



**SHAMROCK INVITATIONAL 2022**

# **2022 MR SSC Shamrock Invitational**

## **Ages 9-18**

**Sachem East High School  
Farmingville, NY  
Saturday & Sunday – March 5-6, 2022**

**Sanctioned by USA Swimming through Metropolitan Swimming, Inc.  
Sanction #220302 & Time Trial #220350-T**

We have taken enhanced health and safety measures – for you, our guests, volunteers and employees. Everyone must follow all posted instructions while attending this 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 guests with underlying medical conditions are especially vulnerable. By attending this event, you voluntarily assume all risks related to exposure to COVID-19.

Invited Teams: **The following Metro teams are invited until each session has met the maximum either via timeline or capacity as required by NYS Regulations:**  
SSC, TVSC, IA, HAA, HYB, EHY, CSDC, WISC, FA, LIE, TS

# 2022 MR SSC Shamrock Invitational

March 5-6, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 220302 & 220350-T
- LOCATION:** Sachem East HS, 177 Granny Rd, Farmingville, NY 11738
- FACILITY:** 6 Lane by 25 yard competition pool w/ 2 meter min depth  
Daktronics Timing System, with Alphanumeric Scoreboard  
The pool **Has NOT been** certified in accordance with Article 104.2.2C(4)
- SESSIONS:** Session 1 – Ages 11-12/9-10 Girls Saturday 3/5/22 7:00am-7:55am Warm Up, 8:00am Start  
Session 2 – Ages 13-14/9-10 Boys Saturday 3/5/22 11:15am-12:10pm Warm Up, 12:15pm Start  
Session 3 – Ages 15-18 Saturday 3/5/22 3:30pm-4:25pm Warm Up, 4:30pm Start  
Session 4 – Ages 11-12/9-10 Girls Sunday 3/6/22 7:00am-7:55am Warm Up, 8:00am Start  
Session 5 – Ages 13-14/9-10 Boys Sunday 3/6/22 11:15am-12:10pm Warm Up, 12:15pm Start  
Session 6 – Ages 15-18 Sunday 3/6/22 3:30pm-4:25pm Warm Up, 4:30pm Start  
**3 hour sessions maximum time line- ALL SESSIONS**  
**Time Trials may be available the discretion of the Meet Referee. \$10 per time trial**
- FORMAT:** This is a Timed Finals Meet. Meet may be pre-seeded if required by COVID protocols.  
Swimmers with 3 or more Silvers/JO/AGTC Times for 2022 are ineligible for this meet.  
Swimmers may only be entered in events where they have a time SLOWER than the Silver qualifying time.  
**Each Team will be allotted a certain # of swimmers per session.**
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers from invited teams.  
All swimmers participating in this meet must be registered by the first day of the meet.  
No “Deck Registrations” will be accepted  
Age on **March 5, 2022** will determine age for the entire meet.  
Swimmers with 3 or more Silvers/JO/AGTC Times for 2022 are ineligible for this meet.  
Swimmers may only be entered in events where they have a time SLOWER than the Silver qualifying time.  
Only swimmers aged 9-18 are eligible for this meet, NO 8 and UNDERS.  
**Each Team will be allotted a certain # of swimmers per session.**
- 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:** All Athletes are limited to enter 3 events per session.  
**Deck entries will not be accepted. NT’s will not be accepted. NTs will be REJECTED.**  
Swimmers with 3 or more Silvers/JO/AGTC Times for 2022 are ineligible for this meet.  
Swimmers may only be entered in events where they have a time SLOWER than the Silver qualifying time.  
Only swimmers aged 9-18 are eligible for this meet, NO 8 and UNDERS  
**Each Team will be allotted a certain # of swimmers per session.**  
Entries are by invited teams only. Hy-Tek Email entries will be accepted.  
U.S. Mail Entries/Payment to: **Sachem Swim Club, PO Box 191, Ronkonkoma, NY 11779**  
Email Entries/Confirm Entry Receipt: **ssc.meetentries@gmail.com**  
Express Mail Entries – please waive signature  
**SEE IMPORTANT INFORMATION AT THE END FOR MEET ENTRY PROCEDURE AND REQUIRED WAIVER SIGNATURE!**

- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro team's entries must be received by **February 25, 2022**  
2: The final entry deadline for this meet is **February 28, 2022**  
3: Metro entries received between **Jan 31, 2022** and **February 25, 2022** will be entered first  
An email confirming receipt of entries will be sent if you provide an email contact.  
Please contact Meet Director if you do not receive such a report within 2 days  
**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.**
- ENTRY FEE:** An entry fee of **\$7.00** per individual event must accompany the entries.  
A Facility Surcharge of **\$8.00** per swimmer must accompany the entries.  
Make check payable to: **Sachem Swim Club of Long Island, Inc.**  
Payment must be received by **March 5, 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:** General warm up with assigned lanes for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 5 minutes. Lane assignments will be distributed along with the heat sheet for each session.
- SCRATCHES:** Metro Scratch Policy is in effect. Meet may be pre-seeded if required by COVID protocols.
- 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:** **Awards – Medals 1<sup>st</sup>-3<sup>rd</sup> Place Ribbons 4<sup>th</sup>-6<sup>th</sup>**
- OFFICIALS:** **Meet Referee: Allen Wone [ssc.allenwone@gmail.com](mailto:ssc.allenwone@gmail.com)  
Dana Wone [dwone@optonline.net](mailto:dwone@optonline.net)**  
Officials wishing to volunteer should contact Meet Referee by **March 1, 2022**  
**Due to COVID-19, hospitality may not be available, other than sealed bottled water.**
- ADMIN. OFFICIAL:** Brian Pfisterer/Amanda Orner
- MEET DIRECTOR:** Brian Pfisterer  
**Please use [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com) for all correspondence regarding the meet.**
- 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("fly-overs") will be used.
- 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 - 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 Meter – 15 Feet, 5 Meter – 12 Feet**

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Sachem Swim Club of Long Island, 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."

