

Long Island Express

July 13th and 14th

Summer Sizzler Invitational Swim Meet

LIE Summer Sizzler 2019

July 13th and 14th

190711

TT sanction#190755T

Invited Teams: AGUA, LaGuardia, Connetquot, Huntington, Sachem, Farmingdale, Matchpoint, West Islip, East Hampton, New York City Aquatic Club, Islip Aquatics, Flying Dolphins

LIE July Summer Sizzler

July 13th and 14th 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **190711**
TT-190755T
- LOCATION:** **Hofstra University**
- FACILITY:** **8 Lane 50 meter facility with Colorado timing system**
The pool **has been** certified in accordance with Article 104.2.2C (4). Depth is 4.8 ft deep in shallow end and 15.6 feet in the deep end.
- SESSIONS:** **Saturday and Sunday 11-12, 13-14 8:00 Warm-up 9:00 Start**
Saturday and Sunday 10 and under , Open 2:00 Warm-up 3:00 Start
- FORMAT:** **Timed finals**
Deck seeding will be in place
- ELIGIBILITY:** Open to all Invited 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 **July 13, 2019** will determine age for the entire meet.
- DISABILITY SWIMMER S:** 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:** **4 Entries per day will be permitted**
Entries will be cut on a first come first serve basis. Hy-Tek entries only.
- 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 express mailed entries
- DEADLINE:** **Entries must be received by : July 1, 2019**
- 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 **\$6:00** per individual event must accompany the entries.
Make check payable to: **Long Island Express LTD**
Payment must be received by **July 12, 2019** 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:** 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 will be given 1-3 and ribbons 4-8**
- OFFICIALS:** **Meet Referee: Paul Longo, Boris Yasinov**
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Officials wishing to volunteer should contact Meet Referee by **July 1, 2018**
- Admin Referee MEET DIRECTOR:** **Rick Ferriola, Gil Smith**
Robert Ortof – Rortof@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.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Hofstra University and Long Island Express**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. It shall be understood that USA swimming.Inc and Metropolitan Swimming.Inc shall be free of any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- Photographer** 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.
- ADMISSION:** **\$4.00 Admission \$2.00 Programs**
- MERCHANDISE:** **Metro Swim Shop will be present at the meet. No food or drink allowed in the building.**

PARKING: Parking immediately adjacent to facility.

DIRECTION S: LIE (495) to Exit 38 (Northern State Parkway) East, to the Meadowbrook Parkway Exit 31 A. Stay on Meadowbrook Parkway until Exit M4 (sign reads Hempstead and Coliseum (travel west) to Main gate (opposite Dunkin Donuts) – enter main gate and turn right at the stop sign at first major intersection – pool facility will be directly in front of you at first stop sign.

AUDIO Use of Audio or visual recording devices including cell phones is not permitted in changing areas, rest rooms or locker rooms or behind the blocks. – Art.- 202.3 and 202.4

Deck Change Drones Changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is prohibited. DECK changes are Prohibited !!!!

“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.”

STARTING RULE COMPLIANCE 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.

Saturday July 13

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	11/12 100 Free	2
3	13-14 100 Free	4
5	11/12 50 Fly	6
7	13-14 200 Fly	8
9	11/12 100 Breast	10
11	13-14 100 Breast	12
13	11/12 50 Back	14
15	13-14 100 Back	16

Saturday July 13

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
17	10 and Under 100 Free	18
19	Open 100 Free	20
21	10 and Under 50 Fly	22
23	Open 200 Fly	24
25	10 and Under 100 Breast	26
27	Open 100 Breast	28
29	10 and Under 50 Back	30
31	Open 100 Back	32

Sunday July 14, 2019

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
33	11/12 50 Free	34
35	13-14 50 Free	36
37	11/12 100 Fly	38
39	13-14 100 Fly	40
41	11/12 50 Breast	42
43	13-14 200 Breast	44
45	11/12 100 Back	46
47	13-14 200 Back	48

Sunday July 14, 2019

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
49	10 and Under 50 Free	50
51	Open 50 Free	52
53	10 and Under 100 Fly	54
55	Open 100 Fly	56
57	10 and Under 50 Breast	58
59	Open 200 Breast	60
61	10 and Under 100 Back	62
63	Open 200 Back	64



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 _____