

**SILVER STREAKS SWIM CLUB
2010 SEASON**

Individual Meet Entries Report

Metro Swimming Silver North Champs 05-Mar-10 to 07-Mar-10 Yards

Location: Felix Festa Middle School, West Nyack, NY

Silver Streaks Swim Club [SS-MR]

51 DURHAM ROAD

WHITE PLAINS, NY 10607

silverstreaksss@msn.com

FEMALE	Event	Time	Date	Meet	namesort
Deziel, Blaire (17) 12/11/1992					
# 55	Female 15-18 200 IM	2:39.33Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
Distelhurst, Lea (13) 10/18/1996					
# 17	Female 13-14 100 Free	1:01.33Y	10/18/2009	Badger Halloween Meet	
# 29	Female 13-14 200 Back	2:39.97Y	11/13/2009	2009 MR VAC Classic	
# 33	Female 13-14 200 IM	2:46.00Y	1/16/2009	28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 65	Female 13-14 100 Breast	1:22.51Y	11/13/2009	2009 MR VAC Classic	
# 69	Female 13-14 100 Back	1:12.13Y	11/13/2009	2009 MR VAC Classic	
# 73	Female 13-14 50 Free	28.23Y	3/27/2009	2009 MR SC Junior Olympics	
Ferguson, Carly (13) 3/12/1996					
# 33	Female 13-14 200 IM	2:45.69Y	1/16/2009	28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 61	Female 13-14 200 Free	2:22.71Y	3/20/2009	2009 MR Metro Age Group Central	
# 65	Female 13-14 100 Breast	1:25.96Y	2/15/2009	2009 MR Condors HS Format Meet	
# 69	Female 13-14 100 Back	1:17.79Y	2/27/2009	2008 MR Condors Last Chance Meet	
# 73	Female 13-14 50 Free	29.95Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
Ferguson, Mara (16) 7/8/1993					
# 13	Female 15-18 400 IM	5:30.79Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
# 37	Female 15-18 100 Free	1:01.86Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
# 45	Female 15-18 200 Back	2:34.16Y	1/25/2010	Distance & Sprint Blizzard Meet	
# 51	Female 15-18 200 Breast	2:45.33Y	3/6/2009	2009 MR Metro Silvers North	
# 55	Female 15-18 200 IM	2:32.03Y	11/13/2009	2009 MR VAC Classic	
# 87	Female 15-18 100 Back	1:07.83Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
# 97	Female 15-18 50 Free	27.35Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
Flood, Katie (17) 8/28/1992					
# 7	Female 15-18 500 Free	5:39.39Y	3/20/2009	2009 MR Metro Age Group Central	
# 13	Female 15-18 400 IM	5:11.50Y	3/6/2009	2009 MR Metro Silvers North	
# 41	Female 15-18 100 Fly	1:09.50Y	11/13/2009	2009 MR VAC Classic	
# 45	Female 15-18 200 Back	2:26.23Y	3/20/2009	2009 MR Metro Age Group Central	
# 55	Female 15-18 200 IM	2:22.46Y	3/6/2009	2009 MR Metro Silvers North	
# 83	Female 15-18 200 Free	2:06.37Y	2/27/2009	2008 MR Condors Last Chance Meet	
# 87	Female 15-18 100 Back	1:08.21Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
Lemischak, Allison (9) 6/30/2000					
# 19	Female 10 & Under 50 Fly	40.59Y	1/25/2010	Distance & Sprint Blizzard Meet	
# 23	Female 10 & Under 100 Breast	1:40.91Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 27	Female 10 & Under 50 Back	39.38Y	1/25/2010	Distance & Sprint Blizzard Meet	
# 31	Female 10 & Under 200 IM	3:06.93Y	1/25/2010	Distance & Sprint Blizzard Meet	
# 63	Female 10 & Under 100 IM	1:26.44Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 67	Female 10 & Under 50 Breast	46.64Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 71	Female 10 & Under 100 Back	1:31.74Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
# 75	Female 10 & Under 50 Free	33.48Y	1/9/2010	2010 MR Silver Streaks AJ Silverman Memorial	
Macaluso, Sophia (10) 4/8/1999					
# 19	Female 10 & Under 50 Fly	37.77Y	1/25/2010	Distance & Sprint Blizzard Meet	
# 23	Female 10 & Under 100 Breast	1:35.64Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 27	Female 10 & Under 50 Back	40.03Y	11/13/2009	2009 MR VAC Classic	
# 31	Female 10 & Under 200 IM	3:04.68Y	1/25/2010	Distance & Sprint Blizzard Meet	
# 63	Female 10 & Under 100 IM	1:24.66Y	11/13/2009	2009 MR VAC Classic	
# 67	Female 10 & Under 50 Breast	43.41Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	

