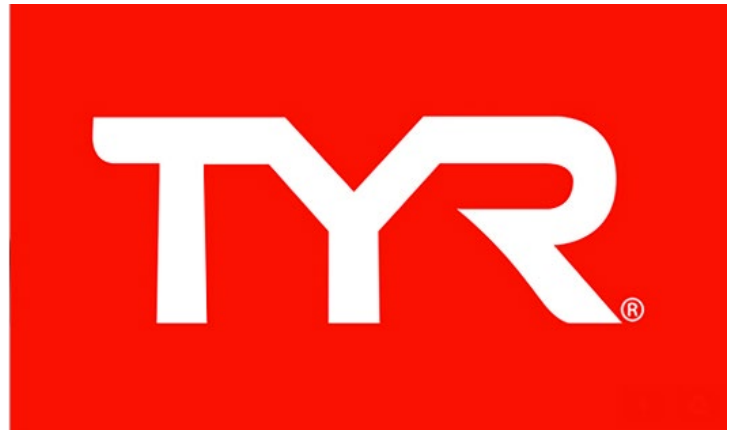


Invitational Meet Announcement



**2022 MR SSC TYR February Freeze**  
**Friday - February 4, 2022 - Sunday - February 6, 2022**  
**Sachem High School East**  
**Farmingville, NY 11738**  
**Sanction # 220200**  
**Time Trial Sanction # 220250-T**

Invited Teams: **SSC, IA, TVSC, CSDC, FA, EHY, HYB, TS, VIP, WISC**

**See Below For Entry Restrictions due to Facility Requirements**  
All other teams please contact [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com) to inquire.

**NYS Guidelines for COVID-19 are subject to change. As of 12/14/21, masks are required for all while indoors in a school building unless swimming.**

# 2022 MR SSC TYR February Freeze

## February 4-6, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #220200 TT# 220250-T
- LOCATION:** Sachem East High School 177 Granny Rd, Farmingville, NY 11738
- FACILITY:** 6 Lane, 25 yard Pool with a Daktronics Timing System with 6 lane Scoreboard  
Kiefer Evolution Starting Blocks, Competitor Lane Lines  
The pool **HAS NOT** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1 Friday PM 4:30PM-5:25PM Warm-up 5:30 PM Start Time  
Session 2 Saturday AM 7:00AM-7:55AM Warm-up 8:00 AM Start Time 10U Girls/13-14  
Session 3 Saturday Mid 11:15AM-12:10PM Warm-up 12:15 PM Time 10U Boys/15+  
Session 4 Saturday PM 3:30PM-4:25PM Warm-up 4:30PM Start Time 11-12  
Session 5 Saturday AM 7:00AM-7:55AM Warm-up 8:00 AM Start Time 10U Girls/13-14  
Session 6 Saturday Mid 11:15AM-12:10PM Warm-up 12:15 PM Time 10U Boys/15+  
Session 7 Saturday PM 3:30PM-4:25PM Warm-up 4:30PM Start Time 11-12  
***Time Trials May Be Available at the Discretion of the Meet Referee at \$10 each.***  
***Each team may enter 16-18 swimmers per session. Available slots after will be opened on a first come, first serve basis. Max Coaches per team per session - 2***
- FORMAT:** Timed Finals, seeded slow to fast. ***Meet will be pre-seeded if required by COVID protocols.***
- 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  
Age on **February 4, 2022** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.  
The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** **Limit 3 events per session, except Session 1, only 1 event.**  
***Each team may enter 16-18 swimmers per session. Available slots after will be opened on a first come, first serve basis.***  
***NTs are NOT allowed. Host Team may enter NTs. NTs will be rejected.***  
U.S. Mail Entries/Payment to: **Sachem Swim Club of LI, P.O. Box 191 Ronkonkoma, NY 11779**  
Email Entries/Confirm Entry Receipt: [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com)  
Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers.  
Coaches should contact meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.  
***SEE IMPORTANT INFORMATION AT THE END FOR MEET ENTRY PROCEDURE AND REQUIRED WAIVER SIGNATURE!***  
***Please waive signature on Express Mail Entries.***
- DEADLINE:** **Entries must be received by : January 28, 2022**  
An email confirming receipt of entries if you provide an email contact. Please contact [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com) 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 must accompany the entries.  
A Facility Fee of **\$8.00** per swimmer must accompany the entries.  
Make check payable to: **Sachem Swim Club of LI, P.O. Box 191 Ronkonkoma, NY 11779** Payment must be received by **January 31, 2022** 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.
- WARM-UP:** Warm-up Lanes will be assigned. Assignment sheet will be at the administrative table.
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 35 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.  
***If Covid protocols are still in effect, the meet will be pre-seeded with no changes permitted.***

