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## Thanksgiving Invite

## Nov20-21, 2020

## Sanction #201100

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## Invited Team: TS, TVSC, any other club interested please contact Ginny Nussbaum @ [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com)

Thanksgiving Invite

**November 20-21, 2020**

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| **SANCTION:** | Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **# 201100** |
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| **LOCATION:** | **Nassau County Aquatic Center & Freedom Pool**  **Eisenhower Park, East Meadow, NY 11554** |
| **FACILITY:** | **10 Lane by 50 meter competition pool w/ 2 meter min depth**  The pool **Has Not been** certified in accordance with Article 104.2.2C (4) |
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| **SESSIONS:** | **Session One – Friday 11/20/20 13&O with cuts warm-up 3:30pm start 4:00pm Freedom Pool**  **13&O no cuts warm-up 5:00warm-up first 4 heats of the 400IM**  **5:30pm start Freedom Pool**  **Friday 11/20/20 11&12 warmup 4:00pm start 5:00pm Aquatic Center**  **Session Two – Saturday 11/21/20 10&U warm-up 7:15am start 8:00am Aquatic Center**  **13&O with cuts warm-up 7-7:50am start 8am Freedom Pool**  **Session Three - Saturday 11/21/20 11&12 warm-up 10:45 start 11:45am Aquatic Center**  **13&O no cuts warm-up 10:30 start 11:30am Freedom Pool**  **Session Four – Saturday 11/21/20 10&U warm-up 2:30pm start 3:15pm Aquatic Center**  **13&O with cuts warm-up 2:00pm start 3:00pm Freedom Pool**  **Session Five – Saturday 11/21/20 11&12 warm-up 6:00pm start 6:45pm Aquatic Center**  **13&O no cuts warm-up 5:45pm start 6:45pm Freedom Pool**  **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 Pre Seeded –**  **Meet Capacity will be a total of 150 (athletes / coaches / officials and volunteer) for the Freedom Pool – spectators will not be permitted – the event will be live streamed for parental/spectator viewing**  **Meet Capacity will be a total of 150 (athletes / coaches / officials and volunteer) for the Aquatic Center Pool – 2 spectators / athlete in the AC session will be permitted to enter with a paid ticket** |
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| **ELIGIBILITY:** | Open to all USA / Metropolitan Swimming Inc. registered swimmers.  All swimmers participating in this meet must be registered by the first day of the meet.  Age on November 20**, 2020** will determine age for the entire meet. |
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| **ENTRIES:** | **Deck entries will not be accepted.**  **NT’s will not be accepted**  **Invited Teams entries only. Entries will be accepted on a first come first serve basis – scratches will be made in accordance with our COVID numbers**  **Hy-Tek Email entries will be accepted**    U.S. Mail Payment to: Leanne Herrera**, 750F Stewart Ave., Garden City, NY 11530**  Email Entries/Confirm Entry Receipt: [**entries.liac@gmail.com**](mailto: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 : Nov 10, 2020** |
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| **ENTRY FEE:** | An entry fee of $7.00per individual event must accompany the entries.  There is a $15.00 facility fee/athlete  Make check payable to: **Long Island Swimming**  Payment must be received by Nov 20, **2020** for email entries. |
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| **WARM-UP:** | Athletes will be assigned specific lane and space in accordance with our COVID policies. |
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| **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. Events 19 & 20 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. |
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| **OFFICIALS:** | **Meet Referee**: Dave Lam, meetofficials@longislandswimming.com  Meet Admin: Dom Boccio  Officials wishing to volunteer should contact Meet Referee by Nov 20**, 2020** |
| **MEET DIRECTOR:** | **Ginny Nussbaum,** [gnussbaum@**longislandswimming.com**](mailto:gnussbaum@longislandswimming.com) **516.378.8467** |
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| **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 | |
| **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.”** |
| **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. |
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| **RULES:** | All COVID Policies will be in effect during this event.  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. “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. |
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| **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. |
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| **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. |
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| **DECK CHANGING:** | Is Prohibited |
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| **ADMISSION to Aquatic Center Session Only:** | $20.00/session at the door  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 only  Freedom Pool Session will be streamed live |
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| **OPERATIONS PROCEDURE:** | Athletes, Coaches, Officials and Volunteers will enter the Freedom Pool through the North Gate with face masks covering mouth and nose on. PPE Masks are always required to be worn out of the pool.  Athletes, Coaches, Officials and Volunteers will only be permitted to enter area 5 minutes before scheduled warm-up.  Athletes, Coaches, Officials and Volunteers will leave the Freedom Pool immediately at the completion of their warm-down.  Athletes, Coaches, Officials and Volunteers will observe social distancing waiting in the check-in line to undergo a temperature check and informational screening.   * Do they have a fever? * Do they have a cough? * Do they have shortness of breath or difficulty breathing? * Have they had the chills, headaches, sore throat in the last 24 hours? * Do they have new loss of taste or smell or other symptoms listed by the CDC? * Have they traveled or been with anyone who has traveled to a state on the NY quarantine list?   Any person with temperature above 100.4 will be sent home. Athletes, Coaches, Officials and Volunteers who are experiencing any symptoms of COVID-19 should remain home and see their physician.  There will be no locker room use. Athletes will come and leave the pool in suits and swerats. Showering will be done at home.  Athletes will bring their own labeled water bottles and healthy snacks.  Upon entrance to pool deck athletes will place belongings in grid space and head to assigned lane.  No sharing equipment, food and/or drinks.  No congregation after swimming – THIS INCLUDES IN FRONT OF AQUATIC CENTER AND PARKING LOT  Athletes, Coaches, Officials and Volunteers will leave through the North Gate under the direction of a monitor. |
| **ATTESTATION STATEMENT:** | In applying for this sanction, LIAC, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Metropolitan Swimming, the State of New York, and local jurisdictions. |
| **ASSUMPTION OF RISK DISCLAIMER:** | We have taken enhanced health and safety measures – for our staff, volunteers, family members and all guests. You must follow all posted instructions while visiting the Freedom Pool. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the Freedom Pool, you voluntarily assume all risks related to exposure to COVID-19.  USA Swimming, Metropolitan Swimming, Long Island Swimming, Long Island Aquatic Club, Nassau Count, Nassau County Aquatic Center cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.  BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, METROPOLIAN SWIMMING, LONG ISLAND SWIMMING, LONG ISLAND AQUATIC CLUB, NASSAU COUNTY, NASSAU COUNTY AQUATIC CENTER AND EACH OFF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORSEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND / OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. |
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| **PARKING:** | There is ample free parking available in the park |
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| **MERCHANTS:** | Hobieswim will be available throughout the entire meet |
| **PARKING:** | There is ample free parking available in the park |
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**LONG ISLAND AQUATIC CLUB**

