

HAUPPAUGE



SWIMMING

IMX Meet With 8 & Under Events

Jan 30th – Feb 1st 2015

The Hauppauge High School

Metro Sanction #150125

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

Email Entries: HaaMeets@gmail.com

Hauppauge IMX Meet

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #150125
- 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 30th, 2015** 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 2015**.
2: The final entry deadline for this meet is **January 24th, 2015**
3: Metro entries received between **January 22nd and January 24th, 2015** 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** must accompany the entries. Make check payable to: Hauppauge Athletic Association Payment must be received by **January 26th, 2015**. 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 **January 17th, 2015**
Martin Dominger - haameets@gmail.com
- MEET DIRECTOR:**
ADMIN OFFICIAL: 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.
A 6 foot hero and water bottles will be provided for coaches and officials
- 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 30th, 2015
Session #1 Warm Up 4 PM & 5 PM Start**

| <u>Girls</u> | <u>Event</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 January 31st, 2015
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 January 31st, 2015
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 January 31st, 2015
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 1st, 2015
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 1st, 2015
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 1st, 2015
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 |