



2022 TYR Senior Metropolitan Summer Championships

Sanctioned by USA Swimming Inc. & Metropolitan Swimming, Inc.

Sanction # - 220703

Time Trial Sanction # - 220752 - T

Sponsored by Metropolitan Swimming, Inc.

To be held at Nassau County Aquatic Center, Eisenhower Park

July 14-17, 2022

**METRO RESERVES THE RIGHT TO ADJUST THE MEET INFORMATION AND FORMAT
PLEASE MAKE SURE TO CHECK METRO WEBSITE AND WITH COACHES FOR UPDATES.**

Entries must be submitted via the USA Swimming OME (Online Meet Entry) system.

The OME closes Monday, July 4, 2022, 11:59 PM

Preliminary psych sheets will be posted Tuesday, July 5, by noon

Coaches have 3 days to submit corrections, the deadline for corrections is Friday, July 8, noon!

New qualifying times, swum after the OME deadline, will be accepted until Monday, July 11, 6:00 PM, only first-time qualifying times will be accepted, no times updates.

A TM events file will be available on the Metro website for swimmers' eligibility purposes only.

Exported Entries from Team Manager - or any other program - WILL NOT BE ACCEPTED

Meet Questions: entries@metroswimming.org

General Chair:	Eric Fisher - eric.fisher@metroswimming.org
Meet Director:	Allen Wone - allen.wone@metroswimming.org
Meet Referee:	Mike Beehler - mikebeelz175@yahoo.com
Admin Referee:	Annette Mackrel - annette@annettemackrel.com
Senior Chairs:	Zac Hojnacki - zac.hojnacki@metroswimming.org
Coaches Rep:	John Yearwood - john.yearwood@metroswimming.org
Athlete Reps:	Francis Andersen & Joseph Apa - Frankie.andersen@metroswimming.org Joseph.apart@metroswimming.org

Meet Jury: For consideration of all other protests lodged at the meet, the Meet Referee may appoint a meet jury. The jury shall consist of not fewer than three (3) and not more than five (5) persons, at least one of whom shall be a coach and one an athlete.

2022 TYR SENIOR METROPOLITAN SUMMER CHAMPIONSHIPS

Hosted by Metropolitan Swimming, Inc.

at NCAC

July 14-17, 2022

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

Sanction # 220703

Time Trial Sanction # 220752 - T

LOCATION: Nassau County Aquatic Center (NCAC), Eisenhower Park, Merrick Avenue,
East Meadow, NY 11554

FACILITY: 10 x 50 meter lanes, minimum depth 2 meters. Colorado Timing System, with 10 lane
scoreboard. The pool has been certified in accordance with Article 104.2.2C (4).

Contacts:

Meet Questions: entries@metroswimming.org

LSC website: <http://www.metroswimming.org>

OME: [https://www.usaswimming.org/coaches/online-meet-entry-\(ome\)](https://www.usaswimming.org/coaches/online-meet-entry-(ome))

Meet Director: Allen Wone, allen.wone@metroswimming.org

Meet Referee: Mike Beehler, mikebeelz175@yahoo.com

Admin Referee: Annette Mackrel, annette@annettemackrel.com

Officials:

Officials wishing to volunteer should sign up by **June 27, 2022**.

Sign up link:

- The Meet is open to all USA Swimming certified officials
- This meet has been approved as an Officials' Qualifying Meet for national certification evaluation
- Officials requesting national evaluation must sign up via the link above and additionally fill out and submit the Request for National Evaluation form that can be found at <https://www.usaswimming.org/officials/national-certification-evaluation>
- Completed requests for evaluation should be mailed to mark.amodio@metroswimming.org.
- Requests for evaluation must be received by **June 24, 2022**.
- For all further questions regarding national certification contact Mark Amodio, mark.amodio@metroswimming.org.

Technical Meeting:

The technical meeting for all coaches will be held via **Zoom at 7 PM, on Wednesday, July 13, 2022**.

The meeting will be recorded. Coaches are encouraged to attend the meeting in order to clarify questions before the meet. Additional meetings may be scheduled at the discretion of the Meet Referee and meet staff.

