



2010 Metropolitan Senior Circuit Meet # 3
Saturday January 23, 2010
Sanction # 100118

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **100118**
- LOCATION:** **Lehmann College APEX, 250 Bedford Park Blvd W, Bronx NY 10468**
- FACILITY:** One 8 lane 50-meter competitive course. This pool **has** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Saturday: Warm-up 1:00/Start 2:00**
****1500 will be run as separate session if necessary****
- FORMAT:** **All events are timed finals. Scratch deadline is at 1:30 pm (30 min before the start of meet). Deck seeding will be used.**
- 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 **January 23** 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:** **Swimmers will be limited to 4 events per day. Entries are limited and will be on a "first come, first serve" basis. Entries should be submitted in Hy-Tek Team Manager form.**
U.S. Mail Entries/payment to: Brian Brown 555 East 91st street, New York, NY 10128
Email Entries/Confirm Receipt: bbrown@asphaltgreen.org
- BONUS EVENTS:** Swimmers may enter bonus events in the following formula. Swimmers must have the appropriate bonus time standard for each bonus event.
Bonus events must be clearly marked as such on your entry – Check the "Bonus" box in TM entries.
 - Make 1 Senior Circuit standard, enter 1 bonus event
 - Make 2+ Senior Circuit standards, enter 2 bonus events
- DEADLINE:** Metro LSC teams will be given priority on a first come/first served basis until the meet deadline of **Wednesday, January 20, 2010**
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 and **\$2.00** per swimmer for Metro surcharge must be included
Make check payable to: **Metropolitan Swimming**.
Payment must be received by **Friday January 22, 2010** 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 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: Will not be distributed at this meet.

OFFICIALS: **Meet Referee: Kris Sawicz, krzysztofs0711@aol.com, (917) 975-9816**
Officials wishing to volunteer should contact Meet Referee by **contacting Kris Sawicz.**

MEET DIRECTOR: **Brian Brown, bbrown@asphaltgreen.org
212-369-8890x 2234**

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 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: Upon acceptance of his/her entries, the participant waives all claims against **Asphalt Green, Agua Swim Team**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION: Adult Admission (18 & Over): \$5.00 / person. Child Admission: \$2.00 per person
Session Program: \$3.00 per session

MERCHANTS: None

PARKING: Parking will be available on the street and in the Lehmann College Lot #

DIRECTIONS: By subway: Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk west on Bedford Park Blvd. past Paul Ave. to entrance on the south side of the street.

By bus: From Westchester (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Avenue) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave/Central Park Avenue) #4 to Bedford Park Boulevard terminus and walk west.

By car: Take the Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Avenue. Proceed up the winding hill to Sedgwick Avenue and make a left onto Sedgwick. Turn right at Goulden Avenue (keeping reservoir on your right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right.

Via Saw Mille River Parkway South (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. The APEX building is on your left. Proceed to the traffic light and then turn left onto Goulden Avenue. Parking lots will be on your right.

In case of emergency:
Pool Office – (718) 960-7123
Meet Desk – (718) 960-1134

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Female			Event				Male		
LCM	SCM	SCY	#	Distance	Stroke	#	SCY	SCM	LCM
4:45.79	4:39.99	5:19.99	1	400	Free	2	5:01.99	4:24.29	4:33.29
1:10.79	1:10.29	1:02.49	3	100	Fly	4	57.09	1:03.79	1:04.59
2:35.99	2:34.09	2:16.99	5	200	Back	6	2:07.99	2:22.89	2:27.19
1:24.59	1:22.19	1:12.59	7	100	Breast	8	1:06.49	1:14.29	1:16.89
2:36.89	2:34.09	2:17.99	9	200	IM	10	2:04.99	2:19.49	2:24.49
1:04.49	1:03.29	56.69	11	100	Free	12	51.29	57.59	59.29
19:33.49	19:06.59	18:50.99	13	1500	Free	14	18:03.49	18:16.69	18:48.19