

SILVER STREAKS SWIM CLUB
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]

MALE

Avila, Jon-Anthony (15)			# 78	Male 13-14 200 Fly	2:33.79Y
# 56	Male 15-18 200 IM	2:26.57Y	Macaluso, James (12)		
# 88	Male 15-18 100 Back	1:05.95Y	# 36	Male 11-12 100 Free	1:05.75Y
# 92	Male 15-18 100 Breast	1:12.77Y	# 44	Male 11-12 50 Back	36.96Y
# 98	Male 15-18 50 Free	26.36Y	# 54	Male 11-12 100 Breast	1:26.09Y
Buckland, Gavin (15)			# 58	Male 11-12 200 IM	2:49.10Y
# 8	Male 15-18 500 Free	5:25.55Y	# 90	Male 11-12 100 Back	1:24.28Y
# 14	Male 15-18 400 IM	4:53.13Y	# 96	Male 11-12 50 Fly	32.34Y
# 42	Male 15-18 100 Fly	59.56Y	# 100	Male 11-12 100 IM	1:13.49Y
# 46	Male 15-18 200 Back	2:21.37Y	# 104	Male 11-12 200 Free	2:31.65Y
# 56	Male 15-18 200 IM	2:14.09Y	Macaluso, Nicholas (10)		
# 84	Male 15-18 200 Free	1:56.37Y	# 16	Male 10 & Under 100 Free	1:15.45Y
# 88	Male 15-18 100 Back	1:04.67Y	# 20	Male 10 & Under 50 Fly	43.85Y
# 102	Male 15-18 200 Fly	2:21.47Y	# 28	Male 10 & Under 50 Back	39.93Y
Buckland, Grant (13)			# 32	Male 10 & Under 200 IM	3:12.06Y
# 18	Male 13-14 100 Free	1:00.55Y	# 64	Male 10 & Under 100 IM	1:26.84Y
# 22	Male 13-14 100 Fly	1:12.02Y	# 72	Male 10 & Under 100 Back	1:27.73Y
# 30	Male 13-14 200 Back	2:35.19Y	# 76	Male 10 & Under 50 Free	32.34Y
# 34	Male 13-14 200 IM	2:36.37Y	Perry-Porter, Osaze (14)		
# 66	Male 13-14 100 Breast	1:20.97Y	# 18	Male 13-14 100 Free	57.93Y
# 70	Male 13-14 100 Back	1:11.56Y	# 22	Male 13-14 100 Fly	1:10.69Y
# 74	Male 13-14 50 Free	26.76Y	# 30	Male 13-14 200 Back	2:29.54Y
Goldbloom, Joey (14)			# 34	Male 13-14 200 IM	2:27.23Y
# 18	Male 13-14 100 Free	1:01.91Y	# 66	Male 13-14 100 Breast	1:14.69Y
# 26	Male 13-14 200 Breast	2:55.12Y	# 70	Male 13-14 100 Back	1:06.71Y
# 30	Male 13-14 200 Back	2:29.35Y	# 74	Male 13-14 50 Free	25.81Y
# 34	Male 13-14 200 IM	2:36.83Y	Prince, Adam (14)		
# 62	Male 13-14 200 Free	2:16.96Y	# 26	Male 13-14 200 Breast	2:48.07Y
# 66	Male 13-14 100 Breast	1:21.50Y	# 34	Male 13-14 200 IM	2:37.75Y
# 70	Male 13-14 100 Back	1:09.03Y	# 62	Male 13-14 200 Free	2:23.55Y
# 74	Male 13-14 50 Free	27.79Y	# 66	Male 13-14 100 Breast	1:15.45Y
Gourevitch, Jesse (17)			# 70	Male 13-14 100 Back	1:17.26Y
# 14	Male 15-18 400 IM	4:49.84Y	Schunk, Andy (15)		
# 38	Male 15-18 100 Free	52.10Y	# 8	Male 15-18 500 Free	5:20.83Y
# 42	Male 15-18 100 Fly	1:01.36Y	# 38	Male 15-18 100 Free	52.99Y
# 84	Male 15-18 200 Free	2:01.24Y	# 46	Male 15-18 200 Back	2:18.96Y
# 98	Male 15-18 50 Free	24.05Y	# 56	Male 15-18 200 IM	2:15.82Y
# 102	Male 15-18 200 Fly	2:26.39Y	# 84	Male 15-18 200 Free	1:58.74Y
Klein, Simon (15)			# 88	Male 15-18 100 Back	1:03.16Y
# 38	Male 15-18 100 Free	57.38Y	# 98	Male 15-18 50 Free	24.81Y
# 52	Male 15-18 200 Breast	2:42.10Y	Scott, Robert (11)		
# 56	Male 15-18 200 IM	2:25.42Y	# 86	Male 11-12 50 Free	32.46Y
# 92	Male 15-18 100 Breast	1:09.86Y	Sidoti, Daniel (13)		
# 98	Male 15-18 50 Free	25.60Y	# 70	Male 13-14 100 Back	1:16.08Y
Macaluso, Christian (14)			Stagg, Christian (14)		
# 6	Male 13-14 500 Free	5:52.74Y	# 26	Male 13-14 200 Breast	2:59.56Y
# 12	Male 13-14 400 IM	5:04.32Y	# 30	Male 13-14 200 Back	2:40.35Y
# 26	Male 13-14 200 Breast	2:40.41Y	# 34	Male 13-14 200 IM	2:37.67Y
# 30	Male 13-14 200 Back	2:30.91Y	# 66	Male 13-14 100 Breast	1:23.38Y
# 34	Male 13-14 200 IM	2:18.37Y	# 70	Male 13-14 100 Back	1:14.11Y
# 70	Male 13-14 100 Back	1:06.83Y	Uppal, Gaurav (11)		

