



## **2016 Metro Silver Championships South**

**February 26, 27 & 28, 2016**

**Sanction # 160209, Time Trials # 160260-T**

**The following teams can participate in Silvers South:**

**Bethpage PAL Barracudas, Connetquot, East Hampton YMCA Hurricanes, Farmingdale, Hauppauge Athletic Association, Huntington YMCA, Islanders Aquatic, Long Beach Aquatics, Long Island Aquatic Club, Sachem Swim Club, Team Suffolk, Three Village Swim Club and West Islip Swim Club**

# 2016 Metro Silver Championships South

Friday Evening February 26<sup>th</sup> and Saturday & Sunday February 27<sup>th</sup> & 28<sup>th</sup>

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #160209 and #160260-T
- LOCATION:** Ward Melville High School Old Town Road, East Setauket, NY
- FACILITY:** The pool at Ward Melville HS is 25 yards and has 6 lanes with non-turbulent lane lines. Colorado Electronic Timing System and 6 line electronic scoreboard will be used.
- The pool **has not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** TENTATIVE WARM UP TIMES: Friday Evening: 5 pm warm up, 6 pm start. Saturday & Sunday: AM session 7 am warmup, 8 am start. Saturday and Sunday: PM session 2 pm warmup, 3 pm start. Warmup and Session times may be adjusted based on entries received. Any changes in warmup/session times will be posted 1 week before the start of the meet.
- FORMAT:** This meet is a timed finals format. Entries must comply with 2016 Silvers Championships time standards as published by Metro Swimming (copy of which is included in the meet packet). This is a championship meet and there will be no cuts, but to be accepted, all entries must be received by the cut-off date.
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming, Inc. registered swimmers IN THE SOUTH REGION with a qualifying time. All swimmers participating in this meet must be registered by the first day of the meet. No "Deck Registrations" will be accepted.
- Age on **February 26, 2016** will determine age for the entire meet. Qualifying times must be achieved between **January 1, 2015**, and the entry deadline.
- 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's (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 32.00 (which is a JO time in the 50 free) so she can't swim that event at Silvers. Now her 32.00 in the 50 free is too slow for JO's in the 11-12 age group. 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:** Swimmers may be entered in a maximum of 2 individual events for the Friday night session, 5 maximum individual events for each of the Saturday and Sunday sessions. Time trials will only be run if time allows and at the discretion of the Meet Director and Meet Referee. Swimmer are permitted no more than 2 time trials for entire meet and they will count towards the 5 event per day maximum per swimmer. The cost is \$5.00 per time trial and must be paid in cash. All entries must be in yards. NT's will not be accepted. Events must have been swum at least once before. 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 the SWIMS will be scratched. Times cannot be converted times.

A Team Manager Report, with proof of times, must accompany the entries.

Entries: preferred method is via e-mail using Hytek Software.

U.S. Mail: Entries/Payment to: **Three Village Swim Club**  
**c/o Stephen Kaplan**  
**PO BOX 224**  
**East Setauket, NY 11733**

Email Entries/Confirm Entry Receipt: [tvscmeetsecy@gmail.com](mailto:tvscmeetsecy@gmail.com)  
Please sign the signature waiver for entries sent by express mail.

**DEADLINE:** 1: This is a Metro Championship Meet (**Metro South Teams Only**).  
2: The final entry deadline for this meet is **February 22, 2016**.  
3: Only new Silver cuts achieved from **February 23, 2016 through February 25, 2016** will be added. No updates of times.

An email confirming receipt of entries will be sent 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** per athlete fee, must accompany the entries.

Make check payable to: **Three Village Swim Club**.  
Payment must be received by **February 26, 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:** First 40 minutes will be general warm-up. Lane assignments will be given at meet. Last 15 minutes: 2 or more lanes will be open for one-way sprint. All other lanes will remain open for general warm-up.

**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.

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, advise your 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.

- 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 awards will be medals 1<sup>st</sup> through 6<sup>th</sup> and ribbons 7<sup>th</sup> through 12<sup>th</sup>. Overachiever awards will be given for all first time JO and/or ZQ cuts.
- Awards can only be picked up by a coach during the meet. Any awards not picked up will be mailed to the coach.
- OFFICIALS:** **Meet Referee: Jacky Spierer** email: [musi0939@aol.com](mailto:musi0939@aol.com), phone #631-374-3240 , Officials wishing to volunteer should contact Meet Referee by **February 15, 2016**
- MEET DIRECTOR:** Charlie Shemet [tvscmeetsecy@gmail.com](mailto:tvscmeetsecy@gmail.com) or [cdslmsyap@aol.com](mailto:cdslmsyap@aol.com) & 631 965-3113
- ADMIN OFFICIAL:** **Stephen Kaplan**  
e-mail: [stephen.kaplan@tvsc.org](mailto:stephen.kaplan@tvsc.org)
- 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."  
shallow end 4ft to Deep End 12 ft

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against, Three Village Swim Club, Three Village Central School District, 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 any 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 changes are prohibited.

