



Sachem Swim Club Fall Meet
November 2-3, 2012
Sanction # 121109 121153-T

2012 MR Sachem Swim Club Fall Meet

November 2-3, 2012

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **121109 121153-T**
- LOCATION:** **Sachem East High School Pool**
- FACILITY:** Colorado Electronic Timing System and 6-lane electronic scoreboard. 25 yards, 6 lane Pool The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:**
- Session 1- 5:00 pm Warm-up 6:00 pm Start – November 2 -- Age groups: 12 & under, 13-18
 - Session 2 – 7:00 am Warm-up 8:00 am Start – November 3 -- Age groups : 11-12, 13-14
 - Session 3 – 12:00 pm Warm-up 12:30 pm Start – November 3 -- Age groups : 8 & Under
 - Session 4 – 2:00 pm Warm-up 3:00 pm Start – November 3 -- Age groups : 9-10, 15-18
- TIME TRIALS:** Time Trials will be available all sessions if time permits. Inquire with computer table at the meet. \$5 cash per time trial
- FORMAT:** All events are timed finals. Slow to fast standard Pre-Seed Seeding. Metropolitan Association scratch rules will be in effect for this meet.
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. Age on **November 2, 2012** 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 of 3 events & 1 relay for sessions 2, 3 & 4. Limit of 1 event for Session 1.. Session 3 only may have 4 events per individual.** Meet will be run using Hy-Tek's Meet Manager. All entries must be in yards; NT's will not be accepted. Individual events are \$4 relays are \$8. All entries must be sent in Team Manager format. **Session 3 may be limited to 1 ½ hours before scratches.**

U.S. Mail Entries/Payment to: **Sachem Swim Club, P.O. Box 381, Lake Grove, NY 11755**

Email Entries/Confirm Entry Receipt: **efisher@me.com**

DEADLINE: 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **October 15, 2012**.

2: The final entry deadline for this meet is **October 24, 2012**

3: Metro entries received after **October 15, 2012** & all entries from other LSC's will be entered in the order they were received, as space allows.

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 per individual event & \$8 per relay must accompany the entries. Make check payable to: **Sachem Swim Club**.

Payment must be received by November 2, 2012 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 will follow the adopted Metropolitan Swimming Procedure. Assigned lanes.

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 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 – 6th for individual events. Medals for the top 3 relays. High Point trophies will be award solely on the performance in age group events. First, Second and Third place teams will also be awarded.

OFFICIALS: **Meet Referee:** Jacky Spierer Email – musi0939@aol.com phone# 631-374-3240
Officials wishing to volunteer should contact Meet Referee by **October 24, 2012**.

MEET DIRECTOR: **Eric Fisher** efisher@me.com 631-807-3525

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 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 15 meters
Shallow end water depth – 4 feet at 1 meter, 10 feet at 15 meters

DISCLAIMER:

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Sachem School & Sachem Swim Club**, 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 or locker rooms

ADMISSION:

\$5 per adult - \$3 for session program

MERCHANTS:

Vendors will be available on site for the purchase of suits, bags, towels, goggles and apparel. **Hot and cold dishes, snacks, desserts, and beverages will be available**

PARKING:

School parking lot available for use. Parking is free

DIRECTIONS:

Long Island Expressway to Exit 63. Head North on North Ocean Avenue, until you reach Granny Road. Make a right on Granny and Sachem East is on the left about ½ miles down the road.

Warm-up 5pm	Session 1	Start 6pm
	Friday November 2, 2012	
	Event	Boys
Girls		
1	12 & Under 200 IM	2
3	13 & Over 400 IM	4
5	12 & Under 500 Free	6
7	13 & Over 500 Free	8

Warm-up 7am	Session 2	Start 8am
	Saturday November 3, 2012	
Girls	Event	Boys
9	11-12 50 Free	10
11	13-14 100 Fly	12
13	11-12 50 Fly	14
15	13-14 100 Back	16
17	11-12 100 Back	18
19	13-14 100 Free	20
21	11-12 100 Free	22
23	13-14 100 Breast	24
25	11-12 50 Breast	26
27	13-14 200 Freestyle Relay	28
29	11-12 200 Freestyle Relay	30

Warm-up 12pm	Session 3	Start 12:30pm
	Saturday November 3, 2012	
Girls	Event	Boys
31	8 & Under 25 Free	32
33	8 & Under 25 Back	34
35	8 & Under 25 Fly	36
37	8 & Under 25 Breast	38
39	8 & Under 50 Free	40

Warm-up 2pm	Session 4	Start 3:00pm
	Saturday November 3, 2012	
41	9-10 50 Free	42
43	15-18 100 Free	44
45	9-10 50 Back	46
47	15-18 200 Back	48
49	9-10 under 50 Fly	50
51	15-18 100 Fly	52
53	9-10 50 Breast	54
55	15-18 100 Breast	56
57	9-10 200 Freestyle Relay	58
59	15-18 200 Freestyle Relay	60