

50 | 100 | 200 | 500 | 1650



DISTANCE

HOSTED BY HAUPPAUGE SWIMMING
NOVEMBER 1, 2025
NASSAU COUNTY AQUATIC CENTER
SANCTION # 251114-D

INVITED: ALL METRO TEAMS
EMAIL TO BE INVITED

2025 HAUPPAUGE FREESTYLE FRENZY DISTANCE

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **251114-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	Starts 30 minutes after the end of the Freestyle Frenzy Session
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FORMAT: **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 1, 2025** 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 5 events per athlete per day.** Sessions may be limited to 3 hours at the discretion of the Meet Director.

DEADLINE: **Entries must be received by: 12:00 PM on October 25, 2025**
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 **\$10** per timed final event (under 400 yards), **\$15** per 400/500, **\$20** per 100, **\$25** per 1650, and a surcharge of **\$20** per athlete (\$10 facility surcharge and \$10 admission surcharge, no admission fee at the door) must accompany the entries. Entry fees should be submitted by teams/coaches, and not directly by parents.
Zelle to "brandon@hauppaugeswimming.com" is preferred
Alternatively, checks can be made payable to: **Hauppauge Swimming**
Payment must be received by **November 1, 2025** 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.



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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.**

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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
ADMIN. 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. 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.



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MERCHANTS: Limited concessions may be available.

PARKING: Ample free parking is available throughout the park.

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

PHOTOGRAPHY: Photographers are required to complete a registration form available [here](#).

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

Freestyle Frenzy Distance Meet - 30 Warmup after Freestyle Frenzy*		
25	Mixed 500 Freestyle	
26	Mixed 1000 Freestyle	
27	Mixed 1650 Freestyle	
28	Mixed 400 IM	

* - Bring your own timer and counter