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2010 SEASON**

Individual Meet Entries Report

**Metro Swimming Silver North Champs 05-Mar-10 to 07-Mar-10 Yards
Silver Streaks Swim Club [SS-MR]**

FEMALE	Event	Time	Date	Meet	namesort
# 75	Female 10 & Under 50 Free	33.95Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
# 79	Female 10 & Under 100 Fly	1:29.57Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
Miller, Nikki (16) 11/16/1993					
# 13	Female 15-18 400 IM	5:18.85Y	1/16/2009	28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 37	Female 15-18 100 Free	57.98Y	10/18/2009	Badger Halloween Meet	
# 41	Female 15-18 100 Fly	1:06.52Y	2/7/2009	Metro OB Ivy League Championships	
# 55	Female 15-18 200 IM	2:26.74Y	11/13/2009	2009 MR VAC Classic	
# 83	Female 15-18 200 Free	2:09.36Y	3/6/2009	2009 MR Metro Silvers North	
Parkinson, Brianna (10) 5/7/1999					
# 23	Female 10 & Under 100 Breast	1:34.42Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 31	Female 10 & Under 200 IM	3:00.70Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
Pence, Emily (8) 9/13/2001					
# 27	Female 10 & Under 50 Back	43.57Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
# 75	Female 10 & Under 50 Free	36.51Y	12/12/2009	2009-MR Blue and Gold Swim Meet	

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MALE	Event	Time	Date	Meet	namesort
Avila, Jon-Anthony (15) 9/6/1994					
# 56	Male 15-18 200 IM	2:26.57Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 92	Male 15-18 100 Breast	1:12.77Y	3/20/2009	2009 MR Metro Age Group Central	
# 98	Male 15-18 50 Free	26.36Y	2/27/2009	2008 MR Condors Last Chance Meet	
Buckland, Gavin (15) 5/29/1994					
# 8	Male 15-18 500 Free	5:25.55Y	3/6/2009	2009 MR Metro Silvers North	
# 14	Male 15-18 400 IM	4:53.13Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 42	Male 15-18 100 Fly	59.69Y	2/15/2009	2009 MR Condors HS Format Meet	
# 46	Male 15-18 200 Back	2:21.37Y	1/25/2010	Distance & Sprint Blizzard Meet	
# 56	Male 15-18 200 IM	2:14.09Y	3/6/2009	2009 MR Metro Silvers North	
# 84	Male 15-18 200 Free	1:57.37Y	1/25/2010	Distance & Sprint Blizzard Meet	
# 88	Male 15-18 100 Back	1:04.67Y	2/15/2009	2009 MR Condors HS Format Meet	
# 102	Male 15-18 200 Fly	2:21.47Y	3/6/2009	2009 MR Metro Silvers North	
Buckland, Grant (13) 6/6/1996					
# 18	Male 13-14 100 Free	1:00.88Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
# 22	Male 13-14 100 Fly	1:12.02Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
# 30	Male 13-14 200 Back	2:35.19Y	1/25/2010	Distance & Sprint Blizzard Meet	
# 34	Male 13-14 200 IM	2:36.37Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 66	Male 13-14 100 Breast	1:20.97Y	1/9/2010	2010 MR Silver Streaks AJ Silverman Memorial	
# 70	Male 13-14 100 Back	1:11.75Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
# 74	Male 13-14 50 Free	26.76Y	11/13/2009	2009 MR VAC Classic	
Goldbloom, Joey (14) 6/3/1995					
# 26	Male 13-14 200 Breast	2:55.12Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
# 30	Male 13-14 200 Back	2:29.35Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 34	Male 13-14 200 IM	2:36.83Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
# 62	Male 13-14 200 Free	2:16.96Y	1/9/2010	2010 MR Silver Streaks AJ Silverman Memorial	
# 66	Male 13-14 100 Breast	1:21.50Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
# 70	Male 13-14 100 Back	1:09.49Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
# 74	Male 13-14 50 Free	27.79Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
Gourevitch, Jesse (17) 11/7/1992					
# 14	Male 15-18 400 IM	4:49.84Y	12/10/2009	MIT Invitational 2009	
# 38	Male 15-18 100 Free	52.10Y	2/8/2010	2010 Section 1 Swimming Championships	
# 42	Male 15-18 100 Fly	1:01.36Y	2/15/2009	2009 MR Condors HS Format Meet	
# 84	Male 15-18 200 Free	2:01.24Y	1/9/2010	2010 MR Silver Streaks AJ Silverman Memorial	
# 98	Male 15-18 50 Free	24.05Y	3/27/2009	2009 MR SC Junior Olympics	
# 102	Male 15-18 200 Fly	2:26.39Y	3/20/2009	2009 MR Metro Age Group Central	
Klein, Simon (15) 11/30/1994					
# 38	Male 15-18 100 Free	57.38Y	11/13/2009	2009 MR VAC Classic	
# 52	Male 15-18 200 Breast	2:42.10Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
# 56	Male 15-18 200 IM	2:30.84Y	11/13/2009	2009 MR VAC Classic	
# 92	Male 15-18 100 Breast	1:09.86Y	2/8/2010	2010 Section 1 Swimming Championships	
# 98	Male 15-18 50 Free	25.68Y	11/13/2009	2009 MR VAC Classic	
Macaluso, Christian (14) 6/9/1995					
# 6	Male 13-14 500 Free	5:52.74Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 12	Male 13-14 400 IM	5:04.32Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 26	Male 13-14 200 Breast	2:40.41Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
# 30	Male 13-14 200 Back	2:30.91Y	1/25/2010	Distance & Sprint Blizzard Meet	
# 34	Male 13-14 200 IM	2:18.37Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 70	Male 13-14 100 Back	1:06.83Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 78	Male 13-14 200 Fly	2:33.79Y	1/9/2010	2010 MR Silver Streaks AJ Silverman Memorial	

