



BADGER

SWIM CLUB

2016 METRO SILVER CHAMPIONSHIPS CENTRAL

**At Lehman College Bronx NY, Hosted by
Badger Swim Club Inc.**

**FRIDAY, SATURDAY AND SUNDAY
February 26, 27 and 28, 2016**



**Metropolitan Swimming Sanction #160210
Time Trial Sanction #160261-T**

2016 METROPOLITAN SWIMMING SILVER CHAMPIONSHIPS CENTRAL – Hosted by Badger Swim Club

Friday, Saturday and Sunday – February 27, 28 and 28, 2016

METRO CENTRAL TEAMS: APEX Apex Swim Club, AGUA Asphalt Green, ASAP Brooklyn Otters, BAD Badger Swim Club, BKR Brooklyn Stingrays, BWBW BronxWorks Blue Waves, CAS CAS Stingrays, CENT Central Queens, CIY Cross Island Y Barracudas, FLY Flushing YMCA, FREE Freedom Aquatics, GATE Gateway Swimmers, HDRO Hydroquatics, HES Hurricane Swimming, HS Harbor Seals/Bay Ridge, JCCT JCC Thunderbirds, KBM Kips Bay Mako's, LGAC LaGuardia Aquatic, LIE Long Island Express (for Silvers only), LSA Lion Swim Academy, MAKO Manhattan Makos, MCBY McBurney Manta Rays, MPNY MatchPoint NYC, NCAC Nile Crocodile Aquatic Club, NFS Nu Finmen, NYCC New York City Aquatic Club, NYCP New York City Parks, QNS Queens Aquatic Club, RAC Richmond Aquatic Club, RED Riverbank Redtails, RIST Roosevelt Island Marlins, SBK Swim Brooklyn SHY Shorefront Y (Brooklyn Seals), SWAG Southern Westchester Aquatic Group, TSC Trident Swim Club, WAC Wagner Aquatic Club WEST Westchester Wolverines, WSA Watersign Aquatics

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 160210

LOCATION: Lehman College, 250 Bedford Park Blvd. New York NY 10468

FACILITY: Lehman College is an 8 lane 50 meter pool with a bulkhead. The meet will be run in the deep end of the pool and the shallow end will be used for continuous warm up and warm downs. Dak-Tronic electronic timing system and an 8-line scoreboard. The pool has been certified in accordance with Article 104.2.2C (4)

SESSIONS: Session 1: Friday PM: 4:30 PM Warm Up – 5:15 PM Start
Session 2: Saturday AM: 7:00 AM Warm Up – 8:00 AM Start
Session 3: Saturday PM: 1:00 PM Warm-Up – 2:00 PM Start
Session 4: Sunday AM: 7:00 AM Warm Up – 8:00 AM Start
Session 5: Sunday PM: 1:00 PM Warm-Up – 2:00 PM Start
WARM UP AND START TIMES FOR SESSIONS 3 & 5 MAY BE ADJUSTED AFTER THE MEET ENTRY DEADLINE. ALL TEAMS WILL BE NOTIFIED.

FORMAT: This is a timed final meet.
This meet will be deck seeded with coaches checking in/scratching all swimmers.
Time Trials will ONLY be run if time allows at the discretion of the Meet Referee and Meet Director
There will be no more than two (2) time trials per swimmer over the 5 sessions and will count towards the 5 events per day/per swimmer. The cost for time trials is \$10.00 per Time Trial and must be paid in cash at the desk.

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 February 26, 2016 will determine age for the entire meet.

ADDITIONAL ELIGIBILITY: **As voted on at the BOD of February 28, 2013:** If a swimmer ages-up to a new age group between the first day of Silvers (February 26, 2016) and the first day of JO' (March 11, 2016), and that swimmer has a JO qualifying time in the age group they are during Silvers (making that swimmer ineligible to swim at Silvers), but that swimmer does not have a JO qualifying time in that same event in the new age group by the meet extension deadline of JO's, that swimmer would be able to swim that event as exhibition/non award at Silvers – example: Jane Doe is 10-year-old as of February 26 on the first day of Silvers; her time in the 50 free is 31.00 (which is a JO time in the 50 free so she can't swim that event at Silvers. Jane ages up on March 5th so now her 31:00 in the 50 free is too slow for JOs in the 11-12 age groups. So now under this proposal, Jane would be allowed to swim the 50 free at Silvers in the 11-12 age group as Exhibition only – Entries for that swimmer should be clicked as X (exhibition) in Team Manager. In addition, the name of the swimmers involved in this new rule, should be clearly added in the text of the Silvers Entries.

