



2019 Spring LCM Invitational

April 13-14, 2019 -- Sanction # 190402

Invited Teams: APEX, ASAP, BAD, CAS, CFB, COL, COND, GAEL, GATE, HES, HS, LIFE, LSA, MAKO, MPNY, NCAC, NYAC, NYCC, NYCP, PAC, QNS, RED, RIST, SHY, TRI, WEST, YFD. **Additional teams who would like an invitation are asked to contact Brian Brown at brian@hydroswimteam.com.**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **190402**
- LOCATION:** **APEX Aquatics Center, Lehman College
250 Bedford Park Boulevard, West Bronx, NY 10468**
- FACILITY:** **8 lanes x 50 meters competition for 12 & Under sessions. 7 lanes x 50 meters competition course plus 1 lane for warm up/warm down during 13 & Over sessions.** Daktronics timing system and scoreboard. The pool **has not** been certified in accordance with Article 104.2.2C (4). Water depth from end of pool in shallow end is: 13' at 1 meter / 12' at 5 meters. Water depth from end of pool in deep end is: 7' at 1 meter / 7' at 5 meters.
- SESSIONS:** **Saturday, April 13 – Session #1 – 7:00 AM Warm Up / 8:00 AM Start
Saturday, April 13 – Session #2 – 12:00 PM Warm Up / 1:00 PM Start
Sunday, April 14 – Session #3 – 7:00 AM Warm Up / 8:00 AM Start
Sunday, April 14 – Session #4 – 12:00 PM Warm Up / 1:00 PM Start**
- FORMAT:** **This meet is timed finals. Deck seeding will be used. Events will be run as Open and scored separately in the follow age groups: 9-10, 11-12, 13&O.**
- 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 **April 13, 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 responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** **Swimmers may enter up to 4 events per day. Entries in Hy-Tek format only. To forecast timelines as accurately as possible, **NO NTS WILL BE ALLOWED.****

U.S. Mail Payment to: **Hydroquatics Inc., c/o Brian Brown
601 South Woods Avenue, Fullerton, CA 92832**
Email Entries/Confirm Entry Receipt: brian@hydroswimteam.com

- DEADLINES AND PROCEDURES:** Metro LSC Team entries must be received by **March 27, 2019** to be given preference over non-Metro LSC Teams and will be processed as received in a first-come/first-served fashion. Non-Metro LSC Team entries must be received by **April 3, 2019** and will be processed as received after the Metro LSC deadline. **Cuts will be made as necessary to maintain a meet size of 375-400 swimmers per session as required by the APEX Aquatic Center.** Confirmation receipt of entries will be sent if you provide an email contact. **Contact Brian Brown brian@hydroswimteam.com if you do not receive such a report within 2 days of your original email.**
- TIME TRIALS:** Time Trials will not be available at this meet.
- ENTRY FEES:** **Athlete Surcharge -- \$7.00 per individual swimmer.**
Entry Fee -- \$7.00 per individual event must accompany the entries.
Make check payable to: **Hydroquatics, Inc.** Payment must be received by **March 27, 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**
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 7:30 AM (30 minutes prior to the start of the session). Coaches are asked to clearly indicate entire session and individual event scratches.
- 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:** **Ribbons for 1st-8th in the 9-10, 11-12 age groups. No awards for 13&O.**
- OFFICIALS:** **Meet Referee: Jeff Chu – jcswim01@gmail.com – (631) 219-6424**
Officials wishing to volunteer should contact the Meet Referee.
- MEET DIRECTOR:** **Mary Lange – thelangez@hotmail.com – (845) 323-9118**
- ADMIN OFFICIAL:** **Wendy Martinez – bellamiamour@gmail.com – (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. **Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.**
- 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.
- DISCLAIMER:** It is understood that USA Swimming, Inc., Metropolitan Swimming, Inc., Trident Aquatic Club, New York City Aquatic Club, and Hydroquatics, Inc. shall be free from any 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 the 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.

PHOTOGRAPHIC 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 and from the Meet Director.

ADVISEMENT: Deck changes are prohibited.

ADMISSION: **\$5.00 Admission Fee.**

Tickets must be purchased for each session online prior to the meet.
Tickets are limited to 275 spectators per session.
Proof of purchase will be required for entry to the spectator area for each session.
No chairs, strollers, or car seats are permitted in the spectator areas.

Purchase tickets online beginning Monday, April 8th, 2019 here:
<http://hydroquatics.ticketleap.com>.

MERCHANTS: **Food concessions; Metro Swim Shop**

PARKING: **\$10.00 all-day parking at Lehman College Supervised Lot. Street parking and meter parking is also available.**

DIRECTIONS: **250 Bedford Park Boulevard West (between Goulden and Paul Avenues).**
Via Major Deegan Expressway (1-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up Sedgwick Ave and make left onto Sedgwick and continue uphill. Turn right at Goulden Ave (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two blocks. Parking lots will be on your right.

Via Saw Mill River Pkwy S (becomes Henry Hudson Parkway) to Mosholu Pkwy exit. Proceed on ramp. At 2nd traffic light, before underpass, turn right onto Paul Ave. Go 2 long blocks. At Bedford Park Blvd, turn right. APEX building is on left. Proceed to traffic light and turn left onto Goulden. Parking lots will be on right.



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 _____



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SESSION #1 – AGE GROUP		
Saturday, April 13 – 7:00 AM WU / 8:00 AM Start		
Swimmers aged 9-12 <u>only</u> , no 8&U. No warm up/warm down lane provided.		
Girls #	Event	Boys #
1	400 METER FREESTYLE <i>(May be limited to 3 heats / Top 24 entries)</i>	2
3	200 METER IM	4
5	100 METER BREASTSTROKE	6
7	100 METER FREESTYLE	8
9	50 METER BACKSTROKE	10
11	50 METER BUTTERFLY	12
SESSION #2 – SENIOR		
Saturday, April 13 – 12:00 PM WU / 1:00 PM Start		
Swimmers aged 13&O <u>only</u> . One warm up/warm down lane provided.		
Girls #	Event	Boys #
13	400 METER FREESTYLE <i>(May be limited to 3 heats / Top 21 entries)</i>	14
15	200 METER BREASTSTROKE	16
17	100 METER BACKSTROKE	18
19	200 METER BUTTERFLY	20
21	100 METER FREESTYLE	22
23	200 METER IM	24



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SESSION #3 – AGE GROUP		
Sunday, April 14 – 7:00 AM WU / 8:00 AM Start		
Swimmers aged 9-12 <u>only</u> , no 8&U. No warm up/warm down lane provided.		
Girls #	Event	Boys #
25	400 METER IM <i>(May be limited to 3 heats / Top 24 entries)</i>	26
27	200 METER FREESTYLE	28
29	100 METER BACKSTROKE	30
31	100 METER BUTTERFLY	32
33	50 METER BREASTSTROKE	34
35	50 METER FREESTYLE	36
SESSION #4 – SENIOR		
Sunday, April 14 – 12:00 PM WU / 1:00 PM Start		
Swimmers aged 13&O <u>only</u> . One warm up/warm down lane provided.		
Girls #	Event	Boys #
37	400 METER IM <i>(May be limited to 3 heats / Top 21 entries)</i>	38
39	200 METER FREESTYLE	40
41	100 METER BUTTERFLY	42
43	200 METER BACKSTROKE	44
45	100 METER BREASTSTROKE	46
47	50 METER FREESTYLE	48