

# **Hauppauge Swim Club**

**Hauppauge, New York**

**Head Coach: Tom Bruder**

**IMX Extreme Challenge  
February 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> 2009  
100206**

# IMX Extreme Challenge

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #**100206**
- LOCATION:** [Hauppauge High School Ron Bellucci Natatorium.](#)
- 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 3pm Start – Age Groups – 10 under, Open](#)  
[SESSION 4 – 7am warm-up 8am Start – Age groups – 11-12, 13-14](#)  
[SESSION 5 – 1pm warm-up 3pm 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 12<sup>th</sup>](#) 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:** [Swimmers may be entered in a maximum of 3 events per day.](#)  
[First come first serve.](#)  
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](mailto: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: [Hauppauge Athletic Association.](#)
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by [February 1<sup>st</sup> 2009 at 8pm.](#)  
2: The final entry deadline for this meet is [February 6<sup>th</sup> at 8pm.](#)  
3: Metro entries received between [February 1<sup>st</sup>](#) and [February 6<sup>th</sup>](#) 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 **\$3** per individual even must accompany the entries.  
Make check payable to: [Hauppauge Athletic Association.](#)  
Payment must be received by [February 3<sup>rd</sup>](#) 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 1<sup>st</sup> – 3<sup>rd</sup> place, Ribbons 4<sup>th</sup>-6<sup>th</sup>, Each heat winner will receive a ribbon. HIGH IMX SCORE award for each age group and gender..**
- OFFICIALS:** **Meet Referee: Kevin Damm – (631)-366-0689, [dammfam@peoplepc.com](mailto:dammfam@peoplepc.com)  
Chris Doveala- (631)-724-1298, [cdoveala@leviton.com](mailto:cdoveala@leviton.com)**  
Officials wishing to volunteer should contact Meet Referee by **February 3<sup>rd</sup> 2009.**
- MEET DIRECTOR:**
- 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 cooperated with their directions. the lot will be labeled “SWIM MEET PARKING”. Handicapped parking only permitted in the north lot.**
- DIRECTIONS:**

**Friday Feb. 12, 2009  
Session 1**

**Warm-up 4:30  
Start 5:30**

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

\*Separate awards for 13-14/15 & over

\*\*Separate awards for 10 Under/11-12

**Saturday Feb. 13, 2009  
Session 2  
Warm-Up 7:00 AM  
Start 8:00AM**

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

**Saturday Feb. 13, 2009  
Session 3  
Warm-Up 1:00 PM  
Start 2:00PM**

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

**Sunday Feb. 14, 2009**  
**Session 4**  
**Warm-Up 7:00 AM**  
**Start 8:00AM**

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 Feb. 14, 2009**  
**Session 5**  
**Warm-Up 1:00 PM**  
**Start 2:00 PM**

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

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

**IMX Age Groups and Events** 9 & Under; 10-  
year olds: 200 IM, 200 Free, 100 Back, 100 Brst,  
100 Fly

11-year olds; 12-year olds: 200 IM, 400/500  
Free, 100 Back, 100 Brst, 100 Fly

13, 14, 15, 16, 17, and 18 -year olds: 200 IM,  
400 IM, 400/500 Free, 200 Back, 200 Brst, 200  
Fly