

Championship Meet Schedule

Swim Seasons

- Our Season
 - September through July (11 months)
- Short Course Season
 - September through April (8 months)
 - 25 yard pool (High school pool)
- Summer Season
 - May through July (3 months)
 - 25 yard pool (High school pool)
 - 50 long course meter pool (Olympic size)

Meet Schedule

- Regular season meets
 - September through February
 - These meets are used to qualify for championship meets
- Championship or season culminating meets
 - February through April
 - Championship meets have qualifying times
 - Time standards available on our website under Achievements
- Summer meets run an abbreviated version of this schedule

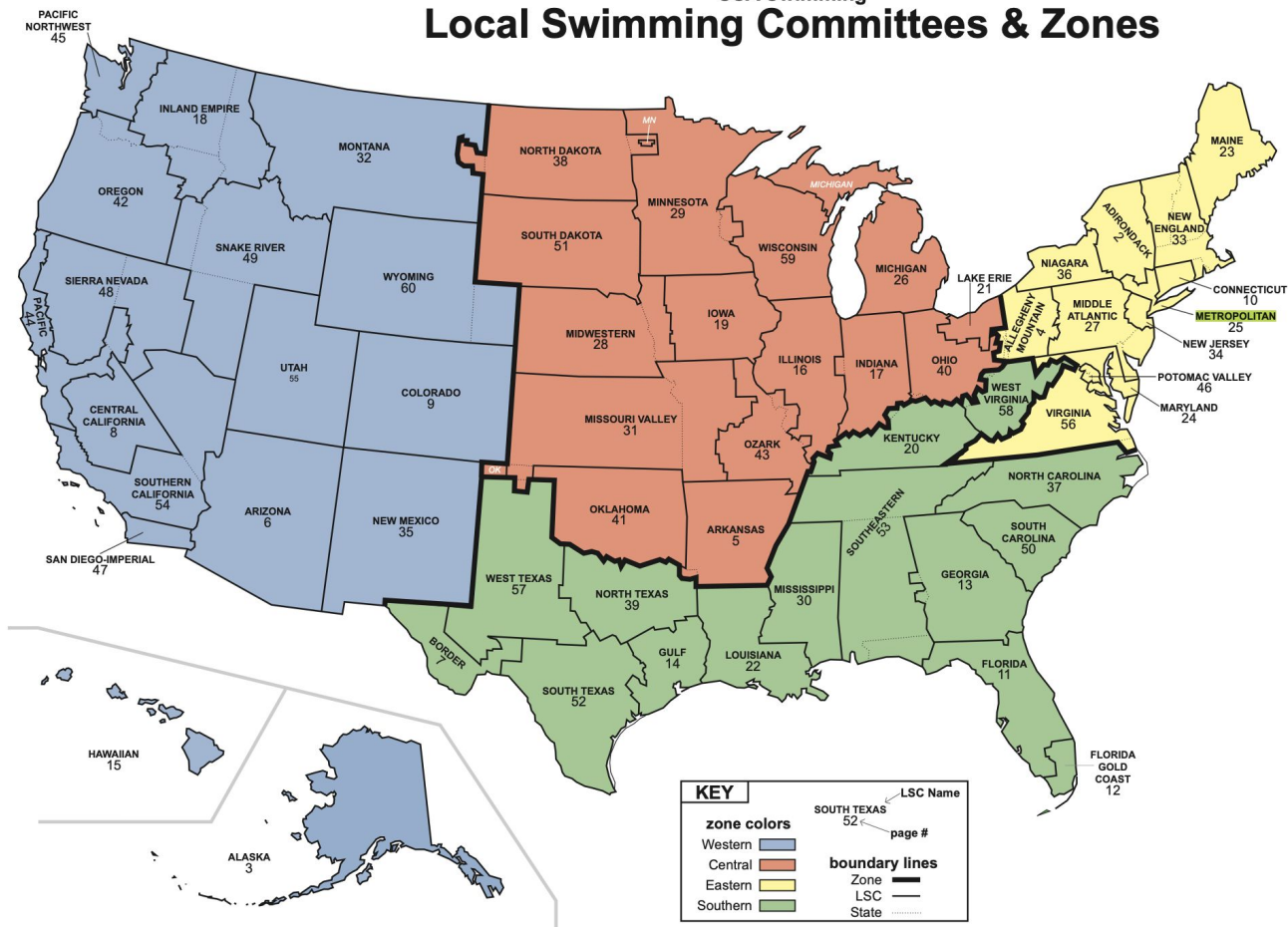
Timed Final Meets

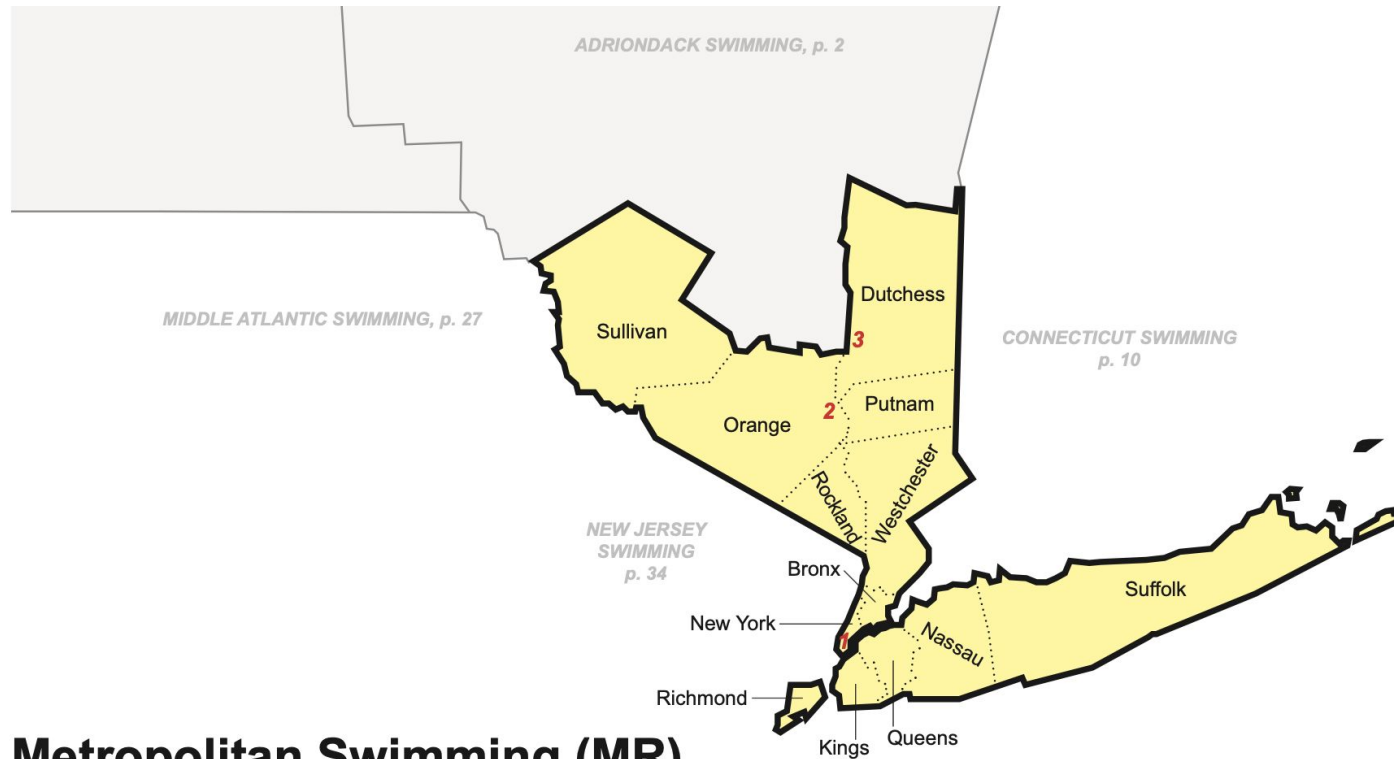
- Each swimmer swims their event once, and their final placement is determined by their time in that single swim
- Most regular season meets are timed final
 - Most of our home meets are timed final
 - Except Eagle Invite
- Championship meets can be timed final but they're *usually* in the prelim / final format

Prelim / Final

- Prelim / Final
 - A "prelim / final" swim meet has a preliminary session where swimmers entered in the meet compete to determine the "final" round, where the top swimmers from prelims race again to determine final placing
 - Most championship meets are *usually* prelim / final

USA Swimming Local Swimming Committees & Zones





Metropolitan Swimming (MR)

Eastern Zone

That portion of New York State south of and including the counties of Sullivan, Orange and Dutchess.

