

Metropolitan Championship Policies 2012

Running of the Meet:

1. Start times
 - a. 9:30 am Friday, Saturday, Sunday prelims
 - b. 6:00 pm Friday
 - c. 5:30 pm Saturday and Sunday finals (minutes spring 2010)
 - d. 5:15 pm Sunday Seniors line up

2. Warm-up times
 - a. 7:00 am pool opens
 - b. 8:30 am lanes 1 & 8 pace, 2 sprint
 - c. 8:55 am lane 7 sprint
 - d. 9:25 am pool closes
 - e. 5:15 lanes 1 & 8 pace Saturday & Sunday: 4:30 pm lane 1 & 8 pace
 - f. 5:25 pm lanes 2 & 7 sprint 4:40 pm lane 2 & 7 sprint
 - g. 5:55 pool closes 5:10 main pool closes

3. The 3rd heat in any individual event (finals) will be run provided that 19 athletes compete
4. Bios will be done for the top 8 swimmers at night
5. Time trials on Saturday will run after the 1,000 freestyle.
6. Scoring will be done out to 24 place for individual and relay events
 - a. Any event with less than 19 competitors, the bonus heat will be dropped.

Relays:

1. There can be A and B relays however B relays are always unofficial
2. The top 16 of the 800 Free relay will swim only at night
3. B relays will not be accepted for the 800 Free relay
4. Morning heats of the 800 Free Relays must provide their own timers (spring minutes 2010)

Time Trials:

1. Deadline for time trials is due prior to the last women's event of the morning swim. Exception- if it's the last event the coach may hand it in within the last 5 minutes of the morning events. (spring minutes 2010)

Insurance:

1. Entries will not be accepted without a Certificate of Insurance-divers must be included.

Entries:

1. All entries must be via Meet Manager or Team Manager. Paper entries not acceptable
 - a. Ellen Mace 609-558-0988 ph 609-587-7751 fax entries1@juno.com www.besmarttinc.com
2. *No Time* (NT) entries will not be allowed unless the swimmer is unofficial.
3. May only use times that were submitted to the Top Times list that season. **(if time is incorrect on the top time list due to a technical error, usaswimming.com website will be used as well paper documentation will need to be provided by the coach.)**
4. If an entry time is not provable on Top Times swimmer is scratched from that event.
5. 400 IM & 1650 Free –non conforming times will be seeded last.

Diving:

1. Athletes will perform a full list of dives.
2. The top 8 divers will be announced at a 5 min. break after the relay/1650 then warm up for their final event .
3. **Diving will plan for a total of 45 minutes. Diving coaches will plot the time line accordingly so diving will start during the last 15 minutes of the individual swimming events. The last 30 minutes of diving will take place during the 30 minute break between the end of the last individual event and the final relay. Diving Competitors will be announced earlier in the meet so they can warm up as needed..**
4. **All Divers must register on Divemeets.com and enter dive sheets for events by Thursday, Feb. 16th at 12 Noon. A follow email of directions on how to use dive meet will follow**

Awards:

1. All-Conference = Top 8 swimmers/divers, All-Conference Honorable Mention = 9-16 place
2. All-Academic status will follow the guidelines used by CSCAA.
3. Have an award for the overall winner of women's teams, men's teams. No combined.
4. Nominate and vote Swimmer of the Meet and Rookie of the Meet at the break after the 200 Fly and before the 400 Free Relay.
5. Non-swimming awards will be determined at the Thursday night coaches meeting.