

December 7-10, 2023

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,

231209, 231256TT

LOCATION: Hauppauge High School

500 Lincoln Blvd Hauppauge, NY 11788

FACILITY: 6-lane, 25 yard pool. Colorado touchpads and scoreboard.

The competition course has not been certified in accordance with Article 104.2.2C (4).

SESSIONS:

Session	Format	Times	Age Groups
Session 1 Thursday	Timed Finals	4:30pm Warmup 5:00pm Start	8 & Under
Session 2 Friday	Timed Finals	2:45pm Warmup 3:30pm Start	Open
Session 3 Friday	Timed Finals	5:30pm Warmup 6:15pm Start	12 & Under
Session 4 Saturday	Prelims	7:30am Warmup 8:30am Start	Open
Session 5+6 Saturday	Prelims	11:00am Warmup 12:00pm Start	11-12, 9-10
Session 6 Saturday	Prelims	TBD ~1:20pm Warmup TBD ~2:05pm Start	9-10
Session 7 Saturday	Finals	4pm Warmup 5pm Start	Open, 11-12, 9-10
Session 8 Sunday	Prelims	7:30am Warmup 8:30am Start	Open
Session 9+10 Sunday	Prelims	11:00am Warmup 12:00pm Start	11-12, 9-10
Session 10 Sunday	Prelims	TBD ~1:20pm Warmup TBD ~2:05pm Start	9-10
Session 11 Sunday	Finals	4pm Warmup 5pm Start	Open, 11-12, 9-10

^{*}All times are approximate. Final schedule will be published after entries have closed.

FORMAT:

All events on Thursday and Friday are timed finals. Events on Saturday and Sunday are prelims-finals. In 9-10 events, the top 6 athletes will advance to finals (1 heat). In 11-12 events, the top 12 athletes will advance to finals (2 heats). In Open freestyle and events 100yds and longer, the fastest 18 athletes will advance to finals (3 heats). In the Open 50 yd Backstroke, Breaststroke, and Butterfly, 12 athletes will advance to finals (2 heats). In all Open events, the 1 slowest heat in finals will be open to athletes 14 & Under athletes only. Events, event order, number of athletes in finals are subject to change at the discretion of the meet director.



^{**}No one should enter the building until after 2:30pm and school buses have left.

All events will be deck seeded.

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 swimmer

will be permitted to compete unless the swimmer is a member as provided in Article 302.

No Deck Registrations will be accepted

Age on **December 10**, **2023** will determine age for the entire meet.

DISABILITY SWIMMERS:

Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. The athlete (or the athlete's coach) is also responsible

for notifying the meet referee of any disability prior to the competition.

ENTRIES: Please Email Entries to:

coachjeff.haa@gmail.com

U.S. Mail Entries/Payment to: Hauppauge Swimming

PO Box 5065

Hauppauge, NY 11788

NTs (No Times) are strongly discouraged. Entries will be cut on a first come first serve basis, except for the host team. Maximum 3 entries per athlete per day in prelims finals events. Maximum 6 timed final events per athlete per day. Athletes may enter only 1 session per day. Sessions may be limited to 3 hours at the discretion of the Meet Director.

DEADLINE: Entries must be received by: 12:00 pm on November 29, 2023

An email confirming receipt of entries if you provide an email contact. Please contact the Meet

Director if you do not receive such a report within 2 days of your original email.

ENTRY FEE: An entry fee of \$5 per timed final event (8 & Under), \$7.50 per timed final event (9 & Over), \$10 per

prelims/finals event, and a facility surcharge of \$25 per athlete must accompany the entries.

Zelle to "brandon@hauppaugeswimming.com" is preferred

Alternatively, checks can be made payable to: Hauppauge Swimming

Payment must be received by **December 7**, **2023** 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.

Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact the Meet director and identify registered swimmers whom they wish

considered for waiver of fees when submitting meet entries.

WARM-UP: Warmup lanes will be assigned and posted after entries are closed.

SCRATCHES: Scratches from finals may be done via Google form sent to participating teams after entries are

finalized or on paper at the discretion of the Meet Director. Coaches may 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 event 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 will be awards for 1st through 3rd place and Ribbons for 4th through 6th. High point

awards may be given at the discretion of the meet director.

