



**Chappy's Big Race Invitational
OCTOBER 19-20, 2019
Sanction #191001**

Invited Teams: AGUA, BAC(NJ), BAD, BGNW, CAT(NJ), Condors, FA, GAEL, HAA, LGAC, NFS, NYSA, SAC(NJ), SSC, TS, TVSC, WYW(CT), other teams interested please contact Ginny Nussbaum at gnussbaum@longislandswimming.com

Chappy's Big Race

Oct 19-20, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #191001
- LOCATION:** Nassau County Aquatic Center
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 10 Lane by 25 yard competition pool w/ 2 meter min depth
The pool **Has Not been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session One – 12 & Under - Saturday Oct. 19 warm-up 8-8:50am Start 9 am
Session Two – Open - Saturday Oct. 19 warm-up 2-2:50 pm Start 3pm
Session Three – Open Distance Event Saturday Oct. 19 warm-up 7-7:25 pm Start 7:30 pm
Session Four – 12 & Under - Sunday Oct. 20 warm-up 8-8:50am Start 9 am
Session Five – Open - Sunday Oct. 20 warm-up 2-2:50 pm Start 3 pm
Warm-up times are tentative and subject to adjustment following the acceptance of the last entry. Final warmup times will be sent to each club attending no later than the Tuesday prior to the event.
- FORMAT:** The meet is a Timed Final Event
The meet will be Deck Seeded
- 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 **Oct 19, 2019** will determine age for the entire meet.
- ENTRIES:** **All Athletes are limited to enter 3 events per session.**
Deck entries will not be accepted.
NT's will not be accepted
Entries are by invite only.
Hy-Tek Email entries will be accepted
- U.S. Mail Payment to: L I Swimming Att. L. Herrera, **750F Stewart Ave., Garden City, NY 11530**
Email Entries/Confirm Entry Receipt: entries.liac@gmail.com
- 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.
- QUALIFYING TIMES:** Times must be achieved between January 1, 2018, and Oct 8, 2019, dates inclusive. Short Course Yards (SCY) qualifying times will be seeded first, followed by Long Course Meters (LCM) qualifying times, followed by Short Course Meters (SCM) qualifying times. All qualifying individual times must be provable at the meet. There are no Upper Time Limits for this meet. Times not provable will be scratched and not be seeded into the event. The qualifying standards for 12 & under events will be the 2018 B national age group time standards and for 13 & over events the standard will be the 2018 BB national age group time standards by age group which can be found at www.usaswimming.org/_Rainbow/Documents/19cf506c-9519-45c1-af94-f835a1e4529/2020MotivationalTimes-Top16.pdf
- DEADLINE:** **Entries must be received by : Oct. 8, 2019 Invited clubs' qualifying athletes will be entered on a first come / first serve basis**
- ENTRY FEE:** An entry fee of \$7.00 per individual event and \$10.00 per relay event must accompany the entries. There is a \$12.00 facility fee/athlete
Make check payable to: **Long Island Swimming**
Payment must be received by **Oct 19, 2019** for email entries. A credit Card will be charged on 10/19 prior to the team receiving their scratch sheet for payment not received. If the attending coach does not have a card and the payment has not been received the team will not be able to compete.
- WARM-UP:** General warm up with assigned lanes for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be distributed along with the

scratch sheet each session.

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 draw a line through an individual event to indicate clearly that individual event is a scratch or when an athlete is out of the session completely draw a line through the swimmers name who 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: 1st – 10th place awards will be given to the 12&U athletes in individual events. Events 19, 20, 53 & 54 will be awarded for 1st-10th for both 10&U and 11-12. Both 9-10 and 8&U awards will be given in the 10&U events.

OFFICIALS: **Meet Referee:** Dave Lam, david.lam@fourlams.com
Meet Admin: Danielle Baldwin
Officials wishing to volunteer should contact Meet Referee by **Oct 19, 2019**

MEET DIRECTOR: **Ginny Nussbaum, gnussbaum@longislandswimming.com 516.378.8467 – Questions concerning the meet will only be entertained when communicated via a certified coach on an invited team.**

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.

AUDIO/VISUAL STATEMENT: Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, behind the starting blocks or locker rooms
Drone: **“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.”**

POLICY: Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director.

RULES: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.
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. “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.

MEET DECORUM: Each club is requested to handle its own team and discipline problems. Anyone found vandalizing county property; stealing or displacing disorderly conduct will be subject to disqualification, ejection from the meet and possible criminal prosecution.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Nassau County Aquatic Center, Long Island Aquatic Club, Long Island Swimming,**, 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 meet.

DECK CHANGING: Is Prohibited

ADMISSION: \$20.00/session
A discounted ticket is available online for \$8.35 / Session at
<http://www.longislandswimming.com/hosted-meets.html>

All children over the age of 3 require a ticket

Meet heat sheets will be available on meet mobile / No programs will be sold

MERCHANTS: A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.

Hobieswim will be available throughout the entire meet

PARKING: There is ample free parking available in the park

DIRECTIONS: FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take So.State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.

FROM WHITESTONE AND THROGS NECK BRIDGES

Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead Tpke.(exit M4). On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.

NASSAU COUNTY AQUATIC CENTER

Facility Rules/Guidelines for teams/participants

General Facility rules:

- Meet Marshals shall have full authority to warn or order to cease and desist, and, with the concurrence of the Referee, to remove, or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.
- No food or beverages are permitted on pool deck or locker room. Sports drinks and water are allowed. Food and/or beverages are permitted in designated areas – the lower level lobby, lower level rooms, upper level lobby and upper level hallway.

