



**Sunday November 21st, 2010 At
The Hauppauge High School
Metro Sanction #101113**

**Hauppauge High School
500 Lincoln Blvd
Hauppauge, NY 11788**

Email Entries: HaaMeets@gmail.com

Hauppauge One Day Meet

Sunday November 21st, 2010

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #101113
- LOCATION:** **Hauppauge High School**
500 Lincoln Blvd
Hauppauge, NY 11788
- FACILITY:** 25 Yard pool, 6 non-turbulent lanes.
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1: 7AM Warm Up, 8AM Start (Ages: 11 - 12, 13 - 14)**
Session 2: 1PM Warm Up, 2PM Start (Ages: 8 & Under, 9 - 10, 15 - 18)
- FORMAT:** This will be a timed finals and deck seeded meet.
- ELIGIBILITY:** Open to all USA Swimming / Metropolitan Swimming Inc. registered swimmers.
All swimmers in this meet must be registered by the first day of the meet.
Age on **November 21st** will determine 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:** Swimmers can swim 3 events per day. **Emailed Hy-Tek** entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.
- U.S. Mail Entries / Payment to:
- Hauppauge Athletic Association PO box 5065 Hauppauge NY 11789**
- Email Entries:** haameets@gmail.com
Singed signature waiver for express mailed entries
- DEADLINE:** Metro teams will be given priority on a first come first served basis. Metro entries must be received by **November 5th**. The final entry deadline for this meet is **November 8th**
- Metro entries received between **November 5th** and **November 8th** and all entries from other LSC's will be entered in the order they were received, as space allows.
- You'll receive 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.
- ENTRY FEE:** An entry fee of **\$3.00** per individual event must accompany the entries.
- Make check payable to: **Hauppauge Athletic Association.**
- Payment must be received by **November 15, 2010** 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:** **Teams are assigned 20 minute warm up intervals. Each warm up sessions will be 1 hour before the start time of the meet.**

- 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:** In accordance with Metro 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 1 - 3, Ribbons 4 – 6 and heat winner ribbons.**
- OFFICIALS:** **Meet Referee: Kevin Damm-** dammfam@peoplepc.com
Chris Doveala- cdoveala@leviton.com
Officials wishing to volunteer should contact Meet Referee by **November 8th.**
- DIRECTOR:** **Martin Dominger -** meets@hauppagueswimclub.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:** 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.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Hauppauge Athletic Association**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** **\$5.00 and \$2.00 Programs**
- MERCHANTS:** **Great hot and cold food** available in Cafeteria during the meet.
- PARKING:** **Parking in the south lot (closest to Rt. 454 Vets Highway and Track)** for the entire meet. This includes all coaches. The Hauppauge School District has asked us to abide by this parking rule as other events are going on this very busy weekend.

We will have parents in the lot to direct traffic. We ask that you cooperate with their directions. The lot will be labeled “Swim Meet Parking”.
- 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.

Sunday November 21st, 2010
Session #1 Warm Up 7AM & 8AM Start

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	11 – 12 100 Free	2
3	13 – 14 200 Free	4
5	11 – 12 50 Breast	6
7	13 – 14 100 Breast	8
9	11 – 12 50 Fly	10
11	13 – 14 100 Fly	12
13	11 – 12 50 Free	14
15	13 – 14 50 Free	16
17	11 – 12 100 Back	18
19	13 – 14 200 Back	20

Sunday November 21st, 2010
Session #2 Warm Up 1PM & 2PM Start

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
21	8 & Under 50 Fly	22
23	9 – 10 50 Fly	24
25	15 – 18 100 Fly	26
27	8 & Under 50 Back	28
29	9 – 10 50 Back	30
31	15 – 18 200 Back	32
33	8 & Under 50 Free	34
35	9 – 10 100 Free	36
37	15 – 18 50 Free	38
39	9 – 10 100 Breast	40
41	15 – 18 200 Breast	42
43	9 – 10 100 IM	44
45	15 – 18 200 IM	46