

2023 FA-MR

INTRA-SQUAD MEET



SUNDAY, DECEMBER 10, 2023

**Sanctioned by USA Swimming through Metropolitan Swimming
Sanction #231208**

**Open to all invited FA-MR USA swimming/Metropolitan Swimming Inc.
Registered Swimmers**

FA INTRA-SQUAD MEET

SUNDAY, DECEMBER 10, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # **231208**
- LOCATION:** **FARMINGDALE AQUATIC CENTER – HOWITT MIDDLE SCHOOL POOL, FARMINGDALE**
- FACILITY:** **8 LANE, 25 YARD POOL, CTS6 Timing with Alphanumeric Scoreboard**
The competition course **Has NOT BEEN** certified in accordance with Article 104.2.2C (4).
The Meet Referee reserves the right to run any session in less than 8 lanes.
- SESSIONS:** **Session 1 – Open 8:00 am warm up – 9:00 am start**
Session 2 - Open 10:30 start
- 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 FA-MR 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 **December 10, 2023** 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 3 events per session.**
Host team reserves the right to enter NT for their swimmers.
U.S. Mail Payment to: **Farmingdale Aquatics, Attn: Lisa Giordano, PO Box 563, Farmingdale NY 11735**
Email Entries/Confirm Entry Receipt: **fa.meetentries@gmail.com**
Signature waiver required for Express Mailed Entries/Payment
- DEADLINE:** **Entries must be received by: December 3, 2023**
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 **\$0.00** per individual event must accompany the entries.
Make check payable to: **Farmingdale Aquatics**
Payment must be received by **[Input Date]** 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:** **All age groups (10u, 11-12, 13-14, 15+) will receive Ribbons**

OFFICIALS: Meet Referee: [Allen Wone, ssc.allenwone@gmail.com](mailto:ssc.allenwone@gmail.com), 516 330-4229
Officials wishing to volunteer should contact the Meet Referee by **December 3, 2023**

ADMIN. OFFICIAL: Administrative Official: [Ben Howell, fa.meetentries@gmail.com](mailto:fa.meetentries@gmail.com), 516 445-9877

MEET DIRECTOR: [Ben Howell, fa.meetentries@gmail.com](mailto:fa.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 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.

**All swimmers must wear footwear upon leaving the pool area.
Lifeguards with AED available. Farmingdale FD/EMS 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: **Start/End Water Depth: 6ft @ 1 meter from wall
8ft @ 5 meters from wall
Turn/End Water Depth: 13ft @ 1 meter from wall
12ft @ 5 meters from wall**

DISCLAIMER: DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Farmingdale Aquatics, Farmingdale Union Free School District, Village of Farmingdale, Town of Oyster Bay**, 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 against the presence of the disease. Therefore, if you choose to participate in a USA Swimming Page 4 of 7 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 Farmingdale Aquatics, Farmingdale Union Free School District, Village of Farmingdale, Town of Oyster Bay, 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, 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:

Free

MERCHANTS:

TBD

PARKING:

Free

DIRECTIONS:

522 Conklin Street, Farmingdale NY

2023 MR-FA INTRA-SQUAD MEET

SUNDAY, DECEMBER 10, 2023 – Session 1

8:00 am Warm up 8:45 Start

GIRLS	EVENT	BOYS
1	Mixed 200 Free Relay	
2	10 & Under 50 Free	3
4	11-12 50 Free	5
6	13-14 100 Breaststroke	7
8	OPEN 100 Breaststroke	9
10	10 & Under 50 Back	11
12	11-12 50 Back	13
14	13-14 200 Back	15
16	OPEN 200 Back	17
18	MIXED 500 FREE	
19	11-12 50 Breaststroke	20
21	13-14 100 Fly	22
23	OPEN 100 FIY	24

SUNDAY, DECEMBER 10, 2023 – Session 2

10 minute break

GIRLS	EVENT	BOYS
25	Mixed 200 Medley Relay	
26	Mixed 10 & Under 25 Fly	
27	11-12 50 Fly	28
29	13-14 200 IM	30
31	OPEN 200 IM	32
33	10 & Under 100 IM	34
35	11-12 100 IM	36
37	13-14 200 Free	38
39	OPEN 200 Free	40
41	10 & Under 100 Free	42
43	11-12 100 Free	44
45	13-14 100 Free	46
47	OPEN 100 Free	48



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 _____