Sessions:

THURSDAY: Distance	Timed Finals	Warm-up at 4:00 PM, Meet Start at 5:30 PM
FRIDAY-SUNDAY:	Prelims	Warm-up at 7:30 AM, Meet Start at 9:00 PM
	Finals	Warm-up at 4:30 PM, Meet Start at 5:30 PM
SUNDAY: Distance	Timed Finals	Warm-up and Start TBA (approx Start at 2:00 PM)

Thursday:

Timed finals, swimmers and relays must provide their own timers

800 m Free

- **Positive Check-in required**
- may be limited to 40 Women and 40 Men Swimmers
- swum fastest to slowest
- alternating Women and Men
- swimmers must provide their own lap counters

Deadline for POSITIVE CHECK-IN is Thursday 4:45 PM

800 m Free Relay

- **Positive Check-in required**
- swum fastest to slowest
- alternating Women and Men

Deadline for POSITIVE CHECK-IN is Thursday 5:00 PM

Friday, Saturday, Sunday:

Prelim and Final Events

SCRATCH DEADLINE for Prelims is at 6:30 PM the day prior

- scratch deadline for Friday prelims is Thursday at 6:30 PM
- scratch deadline for Saturday prelims is Friday at 6:30 PM
- scratch deadline for Sunday prelims is Saturday at 6:30 PM

Sunday Distance Event

Timed finals, swimmers must provide their own timers and counters

1500 m Free

- **Positive Check-in required**
- may be limited to 40 Women and 40 Men Swimmers
- swum slowest to fastest
- alternating Women and Men
- the fastest heat of the Women and the fastest heat of the Men will swim at finals

Deadline for POSITIVE CHECK-IN is Saturday 6:30 PM

Saturday and Sunday Relays, timed finals

- **Top 16 relays will swim at finals**
- All relays must be scratched by the appropriate deadlines (6:30 pm the day prior)
- Relay swimmers' names are due 30 minutes before the end of the individual events in the session the relays will swim in.
- Sunday relays may opt to swim in the AM session, they must declare their intentions by Saturday 6:30 PM

Warm-ups:

All athlete members must be under the supervision of a USA Swimming member coach during warm-ups, competition and warm-downs. Coaches must register at the check-in desk when they arrive in order for their clubs to gain deck access and begin warm-ups. Only athletes entered in this meet may use the warm-up lanes.

Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for supervision. Coaches must notify the Meet Director of any different coaching assignments.

Lane assignments are open on a first come, first served basis. Clubs may share lanes with other clubs. No diving will be permitted, except in the designated sprint lanes. Pace lanes will be reserved for swimmers who are being timed by their coaches.

Designated sprint and pace lanes will open the last 30 minutes of general warm-up. Entry into the pool is feet first only, except for the designated sprint lanes.

NO EQUIPMENT WILL BE ALLOWED IN THE COMPETITION POOL AT ANY TIME

Format:

- Coaches and swimmers shall have the responsibility to familiarize themselves with the current USA Swimming Rules and Regulations.
- All participating teams are required to time lanes during the meet. Teams should be ready to time at ANY session regardless of participation numbers.
- There will be prelim and finals in all events except the 800 m Free and the 1500 m Free. These distance events are swum as timed finals.
- All relays are swum as timed finals with the top 16 swimming at finals, with the exception of the 800 Free relay on Thursday.
- All finals will be swum in 8 lanes. Prelims and the distance events may be swum in 8 or 10 lanes, depending on swimmer count and timeline.
- Overhead starts may be used.
- The event order for the final sessions will be:
 - D - Bonus Final – 8 swimmers - limited to swimmers 18 & under (offered for 50's & 100's only)
 - C - Bonus Final – 8 swimmers - limited to swimmers 18 & under
 - B - Consolation Final – 8 swimmers
 - A - Championship Final – 8 swimmers

Coaches:

All coaches must present proof of valid USA Swimming Coach Membership to the Meet Director before they are allowed on deck. Coaches are required to check-in at the Check-in table in order to have their credentials checked when they arrive. Wristbands will be given out to signify compliance with USA Swimming membership and up-to-date registration, the wristbands must be worn visibly at all times during the competition.

