



**2017 Metro Silver  
Championships North**  
At Valley Central High School,  
Hosted by The New York Sharks

FRIDAY, SATURDAY AND SUNDAY  
February 24, 25 and 26 2017

Metro Sanction #170212  
170259-T

# 2017 METROPOLITAN SWIMMING SILVER CHAMPIONSHIPS NORTH – Hosted by the New York Sharks

**Friday, Saturday and Sunday – February 24, 25 and 26 2017**

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

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

**LOCATION:** Valley Central High School Natatorium,  
1175 Route 17K,  
Montgomery, NY 12549

**FACILITY:** Valley Central 8-Lane, 25-yard, indoor pool with non-turbulent lane dividers. Colorado Timing System, 8-Lane Display Scoreboard. Tiered bleacher seating for spectators. The pool has not been certified in accordance with Article 104.2.2C (4)  
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**SESSIONS:** **Session 1: Friday PM: 4:15 PM Warm Up – 5:15 PM Start**  
**Session 2: Saturday AM: 7:00 AM Warm Up – 8:30 AM Start**  
**Session 3: Saturday PM: 1:30 PM Warm-Up – 3:00 PM Start**  
**Session 4: Sunday AM: 7:00 AM Warm Up – 8:30 AM Start**  
**Session 5: Sunday PM: 1:30 PM Warm-Up – 3:00 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:** 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 \$5.00 per Time Trial and must be paid in cash at the desk.

**ELIGIBILITY:** Open to all invited teams registered swimmers. All swimmers participating in this meet must be registered by first day of the meet. Age on February 24, 2017 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 24, 2017) and the first day of JO' (March 10, 2017), 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 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, 2016 and the entry deadline, February 16, 2017 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 24, 2017 U.S.

U.S. Mail Entries/Payment to:  
NYS Aquatics, Inc,  
c/o Edgar Perez  
55 Walnut Street Suite 101B  
Norwood, NJ 07648

Email Entries/Confirm Entry Receipt: [NYSAEntries@gmail.com](mailto:NYSAEntries@gmail.com).

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 February 16, 2017  
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 \$5.00 per individual event and \$1.00 per swimmer Metropolitan Swimming Surcharge.

Make check payable to: **NYS Aquatics, Inc.**  
Payment must be received by February 18, 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.

**CORRECTIONS** The psych sheets will be Emailed to all teams via e-mail (to the email from which the entries were sent in) Clubs will be given until 9:00pm on Wednesday, February 18, 2017 to email corrections to [nysaentries@gmail.com](mailto:nysaentries@gmail.com) No exceptions will be made to this deadline. No improvements in seed time will be accepted. Further Corrections will be accepted by email only and a \$5 will be assessed for each correction as of

9:01pm 2/18- 11:59am 2/21. NYS Aquatics is not responsible for entry errors based on incorrect meet files, computer/servers, errors, software bugs, etc.

**WARM-UPS:** Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warm-up lanes and times will be assigned to each team. Following the general warm-ups, the competition pool will be open to all teams for a 15-minute dive and pace session: lanes 2-6 will be open for one-way sprints; lanes 1 & 8 will be remaining as general warm up and lanes 1 & 8 will be designated for pace. No diving will be permitted 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.

Metro Scratch rules will be followed. Please consult your guidelines.

Coaches must make sure that their swimmers understand that once they are scratched, they will not be reentered in the session. Coaches should inform their 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. Failure to scratch a swimmer entered in more than Five events in a day will result in that swimmer having to swim the first five events for which he/she is entered. No exceptions.

**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 NonAwards.

**OFFICIALS:** Meet Referee: Craig Iorizzo  
Officials wishing to volunteer should contact Meet Referee by email:  
[lorizzo4@optonline.net](mailto:lorizzo4@optonline.net)

**MEET DIRECTOR:** Melissa Kubick, Email [nysaentries@gmail.com](mailto:nysaentries@gmail.com)  
**ADMIN. OFFICIAL:** Melissa Kubick [melissafreehill@gmail.com](mailto:melissafreehill@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 warmups 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 2012 - 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 6 inches, 5 meters = 13 feet** USA 2011 - 202.3.7

**DISCLAIMER:**

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Valley Central School District, New York Sharks Aquatics, Inc, 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 RULES:**

"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."

