

# **2017 METRO BRONZE CHAMPIONSHIPS NORTH**

FRIDAY, SATURDAY AND SUNDAY,  
March 31-April 2, 2017



**Hosted By: Newburgh Sharks**

**Held at Newburgh Free Academy**

**201 Fullerton Ave, Newburgh NY 12550**

**Metropolitan Swimming Sanction # 170305**

**2017 METROPOLITAN SWIMMING BRONZE CHAMPIONSHIP  
NORTH– Hosted by Newburgh Sharks**

Friday, Saturday and Sunday –March 31-April 2, 2017

## **METRO NORTH TEAMS:**

Aqua Gems, BGC-N Westchester Marlins, Club Fit Briarcliff, Club Fit Jefferson Valley, Condors Swim Club, Devilfish Aquatics, Delaware Valley Water Moccossins Empire Swimming, Fairview Aquatic Swim Team, Gael Aquatic Club of Iona, Hudson Valley Dolphins, Kingdom Dynamic Sports, Minisink Valley Aquatics, Monroe-Woodbury Swim Club, Newburgh Sharks, Northern Dutchess Aquatic Club, New Rochelle YMCA, New York Sharks, Ossing Spartans, Phoenix Aquatic Club, Patriot Swim Team, Pine Bush Aquatic Club, Rivertown Aquatics, Red Fox Aquatic Club, Rye YMCA, Saw Mill Club Storm, Silver Streaks, Suffern Sea Lions, Team Rockland, Viking Aquatic Club, Washingtonville Seahawks, YMCA of Middletown, White Plains Middies.

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **170305**

**LOCATION:** Newburgh Free Academy  
201 Fullerton Ave  
Newburgh NY 12550

**FACILITY:** Newburgh Free Academy Natatorium is a 25-Yard pool with 6 lanes, non-turbulent lane dividers, and IST timing system with IST display scoreboard. There is seating for 350 spectators. The pool has not been certified in accordance with Article 104.2.2C (4)

**SESSIONS:** **Session 1: Friday PM: 3:30 PM Warm Up 5:00 PM Start Session 2: Saturday AM 7:30 AM Warm Up 9:00 AM Start Session 3: Saturday PM 1:30 PM Warm Up 3:00 PM Start Session 4: Sunday AM 7:30 AM Warm Up 9:00 AM Start Session 5: Sunday PM 1:30 PM Warm Up 3:00 PM Start**  
**\*\* Afternoon sessions warm-up and start times may be adjusted after the meet entries deadline. All teams will be notified.**

**FORMAT:** **This is a timed final meet.**  
**This meet will be deck seeded with coaches checking in/scratching swimmers. Scratch sheets are due back 30 min. prior to the end of the warm-ups.**

**ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers in NORTH REGIONS. All swimmers participating in this meet must be registered by the first day of the meet. Age on **March 31, 2017** 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 athletes are limited to enter a maximum of 4 events per session.**  
**8 & Under swimmers are not permitted to compete in this meet.**  
**Entry times cannot be faster than BRONZE times as specified by Metropolitan Swimming 2017 time standards. NT's entries are not permitted. Events must have been swum at least once before. Entry times must have been achieved between January 1, 2016 and the meet entry deadline, March 14, 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. Times cannot be converted times. Entry Times not in the SWIMS database will be removed. A "Proof of Times" report must accompany the entry file. U.S. Mail Entries/Payment to: **Newburgh Sharks c/o Patrick Kavanagh**

- **20 Memorial Dr.**
- **Newburgh NY 12550**

Email Entries/Confirm Entry Receipt: [admin@nbsharks.com](mailto:admin@nbsharks.com)

**ENTRIES:** Sign Express Mail Waiver allowing delivery without signature

**DEADLINE:** 1: This is a Metro Championship Meet (**Metro North Teams Only**)  
2: The final entry deadline for this meet is **March 17, 2017**

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 **\$5.00** per individual event and **\$1.00** per swimmer Metropolitan Swimming Surcharge must accompany the entries.

Make check payable to: **Newburgh Sharks**  
Payment must be received by **March 17, 2017** for email 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. **Warm-up lanes may be assigned for teams if necessary. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.**

**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 Procedure will be in effect for the entire meet**

**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 1<sup>st</sup> through 8<sup>th</sup> place, ribbons 9<sup>th</sup> through 16<sup>th</sup> 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 the first time at this meet. Awards must be picked up at the end of the meet.

**OFFICIALS:** **Meet Referee:** Frank Bacigal –fbacigal288@gmail.com  
Officials wishing to volunteer should contact Meet Referee by **March 13, 2017**.

**ADMIN OFFICIAL** Patrick Kavanagh –admin@nbsharks.com

**MEET DIRECTOR:** Patrick Kavanagh – admin@nbsharks.com

**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"**
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.**
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **the Newburgh Sharks, Newburgh Enlarged City 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 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 or from behind the blocks.**
- Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director
- DECK CHANGING:** **Deck changes are prohibited.**
- ADMISSION:** \$7.00 per session  
\$3.00 for a meet program
- MERCHANTS:** The Metro Swim Shop will provide swimming apparel and related items for sale in the Gymnasium.. Refreshments will be available for purchase spectator balcony. 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:** From 84E: Exit 10, right onto 9W South (Robinson Ave.), right on South St. NFA will be on your right.
- From 84W: Exit 10, bear right off the ramp, right onto 9W South (Robinson Ave.), right on South St. NFA will be on your right.