In accordance with Metropolitan Swimming Inc. policy, only coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Live Deck Pass certification is acceptable. **Coaches who do not possess up-to date credentials will be required to leave the deck area.**

Eligibility:

1. All swimmers must be registered for 2022 with Metropolitan Swimming, Inc. as of the entry deadline. Any swimmer, who is entered and is unregistered will be scratched from the meet. Registrations will not be processed at the meet.
2. **In addition, to be eligible to swim in this meet, swimmers must have competed in individual events in a minimum of three (3) Metropolitan Swimming Inc. sanctioned meets (or Regional**

or Nationals Championships while registered with and representing Metropolitan Swimming, Inc.). As of January 1, 2019, attendance at a meet as a relay-only swimmer does not count as one of the 3 Metro Meets requirement.

3. Entry times must equal or better the qualifying standards. Long Course Meters (LCM) times will be the conforming standard and will be seeded faster than SCM and SCY times. Entry times may NOT be converted. Times must have been achieved between **May 1, 2021** and the meet entry deadline.
4. All times must be provable in the SWIMS database.
5. Relays may be entered with composite times.
6. Relay-only Swimmers must be entered through the OME System to be eligible to swim.
7. Swimmers entered with unprovable times will not be seeded.
8. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. The full policy can be found here: <https://www.usaswimming.org/safe-sport/minor-athlete-abuse-prevention-policy>
9. Only swimmers and coaches with current USA Swimming certification credentials, volunteers, timers, and officials will be allowed on deck. Coaches will be required to wear an identification bracelet at all time.
10. In compliance with USA Swimming regulations, all adult athletes (those who are 18 or older) participating in the meet must have up-to-date Athlete Protection Training in order to compete.

Entries:

1. A swimmer may enter any event for which they have met the qualifying standard but may participate in no more than six (6) individual events during the meet.
2. If a swimmer exceeds their maximum daily or meet allowance of events and is not properly scratched, then the first (6) events listed for that swimmer are the events that they will be seeded in and they will be scratched from all remaining events.
3. A swimmer may not swim more than three (3) individual events on any one day. Time Trials count towards an athlete's number of individual events. Once a swimmer is seeded in an event, it counts as an event for that day.
4. A swimmer may swim in any number of relays events during the meet, and relay swims will not count towards their individual event total.
5. All entries must be submitted through the USA Swimming OME System by **July 4, 2022**. This is the only accepted way to enter this meet.
6. **Reminder** – please wait until your athletes have exhausted all of their chances to qualify or improve seed times before you finalize your entry and “check-out”. The OME System does not allow for swimmers to be changed or deleted after closing on **July 4, 2022**.
7. The Entries' Report must be printed directly from the OME after check-out as a confirmation of entries. Screen shots or emails will not be accepted as proof of entries!
8. **Email all questions to entries@metroswimming.org**

Deadlines:

Entries must be submitted through the USA Swimming OME System by **Monday, July 4, 2022**. The OME System will close at 11:59 PM. Entries will not be accepted through OME after the deadline.

*If you have times from that weekend that have not been uploaded into SWIMS yet, use the **override** option and type in the swimmer's achieved qualifying time. The override time will be flagged and coaches and swimmers have to submit proof of the achieved time before the meet begins.*

If a team does not properly check out of OME prior to the deadline, said team's entries will be assessed a \$250.00 late charge. The entry will be pulled from OME with no Corrections or Additions being allowed.

Proof of Time:

- Verification of times for all events is required.
- Times submitted through OME will be automatically verified through the USA Swimming SWIMS database unless a custom time is used.
- Coaches entering with custom times (those not in the SWIMS database) must be prepared to provide the meet results for the unproven times.
Email meet results to: entries@metroswimming.org
- Any proof of time must be submitted prior to the Scratch Deadline for the session in which the event is being swum.
- The proof of times must include the name and USA-Swimming ID of the athlete as well as the meet, event, and time swum.
- High School, College, YMCA and similar non-USA Swimming meets swims must be officially authorized by USA Swimming.

Warning:

Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined \$500; no further entries will be accepted from the club until the fine is paid. All swimmers, coaches, and officials must be properly registered with USA Swimming for 2022.

Late Entries:

For swimmers qualifying for the first time between **July 4 - July 10, 2022**, coaches must submit information on new entries no later than **noon on July 11, 2022** to entries@metroswimming.org

Please provide the swimmer's name, USA Swimming ID (if not already in the meet), event and time swum, the meet the time was achieved at and the date.

Times updates will NOT be accepted.

Entry Fees:

Individual Entry: \$7 per event
Swimmer Surcharge: \$10 per athlete
Relay Entry: \$12 per relay entered

Credit Card only at OME checkout. Late entries, corrections and any other charges will be invoiced by the Metro office.

