

2024 Metro Bronze South Championship
Friday Saturday Sunday
March 28-30 2025
Hosted By:



Sanction # 250306 # 250353-TT

Metro South Teams:

Connetquot Swim Club, East Hampton YMCA, Eastern Nassau Aquatic Club, Farmingdale Aquatics, Hauppauge Aquatic Association, Huntington YMCA, Long Island Aquatic Club, Long Island Express, Sachem Swim Club, Team Suffolk, Three Village Swim Club, West Islip Swim Club, QNS-Suffolk

Metro Bronze South

March 28-30

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc. Sanction # 250306 # 250353-TT	
LOCATION:	Hofstra Swim Center - 240 Hofstra University, Hempstead, NY 11549	
FACILITY:	8 Lane 50 meter pool. Colorado timing system 6000 will be used. 8 lane Colorado timing scoreboard will be used. Hy-tek meet manager will be used to conduct the meet. The competition course has been certified in accordance with Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.	
SESSIONS:	Session 1: Friday PM: 4:00 PM Warm Up 5:00 PM Start Session 2: Saturday AM 8:00 AM Warm Up 9:00 AM Start Session 3: Saturday PM 2:00 PM Warm Up 3:00 PM Start Session 4: Sunday AM 8:00 AM Warm Up 9:00 AM Start Session 5: Sunday PM 2:00 PM Warm Up 3:00 PM Start ** Afternoon session warm-up and start times may be adjusted after the meet entries deadline. All teams will be notified	
FORMAT:	SCY Events. Timed finals format. No Deck entries allowed. The meet will be deck seeded. See scratch procedure below.	
ELIGIBILITY:	Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers in SOUTH REGION. All swimmers participating in this meet must be registered by the first day of the meet. Age on March 24, 2023 will determine age for the entire meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in article 302. Athletes 18 years of age will need to have their APT completed Age on March 28, 2025 will determine age for the meet	
DISABILITY SWIMMERS:	Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.	
ENTRIES:	All athletes are limited to enter a maximum of 4 events per session. 8 & Under swimmers are not permitted to compete in this meet. Entry times cannot be faster than BRONZE times as specified by Metropolitan Swimming 2024-2025 time standards. NT entries are not permitted. Events must have been swum at least once before. Entry times must have been achieved between January 1, 2024 and the meet entry deadline, March 23, 2024. Entries must be on Hy-Tek U.S. Mail Entries/Payment to: Robert Ortof 28-01 202 Street Bayside NY, 11360 Email Entries/Confirm Entry Receipt: longislandexpressswimming@gmail.com Signature waiver for Express mail entries.	

DEADLINE:	1: This is a Metro Championship Meet (Metro south Teams Only). 2: The final entry deadline for this meet is March 17, 2024. 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 \$7.50 per individual event, \$1.00 per swimmer Metro Surcharge and \$10.00 Athlete Surcharge (\$11.00 total) must accompany the entries. Make check payable to: Long Island Express Payment must be received by March 28, 2025 for email entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet	
WARM-UP:	Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet.. Warm-ups will include general warm up lanes and sprint lanes. Warm-up lanes may be assigned for teams if necessary. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.	
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 event 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:	Individual medals for 1st through 8th place, ribbons 9th through 16th place for swimmers below the “silver” minimum standard. Overachiever Ribbons will be awarded to swimmers who swim Silver and JO qualifying times in an event for the first time at this meet. Awards must be picked up at the end of the meet.	
OFFICIALS:	Meet Referee - Allen Wone - ssc.allenwone@gmail.com or Susan Kwan - officials.expressswimming@gmail.com Officials wishing to volunteer should contact Meet Referee by March 15, 2025	
ADMIN. OFFICIAL:	Administrative Official: Rick Ferriola LIECOACH@AOL.COM and GII Smith papabear122346@aol.com	
MEET DIRECTOR:	Richard Stern longislandexpressswimming@gmail.com 516-637-0100	
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 Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. 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	

	<p>within the water without the use of the backstroke ledge. 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.</p> <p>Lifeguards will be on duty supervising the pool. An AED is located at the lifeguard main desk.</p>
MAAPP POLICY:	<p>All 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 MAAPP is a condition of participation in the conduct of this competition.</p>
WATER DEPTH:	<p>Deep End water depth 15ft at 1 meter 12.5 at 5 meters</p> <p>Shallow end water dept 5 feet at 1 meter 7feet at 5 meters</p>
DISCLAIMER:	<p>DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Hofstra University or Long Island Express LTD 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.</p>
AUDIO/VISUAL STATEMENT:	<p>Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms.</p> <p>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.</p>
DECK CHANGING:	<p>Deck changes are prohibited.</p>
ADMISSION:	<p>\$10.00 per person. Heat Sheets will be available on Meet Mobile Cash or Venmo at the door.</p>
MERCHANTS:	<p>No food or beverages will be served by the host team. A merchandise concession will be available by outside vendors</p>
PARKING:	<p>Free parking on campus.</p>
DIRECTIONS:	<p>Meadowbrook Parkway to Exit M4 (route 24west) Hempstead TPK. Go west until main entrance of school. Turn right into main entrance. Go to 2nd stop sign and turn right. GO past the field to the first stop sign. Parking lots will be on your left and the swim center is located at end of road to the right.</p>