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2010 SEASON

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Silver Streaks Swim Club [SS-MR]

MALE	Event	Time	Date	Meet	namesort
Macaluso, James (12) 7/15/1997					
# 36	Male 11-12 100 Free	1:05.75Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 44	Male 11-12 50 Back	36.96Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 54	Male 11-12 100 Breast	1:26.09Y	10/23/2009	2009 / MR TEAM FAST FALL MEET	
# 58	Male 11-12 200 IM	2:49.10Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 90	Male 11-12 100 Back	1:24.28Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
# 96	Male 11-12 50 Fly	32.34Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 100	Male 11-12 100 IM	1:13.49Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 104	Male 11-12 200 Free	2:31.65Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
Macaluso, Nicholas (10) 4/8/1999					
# 16	Male 10 & Under 100 Free	1:15.45Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
# 20	Male 10 & Under 50 Fly	43.85Y	1/9/2010	2010 MR Silver Streaks AJ Silverman Memorial	
# 28	Male 10 & Under 50 Back	39.93Y	2/27/2009	2008 MR Condors Last Chance Meet	
# 32	Male 10 & Under 200 IM	3:12.06Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 64	Male 10 & Under 100 IM	1:26.84Y	11/13/2009	2009 MR VAC Classic	
# 72	Male 10 & Under 100 Back	1:27.73Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
# 76	Male 10 & Under 50 Free	32.34Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
Perry-Porter, Osaze (14) 1/10/1996					
# 18	Male 13-14 100 Free	57.93Y	11/13/2009	2009 MR VAC Classic	
# 22	Male 13-14 100 Fly	1:10.69Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 30	Male 13-14 200 Back	2:29.54Y	1/25/2010	Distance & Sprint Blizzard Meet	
# 34	Male 13-14 200 IM	2:27.23Y	10/18/2009	Badger Halloween Meet	
# 66	Male 13-14 100 Breast	1:14.69Y	1/9/2010	2010 MR Silver Streaks AJ Silverman Memorial	
# 70	Male 13-14 100 Back	1:06.80Y	11/13/2009	2009 MR VAC Classic	
# 74	Male 13-14 50 Free	26.08Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
Prince, Adam (14) 4/8/1995					
# 26	Male 13-14 200 Breast	2:48.07Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
# 34	Male 13-14 200 IM	2:37.75Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
# 62	Male 13-14 200 Free	2:23.55Y	11/13/2009	2009 MR VAC Classic	
# 66	Male 13-14 100 Breast	1:15.45Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
# 70	Male 13-14 100 Back	1:17.26Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
Schunk, Andy (15) 7/22/1994					
# 8	Male 15-18 500 Free	5:20.83Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 38	Male 15-18 100 Free	52.99Y	2/18/2010	2010 MR Senior Mets Short Course	
# 46	Male 15-18 200 Back	2:18.96Y	3/6/2009	2009 MR Metro Silvers North	
# 56	Male 15-18 200 IM	2:15.82Y	3/6/2009	2009 MR Metro Silvers North	
# 84	Male 15-18 200 Free	1:59.47Y	1/9/2010	2010 MR Silver Streaks AJ Silverman Memorial	
# 88	Male 15-18 100 Back	1:03.16Y	2/8/2010	2010 Section 1 Swimming Championships	
# 98	Male 15-18 50 Free	25.01Y	2/15/2009	2009 MR Condors HS Format Meet	
Scott, Robert (11) 12/25/1998					
# 86	Male 11-12 50 Free	32.46Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
Sidoti, Daniel (13) 9/12/1996					
# 70	Male 13-14 100 Back	1:19.42Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
Stagg, Christian (14) 6/8/1995					
# 26	Male 13-14 200 Breast	2:59.56Y	1/25/2010	Distance & Sprint Blizzard Meet	
# 30	Male 13-14 200 Back	2:40.35Y	1/25/2010	Distance & Sprint Blizzard Meet	
# 34	Male 13-14 200 IM	2:37.67Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
# 66	Male 13-14 100 Breast	1:23.38Y	11/13/2009	2009 MR VAC Classic	
# 70	Male 13-14 100 Back	1:14.11Y	11/13/2009	2009 MR VAC Classic	

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2010 SEASON

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Metro Swimming Silver North Champs 05-Mar-10 to 07-Mar-10 Yards
Silver Streaks Swim Club [SS-MR]

