



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.

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 1st to 3rd – Ribbons 4th to 8th place.

OFFICIALS: Meet Referee: Allen Wone, 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, 516 445-9877

MEET DIRECTOR: Ben Howell, 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
1	11-12 100 IM	2
3	10 & Under 100 IM	4
5	11-12 50 Fly	6
7	10 & Under 50 Fly	8
9	11-12 100 Breast	10
11	10 & Under 50 Breast	12
13	11-12 100 Back	14
15	10 & Under 100 Back	16
17	11-12 50 Free	18

SATURDAY, JANUARY 10, 2026

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

GIRLS	EVENT	BOYS
19	13-14 100 Free	20
21	Open 100 Free	22
23	13-14 50 Back	24
25	Open 50 Back	26
27	Open 200 Fly	28
29	13-14 100 Breast	30
31	Open 100 Breast	32
33	13-14 50 Fly	34
35	Open 50 Fly	36
37	Open 200 Back	38
39	13-14 200 IM	40
41	Open 200 IM	42

SUNDAY, JANUARY 11, 2026

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

GIRLS	EVENT	BOYS
43	11-12 100 Free	44
45	10 & Under 50 Free	46
47	11-12 50 Back	48
49	10 & Under 50 Back	50
51	11-12 50 Breast	52
53	10 & Under 100 Breast	54
55	11-12 100 Fly	56
57	10 & Under 100 Free	58

SUNDAY, JANUARY 11, 2026

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

GIRLS	EVENT	BOYS
59	13-14 50 Free	60
61	Open 50 Free	62
63	Open 200 Breast	64
65	13-14 100 Back	66
67	Open 100 Back	68
69	13-14 50 Breast	70
71	Open 50 Breast	72
73	13-14 100 Fly	74
75	Open 100 Fly	76
77	13-14 200 Free	78
79	Open 200 Free	80



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 _____