



**SSC SEPTEMBER
SPRINT**



2023 MR SSC TYR SEPTEMBER SPRINT

Saturday, September 23, 2023

Nassau County Aquatic Center, East Meadow, NY 11554

Sanctioned by:

**USA Swimming through Metropolitan Swimming
Sanction #230900 & 230950-TT**

Invited Teams: **All Metro Teams, LIFE-NJ, UN-NJ**
All other teams, email ssc.meetentries@gmail.com for an invite.

2023 MR SSC TYR September Sprint

Saturday, September 23, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 230900 & 230950-TT
- LOCATION:** Nassau County Aquatic Center, East Meadow, NY 11554
- FACILITY:** 10 Lane, 25yd Pool, CTS6 Timing System, CTS Alphanumeric Scoreboard
The competition course **HAS BEEN** certified in accordance with Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.
The Meet Referee reserves the right to run any session in less than 10 lanes.
- SESSIONS:** Session 1 – Ages 13-14/10U Boys Saturday 9/23/23 7:00am Warm Up, 8:05am Start
Session 2 – Ages 11-12/10U Girls Saturday 9/23/23 11:30am Warm Up, 12:35pm Start
Session 3 – Ages 15 & Over Saturday 9/23/23 4:00pm Warm Up, 5:00pm Start
3 hour sessions maximum time line- ALL SESSIONS
Time Trials may be available, time permitting and at the discretion of the Meet Referee.
\$10 Cash per time trial
- 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 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 **September 23, 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 4 events per session. Maximum 2 relays per team per event.
Deck entries will not be accepted. **Relays subject to cancellation for over subscription.** 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
Signature waiver required for Express Mailed Entries/Payment
- DEADLINE:** Entries must be received by: **Friday, September 15, 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 **\$8.00** per individual event must accompany the entries.
An entry fee of **\$32.00** per relay must accompany the entries.
A facility surcharge of **\$10.00** per swimmer must accompany the entries.

Make check payable to: **Sachem Swim Club of Long Island, Inc.**
Payment must be received by **Sept. 23, 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:** **All age groups (10u, 11-12, 13-14, 15+) will receive Awards
Medals 1st-3rd Place Ribbons 4th-10th**
- OFFICIALS:** Meet Referee(s): Allen Wone ssc.allenwone@gmail.com 516-330-4229
Dana Wone dwone@optonline.net 516-680-8268
Officials wishing to volunteer should contact the Meet Referee(s) by **September 16, 2023**.
- ADMIN. OFFICIAL:** Administrative Official: Brian Pfisterer ssc.meetentries@gmail.com
Amanda Orner ssc.meetentries@gmail.com
- MEET DIRECTOR:** Amanda Orner ssc.meetentries@gmail.com
Brian Pfisterer ssc.meetentries@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 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. Nassau County EMTs 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 – 15 Feet, 5 Meter – 12 Feet
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against the **Sachem Swim Club of Long Island, Nassau County, Nassau County Aquatic Center, 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, Nassau County, Nassau County

Aquatic Center, 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 the use of cell phones and cameras behind the starting blocks.

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 \$8.00 per session. Cash or Venmo accepted. NO CREDIT/DEBIT CARDS ACCEPTED. Children under 12 are free. Programs \$2.00 per session.

MERCHANTS:

A concession stand operated by a vendor contracted by the Nassau County Aquatic Center may be available.

The event host has no responsibility for the concession stand, its prices, its operations and hours.

**No glass will be permitted on the deck.
A Swim Vendor may be available throughout the entire meet.**

PARKING:

Free Parking available in Lots 1 and 1A of Eisenhower Park.

DIRECTIONS:

FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:

- Follow signs to Belt Parkway/Long Island East.
- Take Belt Parkway eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East.
- Take Southern State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) East.
- On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.)
- At first traffic light make a right. This is the entrance to the pool.

FROM WHITESTONE AND THROGS NECK BRIDGES:

- Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound.
- Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach).
- Get off Meadowbrook Pkwy at NY24 Hempstead Tpke. (exit M4).
- On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.)
- At first traffic light make a right. This is the entrance to the pool.