- 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:** A hard copy of the entries with "proof of times" must be emailed or (mailed) at the time entries are sent. (Just check the box "include proof of times in Team Manager Entry report.
All swimmers must be a member of USA Swimming to enter and compete in this meet.
There will be 10 and Under, 11-12, 13-14 and 15-18 Events.
Swimmers may compete up to **5 individual** events per day
Entry times must have been achieved between **January 1, 2015 and the entry deadline, February 23, 2016**
A **SWIMS Times Recon** will be done at least one week prior to the meet. Times must have been achieved within the qualifying time period and must be in the SWIMS database. Entry times not found in SWIMS will be scratched. Times cannot be converted times, NT's will not be accepted.
Age for this meet is February 26, 2016
- U.S. Mail Entries/Payment to: **Badger Swim Club Inc.**
119 Rockland Rd.
Larchmont, NY 10538
- Email Entries/Confirm Entry Receipt: **badgermeetentries@gmail.com**
- Sign Express Mail Waiver allowing delivery without signature**
- DEADLINE:** 1: This is a Metro Championship Meet (**Metro Central Teams Only**)
2: The final entry deadline for this meet is **February 22, 2016**
No updates of times.
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 and **\$1.00** per swimmer Metropolitan Swimming Surcharge
Make check payable to: **Badger Swim Club Inc.**
Payment must be received by **February 22, 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:** Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm up lanes and sprint lanes.
One Way Sprint lanes must be monitored by the swimmers' coach that is using that sprint lane.
All swimmers must enter the pool from the starting end of the pool. One Way sprint lanes will start 20 minutes before the end of the warm ups at the competition end of the pool.
Warm up times may be assigned to teams depending on the total amount of swimmers.
- 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. Metro Scratch rules will apply.
- 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:** **Medals for Individual Events for 1st through 8th places for all Silver Times in the 10 & Under, 11-12, 13-14 and 15 – 18 age groups will be presented. All swimmers that qualify for Junior Olympics are Non-Awards.**
- OFFICIALS:** **Meet Referee: Phil Johanson philjohanson2003@aol.com**
Officials wishing to volunteer should contact Meet Referee by **February 15 , 2016**

ADMIN OFFICIALS: Administrative Official: Wendy Martinez wendy.martinez1@lehman.cuny.edu

MEET DIRECTOR: Lucy Johanson – 9148341084

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 **WILL BE USED** for this meet.

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
Water depth from end of pool in shallow end is: 13 feet at 1 meter / 12 feet at 5 meters

DISCLAIMER: DISCLAIMER: Upon acceptance of his/her entries, the participant waives all all claims against **Badger Swim Club Inc., Lehman College, 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, locker rooms or **BEHIND THE BLOCKS.**

DECK CHANGING: Deck changing is prohibited.

ADMISSION: \$8.00 Adults/Session
Program/Session On Meet Mobile

MERCHANTS: Metro Swim Shop
Badger Swim Club Inc. Concession Stand

PARKING: Parking: Free Parking for Coaches with USA Swimming Credentials
\$5.00 fee all-day parking at College Supervised Lot, (100 yards from APEX).

DIRECTIONS: **DIRECTIONS TO LEHMAN COLLEGE APEX! Bedford Park Boulevard between Goulden and Paul Aves.!**

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 south side of street.

BY BUS: FROM WESTCHESTER:
(White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West.

BY CAR: Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave. And make left onto Sedgwick and continue uphill. Turn right at Goulden Ave. (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right.

Via Saw Mill 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. APEX building is on your left. Proceed to traffic light and then turn left onto Goulden. Parking lots will be on your right.

IMPORTANT! IN CASE OF EMERGENCY: Pool Office: 718- 960-7123 Meet Desk: 718-960-1134

FRIDAY 10&U, 11-12, 13-14, and 15-18 FRIDAY EVENING SESSION
Friday, February 26, 2016

SESSION #1 – Fri. Evening 10&U, 11-12, 13-14, 15-18 Distance Events: Warm Up: 4:30 p.m. Start Time: 5:15 p.m.

