

**Hauppauge's December
Trials & Finals Meet**

HAUPPAUGE



SWIMMING

**December 18 - 20, 2015 At
The Hauppauge High School
Metro Sanction #151209**

Hauppauge High School 500 Lincoln Blvd Hauppauge, NY 11788

Email Entries: HaaMeets@gmail.com

Hauppauge's December 18 – 20, 2015 Trials & Finals Meet

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #151209
- LOCATION:** Hauppauge High School 500 Lincoln Blvd Hauppauge, NY 11788
- FACILITY:** 25 Yard pool, 6 non-turbulent lanes, Shallow end of pool is 4 feet to deep end of 12 feet. The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1 Timed Finals: 4 PM Warm Up, 5 PM Start (10 – 12, 13 – 14, Open)
Session 2 Prelims: 6:45 AM Warm Up, 8 AM Start (13 - 14, Open)
Session 3 Prelims: 12 PM Warm Up, 1 PM Start (10 & Under, 11 – 12)
Session 4 Finals: 5 PM Warm Up, 6 PM Start (10 & Under, 11 – 12, 13 – 14, Open)
Session 5 Prelims: 6:45 AM Warm Up, 8 AM Start (13 - 14, Open)
Session 6 Prelims: 12 PM Warm Up, 1 PM Start (10 & Under, 11 – 12)
Session 7 Finals: 5 PM Warm Up, 6 PM Start (10 & Under, 11 – 12, 13 – 14, Open)
- FORMAT** Session 1 is a timed finals session
Session 2, 3, 5 and 6 are preliminary sessions.
Session 4 and 7 are finals sessions.
There will be two final heats of 6 swimmers for 11 – 12, 13 – 14 and open events at finals.
There will be one final heat of 6 swimmers for 10 & Unders.
- 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 **December 18, 2015** 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:** 13 & Overs can compete in 2 events on Friday. 10 – 12 year old can compete in 1 event on Friday. All swimmers can compete in 3 events on Saturday and Sunday. Please submit Emailed Hy-Tek entry file. Entries will be cut on first come first serve basis if needed. **NT (no times) will not be accepted.** The minimum age for an open even is 13.
Email Entries: haameets@gmail.com
Make check payable to: Hauppauge Athletic Association and mail to Hauppauge Athletic Association PO box 5065 Hauppauge NY 11789.
- DEADLINE:** Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **December 9th 2015**. The final entry deadline for this meet is **December 12th 2015**. Metro entries received between **December 10th, 2015** and **December 12th, 2015** 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 per timed final event and \$5 per prelims final event**.
Make check payable to: Hauppauge Athletic Association
Payment must be received by **December 15 2015**. 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.

- TIMING:** Each team entered in finals will be required to provide two timers per finals 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 - 3, Ribbons 4 – 6 for each age group.
- OFFICIALS:** Meet Referee: Chris Doveala - cdoveala@leviton.com Kevin Damm- dammfam@peoplepc.com
Officials wishing to volunteer should contact Meet Referee by **December 12th 2015**.
- MEET DIRECTOR:** Martin Dominger - haameets@gmail.com
- ADMIN OFFICIAL:** Martin Dominger - haameets@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:** 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 Hauppauge High School and Hauppauge Athletic Association , 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 prohibited**
- ADMISSION:** \$5.00 and \$2.00 Programs
- MERCHANTS:** Great hot and cold food available in Cafeteria during the meet.
- PARKING:** Parking in the south lot (closest to Rt. 454 Vets Highway and Track) for Sunday Meet Session. The Hauppauge School District has asked us to abide by this parking rule as other events are going on this very busy weekend. Pool parking lot for Friday & Saturday.

We will have parents in the lot to direct traffic. We ask that you cooperate with their directions The lot will be labeled “Swim Meet Parking”.
- DIRECTIONS:** LIE – Exit 57 (Rt. 454 Vets Highway) travel north towards Commack. Make right turn onto Lincoln Blvd. and immediate left into first parking lot of High School.