2023 SSC TYR SEPTEMBER SPRINT

Order of Events

ALL SESSIONS – 3 HOUR MAXIMUM
RELAYS SUBJECT TO CANCELLATION FOR OVER SUBSCRIPTION

Session 1

Warm Up 7:05AM-8:00AM – Start Time 8:05AM

	Event	Event #
	13-14 Events are mixed and will be seeded by time	
	Mixed 13-14 100 IM	101
	Boys 10 & Under 100 IM	102
	Mixed 13-14 50 Free	103
	Boys 10 & Under 50 Free	104
	Mixed 13-14 100 Back	105
	Boys 10 & Under 50 Back	106
	Mixed 13-14 50 Breast	107
	Boys 10 & Under 50 Breast	108
	Mixed 13-14 100 Fly	109
	Boys 10 & Under 50 Fly	110
	Mixed 13-14 50 Back	111
	Mixed 13-14 100 Breast	112
	Mixed 13-14 50 Fly	113
	Boys 10 & Under 100 Free	114
	Mixed 13-14 100 Free	115
117	Boys 10 & Under 200 Free Relay	116
	13-14 200 Free Relay	118
	Boys 10 & Under Medley Relay	119
120	13-14 200 Medley Relay	121

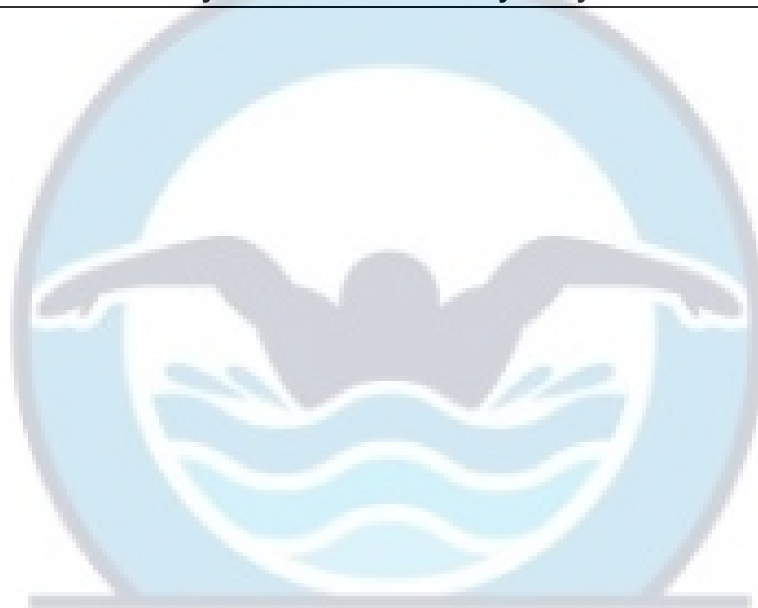
Session 2

Warm Up 11:30AM-12:30PM – Start Time 12:35PM

	Event	Event #
201	11-12 100 IM	202
203	Girls 10 & Under 100 IM	
204	11-12 50 Free	205
206	Girls 10 & Under 50 Free	
207	11-12 50 Back	208
209	Girls 10 & Under 50 Back	
210	11-12 50 Breast	211
212	Girls 10 & Under 50 Breast	
213	11-12 50 Fly	214
215	Girls 10 & Under 50 Fly	
216	11-12 100 Free	217
218	Girls 10 & Under 100 Free	
219	Girls 10 & Under 200 Free Relay	
220	11-12 200 Free Relay	221
222	Girls 10 & Under Medley Relay	
223	11-12 200 Medley Relay	224

Session 3
Warm Up 4:00PM-5:00PM – Start Time 5:05PM

	Event	Event #
	15+ Events are mixed and will be seeded by time	
	Mixed 15 & Over 100 IM	301
	Mixed 15 & Over 50 Free	302
	Mixed 15 & Over 100 Back	303
	Mixed 15 & Over 50 Breast	304
	Mixed 15 & Over 100 Fly	305
	Mixed 15 & Over 50 Back	306
	Mixed 15 & Over 100 Breast	307
	Mixed 15 & Over 50 Fly	308
	Mixed 15 & Over 100 Free	309
	Girls 15 & Over 200 Free Relay	310
	Boys 15 & Over 200 Free Relay	311
	Girls 15 & Over 200 Medley Relay	312
	Boys 15 & Over 200 Medley Relay	313



SSC SEPTEMBER
SPRINT



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 _____