MALE	Event	Time	Date	Meet	namesort
Uppal, Gaurav (11) 3/27/1998					
# 36	Male 11-12 100 Free	1:11.41Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 44	Male 11-12 50 Back	35.14Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 48	Male 11-12 50 Breast	40.19Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 54	Male 11-12 100 Breast	1:30.48Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
# 86	Male 11-12 50 Free	31.22Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
# 90	Male 11-12 100 Back	1:17.96Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 96	Male 11-12 50 Fly	38.53Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 100	Male 11-12 100 IM	1:22.19Y	10/23/2009	2009 / MR TEAM FAST FALL MEET	
White, Jahari (11) 12/4/1998					
# 36	Male 11-12 100 Free	1:04.30Y	1/25/2010	Distance & Sprint Blizzard Meet	
# 44	Male 11-12 50 Back	35.86Y	1/25/2010	Distance & Sprint Blizzard Meet	
# 48	Male 11-12 50 Breast	42.51Y	2/12/2010	24th Black History Swim Meet	
# 82	Male 11-12 100 Fly	1:26.80Y	2/12/2010	24th Black History Swim Meet	
# 86	Male 11-12 50 Free	28.39Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 96	Male 11-12 50 Fly	33.57Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 100	Male 11-12 100 IM	1:19.53Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
Wong, Aaron (12) 11/8/1997					
# 36	Male 11-12 100 Free	1:08.36Y	1/25/2010	Distance & Sprint Blizzard Meet	
# 44	Male 11-12 50 Back	36.38Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 48	Male 11-12 50 Breast	42.97Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 58	Male 11-12 200 IM	2:54.10Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 86	Male 11-12 50 Free	31.26Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
# 90	Male 11-12 100 Back	1:19.35Y	3/6/2009	2009 MR Metro Silvers North	
# 96	Male 11-12 50 Fly	37.61Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
# 104	Male 11-12 200 Free	2:31.58Y	1/15/2010	29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET	
Wu, Brian (16) 12/30/1993					
# 38	Male 15-18 100 Free	56.59Y	11/13/2009	2009 MR VAC Classic	
# 42	Male 15-18 100 Fly	1:02.60Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
# 56	Male 15-18 200 IM	2:21.69Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
# 88	Male 15-18 100 Back	1:06.26Y	12/4/2009	NYSA HOLIDAY CLASSIC 2009	
# 98	Male 15-18 50 Free	25.12Y	12/12/2009	2009-MR Blue and Gold Swim Meet	
Zaino, Matthew (17) 4/10/1992					
# 56	Male 15-18 200 IM	2:31.18Y	11/13/2009	2009 MR VAC Classic	

Felix V. Festa Middle School, 30 Parrott Road West Nyack, NY 10994.

1. Take the New York State Thruway (Route 87).
2. On the New York State Thruway go toward Tappan Zee Bridge.
3. Exit the NY State Thruway at exit 13N (Palisades Parkway North).
4. Exit the Palisades Parkway at Exit 10.
5. Follow to the end of the ramp and make a right at the light onto Germonds Road.
6. Take Germonds to next light and cross over Route 304.
7. Go straight on Germonds Road.
8. Head straight onto Parrott Road.
9. Entrance to building will be on your left.



NEW YORK SHARKS METRO SWIMMING SILVER CHAMPIONSHIPS NORTH 2010



At Felix Festa Middle School

<u>SANCTION:</u>	METRO SANCTION #: 100806																																
<u>INVITED TEAMS:</u>	Aqua Gems, Big Blue, BGC-No. Westchester Marlins, Club Fit (Briarcliff & Jefferson Valley), Condors, Dutchess Devil Fish, Empire Swimming, Fairview Aquatic Swim Team, GAEL Aquatics, Hudson Valley Dolphins, Hudson Valley Barracudas, Marist Swim Club, Minisink Valley, Monroe Woodbury Marlins, New York Sharks, Newburgh Sharks, Northern Dutchess Aquatic, Patriots Swim Club, Pine Bush, Pacesetter, Saw Mill Ace, Silver Streaks, Suffern Sea Lions, Team Rockland, Viking Aquatic Club, Washingtonville Seahawks, White Plains Middies, White Plains YMCA.																																
<u>HOST CLUB:</u>	Hosted By: New York Sharks Aquatics																																
<u>DATE OF MEET:</u>	Friday, Saturday, and Sunday, March 5 th – 7 th , 2010																																
<u>FACILITY:</u>	<ul style="list-style-type: none"> This meet will be hosted at Felix Festa Natatorium at Felix Festa Middle School, 30 Parrott Road, West Nyack, NY 10994 Felix Festa is an indoor 8 lane 50 meter pool with a bulkhead. The meet will be run in the 25 yard course in the deep end of the pool. The shallow end of the pool will be open for continuous warm-up through out the meet. There is seating for 700 spectators in the balcony. A Colorado/Dactronics fully automatic timing system with an 8 lane read-out board. There is ONLY ONE ENTRANCE to the facility. The main entrance is in the back of the school by the tennis courts. NO PARKING BEHIND THE SCHOOL IN SMALL LOT! The pool was certified in the Summer of 2009. 																																
<u>SESSIONS:</u>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Session #1 - Friday Evening 500 Free & 400 IM</th> <th style="text-align: left;">Warm-up</th> <th style="text-align: left;">Meet Start</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">10&U, 11-12, 13-14, and 15-18</td> <td style="text-align: center;">4:00 p.m.</td> <td style="text-align: center;">4:40 p.m.</td> </tr> <tr> <th style="text-align: left;">Session #2 – Saturday Morning 10&U and 13-14</th> <th style="text-align: left;">Warm-up</th> <th style="text-align: left;">Meet Start</th> </tr> <tr> <td style="text-align: center;">10 & Under and 13-14 Events</td> <td style="text-align: center;">7:30 a.m.</td> <td style="text-align: center;">8:30 a.m.</td> </tr> <tr> <th style="text-align: left;">Session #3 – Saturday Afternoon 11-12 and 15-18</th> <th style="text-align: left;">Warm-up</th> <th style="text-align: left;">Meet Start</th> </tr> <tr> <td style="text-align: center;">11-12 and 15-18 Events</td> <td style="text-align: center;">TBA</td> <td style="text-align: center;">60 minutes</td> </tr> <tr> <th style="text-align: left;">Session #4 – Sunday Morning 10&U and 13-14</th> <th style="text-align: left;">Warm-up</th> <th style="text-align: left;">Meet Start</th> </tr> <tr> <td style="text-align: center;">10 & Under and 13-14 Events</td> <td style="text-align: center;">7:30 a.m.</td> <td style="text-align: center;">8:30 a.m.</td> </tr> <tr> <th style="text-align: left;">Session #5 – Sunday Afternoon 11-12 and 15-18</th> <th style="text-align: left;">Warm-up</th> <th style="text-align: left;">Meet Start</th> </tr> <tr> <td style="text-align: center;">11-12 and 15-18 Events</td> <td style="text-align: center;">TBA</td> <td style="text-align: center;">60 minutes</td> </tr> </tbody> </table> <p>Afternoon Session Starting Time will be calculated once the number of morning entries has been determined. AFTERNOON STARTING TIME WILL BE E-MAILED TO ALL TEAMS ONE WEEK PRIOR TO THE MEET.</p>			Session #1 - Friday Evening 500 Free & 400 IM	Warm-up	Meet Start	10&U, 11-12, 13-14, and 15-18	4:00 p.m.	4:40 p.m.	Session #2 – Saturday Morning 10&U and 13-14	Warm-up	Meet Start	10 & Under and 13-14 Events	7:30 a.m.	8:30 a.m.	Session #3 – Saturday Afternoon 11-12 and 15-18	Warm-up	Meet Start	11-12 and 15-18 Events	TBA	60 minutes	Session #4 – Sunday Morning 10&U and 13-14	Warm-up	Meet Start	10 & Under and 13-14 Events	7:30 a.m.	8:30 a.m.	Session #5 – Sunday Afternoon 11-12 and 15-18	Warm-up	Meet Start	11-12 and 15-18 Events	TBA	60 minutes
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<u>MEET FORMAT:</u>	<ul style="list-style-type: none"> This meet will be run in accordance to current USA Swimming Rules. This meet will be run as a time final meet. This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own. 																																
<u>DISABILITY SWIMMERS:</u>	<ul style="list-style-type: none"> 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. 																																