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 4:20 p.m.) before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 1 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#1	6:45.00	7:04:99	10 & Under – 500 yd. Freestyle	6:45.00	7:05.99	#2
#3	5:59:00	6:20.79	11-12 – 500 yd. Freestyle	6:00.00	6:31.99	#4
#5	5:33.00	5:50:59	13-14 – 500 yd. Freestyle	5:22.00	5:50:99	#6
#7	5:31.00	5:39:99	15-18 – 500 yd. Freestyle	5:11:00	5:17:99	#8
#9	5:25.00	5:50.99	11-12 – 400 yd. Ind. Medley	5:28.00	5:52.99	#10
#11	5:04.00	5:25.99	13-14 – 400 yd. Ind. Medley	4:46:00	5:09:79	#12
#13	5:05.00	5:23.29	15-18 – 400 yd. Ind. Medley	4:42:00	4:45.89	#14

SATURDAY 10 & Under and 13-14 MORNING SESSION
Saturday, February 27th, 2016

SESSION #2 – Saturday Morning 10 & Under and 13-14 Events: Warm Up: 7:00 a.m. Session Start Time: 8:00 p.m.

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 8:10 a.m.) before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 2 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#15	1:11.00	1:18:49	10 & Under - 100 yd. Freestyle	1:10.60	1:18.49	#16
#17	:57:50	1:03.09	13-14 - 100 yd. Freestyle	:54.00	59.59	#18
#19	:36.00	:42:39	10 & Under – 50 yd. Butterfly	:36.00	:43.89	#20
#21	1:04.70	1:11.59	13-14 - 100 yd. Butterfly	1:01:00	1:07:09	#22
#23	1:33.00	1:46:19	10 & Under – 100 yd. Breaststroke	1:34:60	1:48.39	#24
#25	2:42.00	2:56.99	13-14 - 200 yd. Breaststroke	2:35:20	2:47:89	#26
#27	:37:20	41:89	10 & Under – 50 yd. Backstroke	:37:50	:42.89	#28
#29	2:20:00	2:36:29	13-14 - 200 yd. Backstroke	2:15.30	2:27:09	#30
#31	2:52.00	3:13.99	10 & Under – 200 yd. Ind. Medley	2:52.00	3:13.99	#32
#33	2:21:20	2:41.49	13-14 - 200 yd. Ind. Medley	2:13:70	2:31:09	#34

SATURDAY 11 & 12 and 15 -18 AFTERNOON SESSION
Saturday, February 27th, 2016

SESSION #3 – Saturday Afternoon 11-12 & 15-18 Events: Warm Up: 1:00 p.m. Session Start Time: 2:00 PM

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 3 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#35	1:01.20	1:08.29	11-12 – 100 yd. Freestyle	1:01.30	1:06.99	#36
#37	:57.80	1:01.09	15-18 – 100 yd. Freestyle	:52.00	:54.49	#38
#39	2:40.00	2:49:39	11-12 – 200 yd. Butterfly	2:40.00	2:45:39	#40
#41	1:05:00	1:09.59	15-18 – 100 yd. Butterfly	:58.00	1:02.59	#42
#43	:32:30	:36:09	11-12 – 50 yd. Backstroke	:32:80	36:09	#44
#45	2:21.00	2:29.29	15-18 – 200 yd. Backstroke	2:11.00	2:16.89	#46
#47	:37.20	:40:59	11-12 – 50 yd. Breaststroke	:37.0 0	:40:29	#48
#49	2:30.00	2:46:69	11-12 – 200 yd. Backstroke	2:33.00	2:42:79	#50
#51	2:43.00	2:50.99	15-18 – 200 yd. Breaststroke	2:30.10	2:36.79	#52
#53	1:19:20	1:28:69	11-12 – 100 yd. Breaststroke	1:19.60	1:26.49	#54
#55	2:20:00	2:29.99	15-18 – 200 yd. Ind. Medley	2:08.00	2:27.79	#56
#57	2:29.50	2:48.09	11-12 – 200 yd. Ind. Medley	2:30.00	2:47.99	#58

SUNDAY 10 & Under and 13-14 MORNING SESSION
Sunday, February 28th, 2016

SESSION #4 – Saturday Morning 10 & Under and 13-14 Events: Warm Up: 7:00 a.m. Session Start Time: 8:00 p.m.