**DRONES:**

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,

**DECK CHANGING:**

Deck changing is prohibited.

**ADMISSION:**

\$8.00 Adults/session \$3.00 Program/session

**MERCHANT:**

A concession stand will be available throughout the duration of the meet. A Swim shop vendor will also be on site.

**PARKING:**

**There is free unlimited parking at Valley Central High School. All cars must be parked in designated parking spaces.**

**NO parking allowed in the fire zone in front of the buildings OR on Route 17K. If you are parked illegally...you will be ticketed and/or towed at your own expense.**

**DIRECTIONS:**

<https://maps.google.com/maps?q=Valley+Central+Middle+School,+1189+State+Route+17K,Montgomery,+NY+12549>.

**FACILITY RULES:**

**NO SMOKING** within 50 feet of any entrance to the school or inside the school.

**NO FOOD** is allowed on deck. Liquid refreshments in plastic bottles are allowed.

**NO GLASSBOTTLES** or **JUICE BOXES** allowed on deck.

FRIDAY 10&U, 11-12, 13-14, and 15-18 FRIDAY EVENING SESSION

Friday, February 25, 2017

**SESSION #1 – Fri. Evening 10&U, 11-12, 13-14, 15-18 Distance Events:**

**Warm- Up: 4:15 p.m. Start Time: 5:15 p.m.**

Warm-ups: There will be one warmup. One way sprint lanes that will start 15 minutes (at 4:55PM.) before the end of the warm-ups. \*\* Host team reserves the right to assign teams lanes for warm-up.

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	6:40.00	7:04:99	10 & Under – 500 yd. Freestyle	6:45.00	7:05.99	#2
#3	5:56:00	6:20.79	11-12 – 500 yd. Freestyle	5:56.00	6:31.99	#4
#5	5:30.00	5:50:59	13-14 – 500 yd. Freestyle	5:20.00	5:50:99	#6
#7	5:31.00	5:39:99	15-18 – 500 yd. Freestyle	5:11:00	5:17:99	#8
#9	5:21.00	5:50.99	11-12 – 400 yd. Ind. Medley	5:21.00	5:52.99	#10
#11	5:00.00	5:25.99	13-14 – 400 yd. Ind. Medley	4:43:00	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 26th, 2017

**SESSION #2 – Saturday Morning 10 & Under and 13-14 Events: Warm -Up: 7:00 a.m. Session Start Time: 8:30 AM.**

Warm-ups: There will be 3 25 minute assigned warm-up sessions. One way sprint lanes that will start 15 minutes (at 8:10 a.m.) before the end of the warm-ups.

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	1:10.00	1:18:49	10 & Under - 100 yd. Freestyle	1:10.00	1:18.49	#16
#17	:57:00	1:03.09	13-14 - 100 yd. Freestyle	:54.00	59.59	#18
#19	:35.70	:42:39	10 & Under – 50 yd. Butterfly	:35.70	:43.89	#20
#21	1:04.00	1:11.59	13-14 - 100 yd. Butterfly	1:00.50	1:07:09	#22
#23	1:32.00	1:46:19	10 & Under – 100 yd. Breaststroke	1:34:00	1:48.39	#24
#25	2:40.00	2:56.99	13-14 - 200 yd. Breaststroke	2:34.00	2:47:89	#26
#27	:36.80	41:89	10 & Under – 50 yd. Backstroke	:37:20	:42.89	#28
#29	2:18.30	2:36:29	13-14 - 200 yd. Backstroke	2:14.00	2:27:09	#30
#31	2:50.00	3:13.99	10 & Under – 200 yd. Ind. Medley	2:52.00	3:13.99	#32
#33	2:20.00	2:41.49	13-14 - 200 yd. Ind. Medley	2:12.99	2:31:09	#34

SATURDAY 11 & 12 and 15 -18 AFTERNOON SESSION

Saturday, February 26<sup>th</sup>, 2017

**SESSION #3 – Saturday Afternoon 11-12 & 15-18 Events: Warm -Up: 1:30 p.m. Session Start Time: 3:00 PM**

Warm-ups: There will be 3 25 minute assigned warm-up sessions. One way sprint lanes that will start 15 minutes (at 2:40PM) before the end of the warm-ups.

