

2010 Metropolitan Zone Team Qualifier Rules (page 1-2-3) and Timing Assignment (page 2)

- ELIGIBILITY:**
1. **Only Swimmers who WILL attend Zones if they make the team can compete at the Zones Qualifier Meet. All swimmers must swim in the age group they will be as of the first day of Zones (April 1, 2010) as long as they meet the qualifying times for that age group.**
 2. All swimmers must be registered for 2010 with USS and Metropolitan Swimming (as of entry deadline). A swimmer may enter any number of individual events for which he/she has met the qualifying time, but may not compete in more than three (3) individual events per any one-day. A swimmer who is not scratched and competes in more than 3 events in a day will automatically be DQ'd from any event(s) beyond the first 3 events that the swimmer competes in (scratches behind the blocks count as an entry).
 3. 10&under swimmers may swim up to five (5) events per day.
 4. **Qualifying Period: March 1, 2009 through entry deadline for Zone Team Qualifier meet.**

IMPORTANT NOTE ABOUT EASTERN ZONE TEAM ELIGIBILITY

As per the Eastern Zone rule, **13 and Over Swimmers** may not compete at Zones if they have a Qualifying Time **in any event, equal to or faster than the times posted in the chart below (on page 3 of the meet information)**

- 1) The SCY times are based upon the 2009 SCY Junior National Championships.
- 2) The LCM times are based upon the 2009 Junior National Championships
- 3) The SCM times are based on the slowest time between the LCM Junior National Championships.

- 4) Athletes who have competed in an Individual Event at the USA Swimming National Championships, the USA Swimming Spring Championships, U.S. Open, the USA Swimming Junior Championships or a USA Swimming Trials Class meet are not eligible to enter and compete at an EZ AG Championship meet.

- 5) Athletes 13 years of age and over who have achieved a qualifying time in an individual event for any of the above meets (see F.5d) prior to the entry deadline for the EZ meet, may not enter and compete in an EZ AG Championship meet.

- 6) Athletes 12 years of age or younger who have achieved a qualifying time in an individual event for any of the above meets (see F.5d), but have not competed in that event at the stated meet, may enter and compete in that event in an EZ AG Championship meet.

**Metropolitan Swimming will impose a \$50.00 fine on any swimmer failing to equal or better the cut-off time if the entry time cannot be proven within 30 days following the conclusion of the meet.
This includes DQ's, No Shows, and scratches made after the meet is seeded.**

Scratches:

1. This meet will be deck seeded. Scratches will be due thirty (30) minutes before each published session start time.
2. **Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.**
3. **There will be a \$50.00 per event fine for any swimmer that does not scratch the last day's final and fails to show.**
4. Coaches must make sure that their swimmers understand that once they are scratched, they will not be re-entered in the meet. **Coaches should inform their swimmers to leave plenty of time for traffic, especially in bad weather!**
5. The coach of a swimmer that was seeded in an event, and is a **No-Show (NS)** in the event, 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.
6. Athletes who miss a race in which they were seeded and did not properly deck scratched **will be barred from their next individual event of the day.** If they miss their last event of the day they will be barred from their first event of the next day.

All coaches MUST carry their 2010 coaches' card and show their credentials.

**** Zone Chaperons are required from all teams with 4 or more swimmers 11-over qualifying for Zones. Chaperon applications will be available at The ZQ Meet and are posted on the Metro Website.**

**** Parents of 10-under qualifiers may fill out a form at the meet to reserve a room. Swimmers 10-under do not travel, sleep or eat with the team.**

**** Zone team members must sign up for Zones at the Zone Qualifier meet – No exceptions – Money (\$355 for 11-over; \$170 for 10-under) and equipment orders are due at that time. Hobie Swim will be on hand to collect the equipment orders.**

TIMING & MEET MARSHALS' ASSIGNMENT

ADULT TIMERS and MEET MARSHALS will be expected from each club. **Assignment is based on a percentage of entries and swimmers at each session.** A team assigned a lane must provide timers on that lane for the entire session! **Meet Marshals MUST report to the meet desk at least 5 minutes before the start of warm-up** and must stay on deck for the duration of the session. **Timers (and Relief Timers)** are asked to be on deck 20 minutes before the scheduled start of the session.

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. **Volunteer timers are welcome!**

Timing assignment for finals has been based on the psych sheets. We will need volunteers to fill up spots at finals.

