

Invitational Meet Announcement



Turkey Trot - DISTANCE



2019 MR SSC Turkey Trot Distance Meet
Friday, November 15, 2019
Sanction #191106/Time Trial Sanction #191150-T

Invited Teams: All Metropolitan Swimming LSC Teams
Outside MR LSC Teams, please contact SSC Meet Entries
(ssc.meetentries@gmail.com) for an Invitation.

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Friday, November 15, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **191106**
Time Trial # **191150-T**
- LOCATION:** **Sachem North HS Pool, 212 Smith Road, Lake Ronkonkoma NY 11779**
- FACILITY:** **6 Lane x 25 yard competition pool, CTS6 Timing System, touch pads primary, with 6 lane Numeric scoreboard. Competitor lane lines, Kiefer Evolution Starting Blocks**
The pool **Has NOT been** certified in accordance with Article 104.2.2C(4)
- SESSIONS:** **Session 1 – Distance - 5:00PM Warm Up, 6:05PM Start Time**
Time permitting, there will be 10 minutes warm-up before the 1650 Freestyle
*** Time Trials may be available – Time Permitting, \$5 per event**
- FORMAT:** **This is a Timed Finals Meet. Events will be swim Fastest to Slowest.**
This meet will be Deck Seeded; Scratch sheets are due to the Administrative Table 35 mins prior to the start of the session.
- 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 **November 15, 2019** 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:** All Athletes are limited to enter 1 event only. Deck entries will **not** be accepted.
NT’s will not be accepted. Host team reserves the right to enter NT’s.
Entries are by invited teams only. Hy-Tek Email entries will be accepted
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 NEW EMAIL ****
Express Mail Entries – please waive signature
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro team’s entries must be received by **November 1, 2019**
2: The final entry deadline for this meet is **November 10, 2019**
3: Metro entries received between **November 1, 2019** and **November 5, 2019** will be entered first.
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 **\$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 **11/15/19** 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:** General warm up with assigned lanes for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 20 minutes. Lane assignments will be distributed along with the scratch sheet each session.
- 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: [See Order of Events](#)

OFFICIALS: Meet Referee(s): [Allen Wone - ssc.allenwone@gmail.com](#)
Officials wishing to volunteer should contact Meet Referee by **November 5, 2019**

ADMIN. OFFICIAL: Administrative Official: [Conroy Lee - conroymd@gmail.com](#)

MEET DIRECTOR: [Conroy Lee – Use ssc.meetentries@gmail.com for all correspondence](#)

RULES: The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy (MAAPP) 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."
1 Meter – 15 Feet, 5 Meter – 12 Feet

DISCLAIMER: 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.**

DRONE OPERATION: **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: [Admission \\$5.00 per session - Programs \\$2.00 per session](#)

MERCHANTS: A concession stand may be available. No glass will be permitted on the deck.
A Swim Vendor may be available throughout the entire meet

PARKING: [Free Parking available in school parking lots](#)

DIRECTIONS: Long Island Expressway to Exit 60. Service Road to Hawkins Avenue Traffic Light. Turn Left. 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:

Warm-Up: 5:00PM / Meet Starts: 6:05PM

Girls	Event	Boys
1	11 and Over 400 IM	2
3	12 and Under 500 Freestyle	4
5	Open 1650 Freestyle	6

Awards will be given to the first 6 places in each event.

SEPARATE AWARDS FOR 11-12, 13-14 400IM.

SEPARATE AWARDS FOR 10 & U, 11-12 500 FREE.

Results will be for 10-Under, 11-12, 13-14 and 15 & Up

Time permitting, there will be 10 minutes warm-up before the 1650 Freestyle



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 _____