

2015 Metropolitan SC Zone Team Qualifier Meet

**Only Swimmers who actually intend to attend Zones, if they make the team, may compete at the Zones Qualifier Meet.
(Eligibility age for this meet is as of March 26, 2015)**

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number 150203

Sponsored by Metropolitan Swimming, Inc.

To be held at:

LEHMAN COLLEGE APEX

BRONX, NEW YORK

FEBRUARY 14-16, 2015

Important notice!

The 2015 Metro Zone Qualifier Meet must be entered through the USA Swimming OME (on-line meet entry) system only.

Entries will be accepted online at USA-S OME between January 1 & February 2, 2015

The MM events file is available on the Metro Web site for swimmers eligibility purposes only.
Exported Entries from Team Manager - or any other program - will not be accepted.

General Chairman:	John McIlhargy
Meet Director:	John Yearwood /Monique Grayson/Mary Lange /Wendy Martinez
Meet Referee:	Jacky Spierer
Administrative Officials:	Monique Grayson/Wendy Martinez/Mary Lange
Age Group Chairmen:	Edgar Perez & John Yearwood
Athlete Representatives:	Frances Warren and Michael Zuppone

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2015 Metropolitan SC ZONE TEAM QUALIFIER MEET

February 14-16, 2015

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 150203

LOCATION: Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, New York, 10468

FACILITY: The competitive course is 7-13 feet deep. The shallow end of the pool will be available for warm-up, warm-down, throughout the meet. (Coaches must monitor their swimmers in the warm-up lanes).

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

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 stands and are not authorized to be in any other part of the building. Offenders will be ejected from the facility.

SESSIONS:

Prelims:	(11-12, 13-14, 15-18)	Warm-up	8:00 am	Meet: 9:00am
Timed Finals:	(10&Under)	Warm-up	1:00 pm	Meet: 1:45pm
Finals:	(11-12, 13-14, 15-18)	Warm-up	4:30 pm	Meet: 5:30pm

FORMAT: All 10 & under events as well as the 11-12 500 Freestyle are Timed Finals. *Please note that all time final events are set as BONUS events on OME due to the difference in fees.*

All other 11-12, 13-14 and 15-18 events will have Prelims and Finals

TOP EIGHT ONLY FOR FINAL in the evening.

- ELIGIBILITY:**
1. **Only Swimmers who WILL actually attend Zones if they make the team can compete at the Zones Qualifier Meet. All swimmers must swim in the age group they will be as of the first day of Zones (March 26, 2015) as long as they meet the qualifying times for that age group. Swimmers should not scratch from finals unless they qualified in many events for that day's finals!**
 2. All swimmers must be registered for 2015 with USS and Metropolitan Swimming (as of entry deadline). A swimmer may enter any number of individual events for which he/she has met the qualifying time, but may not compete in more than three (3) individual events per any one-day. A swimmer who is not scratched and competes in more than 3 events in a day will automatically be DQ'd from any event(s) beyond the first 3 events that the swimmer competes in (declared false start count as an entry).
 3. 10&under swimmers may swim up to five (5) events per day.
 4. **Qualifying Period: January 1, 2014 through meet entry deadline (February 2, 2015)**

- ENTRIES:**
1. All individual entries must be submitted through the **USA Swimming Online Meet Entry (OME) System** between January 1st and February 2, 2015.
 2. OME is the only accepted way to enter this meet.
 3. *Reminder – please wait until your athletes have exhausted all of their chances to qualify or improve seed times before finalizing your entry and “check-out”. The OME System does not allow for swimmers to change or delete after closing on February 2, 2015*

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4. **Entries' Report must be printed after checking out as a confirmation of entries.**
5. Email questions to: Monique Grayson - monique.grayson@metroswimming.org
6. **A swimmer's age as of the first day of the actual Eastern Zone Meet (March 26, 2015) will determine the swimmers age groups for the Zone Qualifier meet.**

ENTRY FEE: \$5.00 per Prelims/Finals Event; \$4.00 per Timed Final Event; \$1.00 surcharge per swimmer for Metropolitan Swimming. **Payment accepted by Credit Card only at OME checkout.** "NEW QUALIFIERS or ADDITIONAL ENTRIES" – all fees for entries achieved after the published deadline **MUST** have payment received by the start of Prelims on Saturday, February 14th, or swimmers will be scratched (cash, check or credit card)

OME DEADLINE: Entries must be submitted through the **USA Swimming OME System** between January 1st and February 2, 2015. This entry date allows any swims achieved through Sunday, February 1st to be submitted prior to the deadline.
The OME System will close at 11:59pm on February 2, 2015.
 Entries will no longer be accepted on OME after the deadline.
 For swimmers qualifying for the first time between February 3rd and February 8th, coaches must send an email, with information on **new entries only**, no later than Monday, February 9th to monique.grayson@metroswimming.org

FINE: Metropolitan Swimming will impose a **per swimmer fine of \$100.00 fine to the Club** of any swimmer that qualifies for the Zone Team and then decides to scratch out of the meet. Only swimmers that will agree to attend Zones can compete in the Zone Qualifier Meet

DISABILITY SWIMMERS: Swimmers with disabilities are encouraged to enter. 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.

