



**SSC Fall Face Off Challenge
November 13th -14th 2015
Sanction#151100
Time Trial#151150-T**

**** This Meet will be featuring Hot Heats again. Each event will feature a random heat number. The winner of that heat will receive a \$5-dollar gift card to Starbucks, Carvel, Dunkin Donuts, etc. The gifts will be subject to availability and will be determined by the start of the meet. Excludes 8U sessions every 8U will receive ducks.**

****Due to the correction exam on Saturday 11/14 @ Sachem East. All Events will now be held at Sachem North! Sachem East will only be used for Friday Night for 10&U and 13-14**

SSC Fall Face Off Challenge

November 13th & 14th 2015

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 151100
Time Trial#151150-T
- LOCATION:** **Sachem East & North High Schools**
North 212 Smith Street, Lake Ronkonkoma NY 11779 East-177 Granny Rd Farmingville NY 11738
- 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:** **Sachem East Pool is only for Friday night Age groups 10&U and 13-14**
Session 1 Friday Night **East** Pool 5:00PM Warm-up 6:00 PM Start Age Groups 10&Under & 13-14
Session 1 Friday Night **North** Pool 5:00PM Warm-up 6:00 PM Start Age Groups 11-12 15 & Over
Session 2 Saturday AM **North** Pool 8:00AM Warm-up 9:00AM Start Age Groups 10&Under and 13-
Session 3 Saturday PM **North** Pool 1:30PM Warm-up 2:00PM Start Age Groups 8&Under
Session 4 Saturday PM **North** Pool 3:30PM Warm-up 4:30PM Start Age Groups 11-12, 15&Over
*Time Trials if time permits
- **500 Free All swimmers must provide their own Timers & Counters *Fast to Slow Seeding**
 - **8U session limited to 1 ½ hours before scratches**
- FORMAT:** All events are timed finals. Sessions 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 13th 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:** **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.
*****New Mailing Address*****
U.S. Mail Entries/Payment to: **Sachem Swim Club P.O Box 191 Ronkonkoma, NY 11779**
Email Entries/Confirm Entry Receipt: **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 2015**.
2: The final entry deadline for this meet is **October 28, 2015**
3: Metro entries received between **August 4th** and **October 1st 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 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 6 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

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 US 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 1st- 3rd, Ribbons 4th- 6 for each age group. Ducks will be given to every heat in the 8U session.**

OFFICIALS: **Meet Referee: Nelson Gonzalez – Nelsonshorses1@aol.com phone# 631-834-6944**
Officials wishing to volunteer should contact Meet Referee by **October 20th 2015.**

ADMIN. OFFICIAL: **Administrative Official: Carrie Marone – sscfundraiser@gmail.com 516-330-5927**

MEET DIRECTOR: **Carrie Marone – sscfundraiser@gmail.com 516-330-5927**

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 leg 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 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, rooms or locker rooms**

DECK CHANGING: **Except where venue facilities require otherwise, changing into or out of swimsuits other than locker rooms or other designated areas is 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

5:00 PM Warm-up		Friday PM - East	6:00 PM Start
Girls		Events	Boys
1		10 & Under 200 IM	2
3		13-14 200 IM	4
5		10 & Under 100 breast	6
7		13-14 200 breast	8
9		Open 50 free	10
11		10 & Under 50 fly	12
13		13-14 100 fly	14
15		10 & Under 100 back	16
17		13-14 100 back	18
19		Open 500 free	20

5:00 PM Warm-up		Friday PM - North	6:00 PM Start
Girls		Events	Boys
21		11-12 200 IM	22
23		15 & Over 200 IM	24
25		11-12 100 breast	26
27		15 & Over 200 breast	28
29		Open 50 free	30
31		11-12 100 fly	32
33		15 & Over 100 fly	34
35		11-12 100 back	36
37		15 & Over 100 back	38
39		Open 500 free	40

8:00 AM Warm-up		Saturday AM - North	9:00 AM Start
Girls	Events		Boys
41	10 & Under 100 IM		42
43	13-14 200 free		44
45	10 & Under 50 breast		46
47	13-14 100 breast		48
49	10 & Under 100 free		50
51	13-14 100 free		52
53	10 & Under 100 fly		54
55	13-14 200 fly		56
57	10 & Under 50 back		58
59	Open 400 IM		60

1:30 PM Warm-up		Saturday Mid 8U- North	2:00 PM Start
Girls	Events		Boys
61	8 & Under 25 Free		62
63	8 & Under 25 Breast		64
65	8 & Under 25 Back		66
67	8 & Under 25 Fly		68
69	8 & Under 50 Free		70

Continued Below

3:30 PM Warm-up		Saturday Afternoon- North	4:30 PM Start
Girls	Events		Boys
71	11-12 100 IM		72
73	15 & Over 200 free		74
75	11-12 50 breast		76
77	15 & Over 100 breast		78
79	11-12 100 free		80
81	15 & Over 100 free		82
83	11-12 100 fly		84
85	15 & Over 200 fly		86
87	11-12 50 back		88
89	Open 400 IM		90