



**Metro Bronze Championships South**  
**March 31<sup>st</sup> – April 2<sup>nd</sup> 2017**  
**Sanction# #170303**

**\*\*\*\*\* Team Assignments for each pool will be posted after the 3/22. Each Team will be notified of their assigned pool. Pools will be split by TEAM not AGE. Results will be combined from both pools after each session. \*\*\*\*\***

**Teams at Connetquot High School Friday Night ONLY-**  
**BBSC,CSCD,FA,HAA,IA,LBA,LIE,TS,TVSC,WISC**

**Teams at Sachem East High School Friday Night ONLY-**  
**ASAP,CIY,HS,HES,LGAC,LIAC,MAKO,RED,RIST,SSC**

**Teams at East Saturday and Sunday –**  
**ASAP,CSDC,CIY,FA,FLY,HAA,HS,HES,LGAC,LBA,LIE,MAKO,RED,RIST,SSC (A-L)**

**Teams at North Saturday and Sunday Only –BBSC, IA, LIAC, SSC(M-Z), TS,**  
**TVSC, WISC**

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

## 2017 Metro Bronze Championship South

March 31<sup>st</sup> –April 2<sup>nd</sup> 2017

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #170303
- 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 31<sup>st</sup> All Age Groups Sachem East & Connetquot High school.**  
**Session 2- 8:00AM Warm-up 9:00AM Start – April 1<sup>st</sup> 11-12 & 13-14 Sachem North & East**  
**Session 3- 3:15 PM Warm-up 4:15PM Start – April 1<sup>st</sup> 9-10 & 15-18 Sachem North & East**  
**Session 4- 8:00AM Warm-up 9:00AM Start – April 2<sup>nd</sup> 11-12 & 13-14 Sachem North & East**  
**Session 5- 3:15PM Warm-up 4:15PM Start – April 2<sup>nd</sup> 9-10 & 15-18 Sachem North & East**  
**\*Based on timeline pools may be combined. Teams will be notified after the entry deadline on pool assignments for both Friday Night and the remainder of the weekend.**
- 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 31<sup>st</sup>, 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 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, 2016 and the meet entry deadline, March 22<sup>nd</sup>, 2017**  
**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 22<sup>nd</sup> 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 plus **\$1.00** dollar Metro surcharge & **\$2.00** dollar facility surcharge

per Swimmer must accompany the entries  
Make check payable to: **Sachem Swim Club**  
Payment must be received by **March 22<sup>nd</sup> 2017** 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 1<sup>st</sup> – 6<sup>th</sup> place, ribbons 7<sup>th</sup> – 12<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 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 10<sup>th</sup>, 2017**

**ADMIN.**

**OFFICIAL:** **Administrative Official: Carrie Marone** [sscfundraiser@gmail.com](mailto:sscfundraiser@gmail.com) 516-330-5927  
**Conroy Lee** - [mdrnlee@gmail.com](mailto:mdrnlee@gmail.com)

**MEET**

**DIRECTOR:** **Carrie Marone** [sscfundraiser@gmail.com](mailto:sscfundraiser@gmail.com) 516-330-5927  
**Conroy Lee** - [mdrnlee@gmail.com](mailto:mdrnlee@gmail.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 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, behind the blocks or locker rooms.**

**DECK CHANGING:** Deck changes are 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.

## Connetquot High School Friday Night ONLY

190 7th St,  
Bohemia, NY 11716

**DRONE OPERATION:** 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

### Session 1 Sachem East

#### All Age Groups

#### 5:00PM Warm-up 6:00PM Start – March 31<sup>st</sup> Sachem East

Bronze Not faster then	Girls Events	Friday North Events	Boys Events	Bronze Not faster then
3:14.00	1	9-10 200 IM	2	3:14.00
2:46.70	3	11-12 200 Back	4	2:42.80
5:26.00	5	13-14 400 IM	6	5:09.80
5:23.30	7	15-18 400 IM	8	4:45.90
7:05.00	9	9-10 500 Free	10	7:06.00
3:11.20	11	11-12 200 Breast	12	3:03.50
2:57.00	13	13-14 200 Breast	14	2:47.90
2:51.00	15	15-18 200 Breast	16	2:36.80
2:49.60	17	9-10 200 Free	18	2:49.60
2:49.20	19	11-12 200 Fly	20	2:45.40
2:34.00	21	15-18 200 Fly	22	2:25.00
5:50.60	23	13-14 500 Free	24	5:51.00
6:20.80	25	11-12 500 Free	26	6:32.00

