



**Badger LCM Season Starter**  
**May 19, 2013**  
**# 130503**

# Badger Long Course Meter Season Starter

May 19, 2013

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 130503

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

**FACILITY:** The competitive course is 8 x 50 meter lanes 4-13 feet deep. Coaches must monitor their swimmers in the warm-up lanes). The pool has been certified in accordance with article 104.2.2C(4). Electronic timing system and non-turbulent lane lines will be used.

**NO SMOKING ALLOWED IN THE BUILDING.** Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building. Offenders will be ejected from the facility.

**SESSIONS:** **Session I – 12 & Under 8:00am WU; 9:00am Start - Events 1-26**  
**Session II – Open 1:00pm WU; 2:00pm Start - Events 27-38**

**FORMAT:** 1. Coaches and swimmers shall have the responsibility to familiarize themselves with the current U.S.A. Swimming Rules and Regulations.  
2. All Sessions will be Timed Finals  
**Deck Seeding**

**ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. Age on **May 19, 2013** will determine age for the entire meet.

**DISABILITY SWIMMERS:** 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.

**ENTRIES:** **Session I – V: 4 individual events**  
Entries **MUST** be sent via email or on a **Hy-Tek** disk. Be sure to enclose a Master Entry Sheet or Hy-Tek Spreadsheet. Entries received after the deadline will not be accepted. Deck entries will not be permitted.

U.S. Mail Entries/Payment to:

**Badger Swim Club**

119 Rockland Avenue  
Larchmont, NY 10538

Email Entries/Confirm Entry Receipt: **badgermeetentries@gmail.com**,

**DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **May 5, 2013**.  
2: The final entry deadline for this meet is **May 12, 2013**  
3: Metro entries received between **May 5, 2013** and **May 12, 2013** and all entries from other LSC's will be entered in the order they were received, as space allows.  
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 **\$5.00** per individual even must accompany the entries.

Make check payable to:

**Badger Swim Club.**

Payment must be received by **May 12, 2013** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

- WARM-UP:** First 45 minutes will be general warm-up. Lane assignments will be given at meet. Last 15 minutes: lanes 3 through 6 will be open for one-way sprint. Lanes 1 and 8 will be general warm-up. Lanes 2 and 7 will be designated pace lanes.
- 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 events 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:** **Awards will be given for 1<sup>st</sup> through 8<sup>th</sup> places..**
- OFFICIALS:** **Meet Referee: Phil Johanson**  
**Philip.a.johanson@citi.com**  
Officials wishing to volunteer should contact Meet Referee by **5/01/13.**
- MEET DIRECTOR:** **Lucy Johanson**  
**badgermeetentries@gmail.com**  
**914-834-1084**
- 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 Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.  
  
**"Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer's legal guardian, to ensure compliance with this requirement"**
- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."  
Water depth from end of pool in deep end is: 13 feet at 1 meter / 12 feet at 5 meters  
Water depth from end of pool in shallow end is: 7 feet at 1 meter / 7 feet at 5 meters
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Lehman College and Badger Swim Club**, 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 or locker rooms**
- DECK CHANGING:** **Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly**

**discouraged.**  
**Deck changing is prohibited.**

**ADMISSION:** Adults \$5.00  
Children \$2.00 per session  
Session Programs: \$3.00

The stands must be cleared after each session

**MERCHANTS:** There will be a concession stand Sunday for Sessions I and II

**PARKING:** Parking: Free Parking for Coaches with USA Swimming Credentials  
\$5.00 fee all-day parking at College Supervised Lot, (100 yards from APEX).

**DIRECTIONS:** DIRECTIONS TO LEHMAN COLLEGE APEX

**Bedford Park Boulevard between Goulden and Paul Aves.!**

**BY SUBWAY:** Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk West on Bedford Park Blvd. past Paul Ave. to entrance on south side of street.

**BY BUS: FROM WESTCHESTER:**

(White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West.

**BY CAR:** Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave. And make left onto Sedgwick and continue uphill. Turn right at Goulden Ave. (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right.

**Via Saw Mill River Parkway South** (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. APEX building is on your left. Proceed to traffic light and then turn left onto Goulden. Parking lots will be on your right.

**IMPORTANT! IN CASE OF EMERGENCY:!**Pool Office: 718- 960-7123  
Meet Desk: 718-960-1134

**Badger Season Starter - 5/19/2013**  
**Session Report**

Session: 1 12 & UNDERS LCM

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

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

Session: 2 OPEN LCM

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>
Finals	27 Girls 200 IM
Finals	28 Boys 200 IM
Finals	29 Girls 100 Butterfly
Finals	30 Boys 100 Butterfly
Finals	31 Girls 200 Backstroke
Finals	32 Boys 200 Backstroke
Finals	33 Girls 100 Breaststroke
Finals	34 Boys 100 Breaststroke
Finals	35 Girls 50 Freestyle
Finals	36 Boys 50 Freestyle
Finals	37 Girls 400 Freestyle
Finals	38 Boys 400 Freestyle