



MAY 7TH
SUPER SPRINT SERIES



JULY 9TH
SUPER SPRINT SERIES



INVITED: ALL METRO TEAMS, ALL CT, NJ TEAMS

HAUPPAUGE HIGH SCHOOL
500 LINCOLN BLVD
HAUPPAUGE, NY 11788

SANCTION #250609



50 BUTTERFLY



50 FREESTYLE



50 BACKSTROKE



50 BREASTSTROKE



AWARDS FOR TOTAL COMBINED TIME

2025 SUPER SPRINT CHAMPIONSHIP

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **250609**
- 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 - 8:00 AM Warmup, 9:00 AM Start**
Session 2 - TBD Warmup no earlier than 12:00 PM, no later than 1:00 PM
- 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 **June 7, 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 4 events per athlete per day. Athletes are recommended to enter all 4 events to be eligible for combined event awards.** Sessions may be limited to 3 hours at the discretion of the Meet Director.
- DEADLINE:** Entries must be received by: **7pm on June 5 2025**



2025 SUPER SPRINT CHAMPIONSHIP

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

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 **June 7, 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.

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.

Additional Awards are planned for the fastest total time (must compete in all 4 events without DQ) for the following age groups: 8&U, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18&O.

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/M2it4DZtU5yJjeJfA>

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



2025 SUPER SPRINT CHAMPIONSHIP

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](#).



2025 SUPER SPRINT CHAMPIONSHIP

Event #	Session 1 - GIRLS
101	10 & Under 50 Butterfly
102	11-12 50 Butterfly
103	13-14 50 Butterfly
104	15 & Over 50 Butterfly
105	10 & Under 50 Backstroke
106	11-12 50 Backstroke
107	13-14 50 Backstroke
108	15 & Over 50 Backstroke
109	10 & Under 50 Breaststroke
110	11-12 50 Breaststroke
111	13-14 50 Breaststroke
112	15 & Over 50 Breaststroke
113	10 & Under 50 Freestyle
114	11-12 50 Freestyle
115	13-14 50 Freestyle
116	15 & Over 50 Freestyle

Event #	Session 2 - BOYS
201	10 & Under 50 Butterfly
202	11-12 50 Butterfly
203	13-14 50 Butterfly
204	15 & Over 50 Butterfly
205	10 & Under 50 Backstroke
206	11-12 50 Backstroke
207	13-14 50 Backstroke
208	15 & Over 50 Backstroke
209	10 & Under 50 Breaststroke
210	11-12 50 Breaststroke
211	13-14 50 Breaststroke
212	15 & Over 50 Breaststroke
213	10 & Under 50 Freestyle
214	11-12 50 Freestyle
215	13-14 50 Freestyle
216	15 & Over 50 Freestyle

