

# 2012 Metropolitan Short Course Junior Olympics Swimming Championships



**March 16-18, 2012**  
**Friday, Saturday, Sunday**

At

Felix V. Festa Middle School  
West Nyack, NY

Hosted By



Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number # 120304

Time Trial Number # 120353-T

**General Chairman:**

**Meet Director:**

**Age Group Chairman:**

**Coach Representative:**

**Athlete Representative:**

**Bob Vializ**

**Don Wagner**

**John Yearwood**

**Edgar Perez**

**Larry Collins**

**Liyan Yao**

**Gregg Byrne**

**Julian Mackrel**

**Meet Committee:**

**Age Group Rep.**

**Athlete Rep.**

**Meet Director**

# Metropolitan Junior Olympics

March 16<sup>th</sup>-18<sup>th</sup>, 2012

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction #120304, Time Trial #120353-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 lane 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:** Session 1: Friday AM - Warm-Up 6:30 AM, Start 8:05 AM  
Session 2: Friday PM – Warm-Up 1:30 PM, Start 3:05 PM  
Session 3: Saturday AM – Warm-Up 6:30 AM, Start 8:05 AM  
Session 4: Saturday PM – Warm-Up 1:30 PM, Start 3:05 PM  
Session 5: Sunday AM – Warm-Up 6:30 AM, Start 8:05 AM  
Session 6: Sunday PM – Warm-Up 1:30 PM, Start 3:05 PM

**\*\*\*\*\* Any Time Changes Will Be Listed On The Metro Website By March 12<sup>th</sup> \*\*\*\*\***

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

**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 **March 16, 2012** will determine age for the entire meet.

**DISABILITY SWIMMER:** 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:** Entry times must equal or better the qualifying standards. Short course yards time will be the conforming standard and can only be used for entries. Entry times may NOT be converted. Times must have been achieved between January 1, 2011 and the meet entry deadline. **SWIMS Time Recon will be performed before the meet and all un-provable times will be scratched from the meet.**

A swimmer may enter any number of events, but may swim no more than three (3) individual events per day for a total of nine (9) individual events. If scratched from the 1000 or 1650 because of two-heat limit, a 4<sup>th</sup> event may be selected.

All swimmers, including relay only swimmers and alternates, must be listed on official entry form and included in Hy-Tek export file. Swimming exhibition or Deck entries (including relay only swimmers will not be permitted.

Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.

U.S. Mail Entries/Payment to:

**Condors Swim Club  
115 North Main Street  
New City, NY 10956**

Email Entries/Confirm Entry Receipt: **MeetEntries@CondorsSwimming.com**  
Sign Express Mail Waiver allowing delivery without signature.

**DEADLINE:** **Entries must be received by: March 6, 2012.** Entries received after the deadline will not be accepted. Swimmers achieving cuts after the deadline must email the entry by **Noon on Monday, March 12<sup>th</sup>. New cuts only. No time updates.**

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 **\$3.00** per individual event, **\$8.00** per Relay Event and **\$1.00** surcharge per swimmer for Metropolitan Swimming, includes **Relay Only Swimmer** must accompany the entries.

Make check payable to: **Condors Swimming**

Payment must be received by **March 10, 2012** 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.

**TIME TRIALS:** If time permits. A separate sanction number will be used for time trial purposes # 120353-T. Swimmer must be entered in the meet to participate in time trials.  
**Time Trials count as one of the 3 individual events limit per day.**  
**Fee for time trials is \$5.00 per event, payable at sign-up.**  
**Please note that there is a limit of two (2) time trials over the course of the weekend.**

**PROTESTS:** All competition-related protests, including protests concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred. Protests will be handled at the time they are presented to the Meet Director, by the Meet Committee.

**WARM-UP:** Warm-up lanes and times will be assigned to each team. Warm-up will be broken up to three 25 minute general warm-up sessions. Following the general warm-up, the competition pool will be open to all teams for a 15 minute dive and pace session: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. The shallow end pool will remain open for general warm-up. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.

**SCRATCH:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 45 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.

**Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.**

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.

**Metropolitan Scratch Procedure for Timed Final Meets is as follows;**

Any swimmer, who is seeded, must swim the event unless he/she declares his/her intention not to swim in the following manner;

1. Go to the Referee, before the event and state you do not wish to swim.
2. Stand **BEHIND** your assigned block until the swimmers in your heat has been sent off by the starter.
3. The swimmer is then disqualified from **THAT EVENT** for the delay of the meet.
4. This counts as an event against the total-per-day allowance.

If a swimmer fails to follow this procedure, he/she will be barred from his/her next individual event of the meet.