**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 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 **Sachem Swim Club of Long Island, Sachem Central School District, 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 or behind the starting blocks.

**DRONE OPERATION:** 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. Locker Rooms are for bathroom purposes only!

**ADMISSION:** Admission \$5.00 per session – **CASH or VENMO only, No Debit or Credit Programs \$2.00 per session**

**MERCHANTS:** A concession stand may be available. No glass will be permitted on the deck. A Swim Vendor may be available throughout the entire meet.

**PARKING:** Free Parking available.

**CAPACITY:** In compliance with Federal, CDC, NYS Regulations, Facility Regulations and USA Swimming Guidelines, capacity is limited to 50% or less on the pool deck and 50% or less in the spectator stands of stated capacity.

**Pool Deck – As per guidance of NYS as of 3/5/22.**

**Spectator Stands – As per guidance of NYS as of 3/5/22.**

**All people in the event venue will be required to wear a face covering that covers the nose and mouth when appropriate social distance guidelines of 6 feet of separation cannot be maintained.**

**All swimmers will be required to wear a face covering at all times. Face coverings may be removed immediately before a race or warm up poolside as the swimmer steps on the block or enters the pool (backstroke).**

**Face Coverings – as defined by NYS Regulations, a face covering can be any of the following, but must cover the nose and mouth:**

- Medical grade mask/respirator (N95)
- Surgical mask
- Cloth face covering
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**Team Locker Rooms are for BATHROOM USE ONLY. Swimmers must come and go from the meet in their swimsuits.**

**The attached waiver of liability must be filled out by each person who enters the pool deck (swimmers, coaches, officials, volunteers). Persons under the age of 18 must have the legal guardian sign the waiver. Waivers for swimmers must be submitted with their team's entries. Entries will NOT BE accepted without the waiver!**

**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

# 2021 MR SSC Shamrock Invitational Order of Events

**Swimmers with 3 or more Silvers/JO/AGTC Times for 2022 are ineligible for this meet.**

**Swimmers may only be entered in events where they have a time SLOWER than the Silver standard.**

**Only swimmers aged 9-18 are eligible for this meet.  
NO 8 and UNDERS.**

## Session 1

**Saturday 3/5/22**

**Warm Up 7:00AM – Start Time 8:00AM**

Girls Event #	Event	Boys Event #
101	11-12 100 IM	102
103	9-10 100 IM	
104	11-12 50 Butterfly	105
106	9-10 50 Butterfly	
107	11-12 100 Backstroke	108
109	9-10 100 Backstroke	
110	11-12 100 Breaststroke	111
112	9-10 100 Breaststroke	
113	11-12 100 Freestyle	114
115	9-10 100 Freestyle	

## Session 2

**Saturday 3/5/22**

**Warm Up 11:15AM – Start Time 12:15PM**

Girls Event #	Event	Boys Event #
201	13-14 200 IM	202
	9-10 100 IM	203
204	13-14 100 Butterfly	205
	9-10 50 Butterfly	206
207	13-14 200 Backstroke	208
	9-10 100 Backstroke	209
210	13-14 100 Breaststroke	211
	9-10 100 Breaststroke	212
213	13-14 100 Freestyle	214
	9-10 100 Freestyle	215

**Session 3**  
**Saturday 3/5/22**

**Warm Up 3:30PM – Start Time 4:30PM**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
301	15-18 200 IM	302
303	15-18 100 Butterfly	304
305	15-18 200 Backstroke	306
307	15-18 100 Breaststroke	308
309	15-18 100 Freestyle	310

**Session 4**  
**Sunday 3/6/22**

**Warm Up 7:00AM – Start Time 8:00AM**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
401	11-12 200 IM	402
403	9-10 200 IM	
404	11-12 100 Butterfly	405
406	9-10 100 Butterfly	
407	11-12 50 Backstroke	408
409	9-10 50 Backstroke	
410	11-12 50 Breaststroke	411
412	9-10 50 Breaststroke	
413	11-12 200 Freestyle	414
415	9-10 200 Freestyle	
416	11-12 50 Freestyle	417
418	9-10 50 Freestyle	

**Session 5**  
**Sunday 3/6/22**

**Warm Up 11:15AM – Start Time 12:15PM**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
501	13-14 400 IM	502
	9-10 200 IM	503
504	13-14 200 Butterfly	505
	9-10 100 Butterfly	506
507	13-14 100 Backstroke	508
	9-10 50 Backstroke	509
510	13-14 200 Breaststroke	511
	9-10 50 Breaststroke	512
513	13-14 200 Freestyle	514
	9-10 200 Freestyle	515
516	13-14 50 Freestyle	517
	9-10 50 Freestyle	518

**Session 6**  
**Sunday 3/6/22**  
**Warm Up 3:30PM – Start Time 4:30PM**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
601	15-18 400 IM	602
603	15-18 200 Butterfly	604
605	15-18 100 Backstroke	606
607	15-18 200 Breaststroke	608
609	15-18 200 Freestyle	610
611	15-18 50 Freestyle	612

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**Only swimmers aged 9-18 are eligible for this meet.  
NO 8 and UNDERS.**





## 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: **March 5-6, 2022**

**Sachem Swim Club of LI, Swim Meet at Sachem East HS**

## **PURPOSE AND EXPLANATION OF PROCEDURE**

I hereby consent to voluntarily engage in the Swim Meet at Nassau County Aquatic Center on December 19, 2021. 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 March 5-6, 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: \_\_\_\_\_