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OFFICIALS: Meet Referee: Jeff Chu (coachjeff.haa@qmail.com) and Brian Morelli

(haaofficials@gmail.com)

Officials wishing to volunteer should contact the Meet Referee by email or use the following form:

https://forms.gle/NgjbzGdeiJR8b4nN7

ADMIN. OFFICIAL: Brandon Gilmore, Brandon Modrov, Jeff Chu

MEET DIRECTOR: Brandon Gilmore, Brandon Modrov, Jeff Chu

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: Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet.

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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the

swimmer, or the swimmer's legal quardian, to ensure compliance with this requirement.

Medical supervision available to athletes will include lifeguards and an AED.

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.

WATER DEPTH: The pool is 12 feet deep at 1m from the start end, and 11 feet and 6 inches at 5m from the start

end. The pool is 3 feet 6 inches deep at 1m from the turn end, and 4 feet at 5m from the turn

end.

DISCLAIMER: DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against

Hauppauge Swimming, Hauppauge School District, 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.

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: Admission to all sessions is free. Programs are available at no charge via Meet Mobile.

MERCHANTS: Limited concessions may be available.

PARKING: Ample free parking is available North of the High School.

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DIRECTIONS: https://goo.gl/maps/E8f1EkqU1W5PibZ96



Girls	Session 1 - Thursday Timed Finals	Boys
101	8 & Under 25 Freestyle	102
103	8 & Under 25 Breaststroke	104
105	8 & Under 25 Backstroke	106
107	8 & Under 25 Butterfly	108
109	8 & Under 50 Freestyle	110
111	8 & Under 50 Backstroke	112

Girls	Session 2 - Friday Timed Finals	Boys
211	200 Backstroke	212
213	200 Breaststroke	214
215	200 Butterfly	216

Girls	Session 3 - Friday Timed Finals	Boys
221	12 & Under 100 Backstroke	222
223	12 & Under 100 Breaststroke	224
225	12 & Under 100 Butterfly	226

Girls	Session 4 - Saturday Prelims	Boys
310	200 Freestyle	311
312	50 Backstroke	313
314	100 Breaststroke	315
316	100 Butterfly	317
318	50 Freestyle	319
Girls	Session 5 - Saturday Prelims	Boys
321	11-12 100 Freestyle	322
323	11-12 50 Breaststroke	324
325	11-12 50 Butterfly	326
Girls	Session 6 - Saturday Prelims	Boys
331	9-10 100 Freestyle	332
333	9-10 50 Breaststroke	334
335	9-10 50 Butterfly	336
Girls	Session 7 - Saturday Finals	Boys
310	200 Freestyle	311
321	11-12 100 Freestyle	322
331	9-10 100 Freestyle	332
312	50 Backstroke	313
323	11-12 50 Breaststroke	324
333	9-10 50 Breaststroke	334
314	100 Breaststroke	315
325	11-12 50 Butterfly	326
335	9-10 50 Butterfly	336
316	100 Butterfly	317

Girls	Session 8 - Sunday Prelims	Boys
410	100 Backstroke	411
412	50 Breaststroke	413
414	100 Freestyle	415
416	50 Butterfly	417
418	200 IM	419
Girls	Session 9 - Sunday Prelims	Boys
421	11-12 50 Backstroke	422
423	11-12 50 Freestyle	424
425	11-12 100 IM	426
Girls	Session 10 - Sunday Prelims	Boys
431	9-10 50 Backstroke	432
433	9-10 50 Freestyle	434
435	9-10 100 IM	436
Girls	Session 11 - Sunday Finals	Boys
410	100 Backstroke	411
421	11-12 50 Backstroke	422
431	9-10 50 Backstroke	432
412	50 Breaststroke	413
423	11-12 50 Freestyle	424
433	9-10 50 Freestyle	434
414	100 Freestyle	415
425	11-12 100 IM	426
435	9-10 100 IM	436
416	50 Butterfly	417



Metropolitan Swimming Photographer Registration Form

All Metropolitan Swimming Teams need to include this in the meet information packet. Please file this form with the Safety 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 a 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 Regi	stration Card:
Type of ID#	_
Taking photos of	
On behalf of	
Purpose	
Professional photographers/videographers will be allowed on dec Referee and must adhere to the following guidelines:	ck at the discretion of the Meet Director and Meet
Do not stand on the starting end of the pool, or in the starter's bo Director and Meet Referee.	ox; use of the bulkhead is at the discretion of the Meet
Do not stand on the edge of the pool (leave approximately two fe	et for officials and coaches).
Leave the deck when not actively photographing.	
Respond immediately to direction from the Meet Referee.	
Signature	_ Today's Date
MeetLoca	ation
Date(s) of meet	

