



**SSC February Freeze Last Chance
February 3rd & 4th 2017
Sanction#170201 & TT#170250-T**

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 170201 & 170250-T
- LOCATION:** [Sachem East High School](#)
177 Granny Road Farmingville
- 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 Friday East Pool 5:00PM Warm-up 6:00 PM Start Age All Age Group](#)
[Session 2 Saturday AM East Pool 8:00AM Warm-up 9:00AM Start Age Groups 13 & Over](#)
[Session 3 Saturday PM East Pool 1:45PM Warm-up 2:10 PM Start Age Groups Open](#)
[Session 4 Saturday PM East Pool 4:30PM Warm-up 5:30PM Start Age Groups 12 & Under](#)
*Time Trials if time permits will be \$5.00 per event \$10.00 for relays
- **400 IM & 500 Free All swimmers must provide their own Timers & Counters *Fast to Slow Seeding**
- 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 ** 400 IM and 500 Free will be swam fastest to slowest **
- 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.
“Deck Registrations” will NOT be accepted
Age on [January 6th 2017](#) 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 team’s entries must be received by [October 1st 2016](#).
 - 2: The final entry deadline for this meet is [January 27th 2017](#)
 - 3: Metro entries received between [September 1st](#) and [October 1st 2016](#)
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 even must accompany the entries.
Make check payable to: [Sachem Swim Club](#).
Payment must be received by [February 2nd 2017](#) 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 each age group.](#)

OFFICIALS: **Meet Referee:** [Eric Fisher efisher@me.com](mailto:efisher@me.com) (631) 807-3525
Officials wishing to volunteer should contact Meet Referee by **January 24th 2017**.

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: **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."
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, rest rooms, locker rooms or behind the starting blocks.**

DECK CHANGING: **Deck changes are 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 63. Head North on North Ocean Avenue, until you reach Granny Road. Make a right on Granny road and Sachem east is on the left about ½ mile down the road. The school is set back way off the road. It is your second right after passing the elementary school.

DRONE OPERATION: 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

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

8:00 AM Warm-up		Saturday AM – East	9:00 AM Start
Girls	Events		Boys
20	13 & Over 200 free		19
22	13 & Over 100 breast		21
24	13 & O 200 back		23
26	13 & Over 100 free		25
28	13 & Over 200 fly		27

1:45 PM Warm-up	Saturday Mid Distance- East	2:10 PM Start
Girls	Events	Boys
Must Provide your own timers for these events	Limited to 2 hours Swam Fastest to Slowest*	*Must Provide your own timers for these events*
29	Mixed 500 Free	29
30	Mixed 400 IM	30

4:30 PM Warm-up	Saturday PM - East	5:30 PM Start
Girls	Events	Boys
31	12 & under 100 IM	32
33	12 & under 50 breast	34
35	12 & under 100 free	36
37	12 & under 50 back	38
39	12 & under 100 fly	40

Continued Below



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 _____

