



2025 SSC TURKEY TROT INVITE
Saturday, November 15, 2025
Nassau County Aquatic Center
East Meadow, NY 11554

Sanctioned by USA Swimming through
Metropolitan Swimming
Sanction #251105 & 251152-TT

Invited Teams: All Metro Teams. All other
teams, email ssc.meetentries@gmail.com



2025 MR SSC Turkey Trot Invite

Saturday, November 15, 2025

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 251105 & 251152-TT
- LOCATION:** Nassau County Aquatic Center, East Meadow, NY 11554
- FACILITY:** 10 Lane, 25yd Pool, CTS6 Timing System, CTS Alphanumeric Scoreboard
The competition course **HAS BEEN** certified in accordance with Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.
The Meet Referee reserves the right to run any session in less than 10 lanes.
- SESSIONS:** Session 1 – Ages 11-12/10U Girls Saturday 11/15/25 7:00am Warm Up, 8:05am Start
Session 2 – Ages 15+/10U Boys Saturday 11/15/25 11:30am Warm Up, 12:35pm Start
Session 3 – Ages 13-14 Saturday 11/15/25 4:00pm Warm Up, 5:05pm Start
3 hour sessions maximum timeline- ALL SESSIONS
Time Trials may be available, time permitting and at the discretion of the Meet Referee.
\$10 Cash per time trial
- FORMAT:** This is a Timed-Final Meet.
The meet will be deck-seeded. Events will be seeded Slow to Fast.
- 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 **November 15, 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:** All Athletes are limited to enter 4 events per session. Deck entries will not be accepted.
Relays subject to cancellation for over subscription. NT's will not be accepted.
NTs will be REJECTED.
Host Team reserves the right to enter NT for their swimmers.
Entries are by invited teams only. Hy-Tek Email entries will be accepted.
U.S. Mail Entries/Payment to: **SSC, PO Box 191, Ronkonkoma, NY 11779**
Email Entries/Confirm Entry Receipt: ssc.meetentries@gmail.com
Signature waiver required for Express Mailed Entries/Payment
- DEADLINE:** Entries must be received by: **Friday, November 7, 2025 by 8pm**
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:** An entry fee of **\$10.00** per individual event must accompany the entries.

A facility surcharge of **\$20.00** per swimmer must accompany the entries.

Make check payable to: **Sachem Swim Club of Long Island, Inc.**
Payment must be received by **November 15, 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:** General warm up with assigned lanes for the first 55 minutes. Starts are during your warmup. Please see the administrative table for lane assignments which will be distributed along with the scratch sheet for 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:** **Age groups (10u, 11-12) will receive Awards
Medals 1st-3rd Place Ribbons 4th-10th**
- OFFICIALS:** Meet Referee(s): 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(s) by **November 10, 2025**.
- ADMIN. OFFICIAL:** Administrative Official: Brian Pfisterer ssc.meetentries@gmail.com
Rob Wood ssc.meetentries@gmail.com
- MEET DIRECTOR:** Rob Wood ssc.meetentries@gmail.com
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 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. Nassau County EMTs are available by 911.
- 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:** 1 Meter – 15 Feet, 5 Meter – 12 Feet
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against the **Sachem Swim Club of Long Island, Nassau County, Nassau County Aquatic Center, 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 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 the Sachem Swim Club of Long Island, Nassau County, Nassau County Aquatic Center, 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, restrooms, locker rooms. SSC prohibits the use of cell phones and cameras behind the starting blocks.

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. **The lowering of shoulder straps is prohibited.**

ADMISSION:

Admission is FREE. Programs available on Meet Mobile.

MERCHANTS:

A concession stand operated by a vendor contracted by the Nassau County Aquatic Center may be available.

The event host has no responsibility for the concession stand, its prices, its operations and hours.

No glass will be permitted on the deck.
A Swim Vendor may be available throughout the entire meet.

PARKING:

Free Parking is available in Lots 1 and 1A of Eisenhower Park.

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 NY24 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.

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Order of Events

ALL SESSIONS – 3 HOUR MAXIMUM

Session 1

Warm Up 7:05AM-8:00AM – Start Time 8:05AM

Girls	Event	Boys
101	11-12 100IM	102
103	10 & Under 100IM	
104	11-12 100 Butterfly	105
106	10 & Under 50 Butterfly	
107	11-12 50 Breaststroke	108
109	10 & Under 50 Breaststroke	
110	11-12 50 Backstroke	111
112	10 & Under 50 Backstroke	
113	11-12 50 Butterfly	114
115	11-12 100 Backstroke	116
117	10 & Under 50 Freestyle	
118	11-12 50 Freestyle	119
120	10 & Under 100 Freestyle	
121	11-12 100 Freestyle	122

Session 2

Warm Up 11:30AM-12:30PM - Start Time 12:35PM

Girls	Event	Boys
201	15+ 200 IM	202
	10 & Under 100 IM	203
204	15+ 100 Butterfly	205
	10 & Under 50 Butterfly	206
207	15+ 200 Breaststroke	208
	10 & Under 50 Breaststroke	209
210	15 + 100 Backstroke	211
	10 & Under 50 Backstroke	212
213	15+ 100 Breaststroke	214
215	15+ 200 Butterfly	216
	10 & Under 50 Freestyle	217
218	15+ 50 Freestyle	219
	10 & Under 100 Freestyle	220
221	15+ 200 Backstroke	222
223	15+ 200 Freestyle	224

Session 3
Warm Up 4:00PM-5:00PM - Start Time 5:05PM

Girls	Event	Boys
301	13-14 200 IM	302
303	13-14 100 Butterfly	304
305	13-14 50 Backstroke	306
307	13-14 200 Breaststroke	308
309	13-14 50 Freestyle	310
311	13-14 50 Butterfly	312
313	13-14 200 Backstroke	314
315	13-14 100 Breaststroke	316
317	13-14 100 Freestyle	318
319	13-14 200 Butterfly	320
321	13-14 100 Backstroke	322
323	13-14 50 Breaststroke	324
325	13-14 200 Freestyle	326



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 _____