**Presents**

**Thanksgiving Invite**

**Nov 20-21, 2020**

**To be held at Freedom Pool and the Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York**

**SESSION 1 warm-up 3:30pm Start 4:00pm with cuts in Freedom Pool**

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| **MIXED** | **EVENT DESCRIPTION** |
| **1** | **400 IM** |
| **2** | **100 Free** |

**SESSION 1 warm-up 4:00pm Start 5:00pm 11&12 in Aquatic Center**

|  |  |  |
| --- | --- | --- |
| **MIXED 11** | **EVENT DESCRIPTION** | **MIXED 12** |
| **3** | **200 Freestyle 11 year olds** |  |
| **4** | **50 Breaststroke** | **5** |
| **6** | **50 Butterfly** | **7** |
| **8** | **100 Backstroke** | **9** |
|  | **500 Free 12 year olds** | **10** |

**SESSION 1 warm-up 5:00pm Start 5:30pm no cuts in Freedom Pool**

|  |  |
| --- | --- |
| **MIXED** | **EVENT DESCRIPTION** |
| **11** | **400 IM** |
| **12** | **100 Freestyle** |

**SESSION 2 warm-up 7:15am Start 8:00am 10&U’s Aquatic Center**

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| **MIXED** | **EVENT DESCRIPTION** |
| **13** | **200 IM** |
| **14** | **50 Backstroke** |
| **15** | **50 Freestyle** |
| **16** | **100 Breaststroke** |
| **17** | **50 Butterfly** |

**SESSION 2 warm-up 7:00 Start 8:00am with cuts Freedom Pool**

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| **MIXED** | **EVENT DESCRIPTION** |
| **18** | **200 Freestyle** |
| **19** | **100 Breaststroke** |
| **20** | **200 Backstroke** |
| **21** | **50 Freestyle** |

**SESSION 3 warm-up 10:45am Start 11:45am 11-12 year old’s Aquatic Center**

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| --- | --- | --- |
| **MIXED 11** | **EVENT DESCRIPTION** | **MIXED 12** |
|  | **200 Free 12 year olds** | **22** |
| **23** | **50 Backstroke** | **24** |
| **25** | **50 Freestyle** | **26** |
| **27** | **100 Breaststroke** | **28** |
| **29** | **500 Freestyle 11 year olds** |  |

**SESSION 3 warm-up 10:30 Start 11:30am with no cuts Freedom Pool**

|  |  |
| --- | --- |
| **MIXED** | **EVENT DESCRIPTION** |
| **30** | **200 Freestyle** |
| **31** | **100 Breaststroke** |
| **32** | **200 Backstroke** |
| **33** | **50 Freestyle** |

**SESSION 4 warm-up 2:30pm Start 3:15pm 10&U’s Aquatic Center**

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| **MIXED** | **EVENT DESCRIPTION** |
| **34** | **100 Freestyle** |
| **35** | **50 Breaststroke** |
| **36** | **100 Butterfly** |
| **37** | **100 Backstroke** |
| **38** | **200 Freestyle** |

**SESSION 4 warm-up 2:00 warm-up Start 3:00pm with cuts Freedom Pool**

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| **MIXED** | **EVENT DESCRIPTION** |
| **39** | **200 Butterfly** |
| **40** | **100 Backstroke** |
| **41** | **200 Breaststroke** |
| **42** | **1000 Freestyle** |

**SESSION 5 warm-up 6:00pm Start 6:45pm 11-12 year old’s Aquatic Center**

|  |  |  |
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| **MIXED 11** | **EVENT DESCRIPTION** | **MIXED 12** |
| **43** | **100 Freestyle** | **44** |
| **45** | **100 Butterfly** | **46** |
| **47** | **400 IM 11-12** |  |

**SESSION 5 warm-up 5:45 warm-up Start 6:45pm no cuts Freedom Pool**

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| **MIXED** | **EVENT DESCRIPTION** |
| **48** | **200 Butterfly** |
| **49** | **100 Backstroke** |
| **50** | **200 Breaststroke** |
| **51** | **1000 Freestyle** |