



Metro Bronze Championships South
March 18th-20th 2016
Sanction# #160302

Friday is divided by Age group. 12&U Sachem North 13&O Sachem East

Teams at East Saturday and Sunday Only

CSC, HAA, LIE, SSC(Last Names A-K), TS, WISC

Teams at North Saturday and Sunday Only

BBSC, FA, IA, LBA, LIAC, SSC(Last Names L-Z), TVSC

Invited Teams: Bethpage, Connectquot, East Hampton, Farmingdale, Hauppauge, HYB, IA, LIE, LIAC, LBA, Sachem, Team Suffolk, TVSC, WISC

2016 Metro Bronze Championship South

March 18th-20nd 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., ## 160302
- LOCATION:** **Sachem East & North Pools**
- FACILITY:** **Colorado Electronic Timing System & 6-Lane electronic scoreboard. 25 yards 6 lane pool**
The pool **Has Not been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1- 5:00PM Warm-up 6:00PM Start – March 18th 12&U Sachem North**
Session 1- 5:00PM Warm-up 6:00PM Start – March 18th 13&O Sachem East
Session 2- 8:00AM Warm-up 9:00AM Start – March 19th 11-12 & 13-14 Sachem North & East
Session 3- 2:15 PM Warm-up 3:15PM Start - March 19th 9-10 & 15-18 Sachem North & East
Session 4- 8:00AM Warm-up 9:00AM Start – March 20th 11-12 & 13-14 Sachem North & East
Session 5- 2:15PM Warm-up 3:15PM Start – March 20th 9-10 & 15-18 Sachem North & East
Friday night will run split pools as outlined above. *Based on timeline pools may be combined.
- FORMAT:** **All events are timed finals. Slow to fast standard**
This meet will be deck seeded with coaches checking in/scratching all swimmers
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
No “Deck Registrations” will be accepted
Age on **March 18th, 2016** 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:** **All Swimmers are limited to 4 events per session. 8 & Under are not permitted to swim in this meet. Entry times cannot be faster than BRONZE times as specified by Metropolitan swimming 2016 time standards. Swimmers must have swam the events once prior to this meet. Entry times must have been achieved between January 1, 2015 and the meet entry deadline, March 2nd, 2016**
Hy-Tek email entries will be accepted. An email confirmation will be sent back, If you do not receive the email confirmation within 2 days of your original email please contact the meet director to discuss the entry. Meet entries recon from SWIMS will be performed before the meet. NT’s are not allowed.
******New Address for payment below******
U.S. Mail Entries/Payment to: **Po Box 191 Ronkonkoma NY 11779**
Email Entries/Confirm Entry Receipt: **efisher@me.com**
If sending express mail, please sign the waiver on the front.
- DEADLINE:** **Entries must be received by : March 2nd 2016**

An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$4.00** per individual event plus **\$1.00** dollar Metro surcharge per Swimmer must accompany the entries.
Make check payable to: **Sachem Swim Club**
Payment must be received by **March 18th 2016** 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.

- WARM-UP:** General warm up with assigned lanes for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be distributed along with the scratch sheet at each session.
- 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 indicate clearly individual events scratches and which swimmers 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:** Individual medals for 1st – 6th place, ribbons 7th – 12th place for swimmers below the silver minimum standard. Overachiever ribbons will be awarded to swimmers who swim Silver, JO and Zone qualifying times in an event for a first time at this meet. Awards may be mailed if pools have to be separated. If that occurs results from both pools will be combined for the appropriate age groups.
- OFFICIALS:** Meet Referee: [Eric Fisher efisher@me.com](mailto:efisher@me.com) (631) 807-3525
Officials wishing to volunteer should contact Meet Referee by **March 10th, 2016**
- ADMIN. OFFICIAL:** Administrative Official: Carrie Marone sscfundraiser@gmail.com 516-330-5927
- MEET DIRECTOR:** Carrie Marone sscfundraiser@gmail.com 516-330-5927
- 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.
“Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer’s legal guardian, to ensure compliance with this requirement”
- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
1.0 Meter = 4 feet, 5 Meters = 14 feet
- DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Sachem School District & Sachem Swim Club**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."
- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms
- DECK CHANGING:** Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.
- ADMISSION:** **Adult \$7.00 per person/session. Programs \$3.00 per session Children under 12 are free**
- MERCHANTS:** Vendors will be available on site for the purchase of suits, bags, towels, goggles and apparel. Hot & cold dishes, snacks, desserts, & beverages will be available
- PARKING:** There is ample free parking available

DIRECTIONS: Long Island Expressway to Exit 63. Head North on North Ocean Avenue, until you reach Granny Road. Make a right on Granny road and Sachem east is on the left about ½ mile down the road. The school is set back way off the road. It is your second right after passing the elementary school.