<p><u>MEET ELIGIBILITY:</u></p>	<ul style="list-style-type: none"> • All seed times must have achieved the Metropolitan Swimming Silver Time Standards. • Entry Times must have been achieved between January 1, 2009 and the entry deadline, Thursday, February 25th, 2010. • 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. Times can not be converted times. • All swimmers can compete in a maximum of 5 individual events per day. • All swimmers must have entry times. NO TIME or NT is not acceptable. • All swimmers must be members of USA Swimming to enter and compete in this meet. • All swimmers must be listed on a team's official entry form to be eligible to participate in this swim meet in any events including relays. • All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must be listed as an UN- (New Team Alpha Code) as their team affiliation. • All Unattached swimmers must be listed on the team's official entry form. • There will be 10 & Under, 11-12, 13-14, and 15-18 Events. • Age for this meet is: (March 5th, 2010)
<p><u>SILVER SWIMMERS ONLY!</u></p>	<ul style="list-style-type: none"> • Only true "B" (Silver) swimmers may compete in this championship meet. Any intentional entry of a NON-SILVER swimmer will be deemed a violation of Metropolitan Swimming Championship Meet Requirements. The club, the coach, and the swimmers will be subject to disciplinary proceedings or procedures for such violation. • Any swimmer not achieving the Silvers meet qualifying will have 30 days after the meet to send proof of time to the Metropolitan Swimming Office. Any time not proven by April 7, 2010 will be subject to a \$50.00 fine (per event) payable to: Metropolitan Swimming, Inc.
<p><u>METROPOLITAN SCRATCH PROCEDURES:</u></p>	<ul style="list-style-type: none"> • Coaches should consult your GUIDELINES concerning scratch procedures. • Coaches must make sure their swimmers understand that once they are scratched (for the session), they will not be re-entered back into the meet. • Coaches should inform their swimmers to leave plenty of time for traffic, etc. • Coaches must understand that when a swimmer was seeded in an event, and is a No-Show (NS), in that event. That coach 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. • Swimmers 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. • Swimmers who miss their last event of the day will be barred from their first event of the next day.
<p><u>SCRATCHES:</u></p>	<ul style="list-style-type: none"> • All check-in sheets must be turned into the scoring table 30 minutes before the start of each session.
<p><u>ENTRY DEADLINE:</u></p>	<ul style="list-style-type: none"> • This meet is a Metro Championship Meet (Metro Teams Only!) • The Final Entry Deadline for the meet is <u>Thursday, February 25th, 2010.</u>
<p><u>ENTRY FEES:</u></p>	<ul style="list-style-type: none"> • There is an entry fee of \$3.00 per Individual Event and \$1.00 per swimmer Metropolitan Swimming Sur-Charge. • Make checks payable to: <u>NY SHARKS AQUATICS</u> • Payment must be received prior to the start of the meet for all entries. Payment must be included in all mail entries. Failure to pay entry fees before the start of the meet could result in teams being barred from the meet.
<p><u>COACHES:</u></p>	<ul style="list-style-type: none"> • In accordance with Metropolitan swimming Inc. Policy, only those coaches who display current, valid UDSA Swimming credentials will be permitted to act in a coaching capacity on the deck at this meet. Coaches who do not possess these credentials will be required to leave the deck area. • All coaches must have coaching cards visible at all times.

