

HAUPPAUGE



SWIMMING

**IMR Meet With 8 & Under Events
November 9 – 11th, 2012 At
The Hauppauge High School
Metro Sanction #121114**

**Hauppauge High School
500 Lincoln Blvd
Hauppauge, NY 11788**

Email Entries: HaaMeets@gmail.com

IMR Meet November 9 – 11th, 2012

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #121114
- LOCATION:** **Hauppauge High School**
500 Lincoln Blvd
Hauppauge, NY 11788
- FACILITY:** 25 Yard pool, 6 non-turbulent lanes.
The pool has not been certified in accordance with Article 104.2.2C (4)
Shallow end of pool is 4 feet to deep end of 12 feet.
- SESSIONS:** **Session 1: 4PM Warm Up, 5PM Start (Ages 10 & Under, 11 - 12, Open)**
Session 2: 4:15PM Warm Up, 4:45PM Start (Ages: 11 - 12, Open)
Session 3: 6:30AM Warm Up, 7:30AM Start (11 - 12, Open)
Session 4: 12PM Warm Up, 12:30PM Start (8 & Unders Only)
Session 5: 2PM Warm Up, 3PM Start (Ages: 10 & Under, Open)
- FORMAT:** This will be a timed finals and deck seeded meet.
- ELIGIBILITY:** Open to all USA Swimming / Metropolitan Swimming Inc. registered swimmers.
All swimmers in this meet must be registered by the first day of the meet.
Age on **November 9th**, 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:** **Swimmers are only allowed to compete in 5 events per day in a timed-finals meet. Please submit Emailed Hy-Tek entry file.**

Entries will be cut on first come first serve basis if needed.

Email Entries: haameets@gmail.com
- DEADLINE:** Metro teams will be given priority on a first come first served basis. Metro entries must be received by **October 19th**. The final entry deadline for this meet is **October 26th**.

Metro entries received between **October 19th - October 26th** and all entries from other LSC's will be entered in the order they were received, as space allows.

You'll receive an email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$4.00** per individual event.

Make check payable to: **Hauppauge Athletic Association and mail to Hauppauge Athletic Association PO box 5065 Hauppauge NY 11789** Payment must be received by **October 31st** or your team will not be allowed to swim in the meet.
- 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:** In accordance with Metro 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 - 3, Ribbons 4 – 6 for each age group.**

OFFICIALS: **Meet Referee: Chris Doveala - cdoveala@leviton.com**
Kevin Damm- dammfam@peoplepc.com
Officials wishing to volunteer should contact Meet Referee by October 1st.

DIRECTOR: **Martin Dominger - haameets@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.

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms

TIMERS: Each team attending the meet must provide 2 timers for Friday & Saturday sessions.

SAFETY: 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.

DISCLAIMER: It is understood that Hauppauge Athletic Association, USA Swimming, Inc and Metropolitan Swimming, Inc shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event”

ADMISSION: **\$5.00 and \$2.00 Programs**

MERCHANTS: **Great hot and cold food** available in Cafeteria during the meet.

PARKING: **Parking in the south lot (closest to Rt. 454 Vets Highway and Track)** for Sunday Meet Session. The Hauppauge School District has asked us to abide by this parking rule as other events are going on this very busy weekend. Pool parking lot for Friday & Saturday.

We will have parents in the lot to direct traffic. We ask that you cooperate with their directions. The lot will be labeled “Swim Meet Parking”.

DIRECTIONS: **LIE – Exit 57 (Rt. 454 Vets Highway)** travel north towards Commack. Make right turn onto Lincoln Blvd. and immediate left into first parking lot of High School.

**USA Swimming Encourages Swimmers To Compete
In Many Events & Strokes With Their Two Challenges:**

IMR (IM Ready) and IMX (IM Xtreme)

This Is An IMR Meet. Our IMX Meet Is February 2013.

**An IMR or IMX Score Is Established After A Swimmer Competes
All The Required Events For Their Age Group.**

**Swimmers Can Accomplish This Over The Course Of
An Entire Season Or It Can Be Done At This Meet.**

**We're Offering All Of The Required IMR Events Along With Extra
Events That Are Not IMR Events. Read Carefully.**

IMR Required Events:

9 & 10 – 100 Free, 100 IM, 50 Fly, 50 Back, 50 Breast

11 & 12 – 200 Free, 100 IM, 50 Fly, 50 Back, 50 Breast

13 & Over – 200 Free, 200 IM, 100 Fly, 100 Back, 100 Breast

**Upon Successful Completion Of This Challenge Swimmers Can
Login To Their USA Swimming Deck Pass To See Where They Rank
Against All Swimmers In USA Swimming.**

**Coaches & Swimmers Can Print IMR & IMX Completion
Certificates At Anytime From Their Deck Pass Account.**

**You Can Find Out More About IMR & IMX On The
USA Swimming Website [Click Here To Learn More](#)**

Do Not Exceed A Total Of 5 Events Per Day.

Friday November 9th, 2012
Session #1 Warm Up 4PM & Start 5PM

<u>Girls</u>	<u>Session # 1 Events</u>	<u>Boys</u>
1	11 -12 200 Free	2
3	Open 200 Free	4
5	10 & Under 100 Free	6
7	Open 50 Free	8
9	10 & Under 100 IM	10
11	11 – 12 100 IM	12
13	Open 200 IM	14

Saturday November 10th, 2012
Session #2 Warm Up 4:15PM & Start 4:45 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
15	Open 400 IM	16
17	Open 200 IM	18
19	Open 500 Free	20

Sunday November 11th, 2012
Session #3 Warm Up 6:30AM & Start 7:30AM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
21	Open 100 Free	22
23	11 – 12 50 Free	24
25	Open 100 Back	26
27	11 – 12 50 Back	28
29	Open 100 Fly	30
31	11 – 12 50 Fly	32
33	Open 100 Breast	34
35	11 – 12 50 Breast	36

Sunday November 11th, 2012
Session #4 Warm Up 12PM & 12:30PM Start

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
37	8 & Under 25 Free	38
39	8 & Under 25 Back	40
41	8 & Under 25 Fly	42
43	8 & Under 25 Breast	44
45	8 & Under 50 Free	46

Sunday November 11th, 2012
Session #5 Warm Up 2PM & 3PM Start

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
47	10 & Under 50 Free	48
49	Open 200 Fly	50
51	10 & Under 50 Back	52
53	Open 200 Breast	54
55	10 & Under 50 Fly	56
57	Open 200 Back	58
59	10 & Under 50 Breast	60