



# **2018 Metro Silver Championships North**

**At Felix Festa Middle School**

**Hosted by:**

**Phoenix Aquatic Club**

**February 23<sup>rd</sup>, 24<sup>th</sup> & 25<sup>th</sup> 2018**

**Metro Sanction #180214**

**Time Trial Sanction #180259-T**



**2018 Metropolitan Swimming Silver Championships North Hosted by  
Phoenix Aquatic Club  
February 23<sup>rd</sup>, 24<sup>th</sup> &-25, 2018**

**METRO NORTH TEAMS:** Aqua Gems, BGCN 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, 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, Patriot Swim Team, 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, Inc. **#180214**  
Time Trial Sanction **#180259-T**

**LOCATION:** Felix Festa Middle School Pool  
30 Parrott Road  
West Nyack, NY 10994

**FACILITY:** 50-meter pool with 7-foot lanes and non-turbulent lanes lines. Shallow end of pool will be used for continuous warm up and warm downs. Colorado electronic timing system and an 8-line scoreboard. Seating for 800 spectators. The pool has not been certified in accordance with Article 104.2.2C(4)

**SESSIONS:** **PLEASE NOTE: THE BUILDING DOORS WILL NOT OPEN UNTIL 5:00 PM** – you may not enter the building prior.

Session 1: Friday Evening - Warm-up 5:30 PM, Start 6:30 PM  
Session 2: Saturday Morning - Warm-up 7:00 AM, Start 8:00 AM  
Session 3: Saturday Afternoon - Warm-up 1:00 PM, Start 2:00 PM  
Session 4: Sunday Morning - Warm-up 7:00 AM, Start 8:00 AM  
Session 5: Sunday Afternoon - Warm-up 1:00 PM, Start 2:00 PM

**WARM-UP AND START TIMES FOR SESSIONS 3 & 5 MAY BE ADJUSTED AFTER THE MEET ENTRY DEADLINE. ALL TEAMS WILL BE NOTIFIED**

**FORMAT:** This will be a timed finals event.  
This is a deck seeded meet.

**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 any time trials will count toward the 5 events per day/per swimmer. The cost is \$10.00 per time trial and must be paid in cash at the desk.

**ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. Age on February 23, 2018 will determine the age for the entire meet.

**ADDITIONAL** As voted on at the BOD of February 28, 2013: If a swimmer ages up to a new

**ELIGIBILITY:** age group between the first day of Silvers (February 23<sup>rd</sup>, 2018) and the first day of JO's (March 9<sup>th</sup>, 2018), 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. For example, Jane Doe is 10 years old as of February 23<sup>rd</sup> 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 5<sup>th</sup> so now her :31.00 in the 50 free is too slow for JO's in the 11-12 age group. 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 a responsible for notifying the meet referee of any disability prior to the 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&U, 11-12, 13-14 and 15-18 events. Swimmers may compete in up to 5 individual events per day. Entry times must have been achieved between January 1, 2017 and the entry deadline, February 15, 2018. **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 23, 2018

U.S. Mail Entries/Payments:

**Phoenix Aquatic Club  
10 Sparrow Lane  
Pearl River, NY 10965**

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

Sign Express Mail Waiver allowing delivery without signature.

**DEADLINE:** This is a Metro Championship Meet (Metro North Teams Only)  
The final entry deadline for this meet is February 15, 2018  
No update of times  
An email confirming receipt of entries will be sent if you provide an email contact. Please contact the 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** per athlete Metro Swimming surcharge must accompany the entries.  
Make check payable to: **Phoenix Aquatic Club**  
Payment must be received by **February 17, 2018** for email entries. Payments 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 the email from which the entries were sent in. Clubs will be given until 9:00 pm on Wednesday, February 17<sup>th</sup>, 2018 to email corrections to [pacentries@gmail.com](mailto:pacentries@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 charge will be assessed for each correction as of 9:01 pm 2/17-11:59 am 2/20. Phoenix Aquatic Club is not responsible for entry error based on incorrect meet files, computers/server 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 3-6 will be open for one-way sprints; lanes 2 & 7 will be remaining as general warm-up and lanes 1 & 8 will be designated for pace. The shallow end of the pool will remain open for general warm-up. No diving will be permitted except in designated sprint lanes. All swimmers must be supervised by a coach.

**SCRATCH PROCEDURES:** 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 re-entered 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 in for the next days' events 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 5 events in a day will result in that swimmer having to swim the first 5 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. DECK PASS LIVE may be used to verify

a coach's registration.

**AWARDS:** Medals for individual events for 1<sup>st</sup> through 8<sup>th</sup> places for all silver times in the 10&U, 11-12, 13-14, and 15-18 age groups will be presented. All swimmers that qualify for Junior Olympic are non-awards.

