



Hawks Trials and Finals
January 23 – 25, 2026
Sanction #260101

Invited Teams: All Metro teams Scarlet Aquatics, Soundview YMCA Stingrays, Delaware Valley, Portland Porpoise Swim Club, Bergen Barracudas, North Jersey Barracudas, Zeus Swim Team and all Adirondack teams are welcome.

Hawks Trials and Finals

January 23-25, 2026

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction # 260101
- LOCATION:** **Valley Central High School Natatorium, 1175 Route 17K, Montgomery, NY 12549**
- FACILITY:** **8-Lane, 25 yard, indoor pool with non-turbulent lane dividers. There is seating Available for spectators. Colorado electronic timing system with 8-Lane scoreboard**
The competition course **has not been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1: 4:30pm W-up 5:00pm Start Timed Final Events**
Session 2: 7:45am W-up 9:00am Start, Saturday AM Trials
Session 3: 12:30pm W-up 1:30pm Start, Saturday Noon 11-12 Prelim 10 & Under Timed Finals
Session 4 : Finals 5:00pm W-up 6:00pm Start Saturday Eve Finals
Session 5: 7:45am W-up 9:00am Start, Sunday AM Trials
Session 6: 12:30pm W-up 1:30pm Start. Sunday Noon 11-12 Prelim 10 & Under Timed Finals
Session 7: Finals 5:00pm W-up 6:00pm Start Sunday Eve Finals
- FORMAT:** **Sessions 2 and 5 are prelims, Sessions 3 and 6 are Timed Finals for 10 & Under & Prelims for 11-12, Sessions 4 and 7 Finals. Top 16 Prelim swimmers advance to evening finals Meet will be Pre-seeded. See Scratch section for Scratch Deadlines.**
- 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. Priority will be given to those teams attending all 3 days.
Age on **1/23/2026** will determine age for the entire meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- FALSE REGISTRATIONS:** If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC will impose a fine of up to \$100.00 per event against the individual, member coach or a member club submitting a meet the entry.
- 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:** Any swimmers in prelims in the am and pm sessions may swim a maximum of 3 individual events per day (prelims and finals).
10 and under Timed Finals may swim a maximum of 4 individual events per day.
- Priorities will be given to those teams attending Both Days.
Minimum Age For Senior Events is 15 years old.
- The meet will be pre-seeded.**
- U.S. Mail Entries/Payment to: **Hawks Swimming Association P.O. Box 61 New Paltz, NY 12561**
Email Entries/Confirm Entry Receipt: **Bob Vializ - hawksentries@gmail.com**
- DEADLINE:** **Entries must be received by: 1/11/2026**
An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$6.00 per timed final event, \$8.00 per Trial & Final event, \$12.00 Surcharge per swimmer** must accompany the entries.
Make check payable to: **Hawks Swimming Association**

Payment must be received by **1/11/2026** 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: Scratches for Friday Evening Timed Finals Will be due **Thursday, Jan 22 @ 4:30 pm.**

Scratches for Saturday morning Trials and Afternoon Timed Finals Will be due **Friday, Jan 23 @ 4:30 pm.**

Scratches for Sunday morning Trials and Afternoon Time Finals Will be due **Saturday, Jan 24 @ 4:40 pm**

Swimmers have 30 minutes from the announcement of trials results, to declare intent to scratch from finals. Finals no shows will be scratched from the remainder of the meet. Prelim no shows will be scratched from their next event."

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: For all individual events, awards will be for 1st - 8th place,

Coaches MUST pick up their team ribbons at the end of the meet. Awards will not be Mailed out.

OFFICIALS: **Meet Referee:** Ron Sommer - 2sommer@2sommer.com
Officials wishing to volunteer should contact Meet Referee by **1/18/2026**
Teams are highly encouraged to provide officials. – Thank you.

ADMIN. OFFICIAL: **Bob Vializ**

MEETDIRECTOR: **Bob Vializ – hawksentries@gmail.com (914)497-4716**

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: **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.