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	1:00.50	1:08.29	11-12 – 100 yd. Freestyle	1:00.00	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	:32:00	:36:09	11-12 – 50 yd. Backstroke	:32:00	36:09	#44
#45	2:21.00	2:29.29	15-18 – 200 yd. Backstroke	2:11.00	2:16.89	#46
#47	:36.70	:40:59	11-12 – 50 yd. Breaststroke	:36.60	: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	1:19:00	1:28:69	11-12 – 100 yd. Breaststroke	1:19.00	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	2:29.00	2:48.09	11-12 – 200 yd. Ind. Medley	2:27.99	2:47.99	#58

SUNDAY 10 & Under and 13-14 MORNING SESSION  
 Sunday, February 27<sup>th</sup>, 2017

SESSION #4 – Saturday Morning 10 & Under and 13-14 Events: Warm -Up: 7:00 a.m. Session Start Time: 8:30 AM.  
 Warm-ups: There will be 3 25 minute assigned warm-up sessions. One way sprint lanes that will start 15 minutes (at 8:10 AM.) before the end of the warm-ups

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	2:30.00	2:49.59	10 & Under - 200 yd. Freestyle	2:32:00	2:49.59	#60
#61	2:04:00	2:16.99	13-14 - 200 yd. Freestyle	1:58:50	2:14:19	#62
#63	1:20.00	1:28.59	10 & Under – 100 yd. Ind. Medley	1:20.00	1:28.59	#64
#65	1:14.00	1:23.49	13-14 - 100 yd. Breaststroke	1:10.50	1:16:69	#66
#67	:42.60	:47.79	10 & Under – 50 yd. Breaststroke	:43:00	:48.59	#68
#69	1:04.60	1:12:69	13-14 - 100 yd. Backstroke	1:02.00	1:08:29	#70
#71	1:19.50	1:33.09	10 & Under – 100 yd. Backstroke	1:20.60	1:37.09	#72
#73	:26.40	:28.79	13-14 - 50 yd. Freestyle	:24.80	:26.79	#74
#75	:31.80	:35.19	10 & Under – 50 yd. Freestyle	:31.70	:35:19	#76
#77	2:26.00	2:36.59	13-14 - 200 yd. Butterfly	2:18.00	2:29.59	#78
#79	1:25.00	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 27<sup>th</sup>, 2017

SESSION #3 – Saturday Afternoon 11-12 & 15-18 Events: Warm -Up: 1:30 p.m. Session Start Time: 3:00 PM  
 Warm-ups: There will be 3 25 minute assigned warm-up sessions. One way sprint lanes that will start 15 minutes (at 2:40PM.) before the end of the warm-ups.

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	1:09.50	1:19:39	11-12 – 100 yd. Butterfly	1:10.70	1:17:59	#82
#83	2:04.50	2:10.59	15-18 – 200 yd. Freestyle	1:54.00	1:57.99	#84
#85	:28.00	:30.99	11-12 – 50 yd. Freestyle	:27.90	:30.69	#86
#87	1:05.50	1:10.09	15-18 – 100 yd. Backstroke	1:00.00	1:03.89	#88
#89	1:08.70	1:19:49	11-12 – 100 yd. Backstroke	1:09.00	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	:30.70	:34.59	11-12 – 50 yd. Butterfly	:30.99	:34.69	#96
#97	:26.60	:28.29	15-18 – 50 yd. Freestyle	:23.80	:25:19	#98
#99	1:10.00	1:18.69	11-12 – 100 yd. Ind. Medley	1:10.00	1:17:19	#100
#101	2:30.00	2:33.99	15-18 – 200 yd. Butterfly	2:12:50	2:24.99	#102
#103	2:12.00	2:25.89	11-12 – 200 yd. Freestyle	2:11.00	2:25.99	#104





## Metropolitan Swimming Photographer Registration Form

**As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.**

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 \_\_\_\_\_