



MR-FA

Farmingdale Aquatics

# IRON DRAGON

Invitational Meet

January 10-11, 2026

Sanctioned by USA Swimming through  
Metropolitan Swimming Sanction #260100

Invited teams: Condors, Connetquot, Hauppauge,  
LIAC, LIE, QNS, Sachem, West Islip, Team Suffolk

Any other teams who would like to be invited,  
please contact [fa.meetentries@gmail.com](mailto:fa.meetentries@gmail.com).

# **THE IRON DRAGON MEET**

**JANUARY 10-11, 2026**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction #260100
- 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 - 7:30 AM warm up – 8:30 AM start**  
**Session 2 - 12:30 PM warm up – 1:30 PM start**  
**Session 3 – 7:30 AM warm up – 8:30 AM start**  
**Session 4 – 12:30 PM warm up – 1:30 PM 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 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 10, 2026** 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: JANUARY 2, 2026**  
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 and an athlete surcharge of **\$10.00** must accompany the entries.  
Make check payable to: **Farmingdale Aquatics**  
Payment must be received **by JANUARY 2, 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:** 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 (8 & Under, 9-10, 11-12, 13-14, 15-18) will receive awards. Medals 1<sup>st</sup> to 3<sup>rd</sup> – Ribbons 4<sup>th</sup> to 8<sup>th</sup> place.

**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 January 2, 2026

**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:**

**Admission is \$5.00 per session. CASH ONLY. NO CREDIT/DEBIT CARDS ACCEPTED.  
\$2.00 programs per session**

**MERCHANTS:**

**Light concessions will be available in the lobby.**

**PARKING:**

**Free**

**DIRECTIONS:**

**522 Conklin Street, Farmingdale NY –  
Coming from Queens – Southern State Parkway to exit 33 (Rt 109/Fulton Street). Make right on Main Street. Make a right on Grant Ave. Make left on Cherry Street. One block turn right into parking lot.  
LIE to exit 49. Head south on Rt 110. Turn right on Conklin Street. Turn left on Cherry Street. Parking lot on left.  
Coming from Suffolk County – Southern State to exit 33 (Rt. 109/Fulton Street). Make right on Main Street. Make right on Grant Ave. Make left on Cherry Street. One block turn right into parking lot.  
LIE to exit 49. Head south on Rt 110. Turn right on Conklin Street. Turn left on Cherry Street. Parking lot on left.**

## **MR-FA IRON DRAGON MEET**



**SATURDAY, JANUARY 10, 2026**

Session 1 - 7:30 AM Warm up – 8:30 AM Start

GIRLS	EVENT	BOYS
<b>1</b>	<b>11-12 100 IM</b>	<b>2</b>
<b>3</b>	<b>8 &amp; Under 100 IM</b>	<b>4</b>
<b>5</b>	<b>11-12 50 Fly</b>	<b>6</b>
<b>7</b>	<b>8 &amp; Under 50 Fly</b>	<b>8</b>
<b>9</b>	<b>11-12 100 Breast</b>	<b>10</b>
<b>11</b>	<b>8 &amp; Under 50 Breast</b>	<b>12</b>
<b>13</b>	<b>11-12 100 Back</b>	<b>14</b>
<b>15</b>	<b>8 &amp; Under 100 Back</b>	<b>16</b>
<b>17</b>	<b>11-12 50 Free</b>	<b>18</b>

**SATURDAY, JANUARY 10, 2026**

Session 2 - 12:30 PM Warm up – 1:30 PM Start

GIRLS	EVENT	BOYS
<b>19</b>	<b>13-14 100 Free</b>	<b>20</b>
<b>21</b>	<b>Open 100 Free</b>	<b>22</b>
<b>23</b>	<b>9-10 100 IM</b>	<b>24</b>
<b>25</b>	<b>13-14 50 Back</b>	<b>26</b>
<b>27</b>	<b>Open 50 Back</b>	<b>28</b>
<b>29</b>	<b>9-10 50 Fly</b>	<b>30</b>
<b>31</b>	<b>Open 200 Fly</b>	<b>32</b>
<b>33</b>	<b>13-14 100 Breast</b>	<b>34</b>
<b>35</b>	<b>Open 100 Breast</b>	<b>36</b>
<b>37</b>	<b>9-10 50 Breast</b>	<b>38</b>
<b>39</b>	<b>13-14 50 Fly</b>	<b>40</b>
<b>41</b>	<b>Open 50 Fly</b>	<b>42</b>
<b>43</b>	<b>9-10 100 Back</b>	<b>44</b>
<b>45</b>	<b>Open 200 Back</b>	<b>46</b>
<b>47</b>	<b>13-14 200 IM</b>	<b>48</b>
<b>49</b>	<b>Open 200 IM</b>	<b>50</b>

## **SUNDAY, JANUARY 11, 2026**

Session 3 - 7:30 AM Warm up – 8:30 AM Start

GIRLS	EVENT	BOYS
<b>51</b>	<b>11-12 100 Free</b>	<b>52</b>
<b>53</b>	<b>8 &amp; Under 50 Free</b>	<b>54</b>
<b>55</b>	<b>11-12 50 Back</b>	<b>56</b>
<b>57</b>	<b>8 &amp; Under 50 Back</b>	<b>58</b>
<b>59</b>	<b>11-12 50 Breast</b>	<b>60</b>
<b>61</b>	<b>8 &amp; Under 100 Breast</b>	<b>62</b>
<b>63</b>	<b>11-12 100 Fly</b>	<b>64</b>
<b>65</b>	<b>8 &amp; Under 100 Free</b>	<b>66</b>

## **SUNDAY, JANUARY 11, 2026**

Session 4 - 12:30 PM Warm up – 1:30 PM Start

GIRLS	EVENT	BOYS
<b>67</b>	<b>13-14 50 Free</b>	<b>68</b>
<b>69</b>	<b>Open 50 Free</b>	<b>70</b>
<b>71</b>	<b>9-10 50 Free</b>	<b>72</b>
<b>73</b>	<b>Open 200 Breast</b>	<b>74</b>
<b>75</b>	<b>13-14 100 Back</b>	<b>76</b>
<b>77</b>	<b>Open 100 Back</b>	<b>78</b>
<b>79</b>	<b>9-10 50 Back</b>	<b>80</b>
<b>81</b>	<b>13-14 50 Breast</b>	<b>82</b>
<b>83</b>	<b>Open 50 Breast</b>	<b>84</b>
<b>85</b>	<b>9-10 100 Breast</b>	<b>86</b>
<b>87</b>	<b>13-14 100 Fly</b>	<b>88</b>
<b>89</b>	<b>Open 100 Fly</b>	<b>90</b>
<b>91</b>	<b>9-10 100 Free</b>	<b>92</b>
<b>93</b>	<b>13-14 200 Free</b>	<b>94</b>
<b>95</b>	<b>Open 200 Free</b>	<b>96</b>



## 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 \_\_\_\_\_