



2016 METRO SILVER CHAMPIONSHIPS NORTH

**At Felix Festa Middle School, Hosted by
The New York Sharks**

**FRIDAY, SATURDAY AND SUNDAY,
February 26, 27 and 28, 2016**

**Metropolitan Swimming Sanction #160208
Time Trial Sanction #160256T**

2016 METROPOLITAN SWIMMING SILVER CHAMPIONSHIPS NORTH – Hosted by New York Sharks

Friday, Saturday and Sunday – February 26, 27 and 28, 2016

METRO NORTH TEAMS: Aqua Gems, BGC-N Westchester Marlins, Club Fit Briarcliff, Club Fit Jefferson Valley, Condors Swim Club, Devilfish Aquatics, Empire Swimming, Fairview Aquatic Swim Team, GAEL Aquatic Club of Iona, Hudson Valley Dolphins, Kingdom Dynamic Sports, Minisink Valley Aquatics, Monroe Woodbury Marlins, New York Sharks, Newburgh Sharks, Northern Dutchess Aquatic Club, Ossining Spartans, Patriots, Pine Bush Aquatic Club, Phoenix Aquatic Club, Rivertown Aquatic Club, Red Fox Aquatic Club, Rye YMCA, Saw Mill Ace Aquatics, Silver Streaks, Suffern Sea Lions, Team Rockland, Tiger Swimming, Viking Aquatic Club, Washingtonville Seahawks, White Plains Middies and YMCA of Middletown.

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 160208

LOCATION: FELIX FESTA MIDDLE SCHOOL, 30 PARROTT ROAD, WEST NYACK, NY 10994

FACILITY: Felix Festa is an 8 lane 50 meter pool with a bulkhead. The meet will be run in the deep end of the pool and the shallow end will be used for continuous warm up and warm downs. Colorado electronic timing system and an 8-line scoreboard.

The pool has been certified in accordance with Article 104.2.2C (4)

SESSIONS: Session 1: Friday PM: 4:30 PM Warm Up – 5:15 PM Start
Session 2: Saturday AM: 7:00 AM Warm Up – 8:00 AM Start
Session 3: Saturday PM: 1:00 PM Warm-Up – 2:00 PM Start
Session 4: Sunday AM: 7:00 AM Warm Up – 8:00 AM Start
Session 5: Sunday PM: 1:00 PM Warm-Up – 2:00 PM Start

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

FORMAT: This is a timed final meet.

This meet will be deck seeded with coaches checking in/scratching all swimmers.

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 will count towards the 5 events per day/per swimmer. The cost for time trials is \$5.00 per Time Trial and must be paid in cash at the desk

ELIGIBILITY: Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers NORTH REGION. All swimmers participating in this meet must be registered by the first day of the meet. Age on February 26, 2016 will determine age for the entire meet.

ADDITIONAL ELIGIBILITY: As voted on at the BOD of February 28, 2013: If a swimmer ages-up to a new age group between the first day of Silvers (February 26, 2016) and the first day of JO' (March 11, 2016), 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 – example: Jane Doe is 10-year-old as of February 26 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 5th so now her 31:00 in the 50 free is too slow for JOs in the 11-12 age groups. So now 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 also 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 and Under, 11-12, 13-14 and 15-18 Events. Swimmers may compete up to **5 individual** events per day. Entry times must have been achieved between **January 1, 2015 and the entry deadline, February 22, 2016**. 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 26, 2016**
- U.S. Mail Entries/Payment to: **NY Sharks Aquatics, Inc.**
c/o Denise Byrne
32 Fitzgerald Court
Monroe, NY 10950
- Email Entries/Confirm Entry Receipt: **nysharksoffice@gmail.com**
Sign Express Mail Waiver allowing delivery without signature
- DEADLINE:** 1: This is a Metro Championship Meet (**Metro North Teams Only**)
2: The final entry deadline for this meet is **February 22, 2016**
No updates of times.
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 **\$4.00** per individual event and **\$1.00** per swimmer Metropolitan Swimming Surcharge must accompany the entries .
Make check payable to: **NY Sharks Aquatics, Inc.**
Payment must be received by **February 22, 2016** 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:** Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm up lanes and sprint lanes.
One Way Sprint lanes must be monitored by the swimmers' coach that is using that sprint lane.
All swimmers must enter the pool from the starting end of the pool. One Way sprint lanes will start 20 minutes before the end of the warm ups at the competition end of the pool.
Warm up times may be assigned to teams depending on the total amount of swimmers.
- 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. Metro Scratch rules will apply.
- 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:** **Medals for Individual Events for 1st through 8th places for all Silver Times in the 10 & Under, 11-12, 13-14 and 15 – 18 age groups will be presented. All swimmers that qualify for Junior Olympics are Non-Awards.**
- OFFICIALS:** Meet Referee: **Mark Amodio** , email: **amodio@vassar.edu**, Cell # (914) 456-6791
Officials wishing to volunteer should contact Meet Referee by **February 17, 2016**
- ADMIN OFFICIALS:** Denise Byrne – (845) 548-4772
- MEET DIRECTOR:** Denise Byrne, Meet Director
Email: **nysharksoffice@gmail.com** – (845) 548-4772

