



2025 MR SSC TYR February Freeze

Friday - January 31, 2025 - Sunday - February 2, 2025

Sachem High School North (Friday only)

Lake Ronkonkoma, NY 11779

Sachem High School East (Friday, Saturday, Sunday)

Farmingville, NY 11738

Sanction # 250104 & Time Trial Sanction # 250152-TT



Invited Teams: **All Metro Teams**

All other teams please contact ssc.meetentries@gmail.com to inquire.



2025 MR SSC TYR February Freeze

January 31 - February 2, 2025

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #250104 TT# 250152-TT
- LOCATION:** Sachem North 212 Smith Rd, Lake Ronkonkoma, NY 11779 (Friday ONLY)
Sachem East High School 177 Granny Rd, Farmingville, NY 11738 (FRIDAY, SAT & SUN)
- FACILITY:** 6 Lane, 25-yard Pool with a CTS6 or Daktronics Timing System with 6 lane Scoreboard
Kiefer Evolution Starting Blocks, Competitor Lane Lines
The pool **HAS NOT** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1 Friday PM 4:00PM-5:00PM Warm-up 5:05 PM Start Time - OPEN
TEAM ASSIGNMENTS FOR FRIDAY WILL BE ANNOUNCED 1 WEEK BEFORE THE MEET
SATURDAY AND SUNDAY ALL AT SACHEM EAST
Session 2 Saturday AM 7:00AM-8:00AM Warm-up 8:05 AM Start Time 10 & Under/13-14
Session 3 Saturday Mid 11:30AM-12:00PM Warm-up 12:05 PM Start Time 500s/400IM (4 Heat Max)
Session 4 Saturday PM 1:30PM-2:30PM Warm-up 2:35PM Start Time 11-12/15+
Session 5 Sunday AM 7:00AM-8:00AM Warm-up 8:05 AM Start Time 10 & Under/13-14
Session 6 Sunday PM 1:30PM-2:30PM Warm-up 2:35PM Start Time 11-12/15+
Time Trials May Be Available at the Discretion of the Meet Referee at \$10 each.
- FORMAT:** Timed Finals, 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 **January 31, 2025** will determine age for the entire meet.
- DISABILITY** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.
- SWIMMERS:** The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** **Limit 3 events per session, except Session 3, only 1 event.**
NTs are discouraged. Host Team may enter NTs.
U.S. Mail Entries/Payment to: **Sachem Swim Club of LI, P.O. Box 191 Ronkonkoma, NY 11779**
Email Entries/Confirm Entry Receipt: ssc.meetentries@gmail.com
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.
SEE IMPORTANT INFORMATION AT THE END FOR MEET ENTRY PROCEDURE AND REQUIRED WAIVER SIGNATURE!
Please waive signature on Express Mail Entries.
- DEADLINE:** **Entries must be received by: January 22, 2025**
An email confirming receipt of entries if you provide an email contact. Please contact ssc.meetentries@gmail.com if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$8.00** per individual event must accompany the entries.
A Facility Fee of **\$10.00** per swimmer must accompany the entries.
Make check payable to: **Sachem Swim Club of LI, P.O. Box 191 Ronkonkoma, NY 11779** Payment must be received by **January 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.
- WARM-UP:** Warm-up Lanes will be assigned. Assignment sheet will be at the administrative table.
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 35 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events 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 st - 3 rd , Ribbons 4 th - 6 th for all age groups.
OFFICIALS:	Meet Referee(s): Allen Wone - ssc.allenwone@gmail.com Dana Wone – dwone@optonline.net Officials wishing to volunteer should contact Meet Referee by January 21, 2025
ADMIN OFFICIAL:	Brian Pfisterer/Amanda Orner
MEET DIRECTOR:	Brian Pfisterer/Amanda Orner – Please use ssc.meetentries@gmail.com for all meet correspondence.
RULES:	Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. 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:	All swimmers must wear footwear upon leaving the pool area. Metropolitan Safety and Warm-up procedures will be in effect. 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”
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 condition of participation in the conduct of this competitions.
MEDICAL:	Certified Lifeguards and an AED device are available to athletes participating in the meet. Farmingville/ Suffolk Fire/Rescue is available via 911.
WATER DEPTH:	USA 2011 - 2023.7 "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." Diving end water depth – 12 feet at 1 meter, 8 feet at 5 meters Shallow end water depth – 4 feet at 1 meter, 10 feet at 5 meters
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 LI, 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."

