

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 231017
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:	Updated Schedule07:00am Warmup, 07:45am Start Session 1 - Girls 12 & Under and 13 & Over1 Girls 13 & Over 100 IM3 Girls 12 & Under 50 Freestyle5 Girls 13 & Over 100 Freestyle7 Girls 12 & Under 50 Breaststroke9 Girls 13 & Over 100 Breaststroke13 Girls 12 & Under 50 Backstroke13 Girls 12 & Under 50 Backstroke13 Girls 13 & Over 100 Breaststroke15 Girls 12 & Under 50 Butterfly17 Girls 13 & Over 100 Butterfly19 Girls 12 & Under 50 Breestyle6 Boys 12 & Under 50 Freestyle6 Boys 12 & Under 50 Freestyle6 Boys 12 & Under 50 Freestyle8 Boys 12 & Under 50 Freestyle8 Boys 12 & Under 50 Freestyle8 Boys 12 & Under 50 Breeststroke10 Boys 13 & Over 100 Breaststroke12 Boys 12 & Under 50 Breestyle13 Boys 12 & Under 50 Breestyle14 Boys 12 & Under 50 Backstroke15 Boys 12 & Under 50 Butterfly18 Boys 13 & Over 100 Butterfly18 Boys 13 & Over 100 Butterfly18 Boys 12 & Under 50 Butterfly18 Boys 13 & Over 100 Butterfly19 Boys 12 & Under 50 Butterfly18 Boys 13 & Over 100 Butterfly19 Boys 12 & Under 25 Freestyle22 Boys 8 & Under 25 Freestyle23 Girls 8 & Under 25 Freestyle23 Girls 8 & Under 25 Breaststroke24 Boys 8 & Under 25 Backstroke25 Girls 8 & Under 25 Backstroke26 Girls 8 & Under 25 Backstroke27 Girls 8 & Under 25 Backstroke28 Boys 8 & Under 25 Butterfly28 Boys 8 & Under 25 Butterfly28 Boys 8 & Under 25 Butterf

FORMAT:

All events will be timed finals. All events will be seeded slowest to fastest. Time Trials may be offered at the discretion of the Meet Director.

Н

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 29, 2023 will determine age for the entire meet.

DISABILITY Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require.

ENTRIES: Please Email Entries to: coachjeff.haa@gmail.com

> U.S. Mail Entries/Payment to: Hauppauge Athletic Association PO Box 5065 Hauppauge, NY 11788

NTs (No Times) are discouraged. Entries will be cut on a first come first serve basis, except for the host team. Maximum 5 entries per athlete. Athletes may enter only 1 session per day. Sessions may be limited to 3 hours at the discretion of the Meet Director.

DEADLINE: Entries must be received by: 12:00pm, October 20, 2022

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 \$7.50 per individual event, and an athlete surcharge of \$15 per athlete must accompany the entries. Make check payable to: Hauppauge Athletic Association Payment must be received by October 29, 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 and posted after entries are closed.

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 will be awards for 1st through 3rd place and Ribbons for 4th through 6th. (12 & Unders only)
OFFICIALS:	Meet Referee : Jeff Chu (<u>coachjeff.haa@gmail.com</u>) Officials wishing to volunteer should contact the Meet Referee by email.
ADMIN. OFFICIAL:	Administrative Official: Brandon Modrov
MEET DIRECTOR:	Brandon Modrov
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:	Upon acceptance of his/her entries, the participant waives all claims against Hauppauge Athletic Association, Hauppauge School District, 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.
REQUIRED STATEMENTS:	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. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

- **DECK CHANGING:** Deck changes are prohibited.
- ADMISSION: Admission to all sessions is free. Programs are available at no charge via Meet Mobile.
- MERCHANTS: Limited concessions will be available.
- **PARKING:** Ample free parking is available north of the High School.
- DIRECTIONS: https://goo.gl/maps/E8f1EkqU1W5PibZ96

GIRLS	Session 1 Warmup 07:00-07:40am Start 07:45am	BOYS
4	13 & Over 100 IM	2
3	12 & U 50 Free	4
5	13 & Over 100 Free	6
7	12 & U 50 Back	8
9	13 & Over 100 Back	10
11	12 & U 50 Breast	12
13	13 & Over 100 Breast	14
15	12 & U 50 Fly	16
17	13 & Over 100 Fly	18
19	12 & U 100 IM	20

GIRLS	Session 2 - (8 & Under) Warmup 10:45-11:10am Start 11:15am	BOYS
21	25 Free	22
23	25 Back	24
25	25 Breast	26
27	25 Fly	28

 \mathcal{H}

Updated Schedule

07:00am Warmup, 07:45am Start | Session 1 - Girls 12 & Under and 13 & Over

1 Girls 13 & Over 100 IM 3 Girls 12 & Under 50 Freestyle 5 Girls 13 & Over 100 Freestyle 7 Girls 12 & Under 50 Breaststroke 9 Girls 13 & Over 100 Breaststroke 11 Girls 12 & Under 50 Backstroke 13 Girls 13 & Over 100 Backstroke 15 Girls 12 & Under 50 Butterfly 17 Girls 13 & Over 100 Butterfly 19 Girls 12 & Under 100 IM

10:15am Warmup, 11:00am Start | Session 2 - Boys 12 & Under and 13 & Over

2 Boys 13 & Over 100 IM 4 Boys 12 & Under 50 Freestyle 6 Boys 13 & Over 100 Freestyle 8 Boys 12 & Under 50 Breaststroke 10 Boys 13 & Over 100 Breaststroke 12 Boys 12 & Under 50 Backstroke 14 Boys 13 & Over 100 Backstroke 16 Boys 12 & Under 50 Butterfly 18 Boys 13 & Over 100 Butterfly 20 Boys 12 & Under 100 IM

01:30pm Warmup, 02:00pm Start | Session 3 - 8 & Unders - Estimated End 2:45pm.

21 Girls 8 & Under 25 Freestyle 22 Boys 8 & Under 25 Freestyle 23 Girls 8 & Under 25 Breaststroke 24 Boys 8 & Under 25 Breaststroke 25 Girls 8 & Under 25 Backstroke 26 Boys 8 & Under 25 Backstroke 27 Girls 8 & Under 25 Butterfly 28 Boys 8 & Under 25 Butterfly



Metropolitan Swimming Photographer Registration Form

As of 05/18/16 - <u>All Metropolitan Teams need to include this in the meet information packet as well as file this</u> form with Safety in 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 an 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 Referee, and must adhere to the following guidelines:	or and Meet
Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discre- Director and Meet Referee.	tion of the Meet
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	
MeetLocation	
Date(s) of meet	