- 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** for this meet.
- 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 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:** 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 = 4 feet 6 inches, 5 meters = 13 feet
- DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **"Clarkstown Central School District, New Sharks Aquatics, Inc., NYSAquatics, Inc.,** 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, locker rooms or **BEHIND THE BLOCKS.**
- DECK CHANGING:** Deck changing is prohibited.
- ADMISSION:** \$10.00 Adults/Session
\$3.00 Program/Session
- MERCHANTS:** Metro Swim Shop
NY Sharks Concession Stand
- PARKING:** There is free unlimited parking at Felix Festa Middle School. Cars parking on Parrott Road will be ticketed and towed. All cars must be parked in designated parking spaces or they will be ticketed by the Clarkstown Police Department.
- DIRECTIONS:** From Rockland County: NYS Thruway South to Exit 13N for Palisades Parkway North. Take Exit 10 from Palisades Parkway. Turn right at the end of ramp at light onto Germonds Road. Go straight to Parrott Road. Felix Festa Middle School is on the left. Pool entrance and parking is in the back of the school by the Tennis Courts and parking.
- From Westchester County: Take Tappan Zee Bridge to the Palisades North (Exit 13N). Follow the directions above.
- From New York City: Take George Washington Bridge to Palisades Parkway North to Exit 10. Follow the directions above.

FRIDAY 10&U, 11-12, 13-14, and 15-18 FRIDAY EVENING SESSION

Friday, February 26, 2016

SESSION #1 – Fri. Evening 10&U, 11-12, 13-14, 15-18 Distance Events: Warm Up: 4:30 p.m. Start Time: 5:15 p.m.**Warm-ups:** Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 4:20 p.m.) before the end of the warm-ups at the competition end of the pool.

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	6:45.00	7:04:99	10 & Under – 500 yd. Freestyle	6:45.00	7:05.99	#2
#3	5:59:00	6:20.79	11-12 – 500 yd. Freestyle	6:00.00	6:31.99	#4
#5	5:33.00	5:50:59	13-14 – 500 yd. Freestyle	5:22.00	5:50:99	#6
#7	5:31.00	5:39:99	15-18 – 500 yd. Freestyle	5:11:00	5:17:99	#8
#9	5:25.00	5:50.99	11-12 – 400 yd. Ind. Medley	5:28.00	5:52.99	#10
#11	5:04.00	5:25.99	13-14 – 400 yd. Ind. Medley	4:46:00	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 27th, 2016

SESSION #2 – Saturday Morning 10 & Under and 13-14 Events: Warm Up: 7:00 a.m. Session Start Time: 8:00 p.m.**Warm-ups:** Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 8:10 a.m.) 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	1:11.00	1:18:49	10 & Under - 100 yd. Freestyle	1:10.60	1:18.49	#16
#17	:57:50	1:03.09	13-14 - 100 yd. Freestyle	:54.00	59.59	#18
#19	:36.00	:42:39	10 & Under – 50 yd. Butterfly	:36.00	:43.89	#20
#21	1:04.70	1:11.59	13-14 - 100 yd. Butterfly	1:01:00	1:07:09	#22
#23	1:33.00	1:46:19	10 & Under – 100 yd. Breaststroke	1:34:60	1:48.39	#24
#25	2:42.00	2:56.99	13-14 - 200 yd. Breaststroke	2:35:20	2:47:89	#26
#27	:37:20	41:89	10 & Under – 50 yd. Backstroke	:37:50	:42.89	#28
#29	2:20:00	2:36:29	13-14 - 200 yd. Backstroke	2:15.30	2:27:09	#30
#31	2:52.00	3:13.99	10 & Under – 200 yd. Ind. Medley	2:52.00	3:13.99	#32
#33	2:21:20	2:41.49	13-14 - 200 yd. Ind. Medley	2:13:70	2:31:09	#34

SATURDAY 11 & 12 and 15 -18 AFTERNOON SESSIONSaturday, February 27th, 2016**SESSION #3 – Saturday Afternoon 11-12 & 15-18 Events: Warm Up: 1:00 p.m. Session 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 that will start 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	1:01.20	1:08.29	11-12 – 100 yd. Freestyle	1:01.30	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	:32:30	:36:09	11-12 – 50 yd. Backstroke	:32:80	36:09	#44
#45	2:21.00	2:29.29	15-18 – 200 yd. Backstroke	2:11.00	2:16.89	#46
#47	:37.20	:40:59	11-12 – 50 yd. Breaststroke	:37.0 0	: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. Breaststroke	2:30.10	2:36.79	#52
#53	1:19:20	1:28:69	11-12 – 100 yd. Breaststroke	1:19.60	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	2:29.50	2:48.09	11-12 – 200 yd. Ind. Medley	2:30.00	2:47.99	#58

SUNDAY 10 & Under and 13-14 MORNING SESSION
Sunday, February 28th, 2016

SESSION #4 – Saturday Morning 10 & Under and 13-14 Events: Warm Up: 7:00 a.m. Session Start Time: 8:00 p.m.