Session #1 Warm Up 4 PM & Start 5 PM (Timed Finals)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13 – 14 400 IM	2
3	Open 400 IM	4
5	10 – 12 200 IM	6
7	10 – 12 200 Free	8
9	13 – 14 500 Free	10
11	Open 500 Free	12

Session #2 Warm Up 6:45 AM & Start 8 AM (Prelims)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
13	13 – 14 200 Free	14
15	Open 200 Free	16
17	Open 100 IM	18
19	13 – 14 200 Breast	20
21	Open 200 Breast	22
23	13 – 14 50 Free	24
25	Open 50 Free	26
27	13 – 14 100 Back	28
29	Open 100 Back	30
31	13 – 14 100 Fly	32
33	Open 100 Fly	34
35	Open 50 Breast	36

Session #3 Warm Up 12 PM & Start 1 PM (Prelims)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	10 & Under 100 IM	38
39	11 – 12 100 IM	40
41	10 & Under 50 Free	42
43	11 – 12 50 Free	44
45	10 & Under 100 Back	46
47	11 – 12 100 Back	48
49	10 & Under 100 Fly	50
51	11 – 12 100 Fly	52
53	10 & Under 50 Breast	54
55	11 – 12 50 Breast	56

Session #5 Warm Up 6:45 AM & Start 8 AM (Prelims)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	13 – 14 200 IM	58
59	Open 200 IM	60
61	13 – 14 100 Free	62
63	Open 100 Free	64
65	13 – 14 200 Back	66
67	Open 200 Back	68
69	Open 50 Fly	70
71	13 – 14 100 Breast	72
73	Open 100 Breast	74
75	13 – 14 200 Fly	76
77	Open 200 Fly	78
79	Open 50 Back	80

Session #6 Warm Up 12 PM & Start 1 PM (Prelims)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	10 & Under 100 Free	82
83	11 – 12 100 Free	84
85	10 & Under 50 Fly	86
87	11 – 12 50 Fly	88
89	10 & Under 100 Breast	90
91	11 – 12 100 Breast	92
93	10 & Under 50 Back	94
95	11 – 12 50 Back	96

Session #4 Warm Up 5 PM & Start 6 PM (Finals)

Girls	Events	Boys
13	13 – 14 200 Free	14
15	Open 200 Free	16
37	10 & Under 100 IM	38
39	11 – 12 100 IM	40
17	Open 100 IM	18
19	13 – 14 200 Breast	20
21	Open 200 Breast	22
41	10 & Under 50 Free	42
43	11 – 12 50 Free	44
23	13 – 14 50 Free	24
25	Open 50 Free	26
45	10 & Under 100 Back	46
47	11 – 12 100 Back	48
27	13 – 14 100 Back	28
29	Open 100 Back	30
49	10 & Under 100 Fly	50
51	11 – 12 100 Fly	52
31	13 – 14 100 Fly	32
33	Open 100 Fly	34
79	Open 50 Back	80
55	11 – 12 50 Breast	56
35	Open 50 Breast	36

Session #7 Warm Up 5 PM & Start 6 PM (Finals)

Girls	Events	Boys
57	13 – 14 200 IM	58
59	Open 200 IM	60
79	10 & Under 100 Free	82
81	11 – 12 100 Free	84
61	13 – 14 100 Free	62
63	Open 100 Free	64
65	13 – 14 200 Back	66
67	Open 200 Back	68
83	10 & Under 50 Fly	86
85	11 – 12 50 Fly	88
69	Open 50 Fly	70
87	10 & Under 100 Breast	90
89	11 – 12 100 Breast	92
71	13 – 14 100 Breast	72
73	Open 100 Breast	74
75	13 – 14 200 Fly	76
77	Open 200 Fly	78
91	10 & Under 50 Back	94
93	11 – 12 50 Back	96
77	Open 50 Back	80