



2025 MR SSC Summer Mad Dash

Saturday & Sunday - May 31- June 1, 2025
Nassau County Aquatic Center
East Meadow, NY

Sanctioned by USA Swimming through Metropolitan Swimming
Sanction # 250508 & 250556-TT

Invited Teams: **All Metro Teams**

All other teams, please email
ssc.meetentries@gmail.com for an invitation.



2025 MR SSC Summer Mad Dash

May 31- June 1, 2025

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **250508 & 250556-TT**

LOCATION: Nassau County Aquatic Center, Merrick Rd, East Meadow, NY 11554

FACILITY: 10 Lane 50 Meter Course with CTS6 Timing & Scoreboard
The competition course **Has NOT** been certified in accordance with Article 104.2.2C (4).

SESSIONS: Session 1 – Saturday 5/31/25 Warm Up 7:15AM – 8:20AM Competition Start – 3.5 Hours
Session 2 – Sat DISTANCE 5/31/25 Warm Up 12:00PM – 12:35PM Competition Start 2 Hours
Session 3 – Saturday 5/31/25 Warm Up 2:30PM – 3:35PM Competition Start
Session 4 – Sunday 6/1/25 Warm Up 7:15AM– 8:20AM Competition Start – 3.5 Hours
Session 5 - Sunday DISTANCE 6/1/25 Warm Up 12:30PM – 12:35PM Competition Start 2 Hours
Session 6 - Sunday 6/1/25 Warm Up 2:30PM – 3:35PM Competition Start
SESSION 2 & 5 - SWIMMERS MUST PROVIDE THEIR OWN COUNTER
Time Trials may be available between sessions at \$10 each CASH.

FORMAT: Timed Finals.
Meet will be Deck Seeded.

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 **May 31, 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: 4 Events per day
U.S. Mail Entries/Payment to: **Sachem Swim Club, PO Box 191, Ronkonkoma, NY 11779**

DEADLINE: Email Entries/Confirm Entry Receipt: ssc.meetentries@gmail.com
Signature waiver required for Express Mailed Entries/Payment

ENTRY FEE: Entries must be received by: **May 24, 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.

An entry fee of **\$12.50** per individual event must accompany the entries.
An entry fee of **\$15.00** per individual DISTANCE Event (400IM, 800FR, 1500FR) must accompany the entries.
A **\$13.00** per swimmer facility surcharge must accompany the entries.
Make check payable to: **Sachem Swim Club of Long Island, Inc.**

Payment must be received by **May 31, 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: **Warm Up Lanes will be Assigned.**

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: **Medals all ages Places 1-3, Ribbons 4-10 for Timed Finals**

OFFICIALS: **Meet Referees:** 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 by **May 26, 2025.**

ADMIN. OFFICIAL: **Administrative Official:** **Rob Wood** ssc.meetentries@gmail.com

MEET DIRECTOR: **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 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.

Lifeguards, AED device available to athletes participating in the meet.

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: USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls." 1 Meter – 15 Feet, 5 Meter – 12 Feet

DISCLAIMER: **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims **Sachem Swim Club of Long Island, Lehman College, The City University of New York, 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 Sachem Swim Club of Long Island, Lehman College, The City University of New York, 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.

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:

**\$8.00 Per Person/Per Session (Under 12 FREE) CASH OR VENMO ONLY. NO CARDS
TICKETS MAY BE AVAILABLE FOR ADVANCE PURCHASE. 250 Spectator MAX
\$2.00 Programs Per Session**

MERCHANTS:

May be available.

PARKING:

Free in lots 1 and 1A.

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 NY-24 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.

2025 MR SSC SUMMER MAD DASH

Order of Events

Session 1 - 10 & Under/13-14

Saturday 5/31/25 7:15AM Warm Up 8:20AM Start

Girls Event #	Event	Boys Event #
101	13-14 100 Freestyle	102
103	10 & Under 100 Freestyle	104
105	13-14 100 Breaststroke	106
107	10 & Under 50 Breaststroke	108
109	13-14 200 Butterfly	110
111	10 & Under 100 Butterfly	112
113	13-14 100 Backstroke	114
115	10 & Under 100 Backstroke	116
117	13-14 200 Freestyle	118
119	10 & Under 200 Freestyle	120

Session 2 - Distance

Saturday 5/31/25 12:00PM Warm Up 12:35PM Start

SWIMMERS MUST PROVIDE THEIR OWN COUNTER

Event #	Event	
201	Mixed 400 Freestyle	
202	Mixed 800 Freestyle	

Session 3 – 11-12/15+

Saturday 5/31/25 2:30PM Warm Up 3:35PM Start

Girls Event #	Event	Boys Event #
301	15+ 100 Freestyle	302
303	11-12 100 Freestyle	304
305	15+ 100 Breaststroke	306
307	11-12 50 Breaststroke	308
309	15+ 200 Butterfly	310
311	11-12 100 Butterfly	312
313	15+ 100 Backstroke	314
315	11-12 100 Backstroke	316
317	15+ 200 Freestyle	318
319	11-12 200 Freestyle	320

Session 4 - 10 & Under/13-14

Sunday 6/1/25 7:15AM Warm Up 8:20AM Start

Girls Event #	Event	Boys Event #
401	13-14 50 Freestyle	402
403	10 & Under 50 Freestyle	404
405	13-14 200 Breaststroke	406
407	10 & Under 100 Breaststroke	408
409	13-14 100 Butterfly	410
411	10 & Under 50 Butterfly	412
413	13-14 200 Backstroke	414
415	10 & Under 50 Backstroke	416
417	13-14 200 IM	418
419	10 & Under 200 IM	420

Session 5 - Distance

Sunday 6/1/25 12:00PM Warm Up 12:35PM Start

SWIMMERS MUST PROVIDE THEIR OWN COUNTER

Event #	Event	
501	Mixed 400 IM	
502	Mixed 1500 Freestyle	

Session 6 – 11-12/15+

Sunday 6/1/25 2:30PM Warm Up 3:35PM Start

Girls Event #	Event	Boys Event #
601	15+ 50 Freestyle	602
603	11-12 50 Freestyle	604
605	15+ 200 Breaststroke	606
607	11-12 100 Breaststroke	608
609	15+ 100 Butterfly	610
611	11-12 50 Butterfly	612
613	15+ 200 Backstroke	614
615	11-12 50 Backstroke	616
617	15+ 200 IM	618
619	11-12 200 IM	620



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 _____