



**2018 MR SSC Fall Face Off
Saturday, October 13, 2018**

Sanction # 181003 / Time Trial Sanction # 181051-T

Invited Teams: All Metropolitan Swimming (MR) teams are invited.
All other teams please contact ssc.meetentries@gmail.com for
an invitation.

2018 MR SSC Fall Face Off

Saturday, October 13, 2018

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **181003**
Time Trial # **181051-T**
- LOCATION:** **Sachem North HS Natatorium, 212 Smith Rd, Lake Ronkonkoma, NY 11779**
- FACILITY:** **6 lane, 25 yard pool with a Colorado System 6 Timing System and Numeric Scoreboard Display for 6 lanes.**
The pool **HAS NOT** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1 - 11-12/15-18 - 7:30AM Warmup/8:35AM Start Time**
Session 2 – 12 and Over Distance – 12:45PM Warmup/1:15PM Start Time
****Session 2 - Maximum 2 hours ****
Session 3 – 9-10/13-14 – 3:30PM Warmup/4:35PM Start Time
- Time Trials may be available, time permitting at the discretion of the Meet Referee**
Time Trials \$10 each payable CASH to the administrative table.
- FORMAT:** This meet will be run as a Timed Finals meet, seeded slowest to fastest.
This meet will be deck-seeded. All scratch sheets are due at the administrative table 35 mins before session start time.
- ELIGIBILITY:** Open to all Invited 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 13, 2018** 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:** **Max 4 Entries – Sessions 1 and 3, Max 1 Entry on Session 2**
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, PO Box 191, Ronkonkoma NY 11779**
Email Entries/Confirm Entry Receipt: ssc.meetentries@gmail.com
****PLEASE NOTE EMAIL FOR ENTRIES HAS CHANGED****
Signature Waiver for Express Mail
- DEADLINE:** **Entries must be received by : October 6, 2018**
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 **\$5.00** per individual event must accompany the entries.
Make check payable to: **Sachem Swim Club of Long Island, Inc.**
Payment must be received by **October 6, 2018** 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:** Assigned Warmups will be posted on deck
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 35 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: Awards for 12 and unders, places 1-6. No awards for Session 2 and 3.

OFFICIALS: Meet Referee: **Allen Wone – ssc.allenwone@gmail.com**
Officials wishing to volunteer should contact Meet Referee by **October 6, 2018**

ADMIN. OFFICIAL: **Conroy Lee – mdrnlee@gmail.com**

MEET DIRECTOR: **Conroy Lee – mdrnlee@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: **All swimmers must wear footwear upon leaving the pool area.**
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."
Water Depth at 1 meter – 11 feet, Water Depth at 5 Meters – 7 feet

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Sachem Swim Club of Long Island, Sachem Central School District**, 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, locker rooms or behind the starting blocks.
“Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.”

DECK CHANGING: Deck changes are prohibited.

ADMISSION: **\$5.00 admission per session, \$2.00 programs per session. Under 12 admitted free.**

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

PARKING:

DIRECTIONS:

Free Parking available in school parking lots.

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

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Order of Events

Session 1: 11-12 & 15-18

Warm-Up: 7:30 AM / Meet Starts: 8:35 AM

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
1	11 -12 50 Freestyle	2
3	15-18 50 Freestyle	4
5	11-12 50 Breaststroke	6
7	15-18 100 Breaststroke	8
9	11-12 50 Butterfly	10
11	15-18 100 Butterfly	12
13	11-12 100 IM	14
15	15-18 200 IM	16
17	11-12 100 Backstroke	18
19	15-18 100 Backstroke	20
21	11-12 100 Freestyle	22
23	15-18 100 Freestyle	24

Session 2: Open 12 and Over

Warm-Up: 12:45PM / Meet Starts: 1:15PM

Max Session Length is 2 Hours

<u>Event #</u>	<u>Event</u>	<u>Event #</u>
25	12 and Over Mixed 1650 Freestyle (May be Heat Limited)	
	12 and Over Mixed 500 Freestyle (May be Heat Limited)	26

Session 3: 9-10 & 13-14

Warm-Up: 3:30PM / Meet Starts: 4:35PM

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
27	9-10 50 Freestyle	28
29	13-14 50 Freestyle	30
31	9-10 50 Backstroke	32
33	13-14 100 Backstroke	34
35	9-10 50 Breaststroke	36
37	13-14 100 Breaststroke	38
39	9-10 50 Butterfly	40
41	13-14 100 Butterfly	42
43	9-10 100 IM	44
45	13-14 200 IM	46
47	9-10 100 Freestyle	48
49	13-14 100 Freestyle	50



Metropolitan Swimming Photographer Registration Form

As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.

Name _____

Phone Number _____

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID _____ # _____

Taking photos of _____

On behalf of _____

Purpose _____

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____