All debris should be discarded in receptacles.

Anything posted on walls must be posted using colored painters tape. *No other kind of tape can be used at all.* Nothing can be posted on any windows anywhere in the facility

No balloons are permitted in facility

It's the swim club's responsibility to provide adequate adult supervision of all team members throughout the facility, including locker rooms.

Use of pool rules

- Event participants and coaches are not permitted in the locker rooms or pool deck until 15 minutes prior to the meet start/warm-up time (start time listed on permit) or a specified practice time.

Sitting or hanging on lane lines or safety ropes is prohibited.

Only certain areas of the pool will be reserved for an event. Participants are restricted only to the reserved pool space. You should ask the meet director for clarification on what space is

- reserved.

Swim teams are not permitted on the dive boards and/or dive platform tower.

Bulkheads (start/turn ends): Maximum load per bulkhead is 50 people. 2 or 3 bulkheads together will allow 70 people.

Athlete Seating:

- Team seating should be assigned by the meet director in advance of arrival.
 - There is no team seating outside the pool edge extended at both the dive pool end and the shallow pool end. No outside folding chairs/seating are permitted on the pool deck.
 - Teams/athletes are not permitted to bring in portable music systems unless used with headphones Teams/athletes shall not obstruct any exits with equipment and/or athletes
- No team banners can be erected unless they are self-standing; use magnetic hooks or temporarily hang in approved locations. They cannot be attached to any walls/windows or bleachers.

Food Vendors/Catering:

- Events and its participating teams or individuals must use the food service company specified by the facility. Events and its participating teams (or individuals) are not permitted to bring in any

outside catering companies, food or beverages into the facility. "Donated" food and beverages are not permitted. Parking:

There is no parking on any grassy areas at all. Illegally parked cars are subject to ticketing and/or towing. discretion of the facility manager, we reserve the right to prevent any particular swim team or individual from using the facility for any current or future event(s). Violations of rules/guidelines would be grounds for such action.

rules/guidelines are included in all event permits. The permittee (meet organizer) has agreed to the terms of these rules/guidelines. Additional requirements/restrictions may be included in the event permit.



LONG ISLAND AQUATIC CLUB

presents

Chappy's Big Race
October 19-20, 2019

to be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, Long Island
Sanctioned by Metropolitan Swimming sanction #1910

Warm-up times are tentative and subject to adjustment following the acceptance of the last entry. Final warmup times will be sent to each club attending no later than the Tuesday prior to the event.

Session One

Saturday 10/19 12 & Under
W.U. 8:00 am Start 9:00am

Session Two

Saturday 10/19 Open
W.U. 2:00pm Start 3pm

Women's Event No.	Event	Men's Event No.		Women's Event No.	Event	Men's Event No.
1	11 & 12 mixed 200 Free Relay #			21	Open mixed 200 Free Relay #	
2	10 & U mixed 200 Free Relay #			22	13 & Over mixed 50yd Breaststroke	
3	11-12 50yd Freestyle	4		23	Open 200yd Freestyle	24
5	10 & U 100yd Freestyle	6		25	Open 100yd Backstroke	26
7	11-12 100yd Backstroke	8		27	Open 200yd Breaststroke	28
9	10 & U 50yd Backstroke	10		29	Open 100yd Butterfly	30
11	11-12 50yd Breaststroke	12		31	Open 50yd Freestyle	32
13	10&U 100yd Breaststroke	14				
15	11-12 100yd Butterfly	16				
17	10&U 50yd Butterfly	18				
19*	12&U 200yd Freestyle	20*		33*	Session Three 10/19 W.U. 7pm Start 7:30p 13&Over 1000yd Free	34*
					May be limited to 2 heats Swimmers must provide their own timer	
	Session Four Sunday 10/20 12&U W.U. 8am Start 9:00am				Session Five Open Sunday 10/20 W.U. 2:00pm Start 3:00pm	
35	11 & 12 mixed 200 Medley Relay #			55	Open mixed 200 Medley Relay #	
36	10 & U mixed 200 Medley Relay #			56	13 & over mixed 50yd Butterfly	
37	11 – 12 100yd Freestyle	38		57	Open 100yd Freestyle	58
39	10& Under 50yd Freestyle	40		59	Open 200yd Backstroke	60
41	11 – 12 50yd Backstroke	42		61	Open 100yd Breaststroke	62
43	10& U 100yd Backstroke	44		63	Open 200yd Butterfly	64
45	11-12 100yd Breaststroke	46		65	Open 200yd IM	66
47	10&Under 50yd Breaststroke	48		Times must be achieved between January 1, 2018, and Oct 9, 2019,		

49	11–12 50yd Butterfly	50		dates inclusive. Short Course Yards (SCY) qualifying times will be seeded first, followed by Long Course Meters (LCM) qualifying times, followed by Short Course Meters (SCM) qualifying times. All qualifying individual times must be provable at the meet. There are no Upper Time Limits for this meet. Times not provable will be scratched and not be seeded into the event. The qualifying standards for 12 & under events will be the 2018 B national age group time standards and for 13 & over events the standard will be the 2018 BB national age group time standards by age group which can be found at www.usaswimming.org/ Rainbow/Documents/19cf506c-9519-45c1-af94-f835a1e4529/2020MotivationalTimes-Top16.pdf
51	10 &U 100yd Butterfly	52		
53	12&U 200yd IM	54		
	# A mixed Gender Relay must consist of two (2) females and two (2) males			