## Session 2 Sachem North & East

**11-12 & 13-14**

**8:00AM Warm-up 9:00AM Start – April 1<sup>st</sup> Sachem North & East**

Bronze Not faster then	Girls Events	Saturday AM North Events	Boys Events	Bronze Not faster then
2:25.90	27	11-12 200 Free	28	2:26.00
2:17.00	29	13-14 200 Free	30	2:14.20
40.60	31	11-12 50 Breast	32	40.30
1:23.50	33	13-14 100 Breast	34	1:16.70
31.00	35	11-12 50 Free	36	30.70
1:03.10	37	13-14 100 Free	38	59.60
1:19.50	39	11-12 100 Back	40	1:17.50
2:36.60	41	13-14 200 Back	42	2:27.10
1:19.40	43	11-12 100 Fly	44	1:17.60
2:36.60	45	13-14 200 Fly	46	2:29.60
2:48.10	47	11-12 200 IM	48	2:48.00

## Session 3 Sachem North & East

**9-10 & 15-18**

**3:15PM Warm-up 4:15PM Start – April 1<sup>st</sup> Sachem North & East**

Bronze Not faster then	Girls Events	Saturday PM North Events	Boys Events	Bronze Not faster then
1:28.60	49	9-10 100 IM	50	1:28.60
2:10.60	51	15-18 200 Free	52	1:58.00
47.80	53	9-10 50 Breast	54	48.60
1:20.90	55	15-18 100 Breast	56	1:10.90
35.20	57	9-10 50 Free	58	35.20
1:01.10	59	15-18 100 Free	60	54.50
1:33.10	61	9-10 100 Back	62	1:37.10
2:29.30	63	15-18 200 Back	64	2:16.90
1:38.00	65	9-10 100 Fly	66	1:38.00
1:09.60	67	15-18 100 Fly	68	1:02.60

## Session 4 Sachem North & East

11-12 & 13-14

8:00AM Warm-up 9:00AM Start – April 2<sup>nd</sup> Sachem North & East

Bronze Not faster then	Girls Events	Sunday AM North Events	Boys Events	Bronze Not faster then
1:18.70	69	11-12 100 IM	70	1:17.20
1:12.70	71	13-14 100 Back	72	1:08.30
1:08.30	73	11-12 100 Free	74	1:07.00
28.80	75	13-14 50 Free	76	26.80
34.60	77	11-12 50 Fly	78	34.70
2:41.50	79	13-14 200 IM	80	2:31.10
36.10	81	11-12 50 Back	82	36.10
1:11.60	83	13-14 100 Fly	84	1:07.12
1:28.70	85	11-12 100 Breast	86	1:26.50

## Session 5 Sachem North & East

9-10 & 15-18

3:15PM Warm-up 4:15PM Start – April 2<sup>nd</sup> Sachem North

Bronze Not faster then	Girls Events	Sunday PM North Events	Boys Events	Bronze Not faster then
42.40	87	9-10 50 Fly	88	43.90
2:30.00	89	15-18 200 IM	90	2:27.80
1:46.20	91	9-10 100 Breast	92	1:48.40
1:10.10	93	15-18 100 Back	94	1:03.90
41.90	95	9-10 50 Back	96	42.90
28.30	97	15-18 50 Free	98	25.20
1:18.50	99	9-10 100 Free	100	1:18.50
5:23.30	101	15-18 500 Free	102	4:45.90