- 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:** Medals 1<sup>st</sup>-3<sup>rd</sup>, Ribbons 4<sup>th</sup>-6 for all age groups.
- OFFICIALS:** Meet Referee(s): [Allen Wone - ssc.allenwone@gmail.com](mailto:ssc.allenwone@gmail.com)  
[Dana Wone](#)  
Officials wishing to volunteer should contact Meet Referee by **January 28, 2022**
- ADMIN. OFFICIAL:** [Chris Orner/Brian Pfisterer/Amanda Orner](#)
- MEET DIRECTOR:** [Brian Pfisterer](#)– Please use [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com) for all meet correspondence.
- RULES:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.  
**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 Safety and Warm-up procedures will be in effect. 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. 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 - 2023.7 "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." Diving end water depth – 12 feet at 1 meter, 8 feet at 5 meters  
Shallow end water depth – 4 feet at 1 meter, 10 feet at 5 meters
- DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against [Sachem Swim Club of LI, Sachem Central School District](#), 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 or behind the starting block’s**  
**“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:** **\$5.00 per session – Programs - \$2.00 per session** **1 SPECTATOR PER SWIMMER ALLOWED**
- MERCHANTS:** Vendors may be available on site for the purchase of suits, bags, towels, goggles and apparel. Snacks and beverages may be available.
- PARKING:** **Free Parking in School Parking Lots. Please park only in marked spaces. Do not park in the loading dock or other marked areas. You are subject to be towed at your expense.**
- DIRECTIONS:** **Sachem East** - Long Island Expressway to Exit 63. Head North on North Ocean Avenue, until you reach Granny Road. Make a right on Granny Road and Sachem East is on the left about ½ mile down the road. The school is set back way off the road. It is your second left after passing the elementary school at the traffic light.

GPS use 177 Granny Road, Farmingville, NY 11738

**Session 1**  
**Friday Distance**  
**4:30PM-5:25PM Warm Up - 5:30PM Start**  
**Session must end by 9pm**

	Event	Event #
	Open 200 IM	101
	Mixed 11 & Over 400 IM	102
	Mixed 10 & Under 200 Freestyle	103
	Mixed 11 & Over 500 Freestyle	104
	Mixed 11 & Over 1650 Freestyle	105
	<b>1 Heat Maximum - Timeline Dependent, Event Subject to Cancellation</b>	
	Session 1 Events will be scored and awarded as 10 & Under/11-12/13-14/15+ by Gender	

**Session 2**  
**Saturday 10u Girls/13-14**  
**7:00AM-7:55AM Warm Up - 8:00AM Start**  
**Session must end by 11am**

Girls#	Event	Boys #
201	10 & Under 50 Freestyle	
202	13-14 50 Freestyle	203
204	10 & Under 50 Breast	
205	13-14 200 Breast	206
207	10 & Under 100 Backstroke	
208	13-14 100 Backstroke	209
210	10 & Under 50 Butterfly	
211	13-14 200 Butterfly	212
213	10 & Under 100 Freestyle	
214	13-14 100 Freestyle	215

**NYS Guidelines for COVID-19 are subject to change. As of 12/14/21, masks are required for all while indoors in a school building unless swimming.**

**Session 3**  
**Saturday 10u Boys/15 & Over**  
**11:15AM-12:10PM Warm Up - 12:15PM**  
**Start**

**Session must end by 3:15PM**

Girls#	Event	Boys #
	10 & Under 50 Freestyle	301
302	15 & Over 50 Freestyle	303
	10 & Under 50 Breast	304
305	15 & Over 200 Breast	306
	10 & Under 100 Backstroke	307
308	15 & Over 100 Backstroke	309
	10 & Under 50 Butterfly	310
311	15 & Over 200 Butterfly	312
	10 & Under 100 Freestyle	313
314	15 & Over 100 Freestyle	315

**Session 4**  
**Saturday 11-12**  
**3:30PM-4:25PM Warm Up - 4:30PM Start**

**Session must end by 7:30PM**

Girls#	Event	Boys #
401	11-12 50 Freestyle	402
403	11-12 100 Breast	404
405	11-12 50 Backstroke	406
407	11-12 100 Butterfly	408
409	11-12 100 Freestyle	410

**NYS Guidelines for COVID-19 are subject to change. As of 12/14/21, masks are required for all while indoors in a school building unless swimming.**

