



**Sunday December 4th, 2011 At
The Hauppauge High School
Metro Sanction #111202**

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

Email Entries: HaaMeets@gmail.com

Hauppauge One Day Meet

Sunday December 4th, 2011

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #111202
- 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)
Shallow end of pool is 4 feet to deep end of 12 feet.
- SESSIONS:** **Session 1: 7AM Warm Up, 8AM Start (Ages: 11 - 12, Open)**
Session 2: 11:30AM Warm Up, 12PM Start (Open)
Session 3: 1:30PM Warm Up, 2:30PM 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 **December 4th**, 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. There are multiple Open event session. Please check the events. 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 11th**. The final entry deadline for this meet is **November 18th**
- Metro entries received between **November 11th and November 18th** 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 23rd, 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 heat winner ribbons.
- OFFICIALS:** Meet Referee: Chris Doveala - cdoveala@leviton.com
Kevin Damm- dammfam@peoplepc.com
- DIRECTOR:** Martin Dominger - 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.

Sunday December 4th, 2011
Session #1 Warm Up 7AM & 8AM Start

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

Sunday December 4th, 2011
Session #2 Warm Up 11:30AM & 12:30PM Start

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
17	Open 400 IM	18
19	Open 500 Free	20

Sunday December 4th, 2011
Session #3 Warm Up 1:30PM & 2:30PM Start

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
21	10 & Under 100 Breast	22
23	Open 100 Fly	24
25	10 & Under 100 Free	26
27	Open 50 Free	28
29	10 & Under 50 Back	30
31	Open 100 Breast	32
33	10 & Under 50 Fly	34
35	Open 200 Back	36