Timers:

**Teams that are not assigned a lane to time must be “on call” if needed.
This applies especially to the finals’ session of each day**

Lane	Fri. AM	Fri.10-U	Fri. PM	Sat. AM	Sat.10-U	Sat. PM	Sun. AM	Sun.10-U	Sun. PM
1	LGAC NYS	LGAC ABBE	LGAC CSC	LGAC NYS	LGAC ABBE	LGAC NS	LGAC CSC	ABBE ABBE	LGAC CSC
2	LIAC LIAC	LIAC LIAC	LIAC LIAC	LIAC LIAC	LIAC LIAC	LIAC LIAC	LIAC LIAC	LIAC LIAC	LIAC LIAC
3	BAD BAD	BAD BAD	BAD NYS	BAD BAD	BAD BAD	BAD BAD	BAD BAD	BAD BAD	BAD BAD
4	BGNW BGNW	BGNW BGNW	BGNW BGNW	BGNW BGNW	BGNW BGNW	BGNW BGNW	BGNW BGNW	BGNW BGNW	BGNW BGNW
5	COND COND	HAA YMID	HAA MSC	AGUA MSC	AGUA RA	AGUA AGUA	AGUA MSC	AGUA AGUA	WSSC NYCC
6	MSC MSC	MSC LBA	LIE LIE	LIE LBA	LIE LBA	LIE MSC	LIE NYS	LIE LBA	NYS NYS
7	TS LIE	COND LIE	TS TS	TS TS	HAA HYB	LBA CSC	TS TS	MWSC HAA	TS HAA
8	AGUA NYCC	AGUA AGUA	COND COND	COND COND	YMID UN-JCC	NYCC ABBE	TVSC YFD	NS COND	MWSC COND
RELIEF TIMER	BGNW	LIAC	MSC	ABBE	LIAC	COND	MSC	LIAC	NRYM
MEET MARSHALS	LIAC TVSC	NS WSSC	LIAC TVSC	LIAC TVSC	WSSC NS	BBSC MWSC	LIAC TVSC	RA GAEL	LIAC TVSC

2010 EASTERN ZONE MAXIMUM QUALIFYING TIMES FOR ZONE MEETS
(Individual entry QT's may not equal or exceed these times for 13 & Over swimmers)

WOMEN			EVENT	MEN		
SCY	LCM	SCM		SCM	LCM	SCY
24.09	26.99	26.29	50 FREESTYLE	23.49	24.29	21.59
52.19	58.59	56.99	100 FREESTYLE	51.89	53.09	46.89
1:52.09	2:06.19	2:02.99	200 FREESTYLE	1:53.39	1:55.89	1:42.49
4:57.09	4:24.69	4:18.29	400/500 FREESTYLE	4:00.79	4:07.09	4:36.59
10:14.39	9:03.49	8:50.69	800/1000 FREESTYLE	8:19.49	8:35.59	9:36.29
17:00.99	17:20.49	16:58.49	1500/1650 FREESTYLE	15:51.49	16:15.49	16:03.49
57.79	1:05.69	1:04.49	100 BACKSTROKE	55.99	1:00.09	52.19
2:04.19	2:20.99	2:18.59	200 BACKSTROKE	2:01.99	2:09.59	1:53.09
1:05.29	1:14.29	1:12.29	100 BREASTSTROKE	1:05.09	1:07.79	58.69
2:21.39	2:39.99	2:34.99	200 BREASTSTROKE	2:18.09	2:27.59	2:07.99
57.29	1:03.59	1:02.19	100 BUTTERFLY	55.99	57.39	51.19
2:05.69	2:19.69	2:16.89	200 BUTTERFLY	2:05.59	2:08.39	1:53.99
2:06.89	2:23.09	2:19.89	200 INDIVIDUAL MEDLEY	2:08.19	2:11.39	1:54.59
4:28.49	5:02.09	4:55.69	400 INDIVIDUAL MEDLEY	4:32.59	4:38.99	4:04.09

IMPORTANT NOTE REGARDING THE EASTERN ZONE MEET

The 2010 Eastern Zone All-Star Championship Meet will be held April 1-3, 2010 at Rochester Webster Facility in Rochester, NY. All Metropolitan Swimmers will be participating as a team and all 11 & Over will be staying in a hotel as a team (no exceptions)

- ***The Top Three (3) finishers in each event in 10-under and 11-12 age groups will qualify to attend the Eastern Zone Meet. The Top Two (2) finishers in 13-14 and 15-18 age groups will qualify to attend the Eastern Zone Meet (13-14 and 15-18 girls qualify at the ZQ meet while 13-14 and 15-18 boys will qualify based on their submitted applications (times from January 1, 2010 to meet entries deadline)..***
- The cost for all **11-over that qualify for Zones is \$355.00 per swimmer** (this includes hotel room, meals, transportation, meet entries and uniforms). Amount may be adjusted at a later date.
- The cost for all **10-under that qualify for Zones is \$170.00 per swimmer** (this includes meet entries and uniforms). Amount may be adjusted at a later date.
- All 10-under swimmers must stay with their parents and be under their parents' responsibility.
- **Teams that have 4 or more 11-over swimmers** qualifying for Zones MUST provide a **Chaperone** to accompany the Zone Team to Rochester.

Payment for Zones will be due by the end of this meet! No Exceptions!!!
Checks or Cash only

A representative from **Hobie Swim** will be available at the Zone Qualifying Meet starting on Friday afternoon. Swimmers that qualify for Zones will be able to try on equipment for size and order additional optional items.