



Timed Trial Sanctioned

Hawks Trials and Finals

Time Trial Sanctioned

January 28 – 29, 2023

Sanction # 230103 Time Trial Sanction # 230150-T

Invited Teams: All Metro teams Scarlet Aquatics, Soundview YMCA Stingrays, Delaware Valley, Portland Porpoise Swim Club, North Jersey Barracudas and all Adirondack teams are welcome.

Hawks Trials and Finals

January 28-29, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction # 230103 Time Trial Sanction # 230150-T
- LOCATION:** **Valley Central High School Natatorium, 1175 Route 17K, Montgomery, NY 12549**
- FACILITY:** **8-Lane, 25 yard, indoor pool with non-turbulent lane dividers. There is seating Available for spectators. Colorado electronic timing system with 8-Lane scoreboard**
The pool **has not been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1: 7:45am W-up 9:00am Start, Saturday AM Trials**
Session 2: 12:30pm W-up 1:30pm Start, Saturday Noon 11-12 Prelim 10 & Under Timed Finals
Session 3 : Finals 5:00pm W-up 6:00pm Start Saturday Eve Finals
Session 4: 7:45am W-up 9:00am Start, Sunday AM Trials
Session 5: 12:30pm W-up 1:30pm Start. Sunday Noon 11-12 Prelim 10 & Under Timed Finals
Session 6: Finals 5:00pm W-up 6:00pm Start Sunday Eve Finals
- FORMAT:** **Sessions 1 and 4 are prelims, Sessions 2 and 5 are Timed Finals for 10 & Under & Pelims for 11-12, Sessions 3 and 6 Finals**
Meet will be Pre-seeded. See Scratch section for Scratch Deadlines.
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
No "Deck Registrations" will be accepted. Priority will be given to those teams attending all 3 days.
Age on **1/28/2023** will determine age for the entire meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- FALSE REGISTRATIONS:** If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC will impose a fine of up to \$100.00 per event against the individual, member coach or a member club submitting a meet the entry.
- 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:** Any swimmers in prelims in the am and pm sessions may swim a maximum of 3 individual events per day (prelims and finals).
10 and under Timed Finals may swim a maximum of 4 individual events per day.
- Priorities will be given to those teams attending Both Days.
Minimum Age For Open Events is 15 years old.
The meet will be pre-seeded.
- U.S. Mail Entries/Payment to: **Hawks Swimming Association P.O. Box 61 New Paltz, NY 12561**
Email Entries/Confirm Entry Receipt: **Bob Vializ - hawksentries@gmail.com**
- DEADLINE:** **Entries must be received by: 1/16/2023**
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 **\$6.00 per timed final event, \$7.00 per Trial & Final event, \$10.00 Surcharge per swimmer** must accompany the entries.
Make check payable to: **Hawks Swimming Association**
Payment must be received by **1/16/2023** 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:	Warm up lanes will be assigned.
SCRATCHES:	Scratches for Saturday morning Trials and Afternoon Time Finals Will be due Friday, Jan 27 @ 4:30 pm. Scratches for Sunday morning Trials and Afternoon Time Finals Will be due Saturday, Jan 28 @ 4:40 pm Swimmers have 30 minutes from the announcement of trials results, to declare intent to scratch from finals. Finals no shows will be scratched from the remainder of the meet. Prelim no shows will be scratched from their next event."
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:	For all individual events, awards will be for 1st - 8th place, 10 and under will be scored separately from 8 and under . Coaches MUST pick up their team ribbons at the end of the meet. Awards will not be Mailed out.
OFFICIALS:	Meet Referee: Kirk Reinhardt - kpreinhardt64@gmail.com Officials wishing to volunteer should contact Meet Referee by 1/16/2023 Teams with larger entries are highly encouraged to provide officials. – Thank you.
ADMIN. OFFICIAL:	Bob Vializ
MEETDIRECTOR:	Bob Vializ – hawksentries@gmail.com (914)497-4716
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:	All swimmers must wear footwear upon leaving the pool area. 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.
WATER DEPTH:	USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls." Start end...1 meter 13'0", 5 meters 12" 0" Turn End...1 meter 3'6", 5 meters 4'0"
DISCLAIMER:	DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against "Valley Central Schools, Hawks Swimming 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 or behind the starting block's "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.”

MAAPP

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. Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

DECK CHANGING: Deck changes are prohibited.

ADMISSION: \$7 per session, \$12 per day. Heat sheets will be available for sale prior to each session.

MERCHANTS: The Deep End Swim shop. Food and Beverage Concessions.

PARKING: Free parking is available on-site at the Valley Central Middle and High Schools.

No parking allowed in the fire zone in front of the buildings OR on Route 17K. If you are parked illegally...you will be ticketed and/or towed at your own expense.

DIRECTIONS: <https://maps.google.com/maps?q=Valley+Central+Middle+School,+1189+State+Route+17k,Montgomery,+NY+12549>.

Saturday January 28, 2023

Session 1 Saturday AM ... Prelims **Warm-ups 7:45AM... Session Begins 9:00AM**

Girls Events	Event Description	Boys Events
1	13-14 200 IM	2
3	Senior 200 IM	4
5	13-14 100 Backstroke	6
7	Senior 100 Backstroke	8
9	13-14 200 Butterfly	10
11	Senior 200 Butterfly	12
13	13-14 100 Breaststroke	14
15	Senior 100 Breaststroke	16
17	13-14 200 Freestyle	18
19	Senior 200 Freestyle	20

Session 2 Saturday PM ... Timed Finals **Warm-ups 12:30PM... Session Begins 1:30PM**

Girls Events	Event Description	Boys Events
21	11-12 100 IM Prelims	22
23	10 & Under 50 Backstroke	24
25	11-12 50 Backstroke Prelims	26
27	10 & Under 100 Butterfly	28
29	11-12 100 Butterfly Prelims	30
31	10 & Under 50 Breaststroke	32
33	11-12 50 Breaststroke Prelims	34
35	10 & Under 100 Freestyle	36
37	11-12 200 Freestyle Prelims	38

Session 3 Saturday ... Finals **Warm-ups 5:00PM ... Session Begins 6:00PM**

Sunday January 29, 2023

Session 4 Sunday AM ... Prelims

Warm-ups 7:45AM... Session Begins 9:00AM

Girls Events	Event Description	Boys Events
39	13-14 100 Freestyle	40
41	Senior 100 Freestyle	42
43	13-14 200 Backstroke	44
45	Senior 200 Backstroke	46
47	13-14 100 Butterfly	48
49	Senior 100 Butterfly	50
51	13-14 200 Breaststroke	52
53	Senior 200 Breaststroke	54
55	13-14 50 Freestyle	56
57	Senior 50 Freestyle	58

Session 5 Sunday PM ... Timed Finals

Warm-ups 12:30PM... Session Begins 1:30PM

Girls Events	Event Description	Boys Events
59	11-12 100 Freestyle Prelims	60
61	10 & Under 50 Freestyle	62
63	11-12 100 Backstroke Prelims	64
65	10 & Under 100 Backstroke	66
67	11-12 50 Butterfly Prelims	68
69	10 & Under 50 Butterfly	70
71	11-12 100 Breaststroke Prelims	72
73	10 & Under 100 Breaststroke	74
75	11-12 50 Freestyle Prelims	76

Session 6 Sunday ... Finals

Warm-ups 5:00PM Session Begins 6:00PM



Metropolitan Swimming Photographer Registration Form

As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this 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 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 _____