WARM-UP: First 40 minutes will be general warm-up. (First 30 minutes for 10-Under sessions)
 Last 20 minutes: 2 or more lanes will be open for one-way sprint. (Last 15 minutes for 10-U sessions). All other lanes will remain open for general warm-up.

- SCRATCHES:**
1. This meet will be deck seeded. Scratches will be due thirty (30) minutes before each published session start time.
 2. **Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.**
 3. **There will be a \$50.00 per event fine for any swimmer that does not scratch the last day's finals and fails to show up at finals.**
 4. Coaches must make sure that their swimmers understand that once they are scratched, they will not be re-entered in the meet. **Coaches should inform their swimmers to leave plenty of time for traffic, especially in bad weather!**
 5. 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.
 6. 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.
 7. **As this is a qualifying meet, there is no reason for swimmers to scratch out of finals. The only exceptions will be for swimmers that give an "intent to scratch", within 30 minutes, in case that they qualify for too many finals on any particular day.**

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EXCLUSIONARY CRITERIA FOR ELIGIBILITY

- SC and LC - Athletes who have competed in an Individual Event at the USA Swimming National Championships, the USA Swimming Spring Championships, the U.S. Open, the USA Swimming Junior Championships or a USA Swimming Trials Class meet are not eligible to enter and compete at an EZ AG Championship meet.
- SC and LC - Athletes 13 years of age and over who have achieved a qualifying times in an individual event for any of the above meets (see F.5d) prior to the entry deadline for the EZ meet, may not enter and compete in an EZ AG Championship meet.
- SC and LC - Athletes 12 years of age or younger who have achieved a qualifying time in an individual event for any of the above meets (see F.5d), but have not competed in that event at the stated meet, may enter and compete in that event in an EZ AG Championship meet.

AWARDS: Medals for the first 8 places for 10-Under and 11-12 events – No awards for 13-14 or 15-18

MEET DIRECTORS: John Yearwood – john.yearwood@metroswimming.org
Monique Grayson, Mary Lange and Wendy Martinez as Co-Meet Directors
Age Group Co-Chairs: Edgar Perez - edgar.perez@metroswimming.org
John Yearwood - john.yearwood@metroswimming.org

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.

OFFICIALS: **Meet Referee: Jacky Spierer** - Contact information: e-mail <mailto:musi0939@aol.com>
Officials wishing to volunteer should contact the Meet Referee by February 1, 2015.

DISTANCE EVENTS: Swimmers 13-14 and 15-18 must send an application to Edgar Perez in order to be selected to swim the distance events at Zones: 1000 free and 1650 free – **The application form is attached to this meet information on page 12.**

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.
Each club is requested to handle its own team and discipline problems.
Anyone found vandalizing college property, stealing or displaying disorderly conduct will be subject to disqualification, ejection from the meet, and possible criminal prosecution.

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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." – Pool depth is between 7-13 feet in the competition pool.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Lehman College, Lehman College Apex Aquatic Center, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

AUDIO/VISUAL STATEMENT: Use of Audio or visual recording devices, including a cell phone or tablet, is not permitted in changing areas, rest rooms or locker rooms

DECK CHANGING: Changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is prohibited.
Failure to comply will result in expulsion from the meet.

ADMISSION: Adult Admission: \$5.00 per person - Child Admission: \$2.00 per person
Only swimmers, coaches with current USA Swimming certification credentials, and officials will be allowed on deck.

PROGRAMS: Prelims and Finals Programs: \$3.00 per session

MERCHANTS: The **Metro Swim Shop** will be in attendance at the meet
Food will be available in designated area only – Food and glass bottles will not be allowed on deck or in the locker rooms.

TIMERS: **Timers, Meet Marshals, and admission personnel** will be required from each club and will be assigned based on a percentage of entries at each session. Assignments will be posted on the website.

PLEASE COOPERATE. Any assigned timer, meet marshal, or admission personnel that has not reported, will result in the disqualification of that club’s swimmers until that timer reports.

