



Sachem North

**Sachem September Sprint Meet
September 25th 2016**

Sanction#160900

This Meet will be featuring Hot Heats. 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

Sachem September Sprint Meet

September 25th 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 160900
- LOCATION:** **Sachem North High School**
212 Smith Rd Lake Ronkonkoma NY 11779
- 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:** **Session 1 8:00AM Warm-up 9:00AM Start –September 25th Age groups 12 & Under**
Session 2 2:30 PM Warm-up 3:30PM Start- September 25th Age groups 13 & Over
- FORMAT:** **All events are timed finals. All 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 **September 25th 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:** **Limit of 4 events per session,**
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 **September 10 2016**.
2: The final entry deadline for this meet is **September 20, 2016**
3: Metro entries received between **August 1st** and **September 1, 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 **\$5.00** per individual events & **\$10.00** per relay events must accompany the entries.
Make check payable to: **Sachem Swim Club**.
Payment must be received by **September 21 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.
- 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 1st- 3rd, Ribbons 4th- 6 for 12 and Under. No awards for 13 and above
- OFFICIALS:** Meet Referee: [Eric Fisher – efisher@me.com](mailto:efisher@me.com) phone# 631-807-3525
Officials wishing to volunteer should contact Meet Referee by **September 21, 2016.**
- ADMIN. OFFICIAL:** Administrative Official: [Carrie Marone – sscfundraiser@gmail.com](mailto:sscfundraiser@gmail.com) 516-330-5927
[Conroy Lee - mdrnlee@gmail.com](mailto:mdrnlee@gmail.com)
- MEET DIRECTOR:** [Carrie Marone – sscfundraiser@gmail.com](mailto:sscfundraiser@gmail.com) 516-330-5927
[Conroy Lee - mdrnlee@gmail.com](mailto:mdrnlee@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 [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, behind the blocks, rest rooms or locker rooms
- DECK CHANGING:** Changing into or out of swimsuits other than in 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:** - Long Island Expressway to Exit 60. Service Road to Hawkins Avenue Traffic Light. Continue North on Hawkins Avenue until Five Corners Intersection. Turn right on to Smith Street. School is on the right

Warm-up 8:00AM	Session 1	Start 9:00AM
	September 25 th 2016	
Girls	Event	Boys
1	12 & U 100 IM	2
3	12 & U 50 Free	4
5	12 & U 100 Back	6
7	12 & U 50 Breast	8
9	12 & U 100 Fly	10
11	12 & U 50 Back	12
13	12 & U 100 Breast	14
15	12 & U 50 Fly	16
17	12 & U 100 Free	18
100	200 Mixed Medley Relay	100

Warm-up 2:30PM	Session 2	Start 3:30PM
	September 25 th 2016	
Girls	Event	Boys
19	13 & Over 100 IM	20
21	13 & Over 50 Free	22
23	13 & Over 100 Back	24
25	13 & Over 50 Breast	26
27	13 & Over 100 Fly	28
29	13 & Over 50 Back	30
31	13 & Over 100 Breast	32
33	13 & Over 50 Fly	34
35	13 & Over 100 Free	36
200	200 Mixed Medley Relay	200