



**Revised 9/19/2014**

**Meet will be at Sachem North**

**Sachem October Sprint Meet  
October 5<sup>th</sup> 2014  
141000**

# Sachem October Sprint Meet

October 5<sup>th</sup> 2014

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 141000
- LOCATION:** **Sachem North High School**  
212 Smith Rd Lake Ronkonkoma NY 11779
- FACILITY:** **Daktronic's electronic timing systems & 6-lane electronic scoreboard. 25 yards, 6 lane pool**  
The pool **Has Not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1 8:00AM Warm-up 9:00AM Start –October 5<sup>th</sup> Age groups 12 & Under**  
**Session 2 1:30 PM Warm-up 2:30PM Start- October 5<sup>th</sup> Age groups 13 & Over**  
**\*\*Host team reserves the right to swim 12U in session 2 if necessary**
- FORMAT:** **All events are timed finals. All sessions are seeded slowest to fastest**  
**Seeding will be conducted at the beginning of each session utilizing a scratch sheet procedure**
- 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 **October 5<sup>th</sup> 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:** **Limit of 4 events per session,**  
**Entries are accepted on a first come/first serve basis. All entries must be in Hy-Tek entry format.**
- 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**  
**Signature waiver required for Express Mailed Entries/Payments**
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **September 17 2014.**  
2: The final entry deadline for this meet is **September 28, 2014**  
3: Metro entries received between **August 4th** and **September 17 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 **\$4.00** per individual even must accompany the entries.  
Make check payable to: **Sachem Swim Club.**  
Payment must be received by **October 1 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<sup>st</sup>- 3<sup>rd</sup>, Ribbons 4<sup>th</sup>- 6 for 12 and Under. No awards for 13 and above  
**OFFICIALS:** Meet Referee: Jacky Spierer – [musi0939@aol.com](mailto:musi0939@aol.com) phone# 631-374-3240  
Officials wishing to volunteer should contact Meet Referee by **September 28 2014**.

**ADMIN. OFFICIAL:** Administrative Official: Eric Fisher – [efisher@me.com](mailto:efisher@me.com) 631-807-3525

**MEET DIRECTOR:** Eric Fisher – [efisher@me.com](mailto: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 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 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

**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 and is strongly discouraged and Prohibited

**ADMISSION:** \$5 per adult – \$2 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 60. Service Road to Hawkins Avenue Traffic Light. Continue North on Hawkins Avenue until Five Corners Intersection. Turn right on to Smith Street. School is on the right

Warm-up 8:00AM	Session 1	Start 9:00AM
	October 5 <sup>th</sup> 2014	
Girls	Event	Boys
1	12 & U 100 IM	2
3	12 & U 50 Free	4
5	12 & U 100 Back	6
7	12 & U 50 Breast	8
9	12 & U 100 Fly	10
11	12 & U 50 Back	12
13	12 & U 100 Breast	14
15	12 & U 50 Fly	16
17	12 & U 100 Free	18

Warm-up 1:30PM	Session 2	Start 2:30PM
	October 5 <sup>th</sup> 2014	
Girls	Event	Boys
19	Open 100 IM	20
21	Open 50 Free	22
23	Open 100 Back	24
25	Open 50 Breast	26
27	Open 100 Fly	28
29	Open 50 Back	30
31	Open 100 Breast	32
33	Open 50 Fly	34
35	Open 100 Free	36