- AUDIO/VISUAL:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms. SSC policy prohibits the use of these devices behind the starting blocks.
- DRONES:** 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.
- ADMISSIONS:** **\$5.00 per session – Programs - \$2.00 per session**
- MERCHANTS:** Vendors may be available on site for the purchase of suits, bags, towels, goggles and apparel. Snacks and beverages may be available.
- PARKING:** **Free Parking in School Parking Lots. Please park only in marked spaces. Do not park in the loading dock or other marked areas. You are subject to be towed at your expense.**
- 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**
- Sachem North** - Long Island Expressway to Exit 60.
Service Road to Hawkins Avenue Traffic Light. Continue North on Hawkins Avenue until Five Corners Intersection. Turn right on to Smith Road. School is on the right
- GPS use 212 Smith Road, Lake Ronkonkoma, NY 11779**

Session 1 Friday All Ages
4:00PM-5:00PM Warm Up - 5:05PM Start
SACHEM NORTH OR EAST
TEAM ASSIGNMENT WILL BE SENT OUT
SSC WILL BE SPLIT BY ALPHABET
Session must end by 9pm

	Event	Event #
	Mixed 11 & Over 200 IM	101
	Mixed 9-10 100 IM	102
	Mixed 11 & Over 200 Freestyle	103
	Mixed 9-10 200 Freestyle	104
	Mixed 11-12 100 IM	105
	Mixed 11 & Over 200 Butterfly	106
	Mixed 11 & Over 500 Freestyle (LIMITED HEATS)	107

Session 2
Saturday 10 & Under/13-14
7:00AM-8:00AM Warm Up - 8:05AM Start
3 Hour Session

Girls#	Event	Boys #
201	10 & Under 50 Freestyle	202
203	13-14 50 Freestyle	204
205	10 & Under 50 Breaststroke	206
207	13-14 100 Breaststroke	208
209	10 & Under 100 Backstroke	210
211	13-14 100 Backstroke	212
213	10 & Under 50 Butterfly	214
215	13-14 100 Butterfly	216

Session 3
Saturday OPEN
11:30AM-12:00PM Warm Up - 12:05PM Start
LIMITED # OF HEATS FOR TIMELINE

	Event	Event #
	Mixed 13 & Over 400IM	301

Session 4
Saturday 11-12/15 & Over
1:30PM-2:30PM Warm Up - 2:30PM Start
3.5 Hour Session

Girls#	Event	Boys #
401	15 & Over 50 Freestyle	402
403	11-12 50 Freestyle	404
405	15 & Over 100 Breaststroke	406
407	11-12 100 Breaststroke	408
409	15 & Over 100 Backstroke	410
411	11-12 50 Backstroke	412
413	15 & Over 100 Butterfly	414
415	11-12 100 Butterfly	416

Session 5
Sunday 10 & Under/13-14
7:00AM-8:00AM Warm Up - 8:05AM Start

Girls#	Event	Boys #
501	10 & Under 100 Breaststroke	502
503	13-14 200 Breaststroke	504
505	10 & Under 50 Backstroke	506
507	13-14 200 Backstroke	508
509	10 & Under 100 Butterfly	510
511	13-14 100 Butterfly	512
513	10 & Under 100 Freestyle	514
515	13-14 100 Freestyle	516

Session 6
Sunday 11-12/15 & Over
1:00PM-2:00PM Warm Up - 2:05PM Start

Girls#	Event	Boys #
601	15 & Over 200 Breaststroke	602
603	11-12 50 Breaststroke	604
605	15 & Over 200 Backstroke	606
607	11-12 100 Backstroke	608
609	15 & Over 100 Butterfly	610
611	11-12 50 Butterfly	612
613	15 & Over 100 Freestyle	614
615	11-12 100 Freestyle	616



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_____