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."
Start end...1 meter 13'0", 5 meters 12" 0"
Turn End...1 meter 3'6", 5 meters 4'0"

DISCLAIMER: DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **"Valley Central Schools, Hawks Swimming Association, 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. Use of Audio or visual recording devices is not permitted 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."

MAAPP

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. Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

DECK CHANGING: Deck changes are prohibited.

ADMISSION: \$10 per session, No Charge For Finals. Heat sheets will be available for sale prior to each session.

MERCHANTS: Ultimate Swim shop. Food and Beverage Concessions.

PARKING: Free parking is available on-site at the Valley Central Middle and High Schools.

No parking allowed in the fire zone in front of the buildings OR on Route 17K. If you are parked illegally...you will be ticketed and/or towed at your own expense.

DIRECTIONS: <https://maps.google.com/maps?q=Valley+Central+Middle+School,+1189+State+Route+17k,Montgomery,+NY+12549>.

Friday January 23, 2026

Session 1 Timed Finals

Warm-ups 4:30PM... Session Begins 5:30PM

Girls Events	Event Description	Boys Events
1	13 & Over 400 IM	2
3	12 & Under 200 IM	4
5	13 & Over 500 Freestyle	6
7	13 & Over 1650 Freestyle	8

Swimmers must supply their own timers and Counters for all Friday evening events

Events 1 – 4 Will be swum Fast to Slow

Events 5-8 Will be swum Fast to slow with Heats alternating Girls/Boys

Saturday January 24, 2026

Session 2 Saturday AM ... Prelims **Warm-ups 7:45AM... Session Begins 9:00AM**

Girls Events	Event Description	Boys Events
9	13-14 200 IM	10
11	Senior 200 IM	12
13	13-14 100 Backstroke	14
15	Senior 100 Backstroke	16
17	13-14 200 Butterfly	18
19	Senior 200 Butterfly	20
21	13-14 100 Breaststroke	22
23	Senior 100 Breaststroke	24
25	13-14 100 Freestyle	26
27	Senior 100 Freestyle	28

Session 3 Saturday PM ... Timed Finals **Warm-ups 12:30PM... Session Begins 1:30PM**

Girls Events	Event Description	Boys Events
29	11-12 100 IM Prelims	30
31	10 & Under 50 Backstroke	32
33	11-12 50 Backstroke Prelims	34
35	10 & Under 100 Butterfly	36
37	11-12 100 Butterfly Prelims	38
39	10 & Under 50 Breaststroke	40
41	11-12 50 Breaststroke Prelims	42
43	10 & Under 100 Freestyle	44
45	11-12 200 Freestyle Prelims	46

Session 4 Saturday ... Finals **Warm-ups 5:00PM ... Session Begins 6:00PM**

Sunday January 25, 2026

Session 5 Sunday AM ... Prelims

Warm-ups 7:45AM... Session Begins 9:00AM

Girls Events	Event Description	Boys Events
47	13-14 200 Freestyle	48
49	Senior 200 Freestyle	50
51	13-14 200 Backstroke	52
53	Senior 200 Backstroke	54
55	13-14 100 Butterfly	56
57	Senior 100 Butterfly	58
59	13-14 200 Breaststroke	60
61	Senior 200 Breaststroke	62
63	13-14 50 Freestyle	64
65	Senior 50 Freestyle	66

Session 6 Sunday PM ... Timed Finals

Warm-ups 12:30PM... Session Begins 1:30PM

Girls Events	Event Description	Boys Events
67	11-12 100 Freestyle Prelims	68
69	10 & Under 50 Freestyle	70
71	11-12 100 Backstroke Prelims	72
73	10 & Under 100 Backstroke	74
75	11-12 50 Butterfly Prelims	76
77	10 & Under 50 Butterfly	78
79	11-12 100 Breaststroke Prelims	80
81	10 & Under 100 Breaststroke	82
83	11-12 50 Freestyle Prelims	84

Session 7 Sunday ... Finals

Warm-ups 5:00PM Session Begins 6:00PM



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 _____