Corrections:

After the OME closes a preliminary psycne sheet will be posted on the Metro website **Tuesday, July 5 by noon.**

Coaches have until **Friday, July 8, noon**, to submit corrections by email to entries@metroswimming.org
Corrections include missed or mis-entered events. Corrections will be charged \$30 per instance.

Disability Swimmers:

Swimmers with disabilities are encouraged to attend.
Contact Kate Hallex - kate.hallex@metroswimming.org 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 so that all appropriate accommodations can be made.

Qualification standards for this meet will be the USA Swimming Para Sectional Times Standards

<https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/sectional-para-times-ndc-official.pdf>

DEI:

Metro may waive entry fees & facility surcharge for registered outreach swimmers. Coaches should contact Lamar DeCasseres - lamar.decasseres@metroswimming.org and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.

Rules and Procedures:

1. Head Coaches will be asked to provide a cell number for contact in case a swimmer scratches into finals once the event is closed. While all reasonable efforts will be made to contact coaches if a swimmer scratches into finals, it remains the coaches' responsibility to monitor their athletes' standings while the event is still open.
2. Positive check-in for Thursday's distance events (800m Free) is due by 4:45 PM on Thursday at the Admin table. Swimmers who fail to check-in will not be seeded. Once swimmers are seeded they are expected to swim. It is not possible to DFS a positive check-in event!
Positive check-in for the 800 Free Relay is due by 5:00 PM on Thursday.
3. Scratches for Friday, Saturday, and Sunday prelims are due no later than 6:30 PM the evening prior. Scratches can be made in person at the Admin table and/or by email at entries@metroswimming.org
4. Positive check-in for Sunday's distance events will be due no later than 6:30 PM on Saturday at the Admin table. Heats for Sunday's distance will be posted at the pool and on the Metro website by the end of Saturday's finals.
5. In all timed final events (all relays, 800 Free and 1500 Free) and in all prelim events, after the events have been either positively checked or seeded, any swimmer who fails to compete in an individual event in which they are entered and from which they have not been scratched will be barred from all further individual and relay events of that day.
6. A swimmer who receives a NO SHOW penalty shall not be seeded in any Individual events on succeeding days without having first positively checked-in at the Admin table.
7. The C and D finals are limited to swimmers 18 and under – swimmers 19 and older will be automatically scratched from the Bonus finals unless they move up to the Consolation final due to scratches.
8. A swimmer qualifying for any finals swim, based upon the results of the prelims, must notify the Clerk of Course within 30 minutes after announcement of the qualifiers for that event, that they may not intend to compete, and further must declare their final intention within 30 minutes following their last preliminary event.
9. If a swimmer fails to follow this procedure, they will be barred from further competition for the remainder of the meet, except as noted in Rules 207.11.6.A to F. In addition, if a swimmer fails to follow this procedure for the last session of the meet, their club will be fined \$150.00 for each instance.
10. Any swimmer qualifying for a D, C, B, or A final in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph 207.11.6E. In all finals' heats, a declared false start under 101.1.3E or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete.
11. **It is the coaches' responsibility to check and make sure their athletes are properly scratched out of finals and that they have not been moved into the final session.** Coaches should not leave the competition deck until their swimmers' events are closed.
12. If a swimmer fails to follow this procedure, they will be barred from further competition for the remainder of the meet, except as noted in Rules 207.11.6.A to F. In addition, if a swimmer fails to follow this procedure for the last session of the meet, their club will be fined \$150.00 for each instance.

Relay Scratch Rules:

Any relay team entered in a relay event and not properly scratched must swim the event. Failure to do so will result in each member of the relay team being barred from the next Relay event in which they may otherwise be eligible to compete.

A relay team member failing to appear ready to swim for a relay event will be barred from their next individual event. Relay members who do appear ready to swim shall not be penalized.

Awards:

Medals for the first 8 places in individual events. The top 3 individual finishers and relays will be presented medals on the blocks following the completion of the A-Final.

Scoring:

All events will be scored to 16 places.

Points for Individual events are:

D Bonus Final – for 50 Free and 100 events only – non-scoring

C Bonus Final – non-scoring

B Consolation Final – **9, 7, 6, 5, 4, 3, 2, 1**

A Championship Final – **20, 17, 16, 15, 14, 13, 12, 11**

Points will be doubled for relays. Only two relay teams per club may score.

