



Oct 5, 2019
A SATURDAY IN OCTOBER MEET
Sanction #19100

Invited Teams: All Metro Teams, other teams interested please contact Ginny Nussbaum at gnussbaum@longislandswimming.com

A SATURDAY IN OCTOBER MEET

Oct 5, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #19100
- 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&U and Open – Saturday Oct. 5 warm-up 10-10:50am Start 11am
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 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 5, 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. 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.
- DEADLINE:** Entries must be received by : Sept 24, 2019
- ENTRY FEE:** An entry fee of \$5.00 per individual event and a \$12.00 facility fee/athlete must accompany the entries.
Make check payable to: **Long Island Swimming**
Payment must be received by Oct 5, 2019. A credit Card will be charged on 10/5 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. 1st – 3rd place awards will be given to the 13 & O athletes in Open events. Events 3, 4, 9, 10, 15 & 16 will be awarded for 1st-10th for both 10&U and 11-12.
- OFFICIALS:** Meet Referee: David Lam, david.lam@fourlams.com

Meet Admin: Delaney Somma
Officials wishing to volunteer should contact Meet Referee by Oct 5, 2019

MEET

DIRECTOR: Dom Boccio, dboccio@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:

Drones: Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, behind the blocks or locker rooms
"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.
Is Prohibited

DECK

CHANGING:

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:

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 Tpk.(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.



LONG ISLAND AQUATIC CLUB

Presents

Saturday in October Meet

Oct 5, 2019

To be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York

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.

WARM-UP 10AM START 11AM

WOMEN	EVENT	MEN
1	8&U 25 free	2
3	9-12 50 Free	4
5	Open 100 free	6
7	8&U 25 Breast	8
9	9-12 50 Breast	10
11	Open 100 Breast	12
13	8&U 25 back	14
15	9-12 50 back	16
17	Open 100 back	18
19	8&U 25 fly	20
21	Open 50 fly	22
23	Open 100 IM	24
25	Open 200 Free	26