# Bronze Championship Central & North, March 31, April 1 & 2, 2017

## Session 1 (All age groups)

### Friday PM – 3:30 PM warm-up / 5:00 PM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
1	2:46.70	11-12 200 Back	2:42.80	2
3	2:49.60	9-10 200 Free	2:49.60	4
5	6:20.80	11-12 500 Free	6:32.00	6
7	5:26.00	13-14 400 IM	4:09.80	8
9	5:23.30	15-18 400 IM	4:45.90	10
11	3:14.00	9 10 200 IM	3:14.00	12
13	2:48.10	11-12 200 IM	2:48.00	14
15	5:50.60	13-14 500 Free	5:51.00	16
17	5:40.00	15-18 500 Free	5:18.00	18

## Session 2 (9-10 and 13-14)

### Saturday AM – 7:30 AM warm-up / 9:00 AM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
19	2:17.00	13 14 200 Free	2:14.20	20
21	47.80	9-10 50 Breast	48.60	22
23	1:23.50	13-14 100 Breast	1:16.70	24
25	35.20	9 10 50 Free	35.20	26
27	1:03.10	13-14 100 Free	59.60	28
29	1:37.10	9-10 100 Back	1:37.10	30
31	2:36.30	13-14 200 Back	2:27.10	32
33	1:38.00	9-10 100 Fly	1:38.00	34
35	1:11.60	13-14 100 Fly	1:07.12	36

## Session 3 (11-12 and 15-18)

### Saturday PM – 1:00 PM warm-up / 2:30 PM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
37	2:25.90	11-12 200 Free	2:26.00	38
39	2:10.60	15-18 200 Free	1:58.00	40
41	1:19.50	11-12 100 Back	1:17.50	42
43	1:10.10	15-18 100 Back	1:03.90	44
45	31.00	11-12 50 Free	30.70	46
47	1:10.10	15-18 100 Free	54.50	48
49	1:28.70	11-12 100 Breast	1:26.50	50

51	2:51.00	15-18 200 Breast	2:36.80	52
53	34.60	11-12 50 Fly	34.70	54
55	2:34.00	15-18 200 Fly	2:25.00	56
57	2:49.40	11-12 200 Fly	2:45.40	58

**Bronze Championship Central & NORTH March 31, April 1 & 2 2017**

**Session 4 (9-10 and 13-14)**

**Sunday AM – 7:30 AM warm-up / 9:00 AM Start**

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
59	2:41.50	13-14 200 IM	2:31.10	60
61	1:18.50	9-10 100 Free	1:18.50	62
63	28.80	13-14 50 Free	26.80	64
65	41.90	9-10 50 Back	42.90	66
67	1:12.70	13-14 100 Back	1:08.30	68
69	1:46.20	9 10 100 Breast	1:48.40	70
71	2:57.00	13-14 200 Breast	2:47.90	72
73	42.40	9 10 50 Fly	43.90	74
75	2:36.60	13-14 200 Fly	2:29.60	76
77	1:28.60	9-10 100 IM	1:28.60	78

**Session 5 (11-12 and 15-18)**

**Sunday PM –1:00 PM warm-up / 2:30 PM Start**

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
79	1:18.70	11-12 100 IM	1:17.20	80
81	2:30.00	15-18 200 IM	2:27.80	82
83	1:08.30	11-12 100 Free	1:07.00	84
85	28.30	15-18 50 Free	25.20	86
87	36.10	11-12 50 Back	36.10	88
89	2:29.30	15-18 200 Back	2:16.90	90
91	40.60	11-12 50 Breast	40.30	92
93	1:20.90	15-18 100 Breast	1:10.90	94
95	1:19.40	11-12 100 Fly	1:17.60	96
97	1:09.60	15-18 100 Fly	1:02.60	98
99	3:11.20	11-12 200 Breast	3:03.50	100

**Metropolitan Swimming, Inc. & Newburgh Sharks 'Bronze Championships North' 2017**  
**Friday, Saturday, and Sunday, March 31 April 1, & 2 2017**

**\*\*\*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, Newburgh Free Academy, Newburgh Sharks, and Metropolitan Swimming, Inc.** 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.

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 \$5.00 = \_\_\_\_\_

Male Individual Entries                        x \$5.00 = \_\_\_\_\_

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

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

**Amount Entries (Make Check payable to Newburgh Sharks= [admin@nbsharks.com](mailto:admin@nbsharks.com))**

**List All Unattached Swimmers:**

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

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

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



## Metropolitan Swimming

### Photographer Registration Form

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

**THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.**

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID \_\_\_\_\_ # \_\_\_\_\_

Taking photos of \_\_\_\_\_

On behalf of \_\_\_\_\_

Purpose \_\_\_\_\_

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

Meet \_\_\_\_\_ Location \_\_\_\_\_

Date(s) of meet \_\_\_\_\_