<p><u>ENTRIES:</u></p>	<ul style="list-style-type: none"> • Swimmers may <u>enter and compete in 5</u> individual events per day. • E-Mail Entries should be send to: NYSharksMeetEntries@yahoo.com • All received entries will be confirmed with a reply with in 24 hours. If there is no reply within 24 hours, then assume that those entries were not received. • Include a HY-TEK PROOF OF TIME REPORT (.pdf format) along with your meet entry file. • Hard Copy and Entry Fees are to be mailed to: Roger Ridenour NY Sharks Swim Team 8 Lakeshore Drive Lake Sapphire Monroe, NY 10950 (845) 325-5152 (don't call after 9:00 a.m.) E-mail: NYSharksMeetEntries@yahoo.com • Make entry fee checks payable to: NY SHARKS AQUATICS • If you are not e-mailing your entries, then overnight or express mail is recommended, <i>but waive the signature.</i> • It is not necessary to use overnight or express mail to send hard copy and check which are sent in support of an e-mailed entry.
<p><u>WARM-UP PROCEDURES:</u></p>	<ul style="list-style-type: none"> • Warm-ups will be run under Metropolitan 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. • Swimming Equipment is NOT ALLOWED in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. • All swimmers must enter the pool from the starting end of the pool. • Uniformed and designated meet marshals will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction.
<p><u>SESSION WARM-UPS:</u></p>	<ul style="list-style-type: none"> • Friday Evening Warm-Ups: (Distance Events) Warm-up will start at 4:00 p.m. Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes will start 20 minutes before the end of the warm-ups (at 4:20 p.m.) at the competition end of the pool. • Saturday and Sunday Morning Warm-ups: (10 & Under and 13-14 Events) Warm-ups will start at 7:30 a.m. Morning sessions will start at 8:30 p.m. Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start at 8:10a.m. in the competition end of the pool. • Saturday and Sunday Afternoon Warm-ups: (11-12 and 15-18 Events) Starting Times will be determined by the number of entries in the morning sessions. Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes will start 20 minutes before the end of the warm-ups at the competition end of the pool.
<p><u>COACHES:</u></p>	<ul style="list-style-type: none"> • In accordance with Metropolitan swimming Inc. Policy, only those coaches who display current, valid UDSA Swimming credentials will be permitted to act in a coaching capacity on the deck at this meet. Coaches who do not possess these credentials will be required to leave the deck area. • All coaches must have coaching cards visible at all times.
<p><u>AWARDS:</u></p>	<ul style="list-style-type: none"> • 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.
<p><u>RULES:</u></p>	<ul style="list-style-type: none"> • 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.

<u>MEET DIRECTOR:</u>	<ul style="list-style-type: none"> • Roger Ridenour/Robert Ficarelli – Meet Directors NY Sharks Swim Team 8 Lakeshore Drive Lake Sapphire Monroe, NY 10950 (845) 325-5152 (don't call after 9:00 a.m.) E-mail: NYSharksMeetEntries@yahoo.com
<u>OFFICIALS:</u>	<ul style="list-style-type: none"> •
<u>SAFETY:</u>	<ul style="list-style-type: none"> • 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.
<u>DISCLAIMER:</u>	<ul style="list-style-type: none"> • Upon acceptance of his/her entries, the participant waives all claims against Felix Festa Middle School, New York Sharks Swim Club, Metropolitan swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the swim meet.
<u>ADMISSION:</u>	<ul style="list-style-type: none"> • Admission is \$5.00 per session. • Programs are \$4.00 per session.
<u>MERCHANTS:</u>	<ul style="list-style-type: none"> • SWIM NEW JERSEY
<u>CONSESSIONS:</u>	<ul style="list-style-type: none"> • There will be food concessions with beverages and hot and cold food.
<u>PARKING:</u>	<ul style="list-style-type: none"> • There is free unlimited parking around Felix Festa Middle School. Cars parking on Parrott Street will be ticketed and towed. All cars must be parked in designated parking spaces or they will be ticketed by the Clarkstown Police Department. • NO PARKING IN THE SMALL LOT BEHIND THE SCHOOL. CARS WILL BE TICKETED AND TOWED! Use the large parking areas on the east side of the school!
<u>FACILITY RULES:</u>	<ul style="list-style-type: none"> • NO SMOKING within 50 feet of any entrance to the school or inside the school. • NO FOOD is allowed on deck. Liquid refreshments in plastic bottles are allowed. NO GLASS BOTTLES or JUICE BOXES allowed on deck.
<u>DIRECTIONS:</u>	<ul style="list-style-type: none"> • MapQuest: http://www.mapquest.com/maps?city=West+Nyack&state=NY&address=30+Parrott+Road&zipcode=10994 • From New Jersey:

