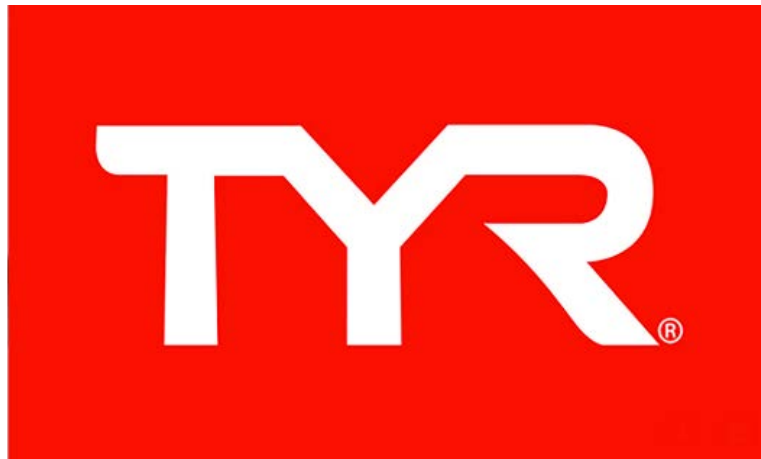


Invitational Meet Announcement



UPDATED

Friday 12 and Under – Sachem EAST – 1/31/20

Friday 13 and Over – Sachem NORTH – 1/31/20

ALL SESSIONS AT SACHEM NORTH ON SATURDAY 2/1/20

**2020 MR SSC TYR February Freeze
January 31 – February 1, 2020
Sachem North & East High Schools
Sanction # 200102 & 200150-T**

Invited Teams: [All Metropolitan Swimming \(MR\) teams are invited.](#)
[All other teams please contact ssc.meetentries@gmail.com for an invitation.](mailto:ssc.meetentries@gmail.com)

2020 MR SSC TYR February Freeze

January 31 – February 1, 2020

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #200102 & 200150-T
- LOCATION:** Sachem East High School 177 Granny Rd, Farmingville, NY 11738
Sachem North High School, 212 Smith Rd, Lake Ronkonkoma, NY 11779
- FACILITY:** 6 Lane, 25 yard Pools with a CTS 6 or Daktronics Timing System with 6 lane Scoreboard
The pool **HAS NOT** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1 Friday NORTH Pool 5:00PM Warm-up 6:05 PM 13& Over
Session 1A Friday EAST Pool 5:00PM Warm-up 6:05 PM 12 & Under
Session 2 Saturday AM NORTH Pool 7:30AM Warm-up 8:35 AM Start Age Groups 11-12/ 15 & Over
Session 3 Saturday PM NORTH Pool 12:45PM Warm-up 1:15 PM Start Age Groups Open – **MAX 2 HOURS**
Session 4 Saturday PM NORTH Pool 4:00PM Warm-up 5:05PM Start Age Groups 10 & Under/13-14
Time Trials, time permitting at the discretion of the Meet Referee will be \$5.00 per event
****400 IM & 500 Free swimmers may have to provide their own Timers & Counters ****
- FORMAT:** All events are timed finals. Sessions are seeded slowest to fastest, exception for Session 3 which be seeded fastest to slowest.
- 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 **January 31, 2020** 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 3, only 1 event. See time standards for Session 3. NTs are **NOT** allowed. Host Team may enter NTs.
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
Please waive signature on Express Mail Entries.
- DEADLINE:** Entries must be received by : **January 25, 2020**
An email confirming receipt of entries if you provide an email contact. Please contact 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 **\$5.00** per individual event 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, 2020** 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.
- 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 1st- 3rd, Ribbons 4th- 6 for 12 and Unders only.

- OFFICIALS:** Meet Referee: [Allen Wone - ssc.allenwone@gmail.com](mailto:ssc.allenwone@gmail.com)
Officials wishing to volunteer should contact Meet Referee by **January 26, 2020**
- ADMIN. OFFICIAL:** Administrative Official: [Conroy Lee](#)
- MEET DIRECTOR:** [Conroy Lee](#)– Please use 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 - 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."
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**
- 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](#)
- DIRECTIONS:** **Sachem North** - Long Island Expressway to exit 60, take the service road to Hawkins Ave. Make a left, continue on Hawkins Ave until you reach the 5 corners intersection, make a right onto Smith St, school is on the right
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.

2020 MR SSC TYR February Freeze Last Chance Order of Events

Session 1:

Friday PM - Sachem EAST - 12 and Under ONLY

Warm-Up: 5:00 PM / Meet Starts: 6:05 PM

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
1	12 & Under 200 IM	2
3	12 & Under 100 Backstroke	4
5	12 & Under 50 Butterfly	6
7	12 & Under 100 Breaststroke	8
9	12 & Under 50 Freestyle	10

Session 1A:

Friday PM - Sachem NORTH - 13 and Over ONLY

Warm-Up: 5:00 PM / Meet Starts: 6:05 PM

<u>Event #</u>	<u>Event</u>	<u>Event #</u>
11	13 & Over 200 IM	12
13	13 & Over 100 Backstroke	14
15	13 & Over 100 Butterfly	16
17	13 & Over 200 Breaststroke	18
19	13 & Over 50 Freestyle	20

Session 2: 11-12 & 15 and Over

SACHEM NORTH HS

Warm-Up: 7:30AM / Meet Starts: 8:35AM

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
21	11-12 100 IM	22
23	15 & Over 200 Freestyle	24
25	11-12 50 Breaststroke	26
27	15 & Over 100 Breaststroke	28
29	11-12 100 Freestyle	30
31	15 & Over 200 Backstroke	32
33	11-12 50 Backstroke	34
35	15 & Over 100 Freestyle	36
37	11-12 100 Butterfly	38
39	15 & Over 200 Butterfly	40

Session 3: Distance Open

SACHEM NORTH HS

**** May have to provide your own timer & counter ****

Warm-Up: 12:45PM / Meet Starts: 1:15PM
Seeded Fastest to Slowest

**** May have to provide your own timer & counter****

	<u>Event</u>	-
< 7:00 SCY	Mixed 500 Freestyle	41
< 5:50 SCY	Mixed 400 IM	42

Session 4: 10 & Under / 13-14

SACHEM NORTH HS

Warm-Up: 4:00PM / Meet Starts: 5:05PM

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
43	10 & Under 100 IM	44
45	13-14 200 Freestyle	46
47	10 & Under 50 Breaststroke	48
49	13-14 100 Breaststroke	50
51	10 & Under 100 Freestyle	52
53	13-14 200 Backstroke	54
55	10 & Under 50 Backstroke	56
57	13-14 100 Freestyle	58
59	10 & Under 100 Butterfly	60
61	13-14 200 Butterfly	62



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 _____