mail Waiver allowing delivery without signature
HY-Tek athlete entry report and Meet Entry Report must be included
with payment. Hy-Tek disk not needed if entering by email**

2010 Junior Olympics Sanction # 100302

Friday MARCH 19 A.M. Preliminaries 11 – 12 Girls, 13 – 14 Boys WEST POOL Session #1

EVENT #	QUAL.	EVENT
1	5:27.99	GIRLS 11-12 400 Individual Medley – TIMED FINAL
4	4:54.99	BOYS 13-14 400 Individual Medley
5	4:39.99	GIRLS 11-12 400 Freestyle Relay – TIMED FINAL
8	4:07.99	BOYS 13-14 400 Freestyle Relay – TIMED FINAL
9	31.59	GIRLS 11-12 50 Butterfly
12	1:02.99	BOYS 13-14 100 Backstroke
13	1:11.09	GIRLS 11-12 100 Backstroke
16	2:39.99	BOYS 13-14 200 Breaststroke
17	2:55.99	GIRLS 11-12 200 Breaststroke
20	54.99	BOYS 13-14 100 Freestyle
21	1:01.79	GIRLS 11-12 100 Freestyle
24	18:19.99	BOYS 13-14 1650 Freestyle - TIMED FINAL Limit 2 heats*

Friday MARCH 19 A.M. Preliminaries 11-12 Boys, 13-14 Girls EAST POOL Session #2

EVENT #	QUAL.	EVENT
2	5:27.99	BOYS 11-12 400 Individual Medley – TIMED FINAL
3	5:06.99	GIRLS 13-14 400 Individual Medley
6	4:39.99	BOYS 11-12 400 Free Relay - TIMED FINAL
7	4:15.99	GIRLS 13-14 400 Free Relay - TIMED FINAL
10	32.09	BOYS 11-12 50 Butterfly
11	1:06.59	GIRLS 13-14 100 Backstroke
14	1:11.59	BOYS 11-12 100 Backstroke
15	2:42.99	GIRLS 13-14 200 Breaststroke
18	2:59.99	BOYS 11-12 200 Breaststroke
19	58.49	GIRLS 13-14 100 Freestyle
22	1:02.19	BOYS 11-12 100 Freestyle
23	11:19.99	GIRLS 13-14 1000 Freestyle – TIMED FINAL Limit 2 heats*

Friday Finals March 19 Session #4

GIRLS	EVENT	BOYS
3	13-14 400 Individual Medley	4
9	11-12 50 Butterfly	10
11	13-14 100 Backstroke	12
13	11-12 100 Backstroke	14
15	13-14 200 Breaststroke	16
17	11-12 200 Breaststroke	18
19	13-14 100 Freestyle	20
21	11-12 100 Freestyle	22

Saturday A.M. March 20 Preliminaries GIRLS 11-12, BOYS 13-14 EAST POOL**Session #5**

EVENT #	QUAL.	EVENT
47	2:31.49	GIRLS 11-12 200 Individual Medley
50	2:14.99	BOYS 13-14 200 Individual Medley
51	2:04.99	GIRLS 11-12 200 Freestyle Relay – TIMED FINAL
54	1:55.99	BOYS 13-14 200 Freestyle Relay – TIMED FINAL
55	33.29	GIRLS 11-12 50 Backstroke
58	1:12.99	BOYS 13-14 100 Breaststroke
59	1:20.49	GIRLS 11-12 100 Breaststroke
62	2:24.99	BOYS 13-14 200 Butterfly
63	2:39.99	GIRLS 11-12 200 Butterfly
66	2:00.99	BOYS 13-14 200 Freestyle
67	2:13.99	GIRLS 11-12 200 Freestyle
70	2:04.99	BOYS 13-14 200 Medley Relay – TIMED FINAL
71	2:24.99	GIRLS 11-12 200 Medley Relay – TIMED FINAL

Saturday A.M. March 20 Preliminaries BOYS 11-12 , GIRLS 13-14 WEST POOL**Session #6**

EVENT #	QUAL.	EVENT
48	2:32.59	BOYS 11-12 200 Individual Medley
49	2:23.49	GIRLS 13-14 200 Individual Medley
52	2:04.99	BOYS 11-12 200 Freestyle Relay – TIMED FINAL
53	1:59.99	GIRLS 13-14 200 Freestyle Relay – TIMED FINAL
56	33.29	BOYS 11-12 50 Backstroke
57	1:16.49	GIRLS 13-14 100 Breaststroke
60	1:21.59	BOYS 11-12 100 Breaststroke
61	2:30.99	GIRLS 13-14 200 Butterfly
64	2:39.99	BOYS 11-12 200 Butterfly
65	2:07.99	GIRLS 13-14 200 Freestyle
68	2:15.49	BOYS 11-12 200 Freestyle
69	2:14.99	GIRLS 13-14 200 Medley Relay – TIMED FINAL
72	2:24.99	BOYS 11-12 200 Medley Relay – TIMED FINAL

Saturday Finals March 20 Session #8

GIRLS	EVENT	BOYS
47	11-12 200 Individual Medley	48
49	13-14 200 Individual Medley	50
55	11-12 50 Backstroke	56
57	13-14 100 Breaststroke	58
59	11-12 100 Breaststroke	60
61	13-14 200 Butterfly	62
63	11-12 200 Butterfly	64
65	13-14 200 Freestyle	66
67	11-12 200 Freestyle	68

