



**IMX Meet With 8 & Under Events  
February 10 - 12th, 2012 At  
The Hauppauge High School  
Metro Sanction #120209**

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

**Email Entries: [HaaMeets@gmail.com](mailto:HaaMeets@gmail.com)**

# IMX Meet February 10 - 12th, 2012

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #120209
- LOCATION:** **Hauppauge High School**  
**500 Lincoln Blvd**  
**Hauppauge, NY 11788**
- FACILITY:** 25 Yard pool, 6 non-turbulent lanes.  
The pool has not been certified in accordance with Article 104.2.2C (4)  
Shallow end of pool is 4 feet to deep end of 12 feet.
- SESSIONS:** **Session 1: 4PM Warm Up, 5PM Start (Ages 10 & Under, 11 - 12, 13 - 14, Open)**  
**Session 2: 7AM Warm Up, 8AM Start (Ages: 11 - 12, 13 - 14)**  
**Session 3: 12PM Warm Up, 12:30PM Start (13 - 14, Open)**  
**Session 4: 2PM Warm Up, 3PM Start (Ages: 10 & Under, Open)**  
**Session 5: 7AM Warm Up, 8AM Start (Ages: 11 - 12, 13 - 14)**  
**Session 6: 12PM Warm Up, 12:30PM Start (8 & Unders Only)**  
**Session 7: 2PM Warm Up, 3PM Start (Ages: 10 & Under, Open)**
- 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 **February 10<sup>th</sup>**, 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 are only allowed to compete in 5 events per day in a timed-finals meet. Please submit Emailed Hy-Tek entry file.**  
  
**Email Entries: [haameets@gmail.com](mailto:haameets@gmail.com)**
- DEADLINE:** Metro teams will be given priority on a first come first served basis. Metro entries must be received by **January 27th**. The final entry deadline for this meet is **February 3<sup>rd</sup>**  
  
Metro entries received between **January 27th and February 2<sup>nd</sup>** 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 & **\$8.00** per relay must accompany the entries.  
  
Make check payable to: **Hauppauge Athletic Association and mail to Hauppauge Athletic Association PO box 5065 Hauppauge NY 11789** Payment must be received by **February 3rd, 2011** 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 IMX High Point Awards for each age group.**
- OFFICIALS:** **Meet Referee: Chris Doveala - [cdoveala@leviton.com](mailto:cdoveala@leviton.com)**  
**Kevin Damm- [dammfam@peoplepc.com](mailto:dammfam@peoplepc.com)**
- DIRECTOR:** **Martin Dominger - [haameets@gmail.com](mailto:haameets@gmail.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.
- Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms
- 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.
- It is understood that USA Swimming, Inc and Metropolitan Swimming, Inc shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event”
- 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.

**For Your Swimmer To Receive A Full IMX Score And To Be Included In The High Point Awards Given Out At The Meet They Must Swim All Of The Required Age Group Events Below**

**9 & 10 – 200 Free, 200 IM, 100 Fly, 100 Back, 100 Breast**

**11 & 12 – 500 Free, 200 IM, 100 Fly, 100 Back, 100 Breast**

**13 & 14 – 500 Free, 200 IM, 400 IM, 200 Fly, 200 Back, 200 Breast**

**Open - 500 Free, 200 IM, 400 IM, 200 Fly, 200 Back, 200 Breast**

**They Can Also Swim Other Events As Long As They Do Not Swim More Than 5 Events In A Day. You Can Find Out More About IMX On The USA Swimming Website [Click Here To Learn More](#)**

**Friday February 10<sup>th</sup>, 2012  
Session #1 Warm Up 4 PM & 5 PM Start**

| <u><b>Girls</b></u> | <u><b>Event – Fastest To Slowest</b></u> | <u><b>Boys</b></u> |
|---------------------|------------------------------------------|--------------------|
| <b>1</b>            | <b>10 &amp; Under 200 Free</b>           | <b>2</b>           |
| <b>3</b>            | <b>11 – 12 500 Free</b>                  | <b>4</b>           |
| <b>5</b>            | <b>13 - 14 500 Free</b>                  | <b>6</b>           |
| <b>7</b>            | <b>Open 500 Free</b>                     | <b>8</b>           |

**Saturday February 11<sup>th</sup>, 2012  
Session #2 Warm Up 7AM & 8AM Start**

| <u><b>Girls</b></u> | <u><b>Event</b></u>           | <u><b>Boys</b></u> |
|---------------------|-------------------------------|--------------------|
| <b>9</b>            | <b>11 – 12 200 Free Relay</b> | <b>10</b>          |
| <b>11</b>           | <b>13 – 14 200 Free Relay</b> | <b>12</b>          |
| <b>13</b>           | <b>11 – 12 100 Fly</b>        | <b>14</b>          |
| <b>15</b>           | <b>13 – 14 200 Fly</b>        | <b>16</b>          |
| <b>17</b>           | <b>11 – 12 50 Breast</b>      | <b>18</b>          |
| <b>19</b>           | <b>13 – 14 100 Breast</b>     | <b>20</b>          |
| <b>21</b>           | <b>11 – 12 100 Back</b>       | <b>22</b>          |
| <b>23</b>           | <b>13 – 14 200 Back</b>       | <b>24</b>          |