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 8:10 a.m.) 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	2:32.00	2:49.59	10 & Under - 200 yd. Freestyle	2:32:00	2:49.59	#60
#61	2:05:00	2:16.99	13-14 - 200 yd. Freestyle	1:58:50	2:14:19	#62
#63	1:21.00	1:28.59	10 & Under – 100 yd. Ind. Medley	1:20.00	1:28.59	#64
#65	1:15.50	1:23.49	13-14 - 100 yd. Breaststroke	1:11.00	1:16:69	#66
#67	:43.00	:47.79	10 & Under – 50 yd. Breaststroke	:43:50	:48.59	#68
#69	1:05.60	1:12:69	13-14 - 100 yd. Backstroke	1:02.50	1:08:29	#70
#71	1:20.50	1:33.09	10 & Under – 100 yd. Backstroke	1:21.00	1:37.09	#72
#73	:26.70	:28.79	13-14 - 50 yd. Freestyle	:25.00	:26.79	#74
#75	:32.10	:35.19	10 & Under – 50 yd. Freestyle	:32.00	:35:19	#76
#77	2:29.00	2:36.59	13-14 - 200 yd. Butterfly	2:20.00	2:29.59	#78
#79	1:26.00	1:37.99	10 & Under – 100 yd. Butterfly	1:25:60	1:37.99	#80

SUNDAY 11 & 12 and 15 & OVER AFTERNOON SESSION
Sunday, February 28th, 2016

SESSION #5 – Saturday Afternoon 11-12 & 15-18 Events: Warm Up: 1:00 pm Session 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 that will start 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	1:10.00	1:19:39	11-12 – 100 yd. Butterfly	1:12.20	1:17:59	#82
#83	2:04.50	2:10.59	15-18 – 200 yd. Freestyle	1:54.00	1:57.99	#84
#85	:28.30	:30.99	11-12 – 50 yd. Freestyle	:28.30	:30.69	#86
#87	1:05.50	1:10.09	15-18 – 100 yd. Backstroke	1:00.00	1:03.89	#88
#89	1:09.30	1:19:49	11-12 – 100 yd. Backstroke	1:10.00	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	:31.00	:34.59	11-12 – 50 yd. Butterfly	:31.10	:34.69	#96
#97	:26.60	:28.29	15-18 – 50 yd. Freestyle	:23.80	:25:19	#98
#99	1:10.50	1:18.69	11-12 – 100 yd. Ind. Medley	1:11.00	1:17:19	#100
#101	2:30.00	2:33.99	15-18 – 200 yd. Butterfly	2:12:50	2:24.99	#102
#103	2:12.40	2:25.89	11-12 – 200 yd. Freestyle	2:13.30	2:25.99	#104

Metropolitan Swimming, Inc. & NY Sharks 'Silver Championships North' Swim Meet 2016

Friday, Saturday, and Sunday, February 26, 27, & 28, 2016

*****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, Clarkstown Central School District, Felix Festa Middle School, Metropolitan Swimming, Inc., and the NEW YORK SHARKS AQUATIC TEAM and their Staff** 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.

NAME OF CLUB: _____

USS CLUB ABBREVIATION: _____

SIGNATURE OF CLUB OFFICIAL, COACH, AND/OR PARENT OR GUARDIAN:

_____ (Print Name)

_____ (Signature)

_____ (Address)

_____ (Telephone)

NAME(S) OR COACH: _____

LOCATION OF CLUB: _____ (City) _____ (State)

NAME/PHONE #/E-MAIL ADDRESS of person to contact regarding this entry:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO CONTACT REGARDING TIMERS/OFFICIALS:

ENTRY _____ Individual Event Entries @ **\$4.00** = ___\$_____

SUMMARY: _____ Individual Swimmer Surcharge @ **\$1.00** = ___\$_____

FACILITY SURCHARGE: _____ Individual Swimmer Facility Chg @ **\$5.00** = \$_____

TOTAL ENTRY FEES = ___\$_____

MAKE CHECKS PAYABLE TO: NYSQUATICS

List All Unattached Swimmers:

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____