

# **Long Island Express**

## **2021 Fall**

### **Kickoff**

**Swim Meet**

**November 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 2021**

**Swim Meet**

**Sanction # #211101**

**Invited Teams: The following Metro teams are invited until each session has met the maximum either via timeline or capacity as required by NYS Regulations: AGUA, CONDORS, EMPIRE, MATCH POINT, SACHEM, WEST ISLIP.**

# LIE Fall Kickoff

## November 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> 2021

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #211101

**LOCATION:** **Hofstra University**

**FACILITY:** **8 Lane 50 meter facility with Colorado timing system**  
The pool **has been** certified in accordance with Article 104.2.2C (4)  
The depth is 5.0 feet in the shallow end and 15.0 feet in the deep end.

**SESSIONS:** **Friday 13-14 15-18 Warm-up 4:00 Start 5:00**  
**Friday Session 2 – Start 15 minutes after the end of event 12**  
**Saturday and Sunday 11-12, 13-14 8:00 Warm-up 9:00 Start**  
**Saturday and Sunday 10 and under, Open 2:00 warm-up 3:00 start**

**Admission** **There will be no spectators allowed for this event. The meet will be live streamed.**

**FORMAT:** **This is a Timed Finals Meet. This meet will be Pre-Seeded; NO SCRATCHES, NO CHANGES will be permitted at the table.**

**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 Nov 5<sup>th</sup>, 2021 will determine age for the entire meet.

Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries

**DISABILITY SWIMMER** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.

**S:** The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.

**ENTRIES:** The meet will be capped at 450 total athletes in each session

4 Entries per day for 12 and unders - 3 Entries per day for 13 and overs will be permitted. The 500's will be cut by time. Entries will be cut on a first come first serve basis. Hy-Tek entries only.

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 mailed entries**

**DEADLINE:** Entries must be received by : **October 25 For Metro teams and October 15 for non Metro teams**

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.

**MAAPP**

**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.**

**ENTRY FEE:** An entry fee of **\$8.00** per individual event must accompany the entries.

A facility charge of **\$10.00** per athlete must accompany the entry

Make check payable to: **Long Island Express LTD**

Payment must be received by Oct 30<sup>th</sup>, **2021** 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:** The Meet will be pre-seeded and there will be no scratches

**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 will be given 1-3 and ribbons 4-8**

**OFFICIALS** **Meet Referee:** Allon Wone and Darryl Staubeck  
: Officials wishing to volunteer should contact Meet Referee by October 29, 2021

## **MEET**

**DIRECTOR:** **Robert Ortof – Rortof@gmail.com**

**ADMIN REF** Rick Ferriola and Gil Smith

**Disclaimer:** Upon acceptance of his/her entries, the participant waives all claims against **Long Island Express LTD, Hofstra Swim Center,, 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."

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 individuals with underlying medical conditions are especially vulnerable.

**AUDIO/VISUAL STATEMENT: DRONE OPERATION: DECK CHANGING:**

**ADMISSION:** USA Swimming, Inc., 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 **Long Island Express LTD, Hofstra Swim** Center, Metropolitan Swimming Inc., USA Swimming Inc., AND EACH OF 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, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

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:** 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.

**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."

**STARTING RULE COMPLIANCE** 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.

**Deck Changing Audio** Deck changes are prohibited !!

**Deck Changing Audio** Use of Audio and visual recording devices, including a cell phone is not permitted behind the blocks, in changing area, rest rooms or lockers. - Art 202.3 and 202.4

**MERCHANTS:** **Metro Swim Shop will be present at the meet. No food or drink allowed in the building.**

**PARKING:** **Parking immediately adjacent to facility.**

**DIRECTION S:** LIE (495) to Exit 38 (Northern State Parkway) East, to the Meadowbrook Parkway Exit 31 A. Stay on Meadowbrook Parkway until Exit M4 (sign reads Hempstead and Coliseum (travel west) to Main gate (opposite Dunkin Donuts) – enter main gate and turn right at the stop sign at first major intersection – pool facility will be directly in front of you at first stop sign.

5<sup>th</sup>

**Friday November**

**Warm-up 4:00 PM      Start 5:00 PM**

**Session 1**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>1</b>	10 & under 200 Free	<b>2</b>
<b>3</b>	11/12 200 Free	<b>4</b>
<b>5</b>	13-14 400 IM	<b>6</b>
<b>7</b>	Open 400 IM	<b>8</b>
<b>9</b>	10 and under 200 IM	<b>10</b>
<b>11</b>	11/12 200 IM	<b>12</b>

**15 minute break**

**Session 2**

<b>13*</b>	13-14 500 Free	<b>14*</b>
<b>15*</b>	Open 500 free	<b>16*</b>

**Cut off Evt 13-14 6:00.00**

**Evt 15    5:45.00**

**Evt 16    5:30.00**

**Saturday November 6th**

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>17</b>	13-14 100 Free	<b>18</b>
<b>19</b>	11/12 50 Free	<b>20</b>
<b>21</b>	13-14 200 Back	<b>22</b>
<b>23</b>	11/12 100 Back	<b>24</b>

<b>25</b>	13-14 100 Fly	<b>26</b>
<b>27</b>	11/12 50 Fly	<b>28</b>
<b>29</b>	13-14 100 Breast	<b>30</b>
<b>31</b>	11/12 100 Breast	<b>32</b>
<b>33*</b>	13-14 200 IM	<b>*34</b>

\*Cut off time 3:00

**Saturday November 6<sup>th</sup>**

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

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

\*Cut off time 2:45

**Sunday November 7<sup>th</sup>**

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>53</b>	13-14 200 free	<b>54</b>
<b>55</b>	11-12 100 Free	<b>56</b>
<b>57</b>	13-14 100 Back	<b>58</b>
<b>59</b>	11-12 50 Back	<b>60</b>
<b>61</b>	13-14 200 Fly	<b>62</b>
<b>63</b>	11-12 100 Fly	<b>64</b>

<b>65</b>	13-14 200 Breast	<b>66</b>
<b>67</b>	11-12 50 Breast	<b>68</b>
<b>69</b>	13-14 50 Free	<b>70</b>
<b>71*</b>	11-12 500 Free	<b>72*</b>

**\*Cut off time for event 71 & 72 is 6:00**

**Sunday November 7<sup>th</sup>**

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>73</b>	Open 200 Free	<b>74</b>
<b>75</b>	10 and under 100 Free	<b>76</b>
<b>77</b>	Open 100 Back	<b>78</b>
<b>79</b>	10 and under 50 Back	<b>80</b>
<b>81</b>	Open 200 Fly	<b>82</b>
<b>83</b>	10 and under 100 Fly	<b>84</b>
<b>85</b>	Open 200 Breast	<b>86</b>
<b>87</b>	10 and under 50 breast	<b>88</b>
<b>89</b>	Open 50 Free	<b>90</b>
<b>91*</b>	10 and under 500 Free	<b>92*</b>

**\*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 \_\_\_\_\_

Meet \_\_\_\_\_ Location \_\_\_\_\_

Date(s) of meet \_\_\_\_\_