

Hauppauge Swim Club IMX Extreme Challenge

February 12th, 13th, 14th 2010
100206

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #100206
- LOCATION:** Hauppauge High School
- FACILITY:** The pool at Hauppauge High School is 25 yards and has 6 lanes with non-turbulent lanes lines. Colorado Electronic Timing system and 6 line electronic scoreboard will be used. Our facility has a very large comfortable spectator area and a large deck.
The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** SESSION 1 – 4:30 pm warm-up 5:30 pm Start – 10 under, 11-12, 13-14, Open
SESSION 2 – 7am warm-up 8am Start – Age Groups – 11-12, 13-14
SESSION 3 – 1pm warm-up 2pm Start – Age Groups – 10 under, Open
SESSION 4 – 7am warm-up 8am Start – Age groups – 11-12, 13-14
SESSION 5 – 1pm warm-up 2pm Start – Age Groups – 10 under, Open
- FORMAT:** Time 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.
Age on February 12th 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:** E-mailed entries are encouraged, using Hy-Tek software. Please include a print out of the entry sheet with the entries. All e-mail entries will be acknowledged with an e-mail reply. Please send to the following email address: Marty11040@yahoo.com – Marty Dominger – (631)-234-4607. If mailing your entries, they must be on a disk, with the master sheet included. **Please sign the “signature waiver” for entries sent by Express Mail.** If verification is requested, please send a self-addressed, stamped postcard. In addition, there is a \$1.00 surcharge for any entries not sent on disk
U.S. Mail Entries/Payment to:
HAA
PO Box 5056
Hauppauge, NY 11788-0607
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by February 1st 2009 at 8pm.
2: The final entry deadline for this meet is February 6th at 8pm.
3: Metro entries received between February 1st and February 6th and all entries from other LSC's will
- ENTRY FEE:** An entry fee of \$3 per individual even must accompany the entries.
Make check payable to: Hauppauge Athletic Association.
Payment must be received by February 3rd 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:** Teams will be assigned lanes to be used as they wish for their swimmers. Warm-ups will be broken into 20-minute time intervals.
- 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 place, Ribbons 4th-6th, Each heat winner will receive a ribbon. HIGH IMX SCORE award for each age group and gender.
- OFFICIALS:** Meet Referee: "[Click and Input Name, Email and Phone number]"
Officials wishing to volunteer should contact Meet Referee by "[Click and Input Date]" .
- MEET DIRECTOR:** Kevin Damm – (631)-366-0689, dammfam@peoplepc.com
Chris Doveala- (631)-724-1298, cdoveala@leviton.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.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Hauppauge Athletic Association, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** \$5.00 admission, and \$2.00 programs.
- MERCHANTS:** There will be a vender available on site for the purchase of suits, bags, towels, shampoos, goggles, and apparel. A complete snack bar will be available in the lobby area, during the meet. This will include bacon and egg sandwiches for breakfast and complete hot meals for lunch and dinner. No glass is allowed anywhere in the building.
SUFFOLK COUNTY HEALTH REGULATIONS PROHIBIT SMOKING IN ANY SCHOOL BUILDING or GROUNDS.
- PARKING:** Parking in SOUTH lot only for the entire meet. This includes all coaches. The Hauppauge School district has asked us to abide but this parking rule as other events are going on this very busy weekend. 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". Handicapped parking only permitted in the north lot.
- DIRECTIONS:** Hauppauge High School – 500 Lincoln Blvd. Hauppauge, NY 11788
LIE to exit 57 Veterans Memorial Hwy, Rt. 454 / Patchogue / Commack
Drive north on Veterans Memorial Hwy for about 1 mile
Right onto Lincoln Blvd.
Turn left into High School parking lot

Friday February 12th 2010

Session 1

Warm-up 4:30 PM

Start 5:30 PM

Girls	Event	Boys
1	Open 400 IM *	2
3	8 and under 200 Free	4
5	12 and under 500 Free**	6
7	13-14 500 Free	8
9	Open 500 Free	10

***Separate awards for 13-14 / 15 and over**

****Separate awards for 10 and under/ 11-12**

Saturday February 13, 2010

Session 2

Warm-up 7:00 AM

Start 8:00 AM

Girls	Event	Boys
11	11-12 100 Back	12
13	13-14 200 Back	14
15	11-12 100 Fly	16
17	13-14 200 Fly	18
19	11-12 50 Free	20
21	13-14 100 Free	22
23	11-12 200 IM	24
25	13-14 200 IM	26

Saturday February 13, 2010

Session 3

Warm-up 1:00 PM

Start 2:00 PM

Girls	Event	Boys
27	10 and under 100 Back	28
29	Open 200 Back	30
31	10 and Under 100 Fly	32
33	Open 200 Fly	34
35	10 and under 50 Free	36
37	Open 100 Free	38
39	10 and under 200 Free	40
41	Open 200 Free	42



Sunday February 14th, 2010

Session 4

Warm-up 7:00 AM

Start 8:00 AM

Girls	Event	Boys
43	11-12 100 IM	44
45	13-14 100 Back	46
47	11-12 100 Free	48
49	13-14 200 Free	50
51	11-12 50 Back	52
53	13-14 200 Breast	54
55	11-12 100 Breast	56

Sunday February 14th, 2010

Session 5

Warm-up 1:00 PM

Start 2:00 PM

Girls	Event	Boys
57	10 and under 100 Breast	58
59	Open 200 Breast	60
61	10 and under 100 Free	62
63	Open 50 Free	64
65	10 and Under 50 Back	66
67	Open 100 Back	68
69	10 and under 200 IM	70
71	Open 200 IM	72

If time allows there will be time trials after each session.

IMX Age Groups and Events:

9 ~ 10 year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11 ~ 12 year olds: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

13 ~ 18 year olds: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM