

# 2018 METRO BRONZE CHAMPIONSHIPS CENTRAL

FRIDAY, SATURDAY AND SUNDAY  
MARCH 23-25, 2018



**HOSTED BY:**  
**NILE CROCODILE AQUATIC CLUB**

**Held at Mark Twain Pool, Yonkers Montessori Academy,  
160 Woodlawn Avenue, Yonkers NY 10704**

**SANCTION # 180306**

**METRO CENTRAL TEAMS:** APEX Apex Swim Club, AGUA Asphalt Green, ASAP Brooklyn Otters, BAD Badger Swim Club, BKR Brooklyn Stingrays, BWBW Bronx Works Blue Waves, CAS CAS Stingrays, CENT Central Queens, CIY Cross Island Y Barracudas, FLY Flushing YMCA, FREE Freedom Aquatics, GATE Gateway Swimmers, HDRO Hydro Aquatics, HES Hurricane Swimming, HS Harbor Seals/Bay Ridge, JCCT JCC Thunderbirds, KBM Kips Bay Mako's, LGAC LaGuardia Aquatic, LSA Lion Swim Academy, MAKO Manhattan Makos, MCBY McBurney Manta Rays, MPNY Match Point 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

# 2018 METRO BRONZE CHAMPIONSHIPS CENTRAL

## Friday 23-Sunday 25, March 2018

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc. # 180306
- LOCATION:** Mark Twain Pool, Yonkers Montessori Academy, 160 Woodlawn Avenue, Yonkers NY 10704
- FACILITY:** 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system. NO SMOKING ALLOWED IN THE BUILDING. Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building. The pool has been certified in accordance with Article 104.2.2C (4). 12 feet in deep end, 4 feet in shallow end.
- SESSIONS:** Session 1- 4:00 PM Warm-up 5:00 PM Start – March 23<sup>rd</sup> All Age Groups  
Session 2- 8:00 AM Warm-up 9:00 AM Start – March 24<sup>th</sup> 9-10 & 13-14  
Session 3- 3:00 PM Warm-up 4:00 PM Start – March 24<sup>th</sup>, 11-12 & 15-18  
Session 4- 8:00 AM Warm-up 9:00 AM Start – March 25<sup>th</sup> 9-10 & 13-14  
Session 5- 3:00 PM Warm-up 4:00 PM Start – March 25<sup>th</sup>, 11-12 & 15-18
- 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 23<sup>rd</sup>, 2018 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 2017-time standards. Swimmers must have swum the events once prior to this meet. Entry times must have been achieved between January 1, 2017 and the meet entry

deadline- March 14<sup>th</sup>, 2018- 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. Mail your payment to: NCAC 132-15 57Rd, Flushing NY 11355.

Email Entries/Confirm Entry Receipt: [magdysbokry@hotmail.com](mailto:magdysbokry@hotmail.com)

Please sign the waiver on the front.

**DEADLINE:** Entries must be received by: March 14<sup>th</sup>, 2018 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 surcharges must accompany the entries. Make check payable to: NCAC

Payment must be received by March 14<sup>th</sup>2018 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 1st – 8<sup>th</sup> place, ribbons 9<sup>th</sup> – 16<sup>th</sup> place for swimmers below the silver minimum standard. Overachiever ribbons will be awarded to swimmers who swim Silver, JO qualifying times in an event for a first time at this meet.

**OFFICIALS:** Meet Referee: Frank A. Zarnitz, [anssec180@gmail.com](mailto:anssec180@gmail.com), (917) 284-0477

Officials wishing to volunteer should contact Meet Referee by March 2<sup>nd</sup>, 2018

**ADMIN.**

**OFFICIAL:** Administrative Official Magdy Shokry, [magdyshokry@hotmail.com](mailto:magdyshokry@hotmail.com) (347) 466-0375

**MEET**

**DIRECTOR:** Wendy Martinez, [bellamiamour@usa.net](mailto:bellamiamour@usa.net) (917) 392-9259

**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:** 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing System. The pool has been certified in accordance with Article 104.2.2C (4). 10 feet in deep end, 4 feet in shallow end.

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Mark Twain Pool, Yonkers Montessori Academy, Nile Crocodile Aquatic Club, Metropolitan Swimming Inc., & USA Swimming Inc., and their agents or representatives for any injury occurring as a result of the meet.

**AUDIO/**

**VISUAL:** 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.

**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 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:** From the North (choose 1 from below) Taconic Parkway South to Sprain South to Bronx River Parkway South. After Cross County Parkway exits, take the Second Bronx River Road Exit. Make a right onto Bronx River Road and the immediate left onto Wakefield Avenue. Go approximately 5 blocks. Pool entrance is at the corner of Wakefield Avenue and Woodlawn Avenue. 87 South to Exit 4, Cross County Parkway. Stay on Service Road South to Yonkers Avenue. Make a left onto Yonkers Avenue. Continue for approximately 0.25 mile and make a right onto Kimball Avenue. Bear left onto Sterling Avenue, Then Bear Left onto Woodlawn Avenue. Pool Entrance is at the corner of Wakefield Avenue and Woodlawn Avenue. DIRECTIONS: From Long Island Take 495 Long Island Expressway West towards Whitestone Bridge. Merge onto Cross Island Parkway North. Merge onto I295 North via Exit 33 Bronx/New England. Merge onto I695 /North Throgs Neck Expressway via Exit 10, I95 New Haven. I695 /North Throgs Neck becomes I95 North. Take the Baychester Avenue Exit 12 on the left. Turn slight right onto Baychester Avenue. Baychester Ave becomes East\ 241st street. East 241st becomes Wakefield Avenue. Turn right onto Woodlawn Ave. 160 Woodlawn Ave.is on the right.

**DIRECTIONS:** From NY City 87 North towards Albany. Take the East 233rd Street Exit 13. Stay Straight on East 233rd Street and make 1st left onto Van Courtland Park East. Van Courtland Park east becomes Kimball Avenue. Turn Right onto Wakefield Avenue. Turn Left onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

# BRONZE CHAMPIONSHIPS CENTRAL, MARCH 23-25, 2018

## Session 1 (All age groups)

4:00PM Warm-up 5:00PM Start – Friday, March 23, 2018

Bronze Not faster than	Girls Events	Friday Central Events	Boys Events	Bronze Not faster than
2:46.70	1	11-12 200 BK	2	2:42.80
2:49.60	3	9-10 200 FR	4	2:49.60
6:20.80	5	11-12 500 FR	6	6:32.00
5:26.00	7	13-14 400 IM	8	5:09.80
5:23.30	9	15-18 400 IM	10	4:45.90
3:14.00	11	9-10 200 IM	12	3:14.00
2:48.10	13	11-12 200 IM	14	2:48.00
5:50.60	15	13-14 500 FR	16	5:51.00
5:40.00	17	15-18 500 FR	18	5:18.00

Use best times from 1/1/17

## Session 2

8:00 AM Warm-up 9:00 AM Start – Saturday, March 24, 2018

Bronze Not faster than	Girls Events	Friday Central Events	Boys Events	Bronze Not faster than
2:17.00	19	13-14 200 FR	20	2:14.20
47.80	21	9-10 50 BR	22	48.60
1:23.50	23	13-14 100 BR	24	1:16.70
1:38.00	25	9-10 100 FL	26	1:38.00
1:11.60	27	13-14 100 FL	28	1:07.12
35.20	29	9-10 50 FR	30	35.20
1:03.10	31	13-14 100 FR	32	59.60
1:37.10	33	9-10 100 BK	34	1:37.10
2:36.30	35	13-14 200 BK	36	2:27.10

Use best times from 1/1/17

### Session 3

3:15 PM Warm-up 4:15 AM Start – Saturday, March 24, 2018

Bronze Not faster than	Girls Events	Friday Central Events	Boys Events	Bronze Not faster than
2:25.90	37	11-12 200 FR	38	2:26.00
2:10.60	39	15-18 200 FR	40	1:58.00
1:19.50	41	11-12 100 BK	42	1:17.50
1:10.10	43	15-18 100 BK	44	1:03.90
31.00	45	11-12 50 FR	46	30.70
1:10.10	47	15-18 100 FR	48	54.50
1:28.70	49	11-12 100 BR	50	1:26.50
2:51.00	51	15-18 200 BR	52	2:36.80
34.60	53	11-12 50 FL	54	34.70
2:34.00	55	15-18 200 FL	56	2:25.00
2:49.40	57	11-12 200 FL	58	2:45.40

Use best times from 1/1/17

### Session 4

8:00 AM Warm-up 9:00 AM Start – Sunday, March 25, 2018

Bronze Not faster than	Girls Events	Friday Central Events	Boys Events	Bronze Not faster than
2:41.50	59	13-14 200 IM	60	2:31.10
1:18.50	61	9-10 100 FR	62	1:18.50
28.80	63	13-14 50 FR	64	26.80
41.90	65	9-10 50 BK	66	42.90
1:12.70	67	13-14 100 BK	68	1:08.30
1:46.20	69	9-10 100 BR	70	1:48.40
2:57.00	71	13-14 200 BR	72	2:27.90
42.40	73	9-10 50 FL	74	43.90
2:36.60	75	13-14 200 FL	76	2:29.60
1:28.60	77	9-10 100 IM	78	1:28.60

Use best times from 1/1/17

**Session 5**

**3:15 PM Warm-up 4:15 AM Start – Sunday, March 25, 2018**

<b>Bronze Not faster than</b>	<b>Girls Events</b>	<b>Friday Central Events</b>	<b>Boys Events</b>	<b>Bronze Not faster than</b>
1:18.70	79	11-12 100 IM	80	1:17.20
2:30.00	81	15-18 200 IM	82	2:27.80
1:08.30	83	11-12 100 FR	84	1:07.00
28.30	85	15-18 50 FR	86	25.20
36.10	87	11-12 50 BK	88	36.10
2:29.30	89	15-18 200 BK	90	1:16.90
40.60	91	11-12 50 BR	92	40.30
1:20.90	93	15-18 100 BR	94	1:10.90
1:19.40	95	11-12 100 FL	96	1:17.60
1:09.60	97	15-18 100 FL	98	1:02.60
3:11.20	99	11-12 200 BR	100	3:03.50

**Use best times from 1/1/17**