Bronze Championship South March 28-30, 2025

Friday March 28, 2025

Session 1 (all age groups)

Warm-up 4:00 PM – Start 5:00 PM

Girls	No faster than	Event	No faster than	Boys
1	3:14.00	9-10 200 im	3:14.00	2
3	2:47.00	11-12 200 back	2:42.80	4
5	5:26.00	13-14 400 IM	5:09.80	6
7	5:23.30	15-18 400 IM	4:45.90	8
9	7:22.00	9-10 500 free	7:22.00	10
11	3:11.20	11-12 200 breast	3:03.50	12
13	2:57.00	13-14 200 breast	2:47.90	14
15	2:51.00	15-18 200 breast	2:36.80	16
17	2:49.60	9-10 200 free	2:49.60	18
19	2:49.40	11-12 200 fly	2:45.40	20
21	2:34.00	15-18 200 fly	2:25.00	22
23	5:50.60	13-14 500 free	5:51.00	24
25	6:20.80	11-12 500 free	6:32.00	26

Saturday March 29, 2025

Session 2

Saturday AM 8:00 warm up 9:00 AM start

Girls	No faster than	Event	No faster than	Boys
27	2:25.90	11-12 200 free	2:26.00	28
29	2:17.00	13-14 200 free	2:14.20	30
31	40.60	11-12 50 breast	40.30	32
33	1:23.50	13-14 100 breast	1:16.70	34
35	31.00	11-12 50 free	30.70	36
37	1:03.10	13-14 100 free	59.60	38
39	1:19.50	11-12 100 back	1:17.50	40
41	2:36.30	13-14 200 back	2:27.10	42
43	1:19.40	11-12 100 fly	1:17.60	44
45	2:36.60	13-14 200 fly	2:29.60	46
47	2:48.10	11-12 200 IM	2:48.00	48

Session 3

Saturday PM - 2:00 warm up 3:00 start

Girls	No faster than	Event	No faster than	Boys
49	1:28.60	9-10 100 im	1:28.60	50
51	2:10.60	15-18 200 free	1:58.00	52
53	47.80	9-10 50 breast	48.60	54
55	1:20.90	15-18 100 breast	1:10.90	56
57	35.20	9-10 50 free	35.20	58
59	1:01.10	15 - 18 100 free	54.20	60
61	1:33.10	9-10 100 back	1:37.10	62
63	2:29.30	15-18 200 back	2:16.90	64
65	1:38.00	9-10 100 fly	1:38.00	66
67	1:09.60	15-18 100 fly	1:02.60	68

Sunday March 30, 2025

Session 4

Sunday AM 8:00 warm up 9:00 start

Girls	No faster than	Event	No faster than	Boys
69	1:18.70	11-12 100 IM	1:17.20	70
71	1:12.70	13-14 100 back	1:08.30	72
73	1:08.30	11-12 100 free	1:07.00	74
75	28.80	13-14 50 free	26.80	76
77	34.60	11-12 50 fly	34.70	78
79	2:41.50	13-14 200 IM	2:31.10	80
81	36.10	11-12 50 back	36.10	82
83	1:11.60	13-14 100 fly	1:07.10	84
85	1:28.70	11-12 100 breast	1:26.50	86

Session 5

Sunday PM 2:00 warm up 3:00 start

Girls	No faster than	Event	No faster than	Boys
87	42.40	9-10 50 fly	43.90	88
89	2:30.00	15-18 200 IM	2:27.80	90
91	1:46.20	9-10 100 breast	1:48.40	92
93	1:10.10	15-18 100 back	1:03.90	94
95	41.90	9-10 50 back	42.90	96
97	28.60	15-18 50 free	25.20	98
99	1:18.50	9-10 100 free	1:18.50	100
101	5:40.00	15-18 500 free	5:18.00	102



Metropolitan Swimming Photographer Registration Form

All Metropolitan Swimming Teams need to include this in the meet information packet. Please file this form with the Safety Sport Coordinator prior to the start of the meet.

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 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 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_____