	<ol style="list-style-type: none"> 1) Take the Garden State Parkway North or Interstate 287 North. 2) Either highway joins the New York State Thruway (Interstate 87). Follow signs for New York State Thruway South toward Tappan Zee Bridge. 3) Exit New York State Thruway at exit 13N (Palisades Parkway North) 4) Exit the Palisades Parkway at Exit 10. 5) Follow to the end of the ramp and make a right at the light onto Germonds Road. 6) Take Germonds to the next light and cross over Route 304. 7) Go straight on Germonds Road. 8) Head straight onto Parrott Road. 9) Felix Festa Middle School is on the left. Pool entrance and parking area is in the back of the school by the tennis courts. <ul style="list-style-type: none"> • Alternate From New Jersey: <ol style="list-style-type: none"> 1) Take the Palisades Parkway North from Fort Lee (instead of the Garden State Parkway or Interstate 287). 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above. • From New York City: <ol style="list-style-type: none"> 1) Take the George Washington Bridge to the Palisades Parkway North. 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above. • From Westchester County Vicinity: <ol style="list-style-type: none"> 1) Take the Tappan Zee Bridge. Follow the New York Thruway North (Interstate 87) 2) Exit New York State Thruway at exit 13N (Palisades Parkway North) 3) Take Exit 10 from the Palisade Parkway and follow directions #5 above. • From Rockland County: <ol style="list-style-type: none"> 1) Take the New York State Thruway South (Interstate 87) to Exit 13N for Palisades Parkway North. 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above. • Alternate from Rockland County: <ol style="list-style-type: none"> 1) Take the Palisade Parkway South from the Bear Mountain vicinity to Exit 10. 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above.
<p><u>HOTELS:</u></p>	<ul style="list-style-type: none"> • <u>Comfort Inn & Suites Nanuet</u> (866) 969-8065 Web Site 425 E Route 59 Nanuet, NY Map • <u>Holiday Inn Suffern</u> (800) 345-8082 Web Site More Info 3 Executive Blvd Suffern, NY Map • <u>Howard Johnson Inn</u> (888) 946-4656 Web Site More Info 17 N Airmont Rd Suffern, NY Map • <u>Candlewood Suites Nanuet-Rockland County</u> (877) 660-8545 Web Site More Info 20 Overlook Blvd Nanuet, NY Map • <u>Hilton Garden Inn Nanuet</u> 1-845-623-0600 270 West Route 59 Nanuet, New York, USA, 10954 • <u>Hampton Inn Nanuet</u> 1-845-623-0900 • 260 West Route 59 Nanuet, New York, USA, 10954

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

Friday, March 5th, 2010

SESSION #1 – Fri. Evening 10&U, 11-12, 13-14, 15-18 Distance Events: Warm Up: 4:00 p.m. Start Time: 4:40 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	7:14.99	10 & Under – 500 yd. Freestyle	6:45.00	7:14.99	#2
#3	6:04.00	6:35.79	11-12 – 500 yd. Freestyle	6:04.00	6:41.99	#4
#5	5:36.00	6:05.59	13-14 – 500 yd. Freestyle	5:25.00	6:05.99	#6
#7	5:32.00	5:54.99	15-18 – 500 yd. Freestyle	5:20.00	5:29.99	#8
#9	5:28.00	5:59.99	11-12 – 400 yd. Ind. Medley	5:28.00	5:59.99	#10
#11	5:07.00	5:38.99	13-14 – 400 yd. Ind. Medley	4:55.00	5:22.79	#12
#13	5:05.00	5:36.29	13-14 – 400 yd. Ind. Medley	4:45.20	4:58.89	#14

SATURDAY 10 & Under and 13-14 MORNING SESSION
Saturday, March 6th, 2010

SESSION #2 – Saturday Morning 10 & Under and 13-14 Events: **Warm Up: 7:30 a.m.** **Session Start Time: 8:30 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	1:11.50	1:21.49	10 & Under - 100 yd. Freestyle	1:11.60	1:21.49	#16
#17	:58.50	1:06.09	13-14 - 100 yd. Freestyle	:55.00	1:02.59	#18
#19	:36.60	:45.39	10 & Under – 50 yd. Butterfly	:36.80	:45.39	#20
#21	1:05.70	1:14.59	13-14 - 100 yd. Butterfly	1:01.60	1:14.99	#22
#23	1:34.00	1:51.39	10 & Under – 100 yd. Breaststroke	1:36.00	1:51.39	#24
#25	2:43.00	3:02.99	13-14 - 200 yd. Breaststroke	2:40.00	2:59.99	#26
#27	:37.50	:44.39	10 & Under – 50 yd. Backstroke	:38.00	:44.39	#28
#29	2:22.60	2:48.99	13-14 - 200 yd. Backstroke	2:17.00	2:41.49	#30
#31	2:56.00	3:19.99	10 & Under – 200 yd. Ind. Medley	3:00.00	3:19.99	#32
#33	2:23.50	2:47.79	13-14 - 200 yd. Ind. Medley	2:15.00	2:38.99	#34

