



**SSC Fall Face Off IMX Challenge  
November 14th-16<sup>th</sup> 2014  
Sanction#141101**

# SSC Fall Face Off IMX Challenge

November 14<sup>th</sup>-16<sup>th</sup> 2014

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 141101 & 141150-T
- LOCATION:** [Sachem North High School](#)  
[212 Smith Street, Lake Ronkonkoma NY 11779](#)
- FACILITY:** [Colorado 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 Friday Night Distance 5:30PM Warm-up 6:15PM Start –November 14<sup>th</sup> All Age Groups](#)  
[Session 2 Saturday AM 7:30AM Warm-up 8:30AM Start Age groups 9-10 and 13-14](#)  
[Session 3 Saturday PM 3PM Warm-up 4PM Start Age groups 11-12 and Open](#)  
[Session 4 Sunday AM 7:30AM Warm-up 8:30AM Start Age groups 9-10 and 13-14](#)  
[Session 5 Sunday PM 3PM Warm-up 4PM Start Age groups 11-12 and Open](#)
- [\\*Based on Friday night's session time line only. The 12U session may be moved to the Sachem East Pool. The meet host will notify the teams by November 8<sup>th</sup> 2014.](#)  
**\*\*Friday Night 500 Free All swimmers must provide their own Timers & Counters**
- FORMAT:** **All events are timed finals. Sessions 1 will be seeded fastest to slowest alternating boy/girl. Sessions 2-5 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 [November 14<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, No NT's are allowed. Host team reserves the right to enter NT's](#)  
[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](mailto: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 [October 1 2014](#).  
2: The final entry deadline for this meet is [November 5th, 2014](#)  
3: Metro entries received between [August 4th](#) and [November 5<sup>th</sup> 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 [November 13 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 each age group. High point awards will be given to the top 3 finishers in the IMX power points for each age group. Swimmers must participate in every event in the IMX program to be eligible for a high point award.

#### IMX Program of Events

9-10: 200 Free, 100 Back, 100 Breast, 100 Fly, 200IM

11-12: 500 Free, 100 Back, 100 Breast, 100 Fly, 200IM

13-14: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400IM

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

**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 **November 5ht 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:** Sachem North- Long Island Expressway to exit 60, take the service road to Hawkins Ave make a left, continue on Hawkins Ave until you reach the 5 corners intersection, make a right onto Smith St school is on the right

Warm-up 5:30PM	Session 1	Start 6:15PM
	November 14 <sup>th</sup> 2014	
	Seeded Fastest to Slowest Alt M/F	
Girls		Boys
1	9 - 10 200 Free	2
3	11 – 12 500 Free	4
5	13 & Over 500 Free	6

Warm-up 7:30AM	Session 2	Start 8:30AM
	November 15 <sup>th</sup> 2014	
	Event	
Girls		Boys
7	13-14 400 IM (Girls)	
	13-14 200 IM (Boys)	8
9	9-10 200 IM (Girls)	
	9-10 100 Fly (Boys)	10
11	13-14 200 Back	12
13	9 – 10 100 Back	14
15	13 – 14 50 Free (Girls)	
	13 – 14 200 Fly (Boys)	16
17	9 – 10 50 Free	18

Warm-up 3:00PM	Session 3	Start 4:00PM
	November 15 <sup>th</sup> 2014	
	Event	
Girls		Boys
19	Open 400 IM (Girls)	
	Open 200 IM (Boys)	20
21	11-12 200 IM (Girls)	
	11-12 100 Fly (Boys)	22
23	Open 200 Back	24
25	11-12 100 Back	26
27	Open 50 Free (Girls)	
	Open 200 Fly (Boys)	28
29	11-12 50 Free	30

<b>Warm-up 7:30AM</b>	<b>Session 4</b>	<b>Start 8:30AM</b>
	<b>November 15<sup>th</sup> 2014</b>	
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
31	13-14 200 IM (Girls)	
	13-14 400 IM (Boys)	32
33	9-10 100 Fly (Girls)	
	9-10 200 IM (Boys)	34
35	13-14 200 Breast	36
37	9-10 100 Breast	38
39	13-14 200 Fly (Girls)	
	13-14 50 Free (Boys)	40
41	9-10 50 Back	42

<b>Warm-up 3:00PM</b>	<b>Session 4</b>	<b>Start 4:00PM</b>
	<b>November 15<sup>th</sup> 2014</b>	
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
43	Open 200 IM (Girls)	
	Open 400 IM (Boys)	44
45	11-12 100 Fly (Girls)	
	11-12 200 IM (Boys)	46
47	Open 200 Breast	48
49	11-12 100 Breast	50
51	Open 200 Fly (Girls)	
	Open 50 Free	52
53	11-12 50 Back	54