Timers, Meet Marshals and Admission assignment and Updated Sessions Warm-up & Start Times will be posted on the Metro Web site no later than February 12th. Clubs are responsible for obtaining this information.

FOOD: Refreshments will be available for purchase in the lower lobby throughout the meet. Please eat outside the pool area and place trash in the proper receptacles.
No Food or Drinks Will Be Allowed On the Pool Deck.
Plastic Water Bottles however, are acceptable. Coaches please monitor your team area.

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IMPORTANT INFORMATION REGARDING THE EASTERN ZONE MEET

The 2015 Eastern Zone All-Star Championship Meet will be held March 26-28, 2015 at Rochester Webster Facility in Rochester, NY.

All Metropolitan Swimmers will be participating as a team and all 11 & Over will be traveling and staying in a hotel as a team (no exceptions)

- The cost for all **11-over that qualify for Zones is \$325.00 per swimmer** (this includes hotel room, meals, transportation, and uniforms). Amount may be adjusted at a later date
- The cost for all **10-under that qualify for Zones is \$140.00 per swimmer** (this includes meet entries and uniforms). Amount may be adjusted at a later date.
- All 10-under swimmers must stay with their parents and be under their parents' responsibility at all times.
- **All teams with 4 or more 11-over qualifying athletes MUST be prepared to send at least one coach as a Zone Team Coach or Chaperone.**

All fees for Zones are due by the conclusion of the Zone Qualifying Meet.

Fees are NON-REFUNDABLE! No Exceptions!!!

Checks, Cash, Credit Card

A representative from Hobie Swim will be available at the Zone Qualifying Meet starting on Saturday afternoon. Swimmers that qualify for Zones will be able to try on equipment for size and order additional optional items.

Metropolitan Swimming will impose a **per swimmer fine of \$100.00 fine to the Club** of any swimmer that qualifies for the Zone Team and then decides to scratch out of the meet. Only swimmers that will agree to attend Zones can compete in the Zone Qualifier Meet.

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PARKING: **Parking: \$5.00** all-day parking at College Supervised Lot, (100 yards from APEX).

DIRECTIONS: **By Train**
IRT No. 4 or the IND "D" line to Bedford Park Boulevard. The campus is a three-minute walk to the west. For more information about subway service to the Lehman campus, call the New York City Transit Authority at (718) 330-1234. Metro North's Harlem line has a local stop at the Botanical Gardens station. The campus is about 12 blocks due west on Bedford Park Boulevard. Call Metro North for information about fares and schedules (212) 532-4900.

By Bus
Nine Bronx buses including the 2, 10, 22, and 28 have stops at Lehman College. Liberty Lines BXM4 express buses from Manhattan stop near the campus, at Bedford Park Boulevard and the Grand Concourse. Good connections are available on Westchester 20 or 20X buses from White Plains, Hartsdale, Scarsdale, and Yonkers via Central Park Avenue. The No. 4 from Yonkers also stops near the campus. For more information about taking a bus to the Lehman campus, call (718) 330-1234 (Bronx buses) or (718) 652-8400 (Liberty Lines) or (914) 682-2020 (Westchester buses).

By Car: From Manhattan - East Side
Via East River Drive to Willis Avenue Bridge (or RFK Triborough Bridge - Bronx spur) to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.

By Car: From Manhattan - West Side
Via West Side Highway north (it becomes Henry Hudson Parkway) to Mosholu Parkway exit. Follow directions from the Henry Hudson Parkway.

From Westchester

- Via New York State Thruway (I-87) south (it becomes Major Deegan Expressway) to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.
- Via **Saw Mill River Parkway south** (it becomes Henry Hudson Parkway) to Mosholu Parkway exit. Follow directions from the Henry Hudson Parkway.
- Via **Bronx River Parkway south** to Gun Hill Road exit. Make a right from exit ramp and take Gun Hill Road West to Jerome Avenue. Turn left onto Jerome, following the elevated subway line above to W. 205 Street. Turn right, and proceed two short blocks to Goulden Avenue. Make a left onto Goulden Avenue and proceed one block. Campus is on the left.

From Queens and Eastern Long Island

- Via Grand Central Parkway to RFK Triborough Bridge - Bronx spur to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.
- Via **Throgs Neck Bridge or Whitestone Bridge** to Cross Bronx Expressway west to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.

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From New Jersey

Via George Washington Bridge to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.

From the Major Deegan Expressway

Exit at Van Cortlandt Park South. From the south, bear left along the fork of the exit ramp and make a left at the traffic light. From the north, make a left at the traffic light. Proceed up the winding hill for 4 traffic lights. Immediately after 4th traffic light, make a quick right onto Goulden Avenue. Proceed two long blocks to Bedford Park Boulevard West, where the campus begins. The parking lots are on your right.

