

HAUPPAUGE



SWIMMING

IMX Meet With 8 & Under Events

Jan 31st – Feb 2nd 2014

The Hauppauge High School

Metro Sanction #140110

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

Email Entries: HaaMeets@gmail.com

Hauppauge IMX Meet Jan 31 – Feb 2 2014

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #
- LOCATION:** Hauppauge High School 500 Lincoln Blvd Hauppauge, NY 11788
- FACILITY:** 25 Yard pool, 6 non-turbulent lanes, Shallow end of pool is 4 feet to deep end of 12 feet. The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1: 4PM Warm Up, 5PM Start (Ages 10 & Under, 11 - 12, 13 - 14, Open)**
Session 2: 7AM Warm Up, 8AM Start (Ages: 11 - 12, 13 - 14)
Session 3: 12PM Warm Up, 12:30PM Start (13 - 14, Open)
Session 4: 2PM Warm Up, 3PM Start (Ages: 10 & Under, Open)
Session 5: 7AM Warm Up, 8AM Start (Ages: 11 - 12, 13 - 14)
Session 6: 12PM Warm Up, 12:30PM Start (8 & Unders Only)
Session 7: 2PM Warm Up, 3PM Start (Ages: 10 & Under, Open)
- FORMAT** All Sessions Are Timed Final
- 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.
No "Deck Registrations" will be accepted
Age on **January 31st, 2014** 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 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. An entry fee of \$4.00 per event.
Email Entries: haameets@gmail.com
- 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.
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **January 22nd 2014**.
2: The final entry deadline for this meet is **January 24th, 2014**
3: Metro entries received between **January 22nd 2014. and January 24th, 2014** and 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 and \$8 per relay** must accompany the entries.
Make check payable to: Hauppauge Athletic Association
Payment must be received by **January 31st, 2014** 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 computer table
- 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 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 November 1st, 2013

MEET 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.

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 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 Hauppauge High School and Hauppauge Athletic Association , 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**

DECK CHANGING: **Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate, is strongly discouraged and prohibited.**

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.

For Your Swimmer To Receive A Full IMX Score And To Be Included In The High Point Awards Given Out At The Meet They Must Swim All Of The Required Age Group Events Below

9 & 10 – 200 Free, 200 IM, 100 Fly, 100 Back, 100 Breast

11 & 12 – 500 Free, 200 IM, 100 Fly, 100 Back, 100 Breast

13 & 14 – 500 Free, 200 IM, 400 IM, 200 Fly, 200 Back, 200 Breast

Open - 500 Free, 200 IM, 400 IM, 200 Fly, 200 Back, 200 Breast

They Can Also Swim Other Events As Long As They Do Not Swim More Than 5 Events In A Day. You Can Find Out More About IMX On The USA Swimming Website [Click Here To Learn More](#)

**Friday January 31st, 2014
Session #1 Warm Up 4 PM & 5 PM Start**

<u>Girls</u>	<u>Event – Fastest To Slowest</u>	<u>Boys</u>
1	10 & Under 200 Free	2
3	12 & Under 500 Free	4
5	13 - 14 500 Free	6
7	Open 500 Free	8

**Saturday February 1st, 2014
Session #2 Warm Up 7AM & 8AM Start**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
9	11 – 12 200 Free Relay	10
11	13 – 14 200 Free Relay	12
13	11 – 12 100 Fly	14
15	13 – 14 200 Fly	16
17	11 – 12 50 Breast	18
19	13 – 14 100 Breast	20
21	11 – 12 100 Back	22
23	13 – 14 200 Back	24

Saturday February 1st, 2014
Session #3 Warm Up 12PM & 12:30PM Start

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
25	13 – 14 400 IM	26
27	Open 400 IM	28

Saturday February 1st, 2014
Session #4 Warm Up 2PM & 3PM Start

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
29	10 & Under 200 Free Relay	30
31	Open 200 Free Relay	32
33	10 & Under 100 Fly	34
35	Open 200 Fly	36
37	10 & Under 50 Breast	38
39	Open 100 Breast	40
41	10 & Under 100 Back	42
43	Open 200 Back	44

Sunday February 2nd, 2014
Session #5 Warm Up 7AM & 8AM Start

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
45	11 – 12 200 Medley Relay	46
47	13 – 14 200 Medley Relay	48
49	11 – 12 200 IM	50
51	13 – 14 200 IM	52
53	11 – 12 50 Free	54
55	13 – 14 50 Free	56
57	11 – 12 100 Breast	58
59	13 – 14 200 Breast	60

Sunday February 2nd, 2014
Session #6 Warm Up 12PM & 12:30PM Start

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
61	8 Yr Old 25 Free	62
63	7 & Under 25 Free	64
65	8 Yr Old 25 Back	66
67	7 & Under 25 Back	68
69	8 Yr Old 25 Breast	70
71	7 & Under 25 Breast	72
73	8 Yr Old 25 Fly	74
75	7 & Under 25 Fly	76

Sunday February 2nd, 2014
Session #7 Warm Up 2PM & 3PM Start

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
77	10 & Under 200 Medley Relay	78
79	Open 200 Medley Relay	80
81	10 & Under 200 IM	82
83	Open 200 IM	84
85	10 & Under 50 Free	86
87	Open 50 Free	88
89	10 & Under 100 Breast	90
90	Open 200 Breast	92