SATURDAY 11 & 12 and 15 & OVER AFTERNOON SESSION
Saturday, March 6th, 2010

SESSION #3 – Saturday Afternoon 11-12 & 15-18 Events: **Warm Up: TBA** **Session Start Time: 60 minutes**
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	1:01.80	1:11.39	11-12 – 100 yd. Freestyle	1:02.20	1:11.59	#36
#37	:57.80	1:03.59	15-18 – 100 yd. Freestyle	:52.30	:57.49	#38
#39	2:40.00	2:59.99	11-12 – 200 yd. Butterfly	2:40.00	2:59.99	#40
#41	1:05.50	1:12.59	15-18 – 100 yd. Butterfly	:59.00	1:05.59	#42
#43	:33.30	:39.09	11-12 – 50 yd. Backstroke	:33.30	:42.19	#44
#45	2:24.00	2:35.29	15-18 – 200 yd. Backstroke	2:13.10	2:22.89	#46
#47	:37.20	:44.29	11-12 – 50 yd. Breaststroke	:37.60	:43.79	#48
#49	2:36.00	2:59.99	11-12 – 200 yd. Backstroke	2:38.00	2:59.99	#50
#51	2:43.00	2:56.99	15-18 – 200 yd. Breaststroke	2:31.00	2:42.79	#52
#53	1:20.50	1:34.59	11-12 – 100 yd. Breaststroke	1:21.60	1:31.89	#54
#55	2:22.10	2:43.09	15-18 – 200 yd. Ind. Medley	2:11.00	2:33.79	#56
#57	2:31.50	2:54.09	11-12 – 200 yd. Ind. Medley	2:32.60	2:59.09	#58

SUNDAY 10 & Under and 13-14 MORNING SESSION

Sunday, March 7th, 2010

SESSION #4 – Saturday Morning 10 & Under and 13-14 Events: Warm Up: 7:30 a.m. Session Start Time: 8:30 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	2:36.00	2:55.59	10 & Under - 200 yd. Freestyle	2:40.00	2:55.59	#60
#61	2:08.00	2:22.99	13-14 - 200 yd. Freestyle	2:01.00	2:24.09	#62
#63	1:21.00	1:31.59	10 & Under – 100 yd. Ind. Medley	1:22.00	1:31.59	#64
#65	1:16.50	1:26.79	13-14 - 100 yd. Breaststroke	1:13.00	1:24.49	#66
#67	:43.00	:50.09	10 & Under – 50 yd. Breaststroke	:44.00	:50.09	#68
#69	1:06.60	1:18.29	13-14 - 100 yd. Backstroke	1:03.00	1:19.49	#70
#71	1:22.20	1:40.09	10 & Under – 100 yd. Backstroke	1:22.20	1:40.09	#72
#73	:27.00	:30.19	13-14 - 50 yd. Freestyle	:25.30	:28.29	#74
#75	:32.10	:36.69	10 & Under – 50 yd. Freestyle	:32.00	:36.69	#76
#77	2:31.00	2:42.59	13-14 - 200 yd. Butterfly	2:25.00	2:38.59	#78
#79	1:27.10	1:40.99	10 & Under – 100 yd. Butterfly	1:28.00	1:40.99	#80

SUNDAY 11 & 12 and 15 & OVER AFTERNOON SESSION

Sunday, March 7th, 2010

SESSION #5 – Saturday Afternoon 11-12 & 15-18 Events: Warm Up: TBA Session Start Time: 60 minutes

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	1:12.10	1:29.19	11-12 – 100 yd. Butterfly	1:13.50	1:28.99	#82
#83	2:04.50	2:16.59	15-18 – 200 yd. Freestyle	1:55.00	2:01.89	#84
#85	:28.60	:32.49	11-12 – 50 yd. Freestyle	:28.30	:32.49	#86
#87	1:06.50	1:13.09	15-18 – 100 yd. Backstroke	1:00.50	1:06.89	#88
#89	1:11.10	1:24.99	11-12 – 100 yd. Backstroke	1:11.60	1:25.79	#90
#91	1:15.20	1:23.89	15-18 – 100 yd. Breaststroke	1:07.50	1:13.89	#92
#93	2:56.00	3:19.99	11-12 – 200 yd. Breaststroke	3:00.00	3:19.99	#94
#95	:31.60	:37.19	11-12 – 50 yd. Butterfly	:32.10	:39.69	#96
#97	:26.60	:28.49	15-18 – 50 yd. Freestyle	:23.80	:26.59	#98
#99	1:11.30	1:21.69	11-12 – 100 yd. Ind. Medley	1:12.30	1:22.59	#100
#101	2:30.00	2:39.99	15-18 – 200 yd. Butterfly	2:18.00	2:30.99	#102
#103	2:14.00	2:31.89	11-12 – 200 yd. Freestyle	2:15.50	2:32.89	#104

Metro Swimming & NY Sharks 'Metro Swimming Silver Championships North' Swim Meet 2010

Friday, Saturday, and Sunday, March 5th - 7th, 2010

*****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, Felix Festa Middle School, Metro Swimming, Swim New Jersey, 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:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO RECEIVE FINAL RESULTS:

ENTRY FEE SUMMARY: _____ Individual Event Entries @ **\$3.00** = \$ _____

_____ Individual Swimmer Surcharge @ **\$1.00** = \$ _____

TOTAL ENTRY FEES = \$ _____

MAKE CHECKS PAYABLE TO: NYSAQUATICS

List All Unattached Swimmers:

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____