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 8:10 a.m.) before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 4 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#59	2:32.00	2:49.59	10 & Under - 200 yd. Freestyle	2:32:00	2:49.59	#60
#61	2:05:00	2:16.99	13-14 - 200 yd. Freestyle	1:58:50	2:14:19	#62
#63	1:21.00	1:28.59	10 & Under – 100 yd. Ind. Medley	1:20.00	1:28.59	#64
#65	1:15.50	1:23.49	13-14 - 100 yd. Breaststroke	1:11.00	1:16:69	#66
#67	:43.00	:47.79	10 & Under – 50 yd. Breaststroke	:43:50	:48.59	#68
#69	1:05.60	1:12:69	13-14 - 100 yd. Backstroke	1:02.50	1:08:29	#70
#71	1:20.50	1:33.09	10 & Under – 100 yd. Backstroke	1:21.00	1:37.09	#72
#73	:26.70	:28.79	13-14 - 50 yd. Freestyle	:25.00	:26.79	#74
#75	:32.10	:35.19	10 & Under – 50 yd. Freestyle	:32.00	:35:19	#76
#77	2:29.00	2:36.59	13-14 - 200 yd. Butterfly	2:20.00	2:29.59	#78
#79	1:26.00	1:37.99	10 & Under – 100 yd. Butterfly	1:25:60	1:37.99	#80

SUNDAY 11 & 12 and 15 & OVER AFTERNOON SESSION
Sunday, February 28th, 2016

SESSION #5 – Saturday Afternoon 11-12 & 15-18 Events: Warm Up: 1:00 pm Session Start Time: 2:00 pm

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 5 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#81	1:10.00	1:19:39	11-12 – 100 yd. Butterfly	1:12.20	1:17:59	#82
#83	2:04.50	2:10.59	15-18 – 200 yd. Freestyle	1:54.00	1:57.99	#84
#85	:28.30	:30.99	11-12 – 50 yd. Freestyle	:28.30	:30.69	#86
#87	1:05.50	1:10.09	15-18 – 100 yd. Backstroke	1:00.00	1:03.89	#88
#89	1:09.30	1:19:49	11-12 – 100 yd. Backstroke	1:10.00	1:17.49	#90
#91	1:15.20	1:20.89	15-18 – 100 yd. Breaststroke	1:06.50	1:10.89	#92
#93	2:54.00	3:11.19	11-12 – 200 yd. Breaststroke	2:54:00	3:03.49	#94
#95	:31.00	:34.59	11-12 – 50 yd. Butterfly	:31.10	:34.69	#96
#97	:26.60	:28.29	15-18 – 50 yd. Freestyle	:23.80	:25:19	#98
#99	1:10.50	1:18.69	11-12 – 100 yd. Ind. Medley	1:11.00	1:17:19	#100
#101	2:30.00	2:33.99	15-18 – 200 yd. Butterfly	2:12:50	2:24.99	#102
#103	2:12.40	2:25.89	11-12 – 200 yd. Freestyle	2:13.30	2:25.99	#104

Metropolitan Swimming, Inc. & Badger Swim Club Inc. 'Silver Championships Central' Swim Meet 2016

Friday, Saturday, and Sunday, February 26, 27, & 28, 2016

*****WAIVER*****

In consideration of acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against **USA-Swimming, Lehman College, Metropolitan Swimming, Inc., Badger Swim Club Inc. and their staff**, for any injuries and/or expenses occurred by me/us at the swim meet, or while on the road to and from the meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

NAME OF CLUB: _____

USS CLUB ABBREVIATION: _____

SIGNATURE OF CLUB OFFICIAL, COACH, AND/OR PARENT OR GUARDIAN:

_____ (Print Name)

_____ (Signature)

_____ (Address)

_____ (Telephone)

NAME(S) OR COACH: _____

LOCATION OF CLUB: _____ (City) _____ (State)

NAME/PHONE #/E-MAIL ADDRESS of person to contact regarding this entry:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO CONTACT REGARDING TIMERS/OFFICIALS:

ENTRY _____ Individual Event Entries @ \$4.00 = __\$_____

SUMMARY: _____ Individual Swimmer Surcharge (MERTRO) @ \$1.00 = __\$_____

TOTAL ENTRY FEES = __\$_____

MAKE CHECKS PAYABLE TO: Badger Swim Club Inc.

List All Unattached Swimmers:

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____