**OFFICIALS:** **Meet Referee:** Phil Paspalas  
Officials wishing to volunteer should contact Meet Referee by email:  
[paspalas@optonline.net](mailto:paspalas@optonline.net)

**MEET DIRECTOR:** Mary Lange, contact information phone 845-323-9118,  
Email [thelangez@hotmail.com](mailto:thelangez@hotmail.com)

**ADMIN OFFICIALS:** Mary Lange [thelangez@hotmail.com](mailto:thelangez@hotmail.com)  
Helen Shaw [fiveshawsnow@gmail.com](mailto:fiveshawsnow@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 WILL BE USED at this the meet.

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Clarkstown Central School District, Phoenix Aquatic Club, Metropolitan Swimming Inc., USA Swimming Inc.**, their agents or representatives for any injury occurring as a result of the meet.

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.

**AUDIO/VISUAL STATEMENT:** **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms or behind the blocks.**

**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:** \$8.00 Adults/session                      \$3.00 Program/session                      free wifi access

**MERCHANT:** A concession stand will be available throughout the duration of the meet. Metro Swim Shop will be available with swimming merchandise throughout the meet.

**PARKING:** There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing. **Attendees should NOT park on the grass or on any residential street or the town will tow them. There will be security guards**

directing parking – please be respectful.

**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 of 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 3 ½ 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**

**DIRECTIONS:**

From North of Rockland County: Take Palisades Interstate Parkway South to Exit 10. Make a left off the exit. Make a left at the first traffic light onto Middletown Road. Take a right a right at next traffic light onto Germonds Road . . .

From the George Washington Bridge: Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road . . .

From the Tappan Zee Bridge: Take the NYS Thruway (I-87 North) to Exit 13N (Palisades Interstate Parkway – North to Exit 10. Make a right off the exit onto Germonds Road...

... follow Germonds Road through the intersection of Germonds Road and Route 304 (you will pass Albertus Magnus High School on your right). Make a left onto Parrott Road. The entrance for the pool is down the walkway at the end of the tennis courts.

**FRIDAY 10&U, 11-12, 13-14 and 15-18 EVENING SESSION**  
**Friday, February 23, 2018**

**SESSION #1 – Fri. Evening 10&U, 11-12, 13-14, 15-18 Distance Events:**      **Warm-Up: 5:30 pm**      **Start Time: 6:30 pm**

Warm-ups: There will be one warm-up. One-way sprint lanes will start 15 minutes (at 4:45 PM) 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	5:18.00	5:50.99	#6
#7	5:31.00	5:39.99	15-18 - 500 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 24<sup>th</sup>, 2018**

**SESSION #2 – Saturday Morning 10& Under and 13-14 Events:**      **Warm-up 7:00 am**      **Start Time: 8:00 am**

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one-way sprint lanes 20 minutes before the End of the warm-ups at the competition end of the pool

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	1:03.50	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. Breastroke	1:34.00	1:48.39	#24
#25	2:40.00	2:56.99	13-14 – 200 yd. Breastroke	2:31.00	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	2:13.50	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	241.49	13-14 – 200 yd. Ind. Medley	2:13.00	2:31.09	#34

**SATURDAY 11-12 and 15-18 AFTERNOON SESSION**  
**Saturday, February 24<sup>th</sup>, 2018**

**SESSION #2 – Saturday Afternoon 11-12 and 15-18 Events:**      **Warm-up 1:00 pm**      **Start Time: 2:00 pm**

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one-way sprint lanes 20 minutes before the End of the warm-ups at the competition end of the pool

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. Breastroke	: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. Breastroke	2:30.10	2:36.79	#52
#53	1:19.00	1:28.69	11-12 – 100 yd. Breastroke	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	2:28.00	2:48.09	11-12 – 200 yd. Ind. Medley	2:28.00	2:47.99	#58



**SUNDAY 10 & Under and 13-14 MORNING SESSION**  
**Sunday, February 25th, 2018**

**SESSION #4 – Sunday Morning 10& Under and 13-14 Events:**

**Warm-up 7:00 am**

**Start Time: 8:00 am**

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one-way sprint lanes 20 minutes before the End of the warm-ups at the competition end of the pool

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	1:58.00	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	1:09.50	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 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 15-18 AFTERNOON SESSION**  
**Sunday, February 25<sup>th</sup>, 2018**

**SESSION #5 – Sunday Afternoon 11-12 and 15-18 Events:**

**Warm-up 1:00 pm**

**Start Time: 2:00 pm**

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one-way sprint lanes 20 minutes before the End of the warm-ups at the competition end of the pool

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	1:10.90	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	:31.00	: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	2:12.15	2:24.99	#102
#103	2:12.00	2:25.89	11-12 – 200 yd. Freestyle	2:11.00	2:25.99	#104





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.**

**Policy:** 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.

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

**Notes:**

The above policy will be published in meet announcements and programs.

It is the Meet Director's responsibility to have forms available at the meet.

The Meet Director should check the actual ID against entry on form, and keep a file of submitted forms.

The intent is to promote accountability and to give Meet Directors and Referees a tool for managing concerns about photographers. Teams should consider providing a lanyard indicating that the photographer is registered.

See form, below.



## 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 \_\_\_\_\_