**Failure to scratch a swimmer entered in more than three events in a day will result in that swimmer having to swim the first three events for which he/she is entered. No Exceptions.**

A relay swimmer who fails to report will be barred from his/her first individual event of the next day. The

other three will not be penalized provided they appeared. Relay swimmers' names must be submitted **in the order in which they will swim.**

**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.

**SCORING:** Individual Events (1<sup>st</sup> – 16<sup>th</sup> Pl.) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relay Events (1<sup>st</sup> – 16<sup>th</sup> Pl.) 40-34-3230-28-26-24-22-18-14-12-10-8-6-4-2  
**Only two relays per club may score**

**AWARDS:** Individual Events: Medals for 1<sup>st</sup> through 8<sup>th</sup> places, Ribbons for 9<sup>th</sup> through 16<sup>th</sup> places.  
Relay Events: Medals for 1<sup>st</sup> through 3<sup>rd</sup> places, and ribbons for 4<sup>th</sup> through 8<sup>th</sup> places.  
Individual High Point Awards: 1<sup>st</sup> through 3<sup>rd</sup> for 10&U, 11-12, 13-14, & 15-18  
Combined Team Awards: 10&U, 11-12, 13-14, & 15-18  
Overall 14 & Under Team Award

**OFFICIALS:** **Meet Referee:** Mike Natale  
Officials wishing to volunteer should contact Meet Referee by email [mfnc45@optonline.net](mailto:mfnc45@optonline.net)

**MEET DIRECTOR:** Don Wagner, contact information phone: 845-638-4381,  
email [Don.Wagner@CondorsSwimming.com](mailto:Don.Wagner@CondorsSwimming.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.

**WATER DEPTH:** USA 2011 - 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 (shallow end) = 4 feet 6 inches, 5 meters = 13 feet**

**MEET DECORUM:** Each club is requested to handle its own team and discipline problems. Anyone found vandalizing county property; stealing or displacing disorderly conduct will be subject to disqualification, ejection from the meet and possible criminal prosecution.

**DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Clarkstown Central School District, Condors Swim Club**, 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 STATEMENT:** **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms**

**ADMISSION** \$5.00 Adults/session  
\$3.00 Program/session

**MERCHAN:** A concession stand will be available throughout the meet. Kast-A-Way Swimwear 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. However, parking will be limited at Felix Festa middle school on Friday due to a teacher in-service. Alternate parking will be offered and parking attendants will be available to direct cars to the proper locations. More information will be emailed to the teams by March 12.

**DIRECTION:** 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 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). Take 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.



**HOTELS:** Comfort Inn & Suites  
425 E. Route 59  
Nanuet, NY 10954  
845-623-6000

Fairfield Inn Spring Valley Nanuet  
100 Spring Valley Market Place  
Spring Valley, NY 10977  
845-426-2000

Candlewood Suites  
20 Overlook Blvd  
Nanuet, NY 10954  
845-371-4445

Hilton Garden Inn Nanuet  
270 New York 59  
Nanuet, NY 10954  
845-623-0600

Hampton Inn Nanuet  
260 New York 59  
Nanuet, NY 10954  
845-623-0900

Marriott Park Ridge  
300 Brae Blvd  
Park Ridge, NJ 07656  
201-307-0800

Girls		Friday Morning - Session 1	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
5:04.99	1	15 - 18 400 IM	2	4:41.99
5:06.99	3	13 - 14 400 IM	4	4:45.99
	5	15 - 18 400 Freestyle Relay	6	
	7	13 - 14 400 Freestyle Relay	8	
1:05.49	9	15 - 18 100 Backstroke	10	59.99
1:06.59	11	13 - 14 100 Backstroke	12	1:02.99
2:42.99	13	15 - 18 200 Breaststroke	14	2:30.09
2:42.99	15	13 - 14 200 Breaststroke	16	2:35.19
57.79	17	15 - 18 100 Freestyle	18	51.99
58.49	19	13 - 14 100 Freestyle	20	53.99
11:09.99	21	15 - 18 1000 Freestyle		
		15 - 18 1650 Freestyle	22	18:03.49

**\*\*\* There is a 2 heat limit for the 1000 and 1650 Freestyle events \*\*\***

Girls		Friday Afternoon - Session 2	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
5:27.49	23	11 - 12 400 IM	24	5:27.99
2:51.99	25	10 & Under 200 IM	26	2:51.99
	27	11 - 12 400 Freestyle Relay	28	
	29	10 & Under 400 Freestyle Relay	30	
31.59	31	11 - 12 50 Butterfly	32	32.09
1:22.19	33	10 & Under 100 Backstroke	34	1:22.19
1:10.49	35	11 - 12 100 Backstroke	36	1:11.59
1:32.99	37	10 & Under 100 Breaststroke	38	1:34.59
2:55.99	39	11 - 12 200 Breaststroke	40	2:59.99
1:11.49	41	10 & Under 100 Freestyle	42	1:11.59
1:01.79	43	11 - 12 100 Freestyle	44	1:01.79