Cities (all in New York)

1 – New York City

2 – Newburgh

3 – Poughkeepsie

Swimming Statistics

- USA Swimming (400,000 swimmers)
- Eastern Zone (80,000)
 - Level 1 None
 - Level 2 Age Group Zones (750)
 - Level 3 Sectionals (1,500)
- Metro Swimming (10,000)
 - Level 1 Silvers (1,500)
 - Level 2 Junior Mets (900)
 - Level 3 Senior Mets (500)

Championship Meet Schedule

<u>Meet</u>	<u>Dates</u>	<u>Qualifying</u>	<u>Ages</u>	<u>Location</u>
Senior Mets	February 13 - 16	Yes	Senior	Nassau County
Silvers	February 21 - 23	*Yes*	All	Hauppauge
8 & Unders	March 1	-	8 & Unders	Stony Brook
Junior Mets	March 14 - 16	Yes	14 & Unders	Nassau County
Boston	March 14 - 16	-	All	Boston, MA
Sectionals	March 27 - 30	Yes	Senior	Ithaca, NY
Age Group Zones	April 2 - 5	Yes	14 & Under	Webster, NY
Metro JCC League	April 6	-	All JCC	Nassau County
Suffolk County	April 12 - 13	Yes	All	Nassau County

Senior Mets & Sectionals

- Senior Mets February 13 - 16 at Nassau County
- Sectionals March 27 - 30 at Ithaca College
- Level 3 Metro and Zone Championship
- Qualifying times with no age group - Open / Senior
- Multi day prelim and finals for the highest performing swimmers on our team in Metro and in the Eastern Zone
- Coaches have been in touch with qualifiers

Junior Mets

- March 14 - 15 at Nassau County Aquatic Center
- Level 2 Metro Championship
- Includes all qualifying swimmers from Metro
- 10 & Under timed finals AM
- 11 - 12 and 13 - 14 AM prelims and PM finals
- Showcase for our high performing age group swimmers

Age Group Zones

- April 2 - 5 at Webster Aquatic Center, NY
- Level 2 Eastern Zone Championship
- Includes all qualifying swimmers from Eastern Zone
- 10 & Under timed finals afternoon
- 11 - 12 and 13 - 14 AM prelims and PM finals
- Showcase for our high performing age group swimmers

8 & Unders

- March 1 at Stony Brook University
- Local teams with no qualifying times
- 1 session timed final with relays
- All invited and entered
- Theme



Silvers

- February 21 - 23 at Hauppauge High School
- Level 1 Metro Championship
- Includes all qualifiers from Metro South
- Timed final meet due to the number of events offered
- Improvements to the meet for all regions
 - 1 bonus swim for qualifiers in a 50 or 100
 - Meet hosts can enter in non qualifiers
- Annual meet bid process for South teams (12)
- Meet atmosphere enhancements

Hauppauge Silver Entries

- Coaches committed those who are eligible
- Tier 1 - Qualifiers with bonus events required to volunteer
- Tier 2 - Non qualifiers within reason who volunteer
- Tier 3 - Non qualifiers in shorter events who volunteer
- Meet announcement for sessions age groups
- Volunteer and swimmer availability by Friday 2/14 8:00 PM
- Community service opportunities for older swimmers
- Entry confirmation early next week
- \$5 admission per session for non volunteers

Boston

- March 14 - 16 at Boston Sports Institute, Wellesley, MA
- No qualifying times but we consider it a “championship”
- All 9 and overs are invited and encouraged to attend
- A great prelim and final for those who haven’t qualified for a “championship meet” or are inbetween meet levels
- A reward for your swimmer and opportunity to bond
- Reasonable drive, group hotel and colleges
- On average 75 swimmers attend annually
- *Opt in* by Friday 2/14 8:00 PM
- Volunteers for timing assignments

Metro JCC League

- April 6 at Nassau County Aquatic Center
- JCC team championship
- Includes swimmers from all local JCCs
- 1 session timed final non qualifying Championship
- 2024 Champions
- Undefeated dual meet season driven by attendance
- Volunteers for timing assignments

Suffolk County Championship

- April 12 - 13 at Nassau County Aquatic Center
- USA Swimming team championship
- Includes all qualifying swimmers from Suffolk County
- 10 & Under, 11 - 12, 13 - 14 and 15 - 18
- All age groups are in prelims AM and finals PM
- Top 20 swimmers per age group compete in finals
- 1 relay per team at finals
- Mandatory for qualifiers
- Volunteers for timing assignments

Officials

- USA Swimming Registration
 - USA Swimming official membership
 - Background check
 - Athlete protection training
- Officials Training
 - Stroke and turn training on USA Swimming website
 - Apprentice sessions
 - Uniform
- Progression
 - Stroke and turn → starter → referee

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