



2025-26 Metro Swim League Championships

Sunday, February 1, 2026

Hosted by Kips Bay Makos

Held under the sanction of USA Swimming

Date of Meet	Sunday, February 1, 2026
Meet Sanction #	Metro Swimming Sanction # - 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	Mark Twain Pool - 160 Woodlawn Ave, Yonkers, NY 10704
Facility Information	Mark Twain pool is a 8 lane, 25-yard pool with 4" competitive lane lines. There is no warmup pool. There is seating capacity for 250 spectators. The depth at the starting blocks is 12 feet and the depth at the turning end is 3.5 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 in regards to National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance to 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 - jeannettemiranda@ymail.com
Administrative Official	Eddie Oyola- Eddie.Oyola@KipsBay.org
Entry Open Date	January 21, 2026
Meet Entry Information	All Entries are due Tuesday, January 27, 2026 by 9:00 pm Changes will be allowed after 1st submission and due Thursday, Jan. 29th All entries must be submitted by Hy-Tek Team Manager or Team Unify. Reminder All USA Swimmers should have a New USA ID attached to their entry. All Non- USA registered swimmers should not have a number added.
Swimmers Age	Age for this meet is: February 1, 2026
Invited Teams	All Current 2025-2026 Metro Swim League Teams
Meet Course	Meet will be swum in SCY.
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: <ul style="list-style-type: none"> There will be 8 & Under, 10 & Under, 11-12, 13-14, 15 & over 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.
Individual Entry Limits	Girls Champs: (3) Events MAX: 1 ind./2 Relay or 2 ind./ 1 relay or 2 ind. only Boys Champs: (3) Events MAX: 1 ind./2 Relay or 2 ind./ 1 relay or 2 ind. only.
Email Entries to:	Eddie Oyola- Eddie.Oyola@KipsBay.org

Meet Events

Girls Champs @ 8:00am

Boys Champs @ 1:00pm

1	Girls 10 & Under 100 Medley Relay	39	Boys 10 & Under 100 Medley Relay
2	Girls 11-12 200 Medley Relay	40	Boys 11-12 200 Medley Relay
3	Girls 13-14 200 Medley Relay	41	Boys 13-14 200 Medley Relay
4	Girls 15 & Over 200 Medley Relay	42	Boys 15 & Over 200 Medley Relay
5	Girls 8 & Under 25 Butterfly	43	Boys 8 & Under 25 Butterfly
6	Girls 9-10 50 Butterfly	44	Boys 9-10 50 Butterfly
7	Girls 11-12 50 Butterfly	45	Boys 11-12 50 Butterfly
8	Girls 13-14 100 Butterfly	46	Boys 13-14 100 Butterfly
9	Girls 15 & Over 100 Butterfly	47	Boys 15 & Over 100 Butterfly
10	Girls 15 & Over 200 Freestyle	48	Boys 15 & Over 200 Freestyle
11	Girls 8 & Under 50 Freestyle	49	Boys 8 & Under 50 Freestyle
12	Girls 9-10 100 Freestyle	50	Boys 9-10 100 Freestyle
13	Girls 11-12 100 Freestyle	51	Boys 11-12 100 Freestyle
14	Girls 13-14 100 Freestyle	52	Boys 13-14 100 Freestyle
15	Girls 15 & Over 100 Freestyle	53	Boys 15 & Over 100 Freestyle
16	Girls 10 & Under 100 IM	54	Boys 10 & Under 100 IM
17	Girls 11-12 100 I	55	Boys 11-12 100 IM
18	Girls 13-14 200 IM	56	Boys 13-14 200 IM
19	Girls 15 & Over 200 IM	57	Boys 15 & Over 200 IM
20	Girls 8 & Under 25 Freestyle	58	Boys 8 & Under 25 Freestyle
21	Girls 9-10 50 Freestyle	59	Boys 9-10 50 Freestyle
22	Girls 11-12 50 Freestyle	60	Boys 11-12 50 Freestyle
23	Girls 13-14 50 Freestyle	61	Boys 13-14 50 Freestyle
24	Girls 15 & Over 50 Freestyle	62	Boys 15 & Over 50 Freestyle
25	Girls 8 & Under 25 Breaststroke	63	Boys 8 & Under 25 Breaststroke
26	Girls 9-10 50 Breaststroke	64	Boys 9-10 50 Breaststroke
27	Girls 11-12 50 Breaststroke	65	Boys 11-12 50 Breaststroke
28	Girls 13-14 100 Breaststroke	66	Boys 13-14 100 Breaststroke
29	Girls 15 & Over 100 Breaststroke	67	Boys 15 & Over 100 Breaststroke
30	Girls 8 & Under 25 Backstroke	68	Boys 8 & Under 25 Backstroke
31	Girls 9-10 50 Backstroke	69	Boys 9-10 50 Backstroke
32	Girls 11-12 50 Backstroke	70	Boys 11-12 50 Backstroke
33	Girls 13-14 100 Backstroke	71	Boys 13-14 100 Backstroke
34	Girls 15 & Over 100 Backstroke	72	Boys 15 & Over 100 Backstroke
35	Girls 10 & Under 200 Freestyle Relay	73	Boys 10 & Under 200 Freestyle Relay
36	Girls 11-12 200 Freestyle Relay	74	Boys 11-12 200 Freestyle Relay
37	Girls 13-14 200 Freestyle Relay	75	Boys 13-14 200 Freestyle Relay
38	Girls 15 & Over 200 Freestyle Relay	76	Boys 15 & Over 200 Freestyle Relay

