



EMPIRE 8 & UNDER THANKSGIVING DUAL MEET

Metro Sanction #251117

Saturday November 22, 2025

At the Hackley School Pool

Empire 8 & Under Thanksgiving Dual Meet

Sunday, November 22, 2025

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #251117
- LOCATION:** The Hackley School, 293 Benedict Ave, Tarrytown, NY 10577
- FACILITY:** The Hackley School pool is an indoor 8 lane 25-yard pool.
Colorado electronic timing system and a video-matrix scoreboard.
The competition course has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** (Session times are subject to change)
One Session Only: Saturday PM – 11:30 AM Warm Up, 12:15 PM Start
- FORMAT:** This is a timed final meet.
The meet will be pre seeded.
- ELIGIBILITY:** This is a dual meet open only to 8 & Under swimmers registered with Empire Swimming and Phoenix Aquatic Club. 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 22, 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:** Swimmers may be entered in 4 individual events per session.
- DEADLINE:** Entries must be received by **November 15, 2025** or until sessions are full. 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 \$7.00 per individual event entered, plus a \$15.00 per athlete facility surcharge must accompany the entries. 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 entries.
- 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:** Ribbons will be award for places 1-8.
- OFFICIALS:** **Meet Referee:** Greg Bedell, email: greg@bedellmail.com
- ADMIN. OFFICIAL:** **Administrative Official:** Mary Lange, email: thelangez@hotmail.com and Brian Hansbury, email: brian@empireswimming.com

MEETDIRECTOR:	Mary Lange, email: thelangez@hotmail.com and Brian Hansbury, email: brian@empireswimming.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 will be on duty supervising the pool. An AED is located in the pool area
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." 1.0 meter = 4 feet, 6 inches; 5 meters = 13 feet.
DISCLAIMER:	Upon acceptance of his/her entries, the participant waives all claims against The Hackley School, Empire Swimming, Inc, The Empire Swim Team, Metropolitan Swimming Inc., USA Swimming Inc., their agents, or representatives for any injury occurring because 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. 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:	There WILL BE SPECTATORS ALLOWED at this meet. There will be no admission charged.
MERCHANTS:	There will be no concession offered for the duration of the meet.
PARKING:	Parking is available in the lower lots near the Johnson Center.

SESSION 1: Saturday -- Warm-ups: 11:30 AM – 12:15 PM Start

Girls Evt. #	Events	Boys Evt. #
1	8-Year-Old 50 Freestyle	2
3	8 & Under 25 Freestyle	4
5	8-Year-Old 50 Breaststroke	6
7	8 & U 25 Breaststroke	8
9	8-Year-Old 50 Backstroke	10
11	8 & U 25 Backstroke	12
13	8-Year-Old 50 Butterfly	14
15	8 & U 25 Butterfly	16
17	8-Year-Old 100 IM	18



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 _____