



2025-26 Metro Swim League – Meet 4

Saturday, January 10, 2026

Hosted by Children’s Aid Stingrays

Held under the sanction of USA Swimming

Teams: CAS, BED, RIST, ABBE, MCBY, MECPS

Date of Meet	Saturday, January 10, 2026
Meet Sanction #	Metro Swimming Sanction # - TBA Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
Location	Children’s Aid- Dunlevy Milbank Center- 14-32 W 118th St, New York, NY 10026
Facility Information	The Dunlevy Milbank Pool is a 5 lane, 25-yard pool with 4” competitive lane lines. There is no warmup pool. There is seating capacity for 150 spectators. The pool deck and bleacher area will be used to house swimmers. The gym will be used for staging swimmers. The depth at the starting blocks is 8 feet and the depth at the turning end is 2.5 feet.
Pool Certification Statement	The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement and refers to the pre-certification of the pool length measurement regarding National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance with 104.2.2C(4) does not impact on the validity of the times achieved in this pool. Times swum at this meet will in fact be entered in SWIMS and are eligible for qualifying for any other USA Swimming sanctioned competition.
Team Host Contact	Eddie Oyola- Eddie.Oyola@KipsBay.org
Meet Director	Eddie Oyola
Meet Referee	Jeanette Miranda-
Administrative Official	Eddie Oyola- Eddie.Oyola@KipsBay.org
Entry Open Date	Dec. 30, 2025
Meet Entry Information	All Entries are due Tuesday, January 6, 2026 All entries must be submitted by Hy-Tek Team Manager. Reminder All USA Swimmers should have a USA ID attached to their entry. All non-USA registered swimmers should not have a number added.
Swimmers Age	Age for this meet is: Oct. 18, 2025
Invited Teams	Saturday Only: CAS, BED, RIST, ABBE, MCBY, MECPS
Meet Course	Meet will be swum in SYC 25 Yards
Meet Format	<ul style="list-style-type: none"> This meet will be run in accordance with current USA Swimming Rules.

- This meet will be run as a timed final meet.
- Age Groups that will be offered:**
- There will be 8 & under/10 & under- 15 & over, 11—12s/13-14s events.
 - No Time Standards will be used.
 - This meet will be deck seeded with coaches checking in/scratching all swimmers.
 - Swimmers will report to the blocks. After they are seeded in the Gym. swimmers will be brought in through the locker rooms (2) events at the time

Individual Entry Limits

(3) Individual Events Only

Email Entries to:

Eddie Oyola- Eddie.Oyola@KipsBay.org

Session 1: Warm up 8:00 am to 9:00 am; Session begins at 9:10 am

Events	Mixed
8/U 25 Free	1
10/U 100 Free	2
15 & Over 100 Free	3
8/U 25 Back	4
10/U 50 Back	5
15 & Over 100 Back	6
10/U 200 Free Cut Time 3:15.00	7
15 & O 200 Free Cut Time 2:40.00	8
8/U 25 Fly	9
10/U 50 Fly	10
15 & Over 100 Fly	11
10/U 50 Free	12
15 & Over 50 Free	13
8/U 25 Breast	14
10/U 50 Breast	15
15 & Over 100 Breast	16
10 & Under 100 Med Relay	17
15 & Over 200 Med Relay	18

Session 2: Warm up 1:00 pm- 2:00pm pm; Session begins at 2:10 pm

Events	Mixed
11-12s 100 Free	19
13-14 100 Free	20
11-12s 50 Back	21
13-14s 100 Back	22
11-12s 200 Free Cut Time 3:00.00	23
13-14s 200 Free Cut Time 2:45.00	24
11-12s 50 Fly	25
13-14s 100 Fly	26
11 & 12s 50 Free	27
13-14s 50 Free	28
11-12s 100 Breast	29
13-14s 100 Breast	30
11-12s 200 Med. Relay	31
13-14s 200 Med Relay	32

Meet Schedule



Starts	'Fly-over' or 'Over-the-top' starts will be used at this meet.		
Admissions & Programs	Admission is free- Parents will be allowed in the GYM or the bleacher area for the meet. The rest of the building is off limits due to construction.		
Concessions	Food and drinks will be available at a concession stand near the pool.		
Meet Entry Information	<ul style="list-style-type: none"> All entries will be accepted, please include your entire roster as we will scratch before the session. 		
Check-In:	All check-in sheets must be turned into the scoring table 35 minutes before the start of each session. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched will have their names circled with a "SCR" next to the circle. Swimmers scratching a single event will have a line through his/her name and the event number circled with "SCR" next to the circle. Failure to follow this procedure may result in the swimmer(s) being scratched from the entire session.		
Entry Times	We don't allow 'NT' or 'No Time' to be used as an entry time.		
Meet Eligibility	<p>This is a USA Swimming "Approved" meet, where non-USA Swimming registered swimmers may enter. USA Swimming rules apply to all swimmers, and the times achieved by USA Swimming registered swimmers are recognized.</p> <p>Current USA Swimming numbers MUST BE LISTED for USA Swimming registered swimmers ONLY. Those swimmers who are not USA Swimming registered must be designated as such and should not have a USA Swimming ID number in the meet database. All swimmers must have an age noted and either a USA Swimming number (if registered) or birth date indicated (if not registered).</p> <p>All swimmers must be listed on a team's official entry form to be eligible to participate in this swim meet in any events including relays.</p>		
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 prohibited.		
Volunteering	<ul style="list-style-type: none"> We will only take a number of volunteers to work each session. A link will be emailed Monday, Jan. 5th to all teams. (20) parent volunteers/ (6) referees will be allowed on deck. Volunteers must be prepared to stay the duration of the session. Volunteers can sign up for more than one session if space is available. 		
Coaches Eligibility:	<ul style="list-style-type: none"> All coaches "on the deck" must be currently registered coach members of USA Swimming. Coaches must show coaching card for entrance to facility. All coaches must have coaching cards visible at all times while on deck. 		
Warm-up Procedures:	<ul style="list-style-type: none"> Warm-ups will be run under Metropolitan Swimming Warm-up and Safety Guidelines. (20) min. of pool time for all teams and will be scheduled. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes. All swimmers are entitled to a fair and comparable warm-up. All teams will get the same opportunity for general warm-up lanes, sprint lanes and pace lanes. 		

	<ul style="list-style-type: none"> • All general warm-up lanes will swim in a counterclockwise direction. • All swimmers must enter the pool from the starting end of the pool. MR Swimming Officials will monitor warm-ups.
Check-In:	<ul style="list-style-type: none"> • All check-in sheets must be turned into the scoring table 35 minutes before the start of each session. Swimmers that are swimming will have nothing done to their name. Swimmers that are being scratched will have a line across their names • Swimmers will have a time to enter the clubhouse. Doors will open 30 min. prior to warm up. Late swimmers will not be allowed swim after scratches are submitted.
Results:	Participating teams will be sent results via email and posted on Meet Mobile.
USA-S Racing Start Certification Statement:	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 USA Swimming member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Audio/Visual Recording Statement	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
USA-S Deck Change Policy Statement:	Deck changes are prohibited.
USA-S Drone Policy Statement:	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Meet Disclaimer	Upon acceptance of his/her entries, the participant waives all claims against, The Children's Aid , and the CAS Stingrays Swim Team, as well as Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring because 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."
MAAPP Policy	All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.