Girls		Saturday Morning - Session 3	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
	45	15 - 18 200 Medley Relay	46	
	47	13 - 14 200 Medley Relay	48	
2:19.99	49	15 - 18 200 IM	50	2:07.99
2:23.49	51	13 - 14 200 IM	52	2:13.99
1:15.19	53	15 - 18 100 Breaststroke	54	1:06.49
1:16.49	55	13 - 14 100 Breaststroke	56	1:10.99
2:29.99	57	15 - 18 200 Butterfly	58	2:12.49
2:30.99	59	13 - 14 200 Butterfly	60	2:23.99
2:04.49	61	15 - 18 200 Freestyle	62	1:53.99
2:07.99	63	13 - 14 200 Freestyle	64	1:59.99
	65	15 - 18 200 Freestyle Relay	66	
11:19.99	67	13 - 14 1000 Freestyle		
		13 - 14 1650 Freestyle	68	18:19.99

**\*\*\* There is a 2 heat limit for the 1000 and 1650 Freestyle events \*\*\***

Girls		Saturday Afternoon - Session 4	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
	69	11 - 12 200 Medley Relay	70	
6:44.99	71	10 & Under 500 Freestyle	72	6:44.99
2:13.99	73	11 - 12 200 Freestyle	74	2:15.49
42.99	75	10 & Under 50 Breaststroke	76	43.49
1:20.49	77	11 - 12 100 Breaststroke	78	1:21.59
1:20.99	79	10 & Under 100 IM	80	1:21.99
2:30.49	81	11 - 12 200 IM	82	2:32.59
32.09	83	10 & Under 50 Freestyle	84	31.99
32.99	85	11 - 12 50 Backstroke	86	33.29
1:27.09	87	10 & Under 100 Butterfly	88	1:27.09
2:39.99	89	11 - 12 200 Butterfly	90	2:39.99
	91	10 & Under 200 Freestyle Relay	92	
	93	11 - 12 200 Freestyle Relay	94	

Girls		Sunday Morning - Session 5	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
5:35.99	95	13 - 14 500 Freestyle	96	5:21.99
5:30.99	97	15 - 18 500 Freestyle	98	5:10.99
	99	13 - 14 200 Freestyle Relay	100	
1:04.99	101	15 - 18 100 Butterfly	102	57.99
1:05.69	103	13 - 14 100 Butterfly	104	1:01.59
2:20.99	105	15 - 18 200 Backstroke	106	2:10.99
2:22.59	107	13 - 14 200 Backstroke	108	2:16.99
26.59	109	15- 18 50 Freestyle	110	23.79
26.99	111	13 - 14 50 Freestyle	112	24.99
	113	15 - 18 400 Medley Relay	114	
	115	13 - 14 400 Medley Relay	116	

Girls		Sunday Afternoon - Session 6	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
6:01.99	117	11 - 12 500 Freestyle	118	6:01.99
1:11.29	119	11 -12 100 IM	120	1:12.29
2:31.99	121	10 & Under 200 Freestyle	122	2:31.99
37.19	123	11 - 12 50 Breaststroke	124	37.59
35.99	125	10 & Under 50 Butterfly	126	35.99
1:12.09	127	11 -12 100 Butterfly	128	1:13.49
37.49	129	10 & Under 50 Backstroke	130	37.49
2:32.99	131	11 -1 2 200 Backstroke	132	2:37.99
28.49	133	11 - 12 50 Freestyle	134	28.29
	135	10 & Under 200 Medley Relay	136	
	137	11 - 12 400 Medley Relay	138	





# PRE-ORDER NOW!!

This is the official Hooded Sweatshirt of the  
2012 Metro Swimming Junior Olympic Short Course Championships.

**This item WILL NOT BE AVAILABLE TO PURCHASE AT THE MEET!!**

If you wish to purchase this item you **MUST Pre-Order** by  
**Monday, February 27, 2012 at 12:00 NOON EST** and pick up at the meet.

This item must be picked up at the meet on Saturday, March 17th.

**There will be NO SHIPPING of this item.**

To Pre-Order, go to [kastawayswimwear.com](http://kastawayswimwear.com), enter the word **METRO** in the *Keyword Search*. Click on the image and place your order. You can also place your order by calling 800-543-2763 and request the METRO JO HOODIE.

Other Metro JO items will be available to purchase at the meet, but the hoodie must be Pre-Ordered. You will also have the ability to customize this item at the meet.

**\*\*\*PLEASE READ ALL THE INFORMATION CAREFULLY\*\*\*  
\*\*\*PRIOR TO PLACING YOUR ORDER.\*\*\***