**Session 5**  
**Saturday 10u Girls/13-14**  
**7:00AM-7:55AM Warm Up - 8:00AM Start**  
**Session must end by 11am**

Girls#	Event	Boys #
501	10 & Under 100 IM	
502	10 & Under 100 Breast	
503	13-14 100 Breast	504
505	10 & Under 50 Backstroke	
506	13-14 200 Backstroke	507
508	10 & Under 100 Butterfly	
509	13-14 100 Butterfly	510
511	10 & Under 200 Freestyle	
512	13-14 200 Freestyle	513

**Session 6**  
**Saturday 10u Boys/15 & Over**  
**11:15AM-12:10PM Warm Up - 12:15PM**  
**Start**  
**Session must end by 3:15PM**

Girls#	Event	Boys #
	10 & Under 100 IM	601
	10 & Under 100 Breast	602
603	15 & Over 100 Breast	604
	10 & Under 50 Backstroke	605
606	15 & Over 200 Backstroke	607
	10 & Under 100 Butterfly	608
609	15 & Over 100 Butterfly	610
	10 & Under 200 Freestyle	611
612	15 & Over 200 Freestyle	613

**Session 7**  
**Saturday 11-12**  
**3:30PM-4:25PM Warm Up - 4:30PM Start**  
**Session must end by 7:30PM**

Girls#	Event	Boys #
701	11-12 100 Freestyle	702
703	11-12 50 Breast	704
705	11-12 100 Backstroke	706
707	11-12 50 Butterfly	708
709	11-12 200 Freestyle	710



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

# INFORMED CONSENT/HOLD HARMLESS WAIVER FOR PARTICIPATION

MEET DATE: Feb 4-6, 2022  
Sachem Swim Club of LI, Swim Meet @ Sachem HS East

## PURPOSE AND EXPLANATION OF PROCEDURE

I hereby consent to voluntarily engage in the Swim Meet at Sachem East HS from February 4-6, 2022. I have been informed that during my participation in the above described Aquatic program, I will be asked to stop if any symptoms such as fatigue, shortness of breath, chest discomfort or similar occurrences appear. At this point, I have been advised that it is my complete right to decrease or stop exercise and that it is my obligation to inform the Instructor/Program/Coach personnel of my symptoms, should they develop.

It is my understanding and I have been informed that there exists the remote possibility that during exercise and or competition of adverse changes including, but not limited to, abnormal blood pressure, fainting, dizziness, disorders of heart rhythm, and in very rare instances heart attack, stroke, or even death. I further understand and I have been informed that there exists the risk of bodily injury including, but not limited to injurers to the muscles, ligaments, tendons, and joints of the body. Every effort will be made to minimize these occurrences by proper staff assessment of my condition before each session, staff supervision during exercise and by my own careful control of exercise efforts. I fully understand the risks associated with exercise, including the risk of bodily injury, heat attack, stroke or even death, but knowing these risks, it is my desire to participate as herein indicated.

We (I), the undersigned, agree to release, hold harmless, and indemnify the Sachem Swim Club of Long Island, Metropolitan Swimming, USA Swimming, Sachem Central School District, its trustees, officers, agents, representatives and employees from and against any and all liability, lawsuits, claims, damages, or claims of injuries to my (our) child or children, including any negligent act or omission by the named above or its agents, representatives or employees, which are not the result of gross negligence, intentional neglect, or willful or wanton conduct by the named above.

We have put in place preventative measures, as required by the CDC and the State of New York, to reduce the spread of COVID-19 and other communicable diseases; however, we cannot guarantee that you or your child(ren) will not become infected with COVID-19 or other communicable disease. Further, participating in this swim meet could increase your risk and your child(ren)'s risk of contracting COVID-19 or other communicable disease. I am aware of risks as described by the current outbreak of COVID-19, and agree to release and hold harmless the Sachem Swim Club of Long Island, Metropolitan Swimming, USA Swimming, Sachem Central School District, its trustees, officers, agents, representatives and employees from and against any and all liability lawsuits, claims or damages arising from the transmission of any communicable diseases, including but not limited to COVID-19 (SARS-COV2), before, during or after participation in this swim meet on February 4-6, 2022

The undersigned Participant acknowledges that participation in this swim meet are subject to certain inherent risks and accepts all risks on land or water while participating in these activities.

I have been given an opportunity to ask questions as to the procedures.

I have read this Informed Consent/Hold Harmless Waiver form, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily, without inducement.

Participant's Name (Printed): \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian Signature if under 18 years old: \_\_\_\_\_ Date: \_\_\_\_\_

## Emergency Contact Information:

Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_