Time Trials:

Time Trials may be offered at the discretion of the Meet Referee if time permits:

- conducted at the end of Prelims each day including Thursday's Timed Finals Session.
- limited to 30 minutes
- sign-up at the Admin Table, sign-up times will be announced each session
- cost, due at the time of entry in cash
 - \$15 per entry
 - \$20 per distance event entry (800 and 1500)
 - \$20 per relay entry

Note: Time trials count towards a swimmer's total event count.

Rules:

The 2022 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 and if such starts comply with the state, local, facility, and Metro COVID-19 guidelines in effect at the beginning of the competition.

Deck Changing: DECK CHANGES ARE PROHIBITED

Work Assignments:

All teams will be given at least one timing and /or other work assignment regardless of number of entries. Additional assignments will be allocated based on the size of your entry. Meet Directors will consider team sizes for each session to fairly allocate assignments.

All assignments must be filled for the entirety of the session. Teams that fail to fulfill work assignments will face a monetary penalty of \$500 per instance.

Teams that begin an assignment but fail to remain in their assignment for the duration of the session will be fined \$125 per situation.

Payment of fines will be invoiced from the Metro Office!

Safety:

All swimmers must wear footwear upon leaving the pool area. 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.

Only swimmers, coaches with current USA Swimming certification credentials, volunteers, timers and officials will be allowed on deck. Coaches will be required to wear an identification bracelet at all times and be able to produce said identification upon request.

COVID:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., Metropolitan Swimming, Inc., and Nassau County Aquatics Center, cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming/Metro Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Metro Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, INC., Metropolitan SWIMMING, INC., Nassau County Aquatics Center, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN IN CONNECTION THEREWITH.

COVID Rules:

All individuals will be required to follow all state, local and Metro COVID-19 Rules. These rules will be provided before the start date of the meet.

Deck Access:

Please use designated pool entry areas.

Only coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. Credentials must be visible at all times when on deck.

All coaches must be prepared to show a current USA Swimming registration card (Deck Pass) at the admin table to receive their deck pass (bracelet). Deck passes will only be issued to individuals in good standing with USA Swimming and registered through OME

Disclaimer:

Upon acceptance of their entries, the participant waives all claims against Nassau County Aquatic Center, Nassau County, 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 starting 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.

Admissions:

Spectator seating may be limited dependent upon facility guidelines at the time of the event. **All Admissions must be bought online**, and proof of purchase will be needed to be allowed into the spectator stands. **YOU WILL NOT BE ABLE TO PURCHASE TICKETS AT THE DOOR. FAILURE TO BUY ONLINE WILL RESULT IN DENIED ENTRY INTO THE STANDS!**


Thursday: Admission: \$1.00 per person per session

Friday, Saturday, Sunday Prelims/Finals: Adult Admission: \$10.00 per person per session, Child Admission: \$3.00 per person per session

All Sessions Pass: \$50.00 – Includes Finals

TICKET LINK: To Be Made Available on Metro Website

Programs:

Psych Sheets and Finals Programs: Will be available online only for purchase on **Meet Mobile.** 

Parking:

Ample free parking is available. Patrons must not park in areas sectioned off for NCAC Staff.

Events:

Thursday

Session 1 – Distance – TIMED FINALS – 5:30 PM Start

Women	Event	Men
1	800 Meter Free	2
3	800 Meter Free Relay	4

Friday

Session 2 – PRELIMS – 9:00 AM Start

Session 3 – FINALS – 5:30 PM Start

Women	Event	Men
5	100 Meter Breast	6
7	200 Meter Free	8
9	100 Meter Fly	10
11	400 Meter I.M.	12

Saturday

Session 4 – PRELIMS – 9:00 AM Start

Session 5 – FINALS – 5:30 PM Start

Women	Event	Men
13	200 Meter I.M.	14
15	50 Meter Free	16
17	100 Meter Back	18
19	400 Meter Free	20
21	400 Meter Medley Relay	22

Sunday

Session 6 – PRELIMS – 9:00 AM Start

Women	Event	Men
25	200 Meter Back	26
27	200 Meter Breast	28
29	100 Meter Free	30
31	200 Meter Fly	32

