

**NU-FINMEN SWIMMING, INC**

**2020 39<sup>TH</sup> ANNUAL**

**DR. MARTIN LUTHER KING JR. SWIM**

**INVITATIONAL**

**JANUARY 18, 19, 2020**

Sanction # 200117

## 2020 39<sup>TH</sup> Annual Dr. Martin Luther King, Jr. Swim Invitational January 18, 19, 2020

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #200117
- LOCATION:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York 11554
- FACILITY:** 10 lane, 25 yd pool with 2 meter minimum depth. Colorado timing System, scoreboard readouts, Hy-Tex Meet Manager  
The pool **has not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session1: Saturday, January 18, 2020, (8&UN) (13/14) (15&O), warmup:7:00am, start:8:00am  
Session 11: Saturday, January 18, 2020 (9/10), (11/12), warmup:1:00pm, start, 2:00pm  
Session 111: Sunday, January 19, 2020 (8&UN), (13/14) (15&O), warmup:7:00am, start:8:00am  
Session 1V: Sunday, January 19,2020 (9/10), (11/12), warmup:1:00pm, start: 2:00pm
- FORMAT:** Timed Final Events. The meet will be deck seeded. Entries are run using Hy-Tex MM.  
Deck seeding
- 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.  
"Deck Registrations" will NOT be accepted  
Age on **January 18, 2020** 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:** Athletes are limited to 3 events and 1 relay per session. Entries will be entered in the order received. If meet is oversubscribed entries will be cut by time, and you will be notified by email. NT's NOT accepted.  
U.S. Mail Entries/Payment to: **Nu-Finmen Swimming c/o Dawn Diaz, 3 Church Street, Hempstead, NY 11550**  
Email Entries/Confirm Entry Receipt: [djdiazdd@aol.com](mailto:djdiazdd@aol.com)
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **December 27, 2019**.  
2: The final entry deadline for this meet is **January 3, 2020**  
3: Metro entries received between **December 27** and **January 3, 2020**  
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 and \$10.00 per relay must accompany the entries.  
Make check payable to: **Nu-Finmen Swimming**. Payment must be received by **January 18, 2020** 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 warmup with assigned lanes will be distributed each session along with scratch sheets. Sprint lanes and general lanes will be available for the remaining 10 minutes of warmup.**
- 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:** Individual awards: custom ribbons, 1<sup>st</sup> – 10<sup>th</sup>, relays: 1<sup>st</sup> – 3<sup>rd</sup> places. High point awards for each age group (male/female). Points awarded through 6<sup>th</sup> place, (no points awarded for out of age group). Awards not picked up by end of meet will not be mailed.

**OFFICIALS:** Meet Referee: [Todd Trotman – kingfishtodd@aol.com](mailto:kingfishtodd@aol.com)  
Officials wishing to volunteer should contact Meet Referee by **January 9<sup>th</sup>, 2020**.

**ADMIN. OFFICIAL:** Administrative Official: [Karima Tonge](#), [Kris Tilas](#), [Carleen Hoahing](#)

**MEET DIRECTOR:** [Dawn Diaz](#), [djdiazdd@aol.com](mailto:djdiazdd@aol.com), [Jennifer Trotman](#), [coachjenntrtman@aol.com](mailto:coachjenntrtman@aol.com), [Karima Tonge](#), [coachkarimat@aol.com](mailto:coachkarimat@aol.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:** All swimmers must wear footwear upon leaving the pool area. 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”**

**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.

**WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."  
"[Click and Input water Depth at 1 meter and at 5 meters](#)]"

**DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against ("[Nassau County Aquatic Center and Nu-Finmen Swimming, Inc.](#)") 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."

**AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting block's  
“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 CHANGING:** Deck changes are prohibited.

**ADMISSION:** \$7.00 per person, (9&over) per session, programs - \$3.00 per session

**MERCHANTS:** Food is available in designated areas. A concession is operated by Nassau County Aquatic

Center. No glass bottles allowed on pool deck.

**PARKING:**

Ample free parking is available in designated areas.

**DIRECTIONS:**

From Verrazano Narrows Bridge & Kennedy Airport: Follow signs to Belt Pkwy/Long Island East. Take Belt Pkwy E. past Kennedy Airport. After Kennedy Airport stay in the left lane and look for signs to the Southern State Pkwy E. Take Southern State Pkwy E. to the Meadowbrook Pkwy N. To NY-24 Hempstead Turnpike (exit M4). On Hempstead Turnpike get in left lane. Make left at 1<sup>st</sup> light (Merrick Ave.) & right into Eisenhower Park.

From Whitestone & Throgs Neck Bridges: Take Cross Island Pkwy S. to exit 29, Grand Central Pkwy E. follow Grand Central Pkwy to Meadowbrook Pkwy S (Jones Beach) NY-24 and follow directions above to Eisenhower Park.

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Session 1: Saturday, January 18, 2020  
Warmup: 7:00am, start: 8:00am

FEMALE	EVENTS	MALE
1	13/14 200 IM	2
3	OPEN 200 IM	4
5	8&UN 25 FLY	6
7	13/14 100 FLY	8
9	OPEN 100 FLY	10
11	13/14 200 BREAST	12
13	OPEN 200 BREAST	14
15	8&UN 50 BACK	16
17	13/14 100 BACK	18
19	OPEN 100 BACK	20
21	8&UN 100 MED RELAY	22
23	13/14 200 MED RELAY	24
25	OPEN 200 MED RELAY	26

Session 11: Saturday, January 18, 2020  
Warmup: 1:00pm, start: 2:00pm

FEMALE	EVENTS	MALE
27	9/10 100 IM	28
29	11/12 100 BACK	30
31	9/10 50 BACK	32
33	11/12 100 BREAST	34
35	9/10 50 BREAST	36
37	11/12 50 FLY	38
39	9/10 100 FLY	40
41	11/12 100 FREE	42
43	9/10 50 FREE	44
45	11/12 200 MED RELAY	46
47	9/10 200 MED RELAY	48

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Session 111: Sunday January 19, 2020  
 Warmup: 7:00am, Start: 8:00am

FEMALE	EVENTS	MALE
49	OPEN 200 BACK	50
51	13/14 200 BACK	52
53	8&UN 50 FREE	54
55	13/14 50 FREE	56
57	OPEN 50 FREE	58
59	8&UN 25 BREAST	60
61	OPEN 100 BREAST	62
63	13/14 100 BREAST	64
65	8&UN 25 FREE	66
67	OPEN 200 FREE	68
69	8&UN 100 FREE RELAY	70
71	13/14 200 FREE RELAY	72
73	OPEN 200 FREE RELAY	74

\*\*\*\*\* COACHES RELAY \*\*\*\*\*

Session 1V: Sunday, January 19, 2020  
 Warmup: 1:00pm, start: 2:00pm

FEMALE	EVENTS	MALE
75	11/12 200 FREE	76
77	9/10 100 BACK	78
79	11/12 50 BACK	80
81	9/10 100 BREAST	82
83	11/12 50 BREAST	84
85	9/10 50 FLY	86
87	11/12 100 FLY	88
89	9/10 100 FREE	90
91	11/12 50 FREE	92
93	9/10 200 FREE RELAY	94
95	11/12 200 FREE RELAY	96



## 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 \_\_\_\_\_