



2025 MR SSC Turkey Trot Distance Invitational
Saturday, November 22, 2025

Sachem High School East
Farmingville, NY
Sanction #251104-D
Time Trial # 251151-TT

Invited Teams: All Metro South (LI/NYC) Teams



HAPPY
THANKSGIVING!

2025 MR Turkey Trot Distance

Saturday, November 22, 2025

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **251104-D & 251151-TT**
- LOCATION:** **Sachem East HS, 177 Granny Road, Farmingville, NY 11738**
- FACILITY:** **6 Lane x 25 yard competition pool, Daktronics Timing System, touch pads primary, with 6 lane Numeric scoreboard. Competitor lane lines, Kiefer Advantage Starting Blocks**
The pool **Has NOT been** certified in accordance with Article 104.2.2C(4)
- SESSIONS:** **Session 1 - 400IM/500FR - 7:30AM Warm Up, 8:30AM Start Time**
Session 2 - 1650 Freestyle 12:45PM Warm Up, 1:30PM Start Time
- FORMAT:** **This is a Timed Finals Meet. Events will be swum Fastest to Slowest.**
- 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 "Deck Registrations" will be accepted
Age on **November 22, 2025** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.
The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** All Athletes are limited to enter 1 event only. Deck entries will ***not*** be accepted.
NT's will not be accepted. Host team reserves the right to enter NT's.
Entries are by invited teams only. Hy-Tek Email entries will be accepted
U.S. Mail Entries/Payment to: **Sachem Swim Club, PO Box 191, Ronkonkoma, NY 11779**
Email Entries/Confirm Entry Receipt: ssc.meetentries@gmail.com ****PLEASE NOTE NEW EMAIL**
**** Express Mail Entries – please waive signature**
- DEADLINE:** 1: Invited Metro LSC teams will be given priority on a first come/first served basis.
2: The final entry deadline for this meet is **November 15, 2025**
3: Entries received between **October 1, 2025** and **November 1, 2025** will be entered first. Entries from others will be entered in the order they were received, as space allows.
An email confirming receipt of entries if you provide an email contact.
- ENTRY FEE:** An entry fee of **\$9.00** per individual event must accompany the entries. (400IM/500FR)
An entry fee of **\$11.00** per individual event must accompany the entries (1650 FR)
A Facility Surcharge of **\$12.00** per swimmer must accompany the entries.
Make check payable to: **Sachem Swim Club of Long Island, Inc.**
Payment must be received by **11/22/25** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by the 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 meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.
- WARM-UP:** General warm up with assigned lanes for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 20 minutes. Lane assignments will be distributed along with the scratch sheet each session.
- 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:** [See Order of Events](#)
- OFFICIALS:** Meet Referee(s): **Allen Wone** - ssc.allenwone@gmail.com
Officials wishing to volunteer should contact Meet Referee(s)
- ADMIN. OFFICIAL:** Administrative Official: **Brian Pfisterer & Rob Wood**
- MEET DIRECTOR:** **Brian Pfisterer/Rob Wood** – Use ssc.meetentries@gmail.com for all correspondence
- 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 will be used at the discretion of the Meet Referee. .
- SAFETY:** All swimmers must wear footwear upon leaving the pool area.
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 with AED Available. Farmingville FD/EMS Available by 911
- 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:** 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, Sachem Central School District, 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.

Upon acceptance of his/her entries, the participant waives all claims against **Sachem Swim Club of Long Island, Sachem Central 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."
- 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.

AUDIO/VISUAL STATEMENT:	Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms. SSC prohibits cell phone/device usage behind the starting blocks.
DRONE OPERATION:	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. This includes lowering of shoulder straps.
ADMISSION:	FREE ADMISSION.
MERCHANTS:	TBD
PARKING:	Free Parking is available in school parking lots. Please park only in marked spaces. Drivers are subject to ticketing and towing if parked in FIRE ZONES, LOADING DOCKS, Handicapped Spots (without a valid permit)
DIRECTIONS:	Sachem East - Long Island Expressway to Exit 63. Head North on North Ocean Avenue, until you reach Granny Road. Make a right on Granny Road and Sachem East is on the left about ½ mile down the road. The school is set back way off the road. It is your second left after passing the elementary school at the traffic light.

GPS use 177 Granny Road, Farmingville, NY 11738

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Order of Events

Session 1:

Warm-Up: 7:30AM / Meet Starts: 8:30AM

	Event	
101	11 and Over 400 IM	102
103	Open 500 Freestyle	104

Session 2:

Warm-Up: 12:45PM / Meet Starts: 1:30PM

201	Open 1650 Freestyle	202
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Awards will be given to the first 6 places in each event.
Each Gender - SEPARATE AWARDS FOR 11-12, 13-14 400IM.
Each Gender -SEPARATE AWARDS FOR 10 & U, 11-12 500
FREE.
Results will be for 10-Under, 11-12, 13-14 and 15 & Up



Metropolitan Swimming Photographer Registration Form

As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in 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 an 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 _____