

2009 Senior Metropolitan Swimming Championships

Rules and Timing Assignment

GENERAL RULES:

- 1) Coaches and swimmers shall have the responsibility to familiarize themselves with the current U.S.A. Swimming Rules and Regulations.
- 2) There will be preliminary heats and finals in all individual events except the 1000 Yard and 1650 Yard Freestyle. These events and all relays will be Timed Finals. A “prelims” break before the relays will be held at the discretion of the meet director.
- 3) The event order for the evening sessions will be: Bonus Final—8 swimmers (limited to swimmers 18&Under), Consolation Final—8 swimmers, Championship Final—8 swimmers. There will be a 10 minute break before the relays in all finals sessions.
- 4) Consolation and Championship finals will score. Bonus Final is a non-scoring heat limited to swimmers 18 & under.
- 5) All Relays are timed finals with the Top 8 relays swimming at finals.
- 6) All participating teams will be expected to time lanes, during the meet.

Warm-up Procedures and Safety Guidelines of Metropolitan Swimming will be strictly enforced.

SCRATCH RULES AND PROCEDURES: READ VERY CAREFULLY!!

- 1) **POSITIVE CHECKING** for the 1000 Yard Freestyle **MUST** be made in person at the pool desk of Lehman College between **4pm and 5pm on Thursday, February 19, 2009**. The 1000 free will be seeded promptly at 5pm.
- 2) **Scratches for Friday’s events MUST be made by calling or emailing Monique between 11am and 1:00pm on Thursday, February 19th or in person by a coach during warm-up of the 1000 free on Thursday. All scratches for Friday will close at the end of warm-up, at 5:30pm, on Thursday, February 19th.**
- 3) Scratches for all subsequent days’ events and confirmation of intent to swim the 1650 Yard Freestyle shall be made no later than 30 minutes after the conclusion of the prelims of the preceding day. Scratch forms will be provided.
- 4) **In all prelim-final events, after the prelims have been seeded, any swimmer who fails to compete in an individual event heat in which he/she is entered and from which he/she has not been scratched will be barred from all further individual and relay events of that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares his/her intent to swim prior to the close of scratches for that day’s events.**
- 5) Heat sheets for same day finals and for the next day prelims session will be posted within 30 minutes of the conclusion of each morning session.
- 6) A swimmer qualifying for any finals swim based upon the results of the prelims must notify the Clerk of Course within 30 minutes after announcement of the qualifiers for that event that he/she **may not intend** to compete, and further must declare his/her final intention within 30 minutes following his/her last preliminary event. If a swimmer fails to follow this procedure, he/she will be barred from further competition for the remainder of the meet, except as noted in Rule 207.5.9 E1 and E3. In addition, if a swimmer fails to follow this procedure for the last session of the meet, his/her club will be fined \$50.00 for each instance.
- 7) The relay scratch rule will be as follows: Any relay team entered in a relay event and not properly scratched must swim the event. Failure to do so will result in each member of the relay team being barred from the next relay event in which they may otherwise be eligible to compete. A relay team member failing to appear ready to swim for a relay event will be barred from his/her next individual event. Relay members who do appear ready to swim shall not be penalized.
- 8) **It is the responsibility of the Swimmers and the Coaches to make sure that swimmers have not moved up into the top 24 by the close of the prelims session. Reminder: Bonus heat is limited to swimmers 18 & Under!**

TIME TRIALS: Time trials will be held after prelims, as time permits. They will cost \$5.00 per swim. Time trials will be open only to swimmers who are entered in individual events in the meet. Swimmers are allowed a maximum of two (2) time trials over the course of the weekend. **Time trials are counted toward the three individual events allowed per swimmer per day.**

TIMING & MEET MARSHAL ASSIGNMENT

Senior Mets Short Course 2009

ADULT TIMERS WITH WATCHES will be expected from each club and will be assigned based on a percentage of entries at each session. **A team assigned a lane must provide timers on that lane for the entire session!** Timers are asked to be on deck 15 minutes before the scheduled start of the session. Volunteer timers are welcome.

PLEASE COOPERATE. Any timer that has not reported, from a club assigned to time, will result in the disqualification of that club's swimmers until that timer reports.

Thanks for your cooperation.

Meet Marshals:

Meet marshals (see schedule below) must be on deck 5 minutes before the start of scheduled warm-up. Identifying attire will be supplied.

Marshals must enforce warm-up procedures and maintain order in the swimming venue.

Timers:

Teams that are not assigned a lane to time must be "on call" if needed

Swimmers entered in the 1000 and 1650 must provide their own timer and counter (BYOT).

1000 free will run fastest to slowest, alternating women and men

Heats of the **1650 free** will run to finish approximately 10-15 minutes before the start of warm-up for finals. They will run slowest to fastest alternating women and men. Fastest heats will be held during evening session.

Warm-up for the 1650 will be adjusted and announced after positive check-in.

Lane	Thursday Session 1	Fri. AM Session 2	Fri. PM Session 3	Sat. AM Session 4	Sat. PM Session 5	Sun. AM Session 6	Sun. PM Session 7
1	byot	NYAC LGAC	IA VAC	NYAC NYAC	NYAC NYAC	NYAC WAC	NYAC NYAC
2	byot	LIAC NBS	LIAC LIAC	MSC MSC	LIAC LIAC	LGAC LGAC	LIAC LIAC
3	byot	EAST EAST	EAST EAST	BASC NFS	EAST EAST	EAST BAD	EAST EAST
4	byot	BGNW BGNW	BGNW BGNW	BLUE BLUE	BGNW BGNW	LIE LIE	BGNW BGNW
5	byot	BAD BAD	BAD BAD	BAD LGAC	BAD BAD	COND COND	BAD BAD
6	byot	COND COND	AGUA AGUA	FLY FLY	AGUA AGUA	FLY FLY	AGUA AGUA
7	byot	OWA OWA	NYSA NYSA	TS TS	NYSA NYSA	TS TS	NYSA NYSA
8	byot	LIE LIE	TS TS	TVSC TVSC	LIE IA	TVSC TVSC	CSC CSC
Relief Timer	byot	WAC	TVSC	AG	NBS	BASC	AG
Meet Marshals	LGAC	LBA TS	LIAC BAD	WAC EAST	TVSC NS	IA SSL	TS NDAC