

Long Island Express Swim Team

**Winterfest 2020 Swim Meet
January 17th, 18th and 19th**

Sanction #200118

Long Island Express 2020 Winterfest Swim Meet

January 17th 18th, 19th,

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #201018 and Time Trial Sanction # 200158
- LOCATION:** Hofstra University Swim Center
- FACILITY:** 8 Lane 50 meter pool with a depth of 8 feet at the shallow portion and 15 feet at the deep end. Colorado timing system 6000 will be used. Colorado timing scoreboard will be used. Hy-Tek meet manager will be used to conduct the meet. Depth 7 ft shallow and 15 feet at deep end.
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Friday – all ages
Warm-up 4:00 PM
Start 5:00 PM
Session 2
Warm-up 7:00
Start 7:30
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 under
Warm – up 2:00 PM
Start 3:00 PM
- FORMAT:** Timed finals format
Deck seeded. Coaches will receive a list of swimmers by session. Swimmers must be scratched 30 minutes prior to the start of the session.
- 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 January 17th 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 will limited to 4 events per day.,

**Entries will be cut on a first come first serve basis.
Entries must be 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 Express mail entries.

- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by December 30th .
2: The final entry deadline for this meet is **January 10th 2020**
3: Metro entries received between **December 31st** and **January 10th** 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 \$**5.00** per individual event must accompany the entries.
Make check payable to: **Long Island Express LTD.**
Payment must be received by **January 17th** 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 1st – 3rd place and Ribbons 4th – 8th place..**
- OFFICIALS:** **Meet Referee:** Paul Longo: longop65@gmail.com
Officials wishing to volunteer should contact Meet Referee by December **30th**

**MEET
DIRECTOR:**

Robert Ortof
28-01 202 street
Bayside NY 11360
Phone – 718-352-2136
Email Rortof@gmail.com

**ADMIN
REFEREE
RULES:**

Rick Ferriola Liecoach@aol.com
Gil Smith Papabear122346@aol.com
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**, 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 any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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."**

ADMISSION:

Admission \$4.00 per person Programs \$2.00

**DECK
CHANGE**

Deck changing is prohibited !!

MERCHANTS:

No food or beverages will be served by host team. A merchandise concession will be available by outside vendor.

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.

**MAAPP
POLICY:**

PARKING:

Free parking on campus.

Deck changing is prohibited !!

**Deck
Changes**

DIRECTIONS: Meadowbrook Parkway to exit M4, (route 24 west) Hempstead Turnpike West to Dunkin Donuts. Turn right on to entrance of campus. Go to second stop sign and turn right. Go to past field to first stop sign. Swim Center will be on the right.

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

Friday January 17^h

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	13-14 400 IM	6
7	Open 400 IM	8
9	10 and under 200 IM	10
11	11/12 200 IM	12

Friday January 17th Session 2

Warm-up 7:00 Start 7:30

13	13-14 500 Free	14
15	Open 500 Free	16

Saturday January 18th

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

Girls	Event	Boys
17	13-14 100 Free	18
19	11/12 50 Free	20
21	13-14 200 Back	22
23	11/12 100 Back	24
25	13-14 100 Fly	26
27	11/12 50 Fly	28
29	13-14 100 Breast	30
31	11/12 100 Breast	32
33	13-14 200 IM*	34

***Limited to 6 heats**

Saturday January 18th

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

Girls	Event	Boys
35	Open 100 Free	36
37	10 and under 50 Free	38
39	Open 200 Back	40
41	10 and under 100 Back	42
43	Open 100 Fly	44
45	10 and under 50 Fly	46
47	Open 100 Breast	48
49	10 and under 100 breast	50
51	Open 200 IM *	52

***limited to 6 heats**

Sunday January 19th

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*

***Limited to 6 heats**

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

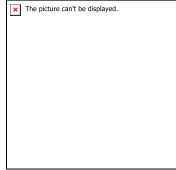
Sunday January 19th

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*

***Limited to 6 heats**

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



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 _____