From the Henry Hudson Parkway

Exit at Mosholu Parkway. Proceed on long exit ramp. At the second traffic light, before subway underpass, turn right onto Paul Avenue for two long blocks. At Bedford Park Boulevard, turn right and then left onto Goulden Avenue. The parking lots are on your right.

IMPORTANT! IN CASE OF EMERGENCY:

Pool Office: 718-960-7123 Meet Desk: 718-960-1134

2015 METROPOLITAN ZONE TEAM QUALIFIER MEET

Order of Events (All Events in Yards)

Session #1. Saturday February 14, 2015 Prelims Warm-up 8:00 am Start 9:00 am

<u>Girls</u>	<u>Qual. Time</u>	<u>Event</u>	<u>Qual. Time</u>	<u>Boys</u>
1	2:29.59	11-12 200 Backstroke	2:31.99	2
3	1:13.99	15-18 100 Breaststroke	1:06.49	4
5	1:15.49	13-14 100 Breaststroke	1:10.99	6
7	:36.59	11-12 50 Breaststroke	:37.09	8
9	2:02.49	15-18 200 Freestyle	1:53.49	10
11	2:05.69	13-14 200 Freestyle	1:58.49	12
13	1:00.29	11-12 100 Freestyle	59.59	14
15	1:04.49	15-18 100 Butterfly	:57.19	16
17	1:05.29	13-14 100 Butterfly	1:01.19	18
19	:30.59	11-12 50 Butterfly	:30.59	20
21	4:59.99	15-18 400 Individual Medley	4:41.99	22
23	4:59.99	13-14 400 Individual Medley	4:45.99	24
25	2:27.99	11-12 200 Individual Medley	2:28.59	26

Session #2. Saturday February 14, 2015 Timed Finals Warm-up 1:00 p.m. Start 1:45 p.m.

<u>Qual. Time</u>	<u>Girls' Events</u>	<u>Boys' Events</u>	<u>Qual. Time</u>
27	1:08.09	100 Freestyle	10&Under
			10&Under
		100 Individual Medley	1:17.49
29	:41.99	50 Breaststroke	10&Under
			10&Under
		100 Breaststroke	1:33.99
31	:34.79	50 Butterfly	10&Under
			10&Under
		50 Backstroke	:36.69
33	2:48.99	200 Individual Medley	10&Under
			10&Under
		200 Freestyle	2:27.99
35	6:30.49	500 Freestyle	10&Under

Session #3. Saturday February 14, 2015 Finals Warm-up 4:30 p.m. Start 5:30 p.m.

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	11-12 200 Backstroke	2
3	15-18 100 Breaststroke	4
5	13-14 100 Breaststroke	6
7	11-12 50 Breaststroke	8
9	15-18 200 Freestyle	10
11	13-14 200 Freestyle	12
13	11-12 100 Freestyle	14
15	15-18 100 Butterfly	16
17	13-14 100 Butterfly	18
19	11-12 50 Butterfly	20
21	15-18 400 Individual Medley	22
23	13-14 400 Individual Medley	24
25	11-12 200 Individual Medley	26

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Session #4. Sunday, February 15, 2015 Prelims Warm-up 8:00 am Start 9:00 am

<u>Girls</u>	<u>Qual. Time</u>	<u>Event</u>	<u>Qual. Time</u>	<u>Boys</u>
37	2:37.99	11-12 200 Butterfly	2:36.99	38
39	2:19.99	15-18 200 Individual Medley	2:07.99	40
41	2:21.99	13-14 200 Individual Medley	2:13.99	42
43	1:09.99	11-12 100 Individual Medley	1:09.99	44
55	:26.29	15-18 50 Freestyle	:23.49	46
47	:26.69	13-14 50 Freestyle	:24.69	48
49	2:37.89	15-18 200 Breaststroke	2:29.99	50
51	2:40.59	13-14 200 Breaststroke	2:35.19	52
53	1:18.59	11-12 100 Breaststroke	1:20.99	54
55	1:05.49	15-18 100 Backstroke	:59.49	56
57	1:05.99	13-14 100 Backstroke	1:02.49	58
59	:32.29	11-12 50 Backstroke	:32.49	60
61	5:27.99	15-18 500 Freestyle	5:09.99	62
63	5:31.99	13-14 500 Freestyle	5:21.99	64
65	2:11.99	11-12 200 Freestyle	2:11.69	66

Session #5. Sunday, February 15, 2015 Timed Finals Warm-up 1:00 p.m. Start 1:45 p.m.

