

50 | 100 | 200 | 500 | 1650



DISTANCE

HOSTED BY HAUPPAUGE SWIMMING
NOVEMBER 2, 2024
NASSAU COUNTY AQUATIC CENTER
SANCTION # 241113-D

INVITED: ALL METRO TEAMS
EMAIL TO BE INVITED

2024 HAUPPAUGE FREESTYLE FRENZY DISTANCE MEET

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **241113-D**
- LOCATION:** **Nassau County Aquatic Center**
Merrick Ave
East Meadow, NY 11554
- FACILITY:** **10-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 – 30 minute Warmup will start immediately following the Freestyle Frenzy**
- FORMAT:** **All events will be timed finals.**

All events will be deck seeded, but may be pre-seeded at the discretion of the Meet Director.
Events may be added or removed at the discretion of the Meet Director.
- ELIGIBILITY:** Open to all 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 **November 2, 2024** 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:** Please Email Entries to:
jeff@hauppaugeswimming.com

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

NTs (No Times) are strongly discouraged. Entries will be cut on a first come first serve basis, except for the host team. **Maximum 2 events per athlete.** Sessions may be limited to 3 hours at the discretion of the Meet Director.
- DEADLINE:** Entries must be received by: **12pm on October 25, 2024**



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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:

All fees should be submitted by a coach or team administrator, not by individual parents.

An entry fee of **\$15** per 400 or 500, **\$25** per 1650 and a facility surcharge of **\$0** per athlete must accompany the entries.

Zelle to "brandon@hauppaugeswimming.com" is preferred

Alternatively, checks can be made payable to: **Hauppaug Swimming**

Payment must be received by **November 2, 2024** 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:

Warmup lanes will be assigned and posted after entries are closed.

SCRATCHES:

Coaches may 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. No scratches from Finals are allowed.

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 1-3, Ribbons 4-10 or more at the discretion of the Meet Director.

OFFICIALS:

Meet Referee: Jeff Chu (jeff@hauppaugeswimming.com)

Officials wishing to volunteer should contact the Meet Referee by email or complete the following form:

<https://forms.gle/XArsXp7r4DEzFZQq7>

ADMIN. OFFICIAL:

Brandon Gilmore, Brandon Modrov

MEET DIRECTOR:

Brandon Gilmore, 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.



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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.

Medical supervision available to athletes will include lifeguards and an AED.

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 2m deep at 1m from the start end, and 2m deep at 5m from the start end. The pool is 2m deep at 1m from the turn end, and 2m deep at 5m from the turn end.**

DISCLAIMER: DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Hauppauge Swimming, Nassau County**, 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: **Admission to all sessions is free. Programs are available at no charge via Meet Mobile.**

PARKING: **Ample free parking is available throughout the park.**

DIRECTIONS: <https://maps.app.goo.gl/wH6LKsSKJWxsBj1D6>



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Girls	Session 1 - 9:00 AM Warmup 10:00 AM Start	Boys
1	10 & Under 100 Freestyle	2
3	11-12 100 Freestyle	4
5	13-14 100 Freestyle	6
7	15 & Over 100 Freestyle	8
9	10 & Under 50 Freestyle	10
11	11-12 50 Freestyle	12
13	13-14 50 Freestyle	14
15	15 & Over 50 Freestyle	16
17	10 & Under 200 Freestyle	18
19	11-12 200 Freestyle	20
21	13-14 200 Freestyle	22
23	15 & Over 200 Freestyle	24

Freestyle Frenzy Distance Meet - 30 Warmup after Freestyle Frenzy*		
1	500 Freestyle	2
3	1000 Freestyle	4
5	1650 Freestyle	6
7	400 IM	8

* - Bring your own timer and counter



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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 _____

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