

Sunday 18 November 2012 Metro SC Meter Relay Time Trial
Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #062-17

Facility	Nassau County Aquatic Center ("NCAC") located in Eisenhower Park in East Meadow on Long Island. Conveniently accessible from all major area highways and within 5-10 minutes of several Long Island Railroad stations. 80,000 square foot complex with spectator grandstand area; stretch 68-meter pool with three bulkheads configured for 10-lane short course meter competition course with two-meter minimum depth; adjacent short course meter lanes available throughout meet for continuous warm-up and cool down; Colorado electronic timing system and scoreboard display. Originally constructed to host the 1998 Goodwill Games, the NCAC has also been the site of Speedo Northeast Junior National Championships, USA Swimming National Championships, US Open and FINA World Cup events, USMS New York State and Colonies Zone Championships, and the Men's & Women's NCAA Division 1 Championships.
Directions	Directions, mass transportation, map and parking at: http://www.excelswimming.com/About/Directions.htm
Eligibility	Open to all 2012 or 2013 USMS-registered swimmers age 18 and older regardless of Club or LMSC affiliation or residency. Age determination date for this meet is December 31, 2012. Note: You can not register with USMS until you are 18 years of age. Misplaced your USMS card? No problem. Retrieve USMS registration card online at: https://www.clubassistant.com/club/usms_member_card_request.cfm Not yet a member of USMS? Register with USMS for this meet online at: http://www.usms.org/reg/
Rules	2012 USMS rules govern this meet. NO DIVING permitted during warm-up except for designated one-way sprint lanes. Swimmers must enter the water in a cautious and controlled manner. Failure to comply with no diving rule may result in expulsion from meet.
Schedule	General Warm-Up: 8:15-9:20AM • Meet Start: 9:30AM • Projected Finish: 1:00PM. Due to facility time restrictions, the meet can not be held up (or heat or lane assignment changes made) if someone misses their event. Reference meet program, listen to announcements, watch scoreboard and follow meet progress to remain aware of where and when you are swimming. As a general guide, the estimated time line will be posted online about 3-4 days prior to meet date at www.excelswimming.com
Relays	Relays are to be deck-entered on event day. A supply of relay entry forms will be available at meet. Relay age group is determined by the aggregate (sum) age of all four relay team members. Make sure all relay swimmers are present before submitting relay entry. Unattached swimmers are ineligible for relays.
Entry Limit	Each swimmer is permitted to enter and swim a maximum of two (2) relay events.
Event Limit	Relay events will be limited to ONE heat each on a first-received basis.
Entry Fee	NO fee - relays are FREE..
Entry Times	Enter SHORT COURSE METER times for all events. An online entry time utility to calculate SCM times is available at: http://www.swimmingworldmagazine.com/results/conversions.asp
Split Times	Any swimmer who intends to post a USMS top ten, USMS national record or FINA world record split time must submit official split time request in writing to computer table prior to conclusion of meet. Official split time request forms will be available at meet. Note: Initial backstroke or relay lead-off split requests must be submitted PRIOR to swim.
Scoring	Time trial relays are NON-SCORING and are completely separate from Metro SCM Team Champs.
Deadline	Time trial relays are to be deck-entered at the meet BEFORE 9:00AM.
Awards	Every attending swimmer will receive a high-quality event shirt and a unique commemorative event souvenir award. No "awards" will be mailed after conclusion of meet.
Food	With the exception of plastic bottled water or sports drinks, facility management prohibits food and beverages on pool deck or in locker rooms. A full-service concession stand is located on the second level of the aquatic center, beverage and snack vending machines are located in the hallway behind team locker rooms, and there are multiple water fountains on pool deck.
Results	Results will be posted online within 48 hours of meet conclusion at www.metroswim.org and www.excelswimming.com
Questions	Direct inquiries to Meet Director Lisa Baumann at excelswimming@aol.com

**Sunday 18 November 2012 Metro SC Meter Relay Time Trial
EVENT #1A - WOMEN'S 400 SC METER FREESTYLE RELAY**

Only swimmers who are USMS-registered with the same club are eligible for relay participation. Relays are to be deck-entered on event day BEFORE 9:00AM. Confirm that all relay swimmers are present before submitting entry. Relay age group is determined by the aggregate (sum) age of all four relay team members. Enter short course meter times for relays. If submitting multiple relays from the same club in the same age group, make sure to designate "A", "B" or "C". Swimmer order may not change once entry is submitted.

CLUB NAME _____

SC METER ENTRY TIME: _____ DESIGNATE (circle one): A B C D E
 AGE GROUP (circle one): 72-99 100-119 120-159 160-199 200-239 240-279 280-319 320-359

PRINT SWIMMERS' FIRST & LAST NAMES (swimmer order may not change after submitting entry)		AGE (12/31/12)	SEX (M or F)
#1	_____	_____	__X__
#2	_____	_____	__X__
#3	_____	_____	__X__
#4	_____	_____	__X__

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**Sunday 18 November 2012 Metro SC Meter Relay Time Trial
EVENT #9A WOMEN 400 SCM MEDLEY RELAY ENTRY FORM**

Only swimmers who are USMS-registered with the same club are eligible for relay participation. Relays are to be deck-entered on event day BEFORE 9:00AM. Confirm that all relay swimmers are present before submitting entry. Relay age group is determined by the aggregate (sum) age of all four relay team members. Enter short course meter times for relays. If submitting multiple relays from the same club in the same age group, make sure to designate "A", "B" or "C". Swimmer order may not change once entry is submitted.

CLUB NAME _____

SC METER ENTRY TIME: _____ DESIGNATE (circle one): A B C D E
 AGE GROUP (circle one): 72-99 100-119 120-159 160-199 200-239 240-279 280-319 320-359

PRINT SWIMMERS' FIRST & LAST NAMES (swimmer order may not change after submitting entry)		AGE (12/31/12)	SEX (M or F)
BACK	_____	_____	__X__
BRST	_____	_____	__X__
FLY	_____	_____	__X__
FREE	_____	_____	__X__