<u>Qual. Time</u>	<u>Girls' Events</u>	<u>Boys' Events</u>	<u>Qual. Time</u>
		10&Under 100 Freestyle	1:08.99 68
69	1:17.99	100 Individual Medley 10&Under	
		10&Under 50 Breaststroke	:42.09 70
71	1:31.99	100 Breaststroke 10&Under	
		10&Under 50 Butterfly	:34.99 72
73	:36.49	50 Backstroke 10&Under	
		10&Under 200 Individual Medley	2:45.99 74
75	2:28.99	200 Freestyle 10&Under	
		10&Under 500 Freestyle	6:27.99 76

Session #6. Sunday, February 15, 2015 Finals Warm-up 4:30 p.m. Start 5:30 p.m.

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
37	11-12 200 Butterfly	38
39	15-18 200 Individual Medley	40
41	13-14 200 Individual Medley	42
43	11-12 100 Individual Medley	44
45	15-18 50 Freestyle	46
47	13-14 50 Freestyle	48
49	15-18 200 Breaststroke	50
51	13-14 200 Breaststroke	52
53	11-12 100 Breaststroke	54
55	15-18 100 Backstroke	56
57	13-14 100 Backstroke	58
59	11-12 50 Backstroke	60
61	15-18 500 Freestyle	62
63	13-14 500 Freestyle	64
65	11-12 200 Freestyle	66

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Session #7. Monday, February 16, 2015 Prelims Warm-up 8:00 am Start 9:00 am

<u>Girls</u>	<u>Qual. Time</u>	<u>Event</u>	<u>Qual. Time</u>	<u>Boys</u>
77	5:57.99	11-12 500 Freestyle (Timed Finals)	5:55.99	78
79	2:20.99	15-18 200 Backstroke	2:09.99	80
81	2:50.59	11-12 200 Breaststroke	2:54.99	82
83	2:21.49	13-14 200 Backstroke	2:15.29	84
85	1:09.49	11-12 100 Backstroke	1:08.79	86
87	:57.19	15-18 100 Freestyle	:51.29	88
89	:57.99	13-14 100 Freestyle	:53.99	90
91	:27.99	11-12 50 Freestyle	:27.69	92
93	2:24.99	15-18 200 Butterfly	2:12.49	94
95	2:25.79	13-14 200 Butterfly	2:19.99	96
97	1:08.99	11-12 100 Butterfly	1:09.49	98

Session #8. Monday, February 16, 2015 Timed Finals Warm-up 1:00 p.m. Start 1:45 p.m.

<u>Qual. Time</u>	<u>Girls' Events</u>	<u>Boys' Events</u>	<u>Qual. Time</u>
99	1:17.99 100 Backstroke	10&Under 100 Backstroke	1:18.59 100
101	:31.09 50 Freestyle	10&Under 50 Freestyle	:30.99 102
103	1:21.99 100 Butterfly	10&Under 100 Butterfly	1:21.99 104

Session #9. Monday, February 16, 2015 Finals Warm-up 4:30 p.m. Start 5:30 p.m.

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
79	15-18 200 Backstroke	80
81	11-12 200 Breaststroke	82
83	13-14 200 Backstroke	84
85	11-12 100 Backstroke	86
87	15-18 100 Freestyle	88
89	13-14 100 Freestyle	90
91	11-12 50 Freestyle	92
93	15-18 200 Butterfly	94
95	13-14 200 Butterfly	96
97	11-12 100 Butterfly	98

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Metropolitan Zone Team Distance Events Application 2015

One form per swimmer.

Please send applications to Edgar before February 10, 2015

Times must have been achieved between November 1, 2014 and February 9, 2015.

Name _____ Sex: Male / Female

Team _____

Date of birth: _____ Age as of March 26, 2015: _____

Events: 13-14 and 15-18: 1000 free 1650 free

13-14 girls and 15-18 girls: 1000 free – **11:09.99** 1650 free: **19:09.99**

13-14 boys: 1000 free – **10:45.99** 1650 free: **18:19.99**

15-18 boys: 1000 free – **10:45.99** 1650 free: **18:03.49**

Best time from November 1, 2014 to entries deadline.

Meet and date when swim was achieved:

1000 free: _____ Date: _____

1650 free: _____ Date: _____

_____ Athlete's signature

_____ Coach's signature

Edgar Perez - Age Group Chair – Zone Team Distance Application

9 Green Rd – Monroe, NY 10950

If you have any questions, please email Edgar at edgar.perez@metroswimming.org

Or John Yearwood at john.yearwood@metroswimming.org

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