**ADMISSION:**

Adults \$5.00 and Program \$2.00 per session

**MERCHANTS:**

A complete snack bar will be available in the cafeteria, including hot breakfast and lunch/dinner items. For the Friday Evening Session, it will be limited selections. We will have a vendor selling swim items as well.

**PARKING:**

Parking will be determined the week of the meet, but it will likely be on the north side of the building based upon the School District's security. The North side of the school is the pool entrance. The South Side is the entrance across from the Temple. The school district will advise us where we are allowed to park, but again, it is likely to be on the north side of the building. Please go to our website the week of the meet for information [www.tvsc.org](http://www.tvsc.org).

**DIRECTIONS:**

Long Island Expressway to exit 62 (Nicolls Road), North on Nicolls Rd. to route 347, right (east) on Route 347 to Old Town Road, left (north) on Old Town Road ½ mile. High School is on the left, pool is on the north side of the building.

**School District Rules**

Ward Melville High School is a smoke free campus.

No parking in front of the pool lobby (Fire Zone).

Access limited to the pool and lobby area only. No food or beverages in glass containers are allowed in the pool areas. Failure to observe this rule could result in a swimmer or spectator being ejected and all fees and awards forfeited.

## **THE 2015 METRO SILVER CHAMPS-SOUTH MEET EVENT LIST**

Friday Saturday & Sunday  
February 26<sup>th</sup> through 28<sup>th</sup> 2015  
**Friday 5:00 PM Warmup 6:00 PM Start**

<b><u>EVENT</u></b>	<b><u>Silver Time Standards</u></b>
1. Girls 10 & under 500 Free	6:45.00-7:04.99
2. Boys 10 & under 500 Free	6:45.00-7:05.99
3. Girls 11-12 200 Free	2:12.40-2:25.89
4. Boys 11-12 200 Free	2:13.30-2:25.99
5. Girls 13-14 400 IM	5:04.00-5:25.99
6. Boys 13-14 400 IM	4:46.00-5:09.79
7. Girls 11-12 400 IM	5:28.00-5:50.99
8. Boys 11-12 400 IM	5:28.00-5:52.99
9. Girls 15-18 400 IM	5:05.00-5:23.29
10. Boys 15-18 400 IM	4:42.00-4:45.89
11. Girls 13-14 500 Free	5:33.00-5:50.59
12. Boys 13-14 500 Free	5:22.00-5:50.99
13. Girls 15-18 500 Free	5:31.00-5:39.99
14. Boys 15-18 500 Free	5:11.00 - 5:17.99

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Saturday 7:00 AM Warmup 8:00 AM Start

EVENT

Silver Time Standards

15. Girls 13-14 200 Free	2:05.00-2:16.99
16. Boys 13-14 200 Free	1:58.50-2:14.19
17. Girls 10 & Under 50 Breast	43:00-47:79
18. Boys 10 & Under 50 Breast	43:50-48:59
19. Girls 13-14 100 Breast	1:15.50-1:23.49
20. Boys 13-14 100 Breast	1:11.00-1:16.69
21. Girls 10 & Under 50 Free	32.10-35.19
22. Boys 10 & Under 50 Free	32.00-35.19
23. Girls 13-14 50 Free	26.70-28.79
24. Boys 13-14 50 Free	25.00-26.79
25. Girls 10 & Under 100 Back	1:20.50-1:33.09
26. Boys 10 & Under 100 Back	1:21.00-1:37.09
27. Girls 13-14 100 Back	1:05.60-1:12.69
28. Boys 13-14 100 Back	1:02.50-1:08.29
29. Girls 10 & Under 50 Fly	36.00-42.39
30. Boys 10 & Under 50 Fly	36.00-43.89
31. Girls 13-14 100 Fly	1:04.70-1:11.59
32. Boys 13-14 100 Fly	1:01.00-1:07.09
33. Girls 10 & Under 200 IM	2:52.00-3:13.99
34. Boys 10 & Under 200 IM	2:52.00-3:13.99
35. Girls 13-14 200 IM	2:21.20-2:41.49
36. Boys 13-14 200 IM	2:13.70-2:31.09

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Saturday 2:00 PM Warmup 3:00 PM Start

