



December 13 - 15, 2019

Metro Sanction #191210

Hauppauge High School 500 Lincoln Blvd Hauppauge, NY 11788

Email Entries: Brandon@HauppaugeSwimming.com

Invited Teams: IA, FA, LIE, SSC, TS, TVSC

All other interested teams please contact us

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #191210
- LOCATION:** Hauppauge High School 500 Lincoln Blvd Hauppauge, NY 11788
- FACILITY:** Colorado electronic timing systems & 6-lane electronic scoreboard. 25 yards, 6 lane pool. The pool Has Not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1 Timed Finals:** 4PM Warm Up and 5PM Start (12 & Unders and Open)
Session 2 Prelims: 6:45AM Warm Up and 8AM Start (Open)
Session 3 Prelims: 11AM Warm Up & 12PM Start (8 & Under, 10 & Under and 11 - 12)
Session 4 Finals: 4PM Warm Up & 5PM Start (10&U, 11 -12 and Open)
Session 5 Prelims: 6:45AM Warm Up and 8AM Start (Open)
Session 6 Prelims: 11AM Warm Up & 12PM Start (8 & Under, 10 & Under and 11 - 12)
Session 7 Finals: 4PM Warm Up & 5PM Start (10&U, 11 -12 and Open)
- FORMAT:** This is a prelims and finals meet. No finals for 8 & Under events.
Finals for 10 & Unders will be 2 heats of 6 swimmers.
Finals for 11 - 12 will be 2 heats of 6 swimmers.
Finals for Open will be 4 heats of 6 swimmers except 1 heat of 50 fly, 50 back, 50 breast.

All events are timed finals. All sessions are seeded slowest to fastest
Seeding will be conducted at the beginning of each session utilizing a scratch sheet procedure.
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
No "Deck Registrations" accepted. Age on October 27th, 2019 determines age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** U.S. Mail Entries/Payment to: **Hauppauge Athletic Association PO Box 5065**
Email Entries/Confirm Entry Receipt: brandon@hauppaugeswimming.com
Make check payable to: Hauppauge Athletic Association
- DEADLINE:** **Entries must be received by: December 6, 2019**
An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email. First come, first served.
- ENTRY FEE:** \$6.00 per event and \$5.00 surcharge per Swimmer.

Swimmers can compete in 3 events per session. Please submit Emailed Hy-Tek entry file. Entries will be cut on first come first serve basis if needed and will be cut to finish the sessions accordingly to the timeline. NT (no times) will not be accepted

Payment must be received by for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** Warm-up Lanes will be assigned. Assignment sheet will be at the computer table.
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.
- COACHES:** In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.

- AWARDS:** Medals 1st to 3rd and Ribbons 4th to 6th
- OFFICIALS:** **Meet Referee:** Nelson Gonzalez nelsonshorses1@aol.com
Officials wishing to volunteer should contact Brian Morelli bmorellimd@gmail.com
- ADMIN OFFICIAL:** Brandon Modrov brandon@hauppagueswimming.com
- MEET DIRECTOR:** Brandon Modrov brandon@hauppagueswimming.com
- RULES:** The current USA Swimming Rules and Regulations will apply.
The USA Swimming Code of Conduct is in effect for the duration of the meet.
The overhead start procedure may be used at the discretion of the meet Referee.
- SAFETY:** **All swimmers must wear footwear upon leaving the pool area.**
Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules. **"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 member-coach, it is the responsibility of the swimmer, or the swimmer's legal guardian, to ensure compliance with this requirement"**
- MAAPP Policy** **All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.**
- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
- DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **"Hauppauge High School and Hauppauge Athletic Association"**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result 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."
- AUDIO/VISUAL STATEMENT:** **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks.**
"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."
- DECK CHANGING:** **Deck changes are prohibited.**
- ADMISSION:** \$6 per adult and \$2 per meet program.
- MERCHANTS:** Great hot and cold food available in Cafeteria during the meet.
- PARKING:** School parking lot available for use. Parking is free
- DIRECTIONS:** LIE – Exit 57 (Rt. 454 Vets Highway) travel north towards Commack. Make right turn onto Lincoln Blvd. and immediate left into first parking lot of High School.



**Metropolitan Swimming
Photographer Registration Form**

As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.

Name _____

Phone Number _____

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID _____ # _____

Taking photos of _____

On behalf of _____

Purpose _____

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____

Friday Session #1 Warm Up 4 PM & 5 PM Start (Timed Finals)

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
#1	12 & Under 100 Fly	#2
#3	Open 200 Fly	#4
#5	12 & Under 100 Back	#6
#7	Open 200 Back	#8
#9	12 & Under 100 Breast	#10
#11	Open 200 Breast	#12

Saturday Session #2 Warm Up 6:45 AM Warm Up & 8 AM Start (Prelims)

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
#13	Open 100 Fly	#14
#15	Open 50 Free	#16
#17	Open 100 Breast	#18
#19	Open 50 Back	#20
#21	Open 200 Free	#22

Saturday Session #3 Warm Up 11 AM & Start 12 PM (Prelims)

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
#23	8 & Under 25 Fly	#24
#25	10 & U then 11 - 12 Girls 50 Fly	#26
#27	10 & U then 11 - 12 Boys 50 Fly	#28
#29	8 & Under 25 Breast	#30
#31	10 & U then 11 - 12 Girls 50 Breast	#32
#33	10 & U then 11 - 12 Boys 50 Breast	#34
#35	8 & Under 50 Free	#36
#37	10 & U then 11 - 12 Girls 100 Free	#38
#39	10 & U then 11 - 12 Boys 100 Free	#40

Saturday Session #4 Warm Up 4 PM & Start 5 PM (Finals)**6 Swimmers Per Finals Heat**

8 & Under - no heats of finals

10 & Under - 2 heats of finals

11 - 12 - 2 heats of finals

Open - 4 heats of finals (d, c, b a) and 1 heat for open 50 back

Sunday Session #5 Warm Up 6:45 AM Warm Up & 8 AM Start (Prelims)

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
#41	Open 100 Back	#42
#43	Open 50 Breast	#44
#45	Open 100 Free	#46
#47	Open 50 Fly	#48
#49	Open 200 IM	#50

Session #6 Warm Up 11 AM & Start 12 PM (Prelims)

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
#51	8 & Under 25 Back	#52
#53	10 & U then 11 - 12 Girls 50 Back	#54
#55	10 & U then 11 - 12 Boys 50 Back	#56
#57	8 & Under 25 Free	#58
#59	10 & U then 11 - 12 Girls 50 Free	#60
#61	10 & U then 11 - 12 Boys 50 Free	#62
#63	8 & Under 50 Back	#64
#65	10 & U then 11 - 12 Girls 100 IM	#66
#67	10 & U then 11 - 12 Boys 100 IM	#68

Session #7 Warm Up 4 PM & Start 5 PM (Finals)

6 Swimmers Per Finals Heat

8 & Under - no heats of finals

10 & Under - 2 heats of finals

11 - 12 - 2 heats of finals

Open - 4 heats of finals (d, c, b a) and 1 heat for open 50 breast and open 50 fly