Scoring

Ind. Events- 9,7, 6, 5, 4, 3, 2, 1,
Relays: 18, 14, 12, 10, 8, 6, 4, 2 (Doubled)

Awards

Medals 1st through 3rd/ Ribbons 4th through 12th (Relays 4th through 8th)

Starts

'Fly-over' or 'Over-the-top' starts will be used at this meet.

Admissions & Programs

Admission will be \$8.00 per person – Flyer with ticket info will be emailed.

Concessions

Food and drinks will be available at a concession stand near the pool.

Check-In:	<p>All check-in sheets must be turned into the scoring table 30 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.</p> <p>Relay Swimmers must be filled out and any changes must be made immediately or relays will be scratched due to a missing swimmer.</p>
Relays	<ul style="list-style-type: none"> • Relays are made up of eligible swimmers on your roster. • Relays that include exhibition swimmers will not score. • Swimmers can swim up. If you move a swimmer for the first relays, they must stay at that age group. So save swim ups to the final relays.
Entry Times	<p>We don't allow 'NT' or 'No Time' to be used as an entry time.</p>
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>Agreed to Metro Swim League rules for Championships will be in effect. Please refer to league rules that are set forth.</p> <p>No Deck entries will be accepted nor changes to individual events. Only changes that will be allowed are removal from an ind. event to only cover a relay. All entry rules apply.</p> <p>(3) event totals for BOYS & Girls (See Above for entry rules)</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 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	<p>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.</p>
Warm-up Procedures:	<ul style="list-style-type: none"> • Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. • 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. • 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.
USA-S Racing Start Certification Statement:	<p>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.</p>
Audio/Visual Recording Statement	<p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.</p>

Mandatory Lane Timer Assignments

This year we will make mandatory lane assignments. Each team is responsible for their volunteers. If someone needs to leave you must provide a backup. This is keeping the meet fair for all teams. You must fill out every role as its depends on team size. Please make sure you have a parent or multiple parents that can back each other up at the timer meeting.

Girls Champs -8:00 am -9:00 am/ 9:10 am Start

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Teams	RIST/ EBGC	CENT/ CENT	KBM/ KBM	APEX/ APEX	MCBY/ MCBY	CAS/ NRSS	NWAC/ RED	ST/ ST
	Lane 1 BU	Lane 2 BU	Lane 3 BU	Lane 4 BU	Lane 5 BU	Lane 6 BU	Lane 7 BU	Lane 8 BU
Team Back Up	BED		MCBY		RIST		CENT	

Boys Champs -12:30 pm -1:30 pm/ 1:40 pm Start

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Teams	ABBE/ ABBE	CENT/ CENT	KBM/ KBM	APEX/ APEX	EBGC/ CAS	RIST/ NRSS	BED/ BED	MECPS/ RED
	Lane 1 BU	Lane 2 BU	Lane 3 BU	Lane 4 BU	Lane 5 BU	Lane 6 BU	Lane 7 BU	Lane 8 BU
Team Back Up	ST		ABBE		APEX		KBM	

Team Estimates (Final Roster after 1/21/202)

Teams	ABBE	APEX	BED	CAS	CENT	EBGC	KBM	MCBY	MECPS	NRSS	NWAC	RED	RIST	ST
Boys Champs	55	37	23	17	25	21	28	21	2	9	2	9	8	45
Girls Champs	-	28	28	21	27	12	23	37	2	20	7	14	14	25
Total Swimmers	55	65	51	38	52	33	51	58	4	29	9	23	22	80

Total Girls: 258 Total Boys: 302 Total Swimmers for MSL 2026 Champs= 560