Sunday A.M. March 21 Preliminaries GIRLS 11-12, BOYS 13-14 WEST POOL**Session # 9**

EVENT #	QUAL.	EVENT
97	6:03.99	GIRLS 11-12 500 Freestyle – TIMED FINAL
99	1:11.29	GIRLS 11-12 100 Individual Medley
102	5:24.99	BOYS 13-14 500 Freestyle
103	5:09.99	GIRLS 11-12 400 Medley Relay – TIMED FINAL
106	4:49.99	BOYS 13-14 400 Medley Relay – TIMED FINAL
107	37.19	GIRLS 11-12 50 Breaststroke
110	1:01.59	BOYS 13-14 100 Butterfly
111	1:12.09	GIRLS 11-12 100 Butterfly
114	2:16.99	BOYS 13-14 200 Backstroke
115	2:35.99	GIRLS 11-12 200 Backstroke
118	25.29	BOYS 13-14 50 Freestyle
119	28.59	GIRLS 11-12 50 Freestyle

Sunday A.M. March 21 Preliminaries BOYS 11-12, GIRLS 13-14 EAST POOL**Session # 10**

EVENT #	QUAL.	EVENT
98	6:03.99	BOYS 11-12 500 Freestyle – TIMED FINAL
100	1:12.29	BOYS 11-12 100 Individual Medley
101	5:35.99	GIRLS 13-14 500 Freestyle
104	5:09.99	BOYS 11-12 400 Medley Relay – TIMED FINAL
105	4:49.99	GIRLS 13-14 400 Medley Relay – TIMED FINAL
108	37.59	BOYS 11-12 50 Breaststroke
109	1:05.69	GIRLS 13-14 100 Butterfly
112	1:13.49	BOYS 11-12 100 Butterfly
113	2:22.59	GIRLS 13-14 200 Backstroke
116	2:37.99	BOYS 11-12 200 Backstroke
117	26.99	GIRLS 13-14 50 Freestyle
120	28.29	BOYS 11-12 50 Freestyle

Sunday Finals March 21 Session # 12

GIRLS	EVENT	BOYS
99	11-12 100 Individual Medley	100
101	13-14 500 Freestyle	102
107	11-12 50 Breaststroke	108
109	13-14 100 Butterfly	110
111	11-12 100 Butterfly	112
113	13-14 200 Backstroke	114
115	11-12 200 Backstroke	116
117	13-14 50 Freestyle	118
119	11-12 50 Freestyle	120

10 & Under, 15 – 18 Events

Friday P.M. March 19 10 & U, 15–18 - All events timed finals

Session # 3

GIRLS	QUAL.	EVENT	QUAL.	BOYS
25	5:04.99	15-18 400 Individual Medley	4:45.19	26
27	2:55.99	10&U 200 Individual Medley	2:59.99	28
29	4:11.99	15-18 400 Freestyle Relay	3:49.99	30
31	5:19.99	10&U 400 Freestyle Relay	5:19.99	32
33	1:06.49	15-18 100 Backstroke	1:00.49	34
35	1:22.19	10&U 100 Backstroke	1:22.19	36
37	2:42.99	15-18 200 Breaststroke	2:30.99	38
39	1:33.99	10&U 100 Breaststroke	1:35.99	40
41	57.79	15-18 100 Freestyle	52.29	42
43	1:11.49	10 & U 100 Freestyle	1:11.59	44
45 *	11:09.99	15-18 1000 Freestyle * Limit 2 heats		
		15-18 1650 Freestyle * Limit 2 heats	18:19.99	46 *

Saturday P.M. March 20 10 & U, 15–18 – All events timed finals

Session # 7

GIRLS	QUAL.	EVENT	QUAL.	BOYS
73	2:22.09	15-18 200 Individual Medley	2:10.99	74
75	1:20.99	10&U 100 Individual Medley	1:21.99	76
77	1:59.99	15-18 200 Freestyle Relay	1:49.99	78
79	2:29.99	10&U 200 Freestyle Relay	2:29.99	80
81	1:15.19	15-18 100 Breaststroke	1:07.49	82
83	32.09	10&U 50 Freestyle	31.99	84
85	2:29.99	15-18 200 Butterfly	2:17.99	86
87	1:27.09	10&U 100 Butterfly	1:27.99	88
89	2:04.49	15-18 200 Freestyle	1:54.99	90
91	42.99	10 & U 50 Breaststroke	43.99	92
93	2:09.99	15-18 200 Medley Relay	1:59.99	94
95	6:44.99	10 & U 500 Freestyle	6:44.99	96

Sunday P.M. March 21 10 & U, 15-18 - All events timed finals

Session # 11

GIRLS	QUAL.	EVENT	QUAL.	BOYS
121	5:31.99	15-18 500 Freestyle	5:19.99	122
123	2:44.99	10&U 200 Medley Relay	2:44.99	124
125	4:49.99	15-18 400 Medley Relay	4:29.99	126
127	36.59	10&U 50 Butterfly	36.79	128
129	1:05.49	15-18 100 Butterfly	58.99	130
131	37.49	10&U 50 Backstroke	37.99	132
133	2:23.99	15-18 200 Backstroke	2:13.09	134
135	2:35.99	10&U 200 Freestyle	2:39.99	136
137	26.59	15-18 50 Freestyle	23.79	138

