



**2023 MR SSC Fall Beginner Intra-Squad Meet  
Wednesday - December 6, 2023**

**Sachem East HS  
Farmingville, NY 11738**

**Sanctioned by USA Swimming  
through  
Metropolitan Swimming  
Sanction #231205**

**Invited Teams: [Closed Intra-Squad Meet to SSC-MR](#)**

# 2023 MR SSC Fall Beginner Intra-Squad Meet

## Wednesday - December 6, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 231205
- LOCATION:** Sachem East HS, 177 Granny Rd, Farmingville, NY 11738
- FACILITY:** 6 Lane, 25 yd Pool, Daktronics timing will be used with CTS Dolphin Backups  
The competition course **HAS NOT BEEN** certified in accordance with Article 104.2.2C (4).
- SESSIONS:** Session 1 - Beginner/Beginner + - 5pm Warm Up - 5:45 pm Start  
Session 2 - OPEN - 7pm Warm up, 7:30pm Start  
1.5 hour session maximum time line
- FORMAT:** This is a Timed-Final Meet.  
The meet will be deck-seeded. Events will be seeded Slow to Fast.
- ELIGIBILITY:** Open to all Invited SSC-MR USA Swimming/Metropolitan Swimming Inc. registered swimmers. 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 **December 6, 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:** All Athletes are limited to enter 3 events per session.  
NT's will not be accepted. NTs will be REJECTED.  
Host Team reserves the right to enter NT for their swimmers.  
Entries are by invited teams only. Hy-Tek Email entries will be accepted.  
U.S. Mail Entries/Payment to: **SSC, PO Box 191, Ronkonkoma, NY 11779**  
Email Entries/Confirm Entry Receipt: [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com)  
**Signature waiver required for Express Mailed Entries/Payment**
- DEADLINE:** Entries must be received by: **Friday, November 29, 2023 by 8pm** 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 **\$0.00** per individual event must accompany the entries.  
An athlete surcharge of **\$0.00** per swimmer must accompany the entries.  
  
Make check payable to: **Sachem Swim Club of Long Island, Inc.**  
Payment must be received by **December 6, 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.  
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:** General warm up with assigned lanes for the first 55 minutes. Starts are during your warmup. Please see the administrative table for lane assignments which will be distributed along with the scratch sheet for each session.

- 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:** N/A
- OFFICIALS:** Meet Referee(s): Allen Wone [ssc.allenwone@gmail.com](mailto:ssc.allenwone@gmail.com) 516-330-4229  
Officials wishing to volunteer should contact the Meet Referee(s) by **December 1, 2023**.
- ADMIN. OFFICIAL:** Dana Wone
- MEET DIRECTOR:** Dana Wone
- 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 will 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.  
  
**Lifeguards with AED Available. Farmingville FD & EMS Available by 911**
- 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:** 1 Meter – 9 Feet, 5 Meter – 7 Feet
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against the **Sachem Swim Club of Long Island, Sachem Central 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.  
  
**An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS the Sachem Swim Club of Long Island, Sachem Central School District,**

**Metropolitan Swimming Inc., USA Swimming Inc., AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.**

**AUDIO/VISUAL  
STATEMENT:**

**Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms. SSC prohibits camera and cell phone usage behind the starting blocks.**

**DRONES:**

**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:**

**Admission FREE**

**MERCHANTS:**

**NA**

**PARKING:**

Free

**DIRECTIONS:**

177 Granny Rd Farmingville, NY 11738 in GPS.

**2023 MR SSC Fall Beginner IntraSquad Meet - 12/6/2023****Sanction #: 2312??****Session Report**

Session: 1 Tuesday PM

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 100 IM Beginner + Break: 3 Minutes:	0	0	06:00 PM	_____
Finals	2 Mixed 12 & Under 25 Backstroke Beginner Break: 3 Minutes:	0	0	06:03 PM	_____
Finals	3 Mixed 50 Backstroke Beginner + Break: 3 Minutes:	0	0	06:06 PM	_____
Finals	4 Mixed 12 & Under 25 Freestyle Beginner Break: 3 Minutes:	0	0	06:09 PM	_____
Finals	5 Mixed 50 Freestyle Beginner + Break: 3 Minutes:	0	0	06:12 PM	_____
Finals	6 Mixed 50 Freestyle Beginner Finish Time	0	0	06:15 PM 06:15 PM	_____ _____

Session: 2 Jr/Adv/Sr Sessions

Day of Meet: 1 Starts at 07:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	10 Mixed 50 Freestyle	0	0	07:30 PM	_____
Finals	11 Mixed 50 Backstroke	0	0	07:30 PM	_____
Finals	12 Mixed 50 Breaststroke	0	0	07:30 PM	_____
Finals	13 Mixed 50 Butterfly	0	0	07:30 PM	_____
Finals	14 Mixed 100 Freestyle	0	0	07:30 PM	_____
Finals	15 Mixed 100 Backstroke	0	0	07:30 PM	_____
Finals	16 Mixed 100 Breaststroke	0	0	07:30 PM	_____
Finals	17 Mixed 100 Butterfly	0	0	07:30 PM	_____
Finals	18 Mixed 200 IM	0	0	07:30 PM	_____
Finals	19 Mixed 100 IM	0	0	07:30 PM	_____
Finals	20 Mixed 200 Freestyle	0	0	07:30 PM	_____
Finals	21 Mixed 200 Backstroke	0	0	07:30 PM	_____
Finals	22 Mixed 200 Breaststroke	0	0	07:30 PM	_____
Finals	23 Mixed 200 Butterfly Finish Time	0	0	07:30 PM 07:30 PM	_____ _____



## 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 \_\_\_\_\_