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**MAY 7TH
SUPER SPRINT SERIES**



**JULY 9TH
SUPER SPRINT SERIES**



INVITED: ALL METRO TEAMS

**HAUPPAUGE HIGH SCHOOL
500 LINCOLN BLVD
HAUPPAUGE, NY 11788**

SANCTION #250705

2025 JULY 9 SUPER SPRINT MEET

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **250705**
- LOCATION:** **Hauppauge High School**
500 Lincoln Blvd
Hauppauge, NY 11788
- FACILITY:** **6-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 - 5:00pm Warmup, 5:30pm Start**
Session 2 - Starts immediately following Session 1, no additional warmup
- FORMAT:** **The 50 Freestyle will be prelims finals with All other 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 **July 9, 2025** will determine age for the entire meet.
13 & Over Athletes are eligible if they have not qualified for Junior Mets in any individual events.
- 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 3 events per athlete per day if swimming the 50 freestyle, otherwise maximum 4 events.** Sessions may be limited to 3 hours at the discretion of the Meet Director.
- DEADLINE:** Entries must be received by: **7pm on July 2, 2025**



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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:



Zelle

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

An entry fee of **\$8** per timed final event and a facility surcharge of **\$15** per athlete must accompany the entries. Entry fees should be submitted by teams/coaches, and not directly by parents.

Zelle to "brandon@hauppagueswimming.com" is preferred

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

Payment must be received by **July 09, 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.

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 4-6 or more at the discretion of the Meet Director.

OFFICIALS:

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

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

<https://forms.gle/oQ5zivmM2vwKpQjv8>

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.

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



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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 12 feet deep at 1m from the start end, and 11 feet and 6 inches at 5m from the start end. The pool is 3 feet 6 inches deep at 1m from the turn end, and 4 feet at 5m from the turn end.**
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Hauppauge Swimming, Hauppauge 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.
- 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.**
- MERCHANTS:** **Limited concessions may be available.**
- PARKING:** **Ample free parking is available North of the High School.**
- DIRECTIONS:** <https://goo.gl/maps/E8f1EkqU1W5PibZ96>
- PHOTOGRAPHY:** Photographers are required to complete a registration form available [here](#).



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Session 1
8 & Under Girls 25 Free
8 & Under Boys 25 Free
9-12 Girls 25 Free
9-12 Boys 25 Free
Mixed 13 & Over 25 Free
8 & Under Girls 25 Breast
8 & Under Boys 25 Breast
9-12 Girls 25 Breast
9-12 Boys 25 Breast
Mixed 13 & Over 25 Breast
8 & Under Girls 25 Back
8 & Under Boys 25 Back
9-12 Girls 25 Back
9-12 Boys 25 Back
Mixed 13 & Over 25 Back
8 & Under Girls 25 Fly
8 & Under Boys 25 Fly
9-12 Girls 25 Fly
9-12 Boys 25 Fly
Mixed 13 & Over 25 Fly
Session 2
12 & Under Girls 50 Free Prelims
12 & Under Boys 50 Free Prelims
Mixed 13 & Over 50 Free Prelims
12 & Under Girls 50 Breast
12 & Under Boys 50 Breast
Mixed 13 & Over 50 Breast
12 & Under Girls 50 Back
12 & Under Boys 50 Back
Mixed 13 & Over 50 Back
12 & Under Girls 50 Fly
12 & Under Boys 50 Fly
Mixed 13 & Over 50 Fly
12 & Under Girls 50 Free Finals
12 & Under Boys 50 Free Finals
Mixed 13 & Over 50 Free Finals