Sachem North- Long Island Expressway to exit 60, take the service road to Hawkins Ave make a left, continue on Hawkins Ave until you reach the 5 corners intersection, make a right onto Smith St school is on the right.

Session 1 Sachem North

12 & Under

5:00PM Warm-up 6:00PM Start – March 18th Sachem North

Bronze Not faster then	Girls Events	Friday North Events	Boys Events	Bronze Not faster then
2:46.70	1	11-12 200 Back	2	2:42.80
2:49.60	3	9-10 200 Free	4	2:49.60
6:20.80	5	11-12 500 Free	6	6:32.00
3:14.00	7	9-10 200 IM	8	3:14.00
2:48.10	9	11-12 200 IM	10	2:48.00
7:05.00	11	9-10 500 Free	12	7:06.00
3:11.20	13	11-12 200 Breast	14	3:03.50
2:49.20	15	11-12 200 Fly	16	2:45.40

Session 1 Sachem East

13 & Over

5:00PM Warm-up 6:00PM Start – March 18th Sachem East

Bronze Not faster then	Girls Events	Friday East Events	Boys Events	Bronze Not faster then
5:26.00	17	13-14 400 IM	18	5:09.80
5:23.30	19	15-18 400 IM	20	4:45.90
5:50.60	21	13-14 500 Free	22	5:51.00
5:40.00	23	15-18 500 Free	24	5:18.00
2:57.00	25	13-14 200 Breast	26	2:47.90
2:51.00	27	15-18 200 Breast	28	2:36.80

Session 2 Sachem North & East

11-12 & 13-14

8:00AM Warm-up 9:00AM Start – March 19th Sachem North & East

Bronze Not faster then	Girls Events	Saturday AM North Events	Boys Events	Bronze Not faster then
2:25.90	29	11-12 200 Free	30	2:26.00
2:17.00	31	13-14 200 Free	32	2:14.20
40.60	33	11-12 50 Breast	34	40.30
1:23.50	35	13-14 100 Breast	36	1:16.70
31.00	37	11-12 50 Free	38	30.70
1:03.10	39	13-14 100 Free	40	59.60
1:19.50	41	11-12 100 Back	42	1:17.50
2:36.60	43	13-14 200 Back	44	2:27.10
1:19.40	45	11-12 100 Fly	46	1:17.60
1:11.60	47	13-14 100 Fly	48	1:07.12

Session 3 Sachem North & East

9-10 & 15-18

2:15PM Warm-up 3:15PM Start – March 19th Sachem North & East

Bronze Not faster then	Girls Events	Saturday PM North Events	Boys Events	Bronze Not faster then
2:10.60	49	15-18 200 Free	50	1:58.00
47.80	51	9-10 50 Breast	52	48.60
1:20.90	53	15-18 100 Breast	54	1:10.90
35.20	55	9-10 50 Free	56	35.20
1:01.10	57	15-18 100 Free	58	54.50
1:33.10	59	9-10 100 Back	60	1:37.10
2:29.30	61	15-18 200 Back	62	2:16.90
1:38.00	63	9-10 100 Fly	64	1:38.00
1:09.60	65	15-18 100 Fly	66	1:02.60

Session 4 Sachem North & East

11-12 & 13-14

8:00AM Warm-up 9:00AM Start – March 20th Sachem North & East

Bronze Not faster then	Girls Events	Sunday AM North Events	Boys Events	Bronze Not faster then
1:18.70	67	11-12 100 IM	68	1:17.20
2:36.60	69	13-14 200 Fly	70	2:29.60
1:08.30	71	11-12 100 Free	72	1:07.00
1:12.70	73	13-14 100 Back	74	1:08.30
34.60	75	11-12 50 Fly	76	34.70
28.80	77	13-14 50 Free	78	26.80
36.10	79	11-12 50 Back	80	36.10
2:41.50	81	13-14 200 IM	82	2:31.10
1:28.70	83	11-12 100 Breast	84	1:26.50

Session 5 Sachem North & East

9-10 & 15-18

2:15PM Warm-up 3:15PM Start – March 20th Sachem North

Bronze Not faster then	Girls Events	Sunday PM North Events	Boys Events	Bronze Not faster then
1:46.20	85	9-10 100 Breast	86	1:48.40
2:30.00	87	15-18 200 IM	88	2:27.80
1:28.60	89	9-10 100 IM	90	1:28.60
1:10.10	91	15-18 100 Back	92	1:03.90
41.90	93	9-10 50 Back	94	42.90
2:34.00	95	15-18 200 Fly	96	2:25.00
1:18.50	97	9-10 100 Free	98	1:18.50
28.30	99	15-18 50 Free	100	25.20
42.40	101	9-10 50 Fly	102	43.90