

Long Island Express Swim Team

2021 Thanksgiving Swim Meet

November 26th, 27th, 28th

Sanction# #211102



SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction
LOCATION: [Hofstra University Swim Center](#)
[Hempstead, New York](#)

FACILITY: [8 lane 50 meter pool. Colorado timing system 6000 will be used. 8 lane Colorado timing scoreboard will be used. Hy-Tek meet manager will be used to conduct the meet.](#)
The pool [has](#) been certified in accordance with Article 104.2.2C (4). The pool depth is 7 feet at the shallow end and 15 feet at the deep end.

SESSIONS: [Friday – all ages](#)
[Warm-up 4:00 PM Start 5:00 PM](#)
[Warm-up for session 2 -\(1000's\) Immediately following conclusion of session 1](#)
[Saturday and Sunday – Ages 13-14 and 11-12](#)
[Warm-up 8:00 AM](#)
[Start 9:00 AM](#)
[Saturday and Sunday – Ages Open and 10 and unders](#)
[Warm-up 2:00 PM](#)
[Start 3:00 PM](#)

FORMAT: [Timed finals](#)
[Deck seeding will not be in place. The meet will be pre-seeded](#)

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 [November 26th](#) 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: [The meet will be capped at 450 total athletes in each session.](#)
[Swimmers will limited to 4 events per day,](#)
[The meet will be cut on a first come first serve basis.](#)
[All entries must be done on Hy-Tek](#)

U.S. Mail Entries/Payment to: [Robert Ortof](#)
[28-01 202 Street](#)
[Bayside NY 11360](#)

Email Entries/Confirm Entry Receipt: ROrtof@gmail.com
[Signature waiver for all Express mail entries.](#)

Outreach Swimmers: Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers.
Coaches should contact meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries

DEADLINE: 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by [Novemeber 15th](#) .
2: The final entry deadline for this meet is [November 20th](#)
3: Metro entries received between [November 15th](#) and [November 20th](#) 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 [\\$ 8.00](#) per individual even must accompany the entries.
There will also be a [\\$10.00](#) facility surcharge per athlete.
Make check payable to: [Long Island Express LTD.](#)
Payment must be received by [November 26th](#) 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:** [General warm-up will be in place.](#)
- SCRATCHES:** The meet will be pre-seeded. There will be no scratches for this meet.
- 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 -8th place..](#)
- OFFICIALS:** **Meet Referee:**[Allen Wone and Darryl Stauback](#)
Officials wishing to volunteer should contact Meet Referee by [November 16th](#).
- Admin Referee** **Gil Smith and Rick Ferriola**
MEET **Robert Ortof**
DIRECTOR: [28-01 202 Street](#)
[Bayside NY 11360](#)
[718-352-2136](#)
ROrtof@gmail.com
- Disclaimer:** Upon acceptance of his/her entries, the participant waives all claims against **Long Island Express LTD, Hofstra Swim Center,, 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."
An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. **AUDIO/VISUAL STATEMENT: DRONE OPERATION: DECK CHANGING: ADMISSION: USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS Long Island Express LTD, Hofstra Swim Center, Metropolitan Swimming Inc., USA Swimming Inc., AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.**
- 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, it is understood that [Hofstra University and Long Island Express](#)

Swim Team, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

- ADMISSION:** There will be no spectators at this meet. The meet will be livestreamed.
- MERCHANTS:** No food or beverages will be served by host team. An outside equipment vendor will be available.
- PARKING:** Free on campus parking available.
- MAAPP POLICY:** All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- DIRECTIONS:** Meadowbrook Parkway south to M4 (route 24 west). Follow Hempstead turnpike west. Go to first traffic light, make a right, rear entrance to campus will be on left. Enter rear gate and proceed to first stop sign and make right. Next stop sign make left and park in lot. Pool is on your left.
- AUDIO** Use of audio or visual recording devices including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the blocks. - Art 202.3 and 202.4
- DRONES** “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.”
- Deck Changes** **Deck changes are PROHIBITED !!! . Swimmers must use appropriate locker rooms.**
- Starting Rule** Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing
- Compliance:** 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

**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 _____

Friday Nov 26th Session 1

Warm-up 4:00 PM Start 5:00 PM

Girls	Event	Boys
1	10 & under 200 Free	2
3	11/12 200 Free	4
5	10 and under 200 IM	6
7	11/12 200 IM	8

Friday Nov 26th Session 2

9	13-14 1000 Free	10
11	Open 1000 Free	12

Saturday Nov 27th

Warm-up 8:00 AM Start 9:00 AM

Girls	Event	Boys
13	13-14 100 Free	14
15	11/12 50 Free	16
17	13-14 200 Back	18
19	11/12 100 Back	20
21	13-14 100 Fly	22
23	11/12 50 Fly	24
25	13-14 100 Breast	26
27	11/12 100 Breast	28
29*	13-14 200 IM	*30
31	11/12 100 IM	32

*Cut off time 3:15

Saturday Nov 27th

Warm-up 2:00 PM Start 3:00 PM

Girls	Event	Boys
33	Open 100 Free	34
35	10 and under 50 Free	36
37	Open 200 Back	38
39	10 and under 100 Back	40
41	Open 100 Fly	42
43	10 and under 50 Fly	44
45	Open 100 Breast	46
47	10 and under 100 breast	48

49*	Open 200 IM	*50
51	10 and under 100 IM	52

*Cut off time 3:15

Sunday Nov 28th

Warm-up 8:00 AM Start 9:00 AM

Girls	Event	Boys
53	13-14 200 free	54
55	11-12 100 Free	56
57	13-14 100 Back	58
59	11-12 50 Back	60
61	13-14 200 Fly	62
63	11-12 100 Fly	64
65	13-14 200 Breast	66
67	11-12 50 Breast	68
69	13-14 50 Free	70
71*	11-12 500 Free	72*

***Cut off time for event 71 & 72 is 6:10**

Sunday Nov 28th

Warm-up 2:00 PM Start 3:00 PM

Girls	Event	Boys
73	Open 200 Free	74
75	10 and under 100 Free	76
77	Open 100 Back	78
79	10 and under 50 Back	80
81	Open 200 Fly	82
83	10 and under 100 Fly	84
85	Open 200 Breast	86
87	10 and under 50 breast	88
89	Open 50 Free	90
91*	10 and under 500 Free	92*

***Cut off time for event 91 & 92 is 7:00**