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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]**

MALE

# 36	Male 11-12 100 Free	1:09.66Y
# 44	Male 11-12 50 Back	34.55Y
# 48	Male 11-12 50 Breast	39.52Y
# 54	Male 11-12 100 Breast	1:29.86Y
# 86	Male 11-12 50 Free	31.22Y
# 90	Male 11-12 100 Back	1:17.96Y
# 96	Male 11-12 50 Fly	36.18Y
# 100	Male 11-12 100 IM	1:18.24Y

White, Jahari (11)

# 36	Male 11-12 100 Free	1:03.98Y
# 44	Male 11-12 50 Back	34.97Y
# 48	Male 11-12 50 Breast	42.20Y
# 82	Male 11-12 100 Fly	1:26.80Y
# 86	Male 11-12 50 Free	28.15Y
# 96	Male 11-12 50 Fly	33.57Y
# 100	Male 11-12 100 IM	1:18.14Y

Wong, Aaron (12)

# 36	Male 11-12 100 Free	1:08.36Y
# 44	Male 11-12 50 Back	36.38Y
# 48	Male 11-12 50 Breast	42.97Y
# 58	Male 11-12 200 IM	2:54.10Y
# 86	Male 11-12 50 Free	31.26Y
# 90	Male 11-12 100 Back	1:18.36Y
# 96	Male 11-12 50 Fly	36.44Y
# 100	Male 11-12 100 IM	1:19.83Y
# 104	Male 11-12 200 Free	2:31.58Y

Wu, Brian (16)

# 38	Male 15-18 100 Free	55.82Y
# 42	Male 15-18 100 Fly	1:02.60Y
# 56	Male 15-18 200 IM	2:21.69Y
# 88	Male 15-18 100 Back	1:05.18Y
# 98	Male 15-18 50 Free	24.86Y

Zaino, Matthew (17)

# 56	Male 15-18 200 IM	2:31.18Y
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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; text-align: center;"> <thead> <tr> <th style="width: 60%;">Session #1 - Friday Evening 500 Free & 400 IM</th> <th style="width: 15%;">Warm-up</th> <th style="width: 25%;">Meet Start</th> </tr> </thead> <tbody> <tr> <td>10&U, 11-12, 13-14, and 15-18</td> <td>4:00 p.m.</td> <td>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>10 & Under and 13-14 Events</td> <td>7:30 a.m.</td> <td>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>11-12 and 15-18 Events</td> <td>TBA</td> <td>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>10 & Under and 13-14 Events</td> <td>7:30 a.m.</td> <td>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>11-12 and 15-18 Events</td> <td>TBA</td> <td>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.

<p><u>MEET DIRECTOR:</u></p>	<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
<p><u>OFFICIALS:</u></p>	<ul style="list-style-type: none"> •
<p><u>SAFETY:</u></p>	<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.
<p><u>DISCLAIMER:</u></p>	<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.
<p><u>ADMISSION:</u></p>	<ul style="list-style-type: none"> • Admission is \$5.00 per session. • Programs are \$4.00 per session.
<p><u>MERCHANTS:</u></p>	<ul style="list-style-type: none"> • SWIM NEW JERSEY
<p><u>CONSESSIONS:</u></p>	<ul style="list-style-type: none"> • There will be food concessions with beverages and hot and cold food.
<p><u>PARKING:</u></p>	<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!
<p><u>FACILITY RULES:</u></p>	<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.
<p><u>DIRECTIONS:</u></p>	<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