

A blue-tinted photograph of a swimmer in a pool, viewed from above. The swimmer is in the middle of a stroke, with their head and arms visible above the water. The pool has lane lines. The background is a solid blue color.

H

DISTANCE MEET

October 8, 2023
Sanction #231016
Invited: All Metro Teams

500 Lincoln Blvd
Hauppauge, NY 11788
Hauppauge High School

Hosted by Hauppauge Athletic Association

2023 October Distance Meet

October 8, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
231016
- 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 1**
8am Warmup
8:45am Start
- FORMAT:** **All events are Timed Finals. All events will be manually Deck Seeded. 2 heats may be swum simultaneously throughout the meet.**
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers. Additional teams may request invitation by emailing the meet director. 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 **October 8, 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:** **Maximum 2 Individual Events.**
Email Entries/Confirm Entry Receipt: coachjeff.haa@gmail.com
- DEADLINE:** **Entries must be received by: 12:00am, October 1, 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 **\$16** per **400**, **\$20** per **500**, **\$25** per **1650** must accompany the entries. Make check payable to: **Hauppauge Athletic Association**
Payment must be received by **October 8, 2023** for email 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 based on entries accepted and posted at the pool.**
- 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 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 for 1-3rd place, Ribbons for 4-6th place**

- OFFICIALS:** **Meet Referee: Brian Morelli, haaofficials@gmail.com**
Officials wishing to volunteer should contact the Meet Referee by **October 8 2023**
- ADMIN. OFFICIAL:** **Administrative Official: Jeff Chu, coachjeff.haa@gmail.com**
- MEET DIRECTOR:** **Jeff Chu, coachjeff.haa@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.
- 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 guardian, to ensure compliance with this requirement.
- Lifeguards and an AED will be present.**
- 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 High School, 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 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:** **Admissions to all sessions are free.**
- MERCHANTS:** **Limited concessions may be available.**
- PARKING:** **Ample free parking is available north of the High School.**
- DIRECTIONS:** **<https://goo.gl/maps/E8f1EkqU1W5PibZ96>**

Mixed	Session 1
1	400 IM
2	500 Freestyle
3	1650



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 Registration Card:

Type of ID _____ # _____

Taking photos of _____

On behalf of _____

Purpose _____

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____