

**Hauppauge's March
Last Chance Meet**

HAUPPAUGE



SWIMMING

**March 5 - 6, 2016 At
The Hauppauge High School
Metro Sanction #160304**

Hauppauge High School 500 Lincoln Blvd Hauppauge, NY 11788

Email Entries: HaaMeets@gmail.com

Hauppauge's March 5 - 6, 2016 Last Chance Meet

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #**160304**
- 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 Sat AM: 7 AM Warm Up, 8 AM Start (13 - 14, Open)
Session 2 Sat PM: 12 PM Warm Up, 1 PM Start (9 - 10 , 11 - 12)

Session 3 Sun AM: 7 AM Warm Up, 8 AM Start (13 - 14, Open)
Session 4 Sun PM: 12 PM Warm Up, 1 PM Start (9 - 10 , 11 - 12)
- FORMAT** The sessions are all timed finals.
- 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 **March 5th, 2016** 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:** A maximum of 5 events per timed finals session. 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 **February 24th 2016**. The final entry deadline for this meet is **February 26th 2016**. Metro entries received between **February 24th 2016** and **February 26th 2016** 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 \$8 for relays**. Make check payable to: Hauppauge Athletic Association. Payment must be received by **March 1st 2016**. 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:** **Deck changing 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 Saturday AM Warm Up 7AM Start 8AM

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|---------------------|--------------------------|--------------------|
| 1 | 13 - 14 200 Medley Relay | 2 |
| 3 | Open 200 Medley Relay | 4 |
| 5 | 13 - 14 200 Free | 6 |
| 7 | Open 200 Free | 8 |
| 9 | 13 - 14 100 Back | 10 |
| 11 | Open 100 Back | 12 |
| 13 | 13 - 14 200 Breast | 14 |
| 15 | Open 200 Breast | 16 |
| 17 | 13 - 14 50 Free | 18 |
| 19 | Open 50 Free | 20 |
| 21 | 13 - 14 100 Fly | 22 |
| 23 | Open 100 Fly | 24 |

Session #2 Saturday PM Warm Up 12PM Start 1PM

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|---------------------|--------------------------|--------------------|
| 25 | 9 - 10 200 Medley Relay | 26 |
| 27 | 11 - 12 200 Medley Relay | 28 |
| 29 | 9 - 10 200 Free | 30 |
| 31 | 11 - 12 200 Free | 32 |
| 33 | 9 - 10 100 Fly | 34 |
| 35 | 11 - 12 100 Fly | 36 |
| 37 | 9 - 10 50 Back | 38 |
| 39 | 11 - 12 50 Back | 40 |
| 41 | 9 - 10 100 Breast | 42 |
| 43 | 11 - 12 100 Breast | 44 |
| 45 | 9 - 10 50 Free | 46 |
| 47 | 11 - 12 50 Free | 48 |

Session #3 Sunday AM Warm Up 7AM Start 8AM

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|---------------------|------------------------|--------------------|
| 49 | 13 – 14 200 Free Relay | 50 |
| 51 | Open 200 Free Relay | 52 |
| 53 | 13 – 14 200 IM | 54 |
| 55 | Open 200 IM | 56 |
| 57 | 13 – 14 100 Free | 58 |
| 59 | Open 100 Free | 60 |
| 61 | 13 – 14 200 Back | 62 |
| 63 | Open 200 Back | 64 |
| 65 | 13 – 14 100 Breast | 66 |
| 67 | Open 100 Breast | 68 |
| 69 | 13 – 14 200 Fly | 70 |
| 71 | Open 200 Fly | 72 |

Session #4 Saturday PM Warm Up 12PM Start 1PM

| <u>Girls</u> | <u>Events</u> | <u>Boys</u> |
|---------------------|------------------------|--------------------|
| 73 | 9 - 10 200 Free Relay | 74 |
| 75 | 11 - 12 200 Free Relay | 76 |
| 77 | 9 - 10 200 IM | 78 |
| 79 | 11 - 12 200 IM | 80 |
| 81 | 9 - 10 50 Fly | 82 |
| 83 | 11 - 12 50 Fly | 84 |
| 85 | 9 - 10 100 Back | 86 |
| 87 | 11 - 12 100 Back | 88 |
| 89 | 9 - 10 50 Breast | 90 |
| 91 | 11 – 12 50 Breast | 92 |
| 93 | 9 - 10 100 Free | 94 |
| 95 | 11 – 12 100 Free | 96 |