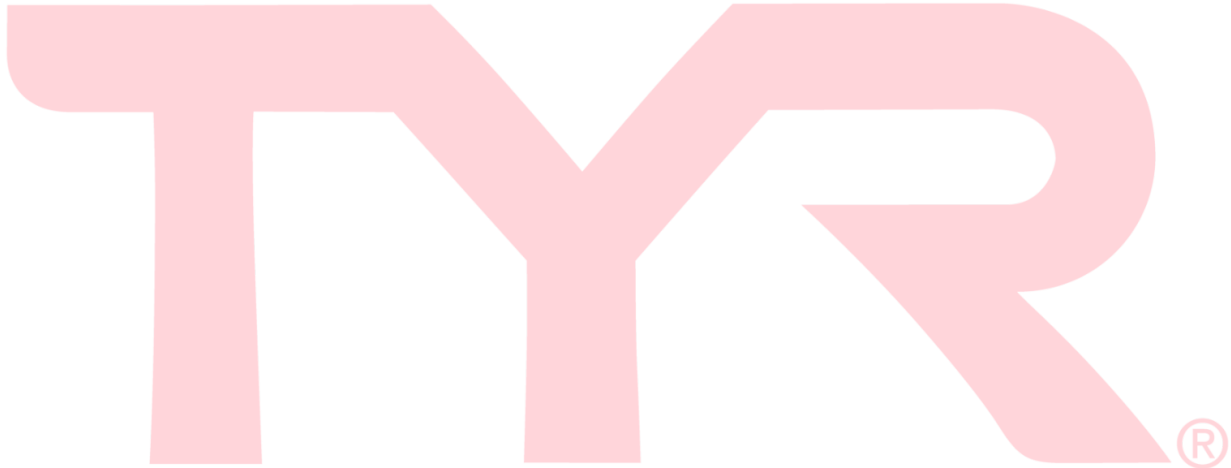
Sunday.....

Session 7 – DISTANCE – TIMED FINALS – TBD Start

Women	Event	Men
23	1500 Meter Free	24

Session 8 – FINALS – 5:30 PM Start

Women	Event	Men
23	1500 Meter Free - fastest heat	24
25	200 Meter Back	26
27	200 Meter Breast	28
29	100 Meter Free	30
31	200 Meter Fly	32
33	400 Meter Free Relay	34



2022 Long Course Senior Mets Standards

Women			Men				
SCM	SCY	LCM		LCM	SCY	SCM	
27.99	25.19	28.79	50	Free	26.19	22.79	25.39
1:00.79	54.69	1:02.29	100	Free	55.69	49.49	54.89
2:11.29	1:58.29	2:14.49	200	Free	2:03.89	1:48.69	2:00.69
4:31.19	5:10.99	4:37.59	400	Free	4:22.79	4:52.99	4:16.79
9:22.89	10:44.99	9:35.69	800	Free	9:04.49	10:09.99	8:51.69
18:10.89	18:12.99	18:34.89	1500	Free	17:40.79	17:19.99	17:16.79
1:07.39	1:00.69	1:08.59	100	Back	1:03.39	55.99	1:02.199
2:25.99	2:11.49	2:28.39	200	Back	2:17.79	2:01.99	2:15.39
1:18.09	1:10.29	1:20.09	100	Breast	1:12.49	1:03.49	1:10.49
2:48.69	2:31.99	2:52.69	200	Breast	2:38.29	2:18.99	2:34.29
1:06.59	59.99	1:07.79	100	Fly	1:01.99	54.59	1:00.59
2:30.99	2:15.99	2:33.79	200	Fly	2:20.49	2:03.99	2:17.69
2:26.49	2:11.99	2:30.49	200	IM	2:17.99	2:01.39	2:14.79
5:12.99	4:41.99	5:21.89	400	IM	4:57.19	4:21.99	4:40.79
4:11.69	3:45.79	4:17.29	400	Free Relay	3:50.59	3:21.89	3:44.19
8:58.79	8:05.39	9:11.59	800	Free Relay	8:23.89	7:22.39	8:11.09
4:40.09	4:12.29	4:46.49	400	Medley Relay	4:18.39	3:46.99	4:11.99

Eligibility Period - from May 1, 2021 to the meet entry deadline

4/24/2022





Metropolitan Swimming
Photographer Registration Form

This form must be completed by any photographer (video or still) who intends to take pictures at a 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 the 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 the 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 _____