

2019 METRO BRONZE CHAMPIONSHIPS CENTRAL

FRIDAY, SATURDAY AND SUNDAY

MARCH 22-24, 2019



HOSTED BY:

NILE CROCODILE AQUATIC CLUB

Held at Mark Twain Pool, Yonkers Montessori Academy,

160 Woodlawn Avenue, Yonkers NY 10704

SANCTION #190305

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.

2019 METRO BRONZE CHAMPIONSHIPS CENTRAL

Friday 22-Sunday 24, March 2019

- 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 stand 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 22nd All Age Groups
Session 2- 8:00 AM Warm-up 9:00 AM Start – March 23rd 9-10 & 13-14
Session 3- 3:15 PM Warm-up 4:15 PM Start – March 23rd, 11-12 & 15-18
Session 4- 8:00 AM Warm-up 9:00 AM Start – March 24th 9-10 & 13-14
Session 5- 3:15 PM Warm-up 4:15 PM Start – March 24th, 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 22nd, 2019 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 2018-2019-time standards. Swimmers must have swum the events once prior to this meet. Entry times must have been achieved between January 1, 2018 and the meet

entry deadline- March 13th, 2019- 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 61-28 172nd street, Fresh Meadows NY 11365-2028
Email Entries/Confirm Entry Receipt: magdyshokry@hotmail.com
Please sign the waiver on the front.

DEADLINE: Entries must be received by: March 13th, 2019 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 13th, 2019 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 – 8th place, ribbons 9th – 16th 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, (917) 284-0477

Officials wishing to volunteer should contact Meet Referee by March 2nd, 2019

ADMIN.OFFICIAL: Mary Lange, thelangez@hotmail.com, 845-323-9118

Administrative Official **Magdy Shokry**, magdysbokry@hotmail.com, (347) 466-0375

MEET DIRECTOR: Wendy Martinez, 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: 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 22-24, 2019

Session 1 (All age groups)

4:00PM Warm-up 5:00PM Start – Friday, March 22, 2019

Bronze Not faster Than	Girls Events No.	Friday PM Central Events	Boys Events No.	Bronze Not faster Than
2:47.00	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
7:05.00	19	9-10 500 FR	20	7:06.00

Use best times from 1/1/2018

BRONZE CHAMPIONSHIPS CENTRAL, MARCH 22-24, 2019

Session 2 (9-10 & 13-14 ONLY)

8:00 AM Warm-up 9:00 AM Start – Saturday, March 23, 2019

Bronze Not faster than	Girls Events No.	Saturday AM Central Events	Boys Events No.	Bronze Not faster Than
2:17.00	21	13-14 200 FR	22	2:14.20
47.80	23	9-10 50 BR	24	48.60
1:23.50	25	13-14 100 BR	26	1:16.70
1:38.00	27	9-10 100 FL	28	1:38.00
1:11.60	29	13-14 100 FL	30	1:07.10
35.20	31	9-10 50 FR	32	35.20
1:03.10	33	13-14 100 FR	34	59.60
1:33.10	35	9-10 100 BK	36	1:37.10
2:36.30	37	13-14 200 BK	38	2:27.10

Use best times from 1/1/2018

BRONZE CHAMPIONSHIPS CENTRAL, MARCH 22-24, 2019

Session 3 (11-12 & 15-18 ONLY)

3:15 PM Warm-up 4:15 PM Start – Saturday, March 23, 2019

Bronze Not faster than	Girls Events No.	Saturday PM Central Events	Boys Events No.	Bronze Not faster Than
2:25.90	39	11-12 200 FR	40	2:26.00
2:10.60	41	15-18 200 FR	42	1:58.00
1:19.50	43	11-12 100 BK	44	1:17.50
1:10.10	45	15-18 100 BK	46	1:03.90
31.00	47	11-12 50 FR	48	30.70
1:01.10	49	15-18 100 FR	50	54.20
1:28.70	51	11-12 100 BR	52	1:26.50
2:51.00	53	15-18 200 BR	54	2:36.80
34.60	55	11-12 50 FL	56	34.70
2:34.00	57	15-18 200 FL	58	2:25.00
2:49.40	59	11-12 200 FL	60	2:45.40

Use best times from 1/1/2018

BRONZE CHAMPIONSHIPS CENTRAL, MARCH 22-24, 2019

Session 4 (9-10 & 13-14)

8:00 AM Warm-up 9:00 AM Start – Sunday, March 24, 2019

Bronze Not faster Than	Girls Events No.	Sunday AM Central Events	Boys Events No.	Bronze Not faster Than
2:41.50	61	13-14 200 IM	62	2:31.10
1:18.50	63	9-10 100 FR	64	1:18.50
28.80	65	13-14 50 FR	66	26.80
41.90	67	9-10 50 BK	68	42.90
1:12.70	69	13-14 100 BK	70	1:08.30
1:46.20	71	9-10 100 BR	72	1:48.40
2:57.00	73	13-14 200 BR	74	2:47.90
42.40	75	9-10 50 FL	76	43.90
2:36.60	77	13-14 200 FL	78	2:29.60
1:28.60	79	9-10 100 IM	80	1:28.60

Use best times from 1/1/2018

BRONZE CHAMPIONSHIPS CENTRAL, MARCH 22-24, 2019

Session 5 (11-12 & 15-18)

3:15 PM Warm-up 4:15 PM Start – Sunday, March 24, 2019

Bronze Not faster than	Girls Events No.	Sunday PM Central Events	Boys Events No.	Bronze Not faster Than
1:18.70	81	11-12 100 IM	82	1:17.20
2:30.00	83	15-18 200 IM	84	2:27.80
1:08.30	85	11-12 100 FR	86	1:07.00
28.60	87	15-18 50 FR	88	25.20
36.10	89	11-12 50 BK	90	36.10
2:29.30	91	15-18 200 BK	92	2:16.90
40.60	93	11-12 50 BR	94	40.30
1:20.90	95	15-18 100 BR	96	1:10.90
1:19.40	97	11-12 100 FL	98	1:17.60
1:09.60	99	15-18 100 FLY	100	1:02.60
3:11.20	101	11-12 200 BR	102	3:03.50

Use best times from 1/1/2018

Metropolitan Swimming, Inc. & NCAC 'Bronze Championships Central' 2019

Friday, Saturday, and Sunday, March 22-24, 2019

*****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, Metropolitan Swimming, Inc. Family Swimming Center, Inc, NCAC, and Yonkers Montessori Academy 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 **NCAC**)

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 any 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 _____