<u>EVENT</u>	<u>Silver Time Standards</u>
37. Girls 11-12 200 Breast	2:54.00-3:11.19
38. Boys 11-12 200 Breast	2:54.00-3:03.49
39. Girls 15-18 200 Free	2:04:50-2:10:59
40. Boys 15-18 200 Free	1:54.00-1:57:99
41. Girls 11-12 100 Back	1:09.30-1:19.49
42. Boys 11-12 100 Back	1:10.00-1:17.49
43. Girls 15-18 100 Breast	1:15.20-1:20.89
44. Boys 15-18 100 Breast	1:06.50-1:10.89
45. Girls 11-12 50 Free	28.30-30.99
46. Boys 11-12 50 Free	28.30-30.69
47. Girls 15-18 50 Free	26:60-28:29
48. Boys 15-18 50 Free	23:80-25:19
49. Girls 11-12 50 Breast	37:20-40:59
50. Boys 11-12 50 Breast	37:00-40:29
51. Girls 15-18 100 Back	1:05.50-1:10.09
52. Boys 15-18 100 Back	1:00.00-1:03.89
53. Girls 11-12 50 Fly	31:00-34:59
54. Boys 11-12 50 Fly	31:10-34:69
55. Girls 15-18 100 Fly	1:05.00-1:09.59
56. Boys 15-18 100 Fly	58:00-1:02.59
57. Girls 11-12 200 IM	2:29.50-2:48.09
58. Boys 11-12 200 IM	2:30.00-2:47.99
59. Girls 15-18 200 IM	2:20.00-2:29.99
60. Boys 15-18 200 IM	2:08.00-2:27.79
61. Girls 11-12 200 Back	2:30.00-2:46.69
62. Boys 11-12 200 Back	2:33.00-2:42.79

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Sunday 7:00 AM Warmup 8:00 AM Start

EVENT

Silver Time Standards

63. Girls 10 & Under 100 Free	1:11.00-1:18.49
64. Boys 10 & Under 100 Free	1:10.60-1:18.49
65. Girls 13-14 100 Free	57:50-1:03.09
66. Boys 13-14 100 Free	54:00-59:59
67. Girls 10 & Under 50 Back	37.20-41:89
68. Boys 10 & Under 50 Back	37.50-42.89
69. Girls 13-14 200 Back	2:20.00-2:36.29
70. Boys 13-14 200 Back	2:15.30-2:27.09
71. Girls 10 & Under 100 Breast	1:33.00-1:46.19
72. Boys 10 & Under 100 Breast	1:34.60-1:48.39
73. Girls 13-14 200 Breast	2:42.00-2:56.99
74. Boys 13-14 200 Breast	2:35.20-2:47.89
75. Girls 10 & Under 100 Fly	1:26.00-1:37.99
76. Boys 10 & Under 100 Fly	1:25.60-1:37.99
77. Girls 13-14 200 Fly	2:29.00-2:36.59
78. Boys 13-14 200 Fly	2:20.00-2:29.59
79. Girls 10 & Under 100 IM	1:21.00-1:28.59
80. Boys 10 & Under 100 IM	1:20.00-1:28.59
81. Girls 10 & Under 200 Free	2:30.00-2:49.59
82. Boys 10 & Under 200 Free	2:32.00-2:49.59

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**Sunday 2:00 PM Warmup 3:00 PM Start**

**EVENT**

**Silver Time Standards**

83. Girls 11-12 200 Fly	2:40.00-2:49.39
84. Boys 11-12 200 Fly	2:40.00-2:45.39
85. Girls 11-12 100 Free	1:01.00-1:08.29
86. Boys 11-12 100 Free	1:01.30-1:06.99
87. Girls 15-18 100 Free	57.80-1:01.09
88. Boys 15-18 100 Free	52.00-54.49
89. Girls 11-12 50 Back	32.30-36.09
90. Boys 11-12 50 Back	32.80-36.09
91. Girls 15-18 200 Back	2:21.00-2:29.29
92. Boys 15-18 200 Back	2:11.00-2:16.89
93. Girls 11-12 100 Breast	1:19.20-1:28.69
94. Boys 11-12 100 Breast	1:19.60-1:26.49
95. Girls 15-18 200 Breast	2:43.00-2:50.99
96. Boys 15-18 200 Breast	2:30.10-2:36.79
97. Girls 11-12 100 Fly	1:10.00-1:19.39
98. Boys 11-12 100 Fly	1:12.00-1:17.59
99. Girls 15-18 200 Fly	2:30.00-2:33.99
100. Boys 15-18 200 Fly	2:12.50-2:24.99
101. Girls 11-12 100 IM	1:10.50-1:18.69
102. Boys 11-12 100 IM	1:11.00-1:17.19
103. Girls 11-12 500 Free	5:59.00-6:20.79
104. Boys 11-12 500 Free	6:00.00-6:31.99

**Metropolitan Swimming, Inc. & Three Village Swim Club 'Silver Championships South' 2016**

**Friday, Saturday, and Sunday, February 26 through 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, Three Village Central School District, Three Village Swim Club, Inc., Metropolitan Swimming, Inc., and the Three Village Swim Club 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 @ \$1.00 = \_\_\_\_\_ \$

**TOTAL ENTRY FEES = \_\_\_\_\_ \$ MAKE CHECKS PAYABLE TO: THREE VILLAGE SWIM CLUB, INC.**

**List All Unattached Swimmers:**

Unattached Swimmer: \_\_\_\_\_ Unattached Swimmer: \_\_\_\_\_

Unattached Swimmer: \_\_\_\_\_ Unattached Swimmer: \_\_\_\_\_

Unattached Swimmer: \_\_\_\_\_ Unattached Swimmer: \_\_\_\_\_

Unattached Swimmer: \_\_\_\_\_ Unattached Swimmer: \_\_\_\_\_