**Saturday February 11<sup>th</sup>, 2011**  
**Session #3 Warm Up 12PM & 12:30PM Start**

| <u>Girls</u> | <u>Event</u>          | <u>Boys</u> |
|--------------|-----------------------|-------------|
| <b>25</b>    | <b>13 – 14 400 IM</b> | <b>26</b>   |
| <b>27</b>    | <b>Open 400 IM</b>    | <b>28</b>   |

**Saturday February 11<sup>th</sup>, 2011**  
**Session #4 Warm Up 2PM & 3PM Start**

| <u>Girls</u> | <u>Event</u>                         | <u>Boys</u> |
|--------------|--------------------------------------|-------------|
| <b>29</b>    | <b>10 &amp; Under 200 Free Relay</b> | <b>30</b>   |
| <b>31</b>    | <b>Open 200 Free Relay</b>           | <b>32</b>   |
| <b>33</b>    | <b>10 &amp; Under 100 Fly</b>        | <b>34</b>   |
| <b>35</b>    | <b>Open 200 Fly</b>                  | <b>36</b>   |
| <b>37</b>    | <b>10 &amp; Under 50 Breast</b>      | <b>38</b>   |
| <b>39</b>    | <b>Open 100 Breast</b>               | <b>40</b>   |
| <b>41</b>    | <b>10 &amp; Under 100 Back</b>       | <b>42</b>   |
| <b>43</b>    | <b>Open 200 Back</b>                 | <b>44</b>   |

**Sunday February 12<sup>th</sup>, 2012**  
**Session #5 Warm Up 7AM & 8AM Start**

| <u>Girls</u> | <u>Event</u>                    | <u>Boys</u> |
|--------------|---------------------------------|-------------|
| <b>45</b>    | <b>11 – 12 200 Medley Relay</b> | <b>46</b>   |
| <b>47</b>    | <b>13 – 14 200 Medley Relay</b> | <b>48</b>   |
| <b>49</b>    | <b>11 – 12 200 IM</b>           | <b>50</b>   |
| <b>51</b>    | <b>13 – 14 200 IM</b>           | <b>52</b>   |
| <b>53</b>    | <b>11 – 12 50 Free</b>          | <b>54</b>   |
| <b>55</b>    | <b>13 – 14 50 Free</b>          | <b>56</b>   |
| <b>57</b>    | <b>11 – 12 100 Breast</b>       | <b>58</b>   |
| <b>59</b>    | <b>13 – 14 200 Breast</b>       | <b>60</b>   |

**Saturday February 12<sup>th</sup>, 2011**  
**Session #6 Warm Up 12PM & 12:30PM Start**

| <b><u>Girls</u></b> | <b><u>Event</u></b>            | <b><u>Boys</u></b> |
|---------------------|--------------------------------|--------------------|
| <b>61</b>           | <b>8 Yr Old 25 Free</b>        | <b>62</b>          |
| <b>63</b>           | <b>7 &amp; Under 25 Free</b>   | <b>64</b>          |
| <b>65</b>           | <b>8 Yr Old 25 Back</b>        | <b>66</b>          |
| <b>67</b>           | <b>7 &amp; Under 25 Back</b>   | <b>68</b>          |
| <b>69</b>           | <b>8 Yr Old 25 Breast</b>      | <b>70</b>          |
| <b>71</b>           | <b>7 &amp; Under 25 Breast</b> | <b>72</b>          |
| <b>73</b>           | <b>8 Yr Old 25 Fly</b>         | <b>74</b>          |
| <b>75</b>           | <b>7 &amp; Under 25 Fly</b>    | <b>76</b>          |

**Sunday February 12<sup>th</sup>, 2012**  
**Session #7 Warm Up 2PM & 3PM Start**

| <b><u>Girls</u></b> | <b><u>Event</u></b>                    | <b><u>Boys</u></b> |
|---------------------|----------------------------------------|--------------------|
| <b>77</b>           | <b>10 &amp; Under 200 Medley Relay</b> | <b>78</b>          |
| <b>79</b>           | <b>Open 200 Medley Relay</b>           | <b>80</b>          |
| <b>81</b>           | <b>10 &amp; Under 200 IM</b>           | <b>82</b>          |
| <b>83</b>           | <b>Open 200 IM</b>                     | <b>84</b>          |
| <b>85</b>           | <b>10 &amp; Under 50 Free</b>          | <b>86</b>          |
| <b>87</b>           | <b>Open 50 Free</b>                    | <b>88</b>          |
| <b>89</b>           | <b>10 &amp; Under 100 Breast</b>       | <b>90</b>          |
| <b>90</b>           | <b>Open 200 Breast</b>                 | <b>92</b>          |