



Nassau County Aquatic Center Eisenhower Park East Meadow, NY

**2019 MR SSC Fall Face Off
Saturday, October 26, 2019**

Sanction # 191004 / Time Trial Sanction # 191050-T

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

2019 MR SSC Fall Face Off

Saturday, October 26, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **191004**
Time Trial # **191050-T**
- LOCATION:** **Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY**
- FACILITY:** **10 lane, 25 yard pool with a Colorado System 6 Timing System and Alpha-Numeric Scoreboard Display for 10 lanes.**
The pool **HAS NOT** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1 – 13 & Over - 7:00AM Warmup/8:05AM Start Time**
Session 2 – Open 500 Freestyle (Limited to 4 Heats) 11:45AM Warmup/12:15PM Start Time
Session 3 – 12 & Under – 1:30PM Warmup/2:35PM Start Time
Time Trials may be available, time permitting at the discretion of the Meet Referee.
Time Trials \$5 each payable CASH to the administrative table.
- FORMAT:** This meet will be run as a Timed Finals meet, seeded slowest to fastest.
Session 2 will be seeded fastest to slowest.
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 26, 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:** **Max 3 Entries per session. No NTs. Host Team reserves the right to enter NTs.**
Faster than 8:00SCY on 500 Freestyle. 4 Heat Maximum - 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****
- DEADLINE:** **Entries must be received by : October 15, 2019**
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.
A Facility Surcharge of **\$8.00** per swimmer must accompany the entries.
Make check payable to: **Sachem Swim Club of Long Island, Inc.**
Payment must be received by **October 26, 2019** 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 at the Administrative Table
- 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 & Unders, places 1-10. No Awards for Session 1 or 2.](#)
- OFFICIALS:** Meet Referee: [Allen Wone – ssc.allenwone@gmail.com 516-330-4229](mailto:ssc.allenwone@gmail.com)
[and/or Michele Lee – mdrnlee@gmail.com](mailto:mdrnlee@gmail.com)
Officials wishing to volunteer should contact Meet Referee (Allen) by **October 20, 2019**
- ADMIN. OFFICIAL:** [Conroy Lee](#)
- MEET DIRECTOR:** [Conroy Lee – Please use ssc.meetentries@gmail.com for all meet/entry inquiries](#)
- RULES:** The current USA Swimming Rules and Regulations will apply, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.
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, Nassau County, 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:** **\$8.00 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.
Nassau County operated concession stand serving hot and cold dishes, snacks, desserts, and beverages may be available.
- PARKING:** Free Parking available in Lots 1 and 1A of Eisenhower Park.
- DIRECTIONS:** **FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:**
Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take Southern State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) East.
On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.)
At first traffic light make a right. This is the entrance to the pool.

FROM WHITESTONE AND THROGS NECK BRIDGES

Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound.

Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach).

Get off Meadowbrook Pkwy at NY-24 Hempstead Tpke.(exit M4).

On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave. At first traffic light make a right. This is the entrance to the pool.

2019 MR SSC Fall Face Off Order of Events

Session 1: 13 & Over

Warm-Up: 7:00 AM / Meet Starts: 8:05 AM

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
1	13 & Over 50 Freestyle	2
3	13 & Over 100 Butterfly	4
5	13 & Over 200 IM	6
7	13 & Over 200 Free	8
9	13 & Over 100 Breaststroke	10
11	13 & Over 100 Backstroke	12
13	13 & Over 100 Freestyle	14

Session 2: Open 500s

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

LIMITED TO 4 HEATS – Fastest to Slowest

8:00 SCY Entry Time or FASTER

-	<u>Event</u>	<u>Event #</u>
	Mixed Open 500 Freestyle	41

Session 3 12 & Under

Warm-Up: 1:30PM / Meet Starts: 2:35PM

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
15	10 & Under 100 Freestyle	16
17	11-12 100 Freestyle	18
19	10 & Under 50 Butterfly	20
21	11-12 50 Butterfly	22
23	10 & Under 50 Breaststroke	24
25	11-12 50 Breaststroke	26
27	12 & Under 100 IM	28
29	10 & Under 50 Backstroke	30
31	11-12 100 Backstroke	32
33	10 & Under 50 Freestyle	34
35	11-12 50 Freestyle	36
37	12 & Under 100 Butterfly	38
39	12 & Under 200 IM	40



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 _____