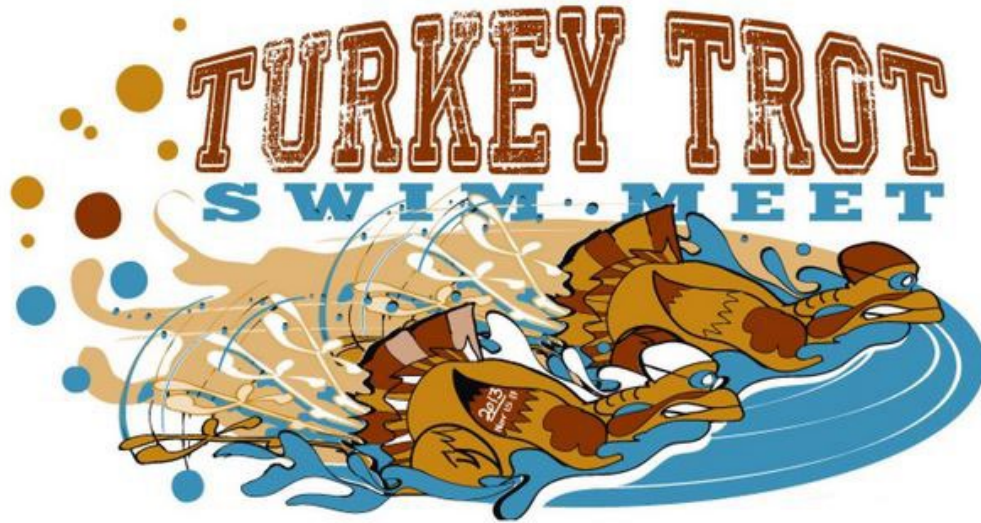


Invitational Meet Announcement



## 2022 MR SSC Turkey Trot

**Nassau County Aquatic Center  
Eisenhower Park  
East Meadow, NY**

**Saturday, November 12, 2022  
Sanction #221105 & 221153-T**

**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: SSC, TVSC, HAA, IA, TS, FA, HYB, EHY, WISC, JFAC-NJ, LIFE-MR, LIFE-NJ, SHY, RIST, VIP, WEST, QNS

All other teams please contact [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com) for availability.

# 2022 MR SSC Turkey Trot

Saturday, November 12, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **221105 & 221153-T**
- LOCATION:** **Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY**
- FACILITY:** **10 Lane x 25-yard competition pool, CTS6 Timing System, touch pads primary, with 10 lane alpha-numeric scoreboard. The Meet Referee reserves the right to run any session in less than 10 lanes.**  
**The pool **Has NOT been** certified in accordance with Article 104.2.2C(4)**
- SESSIONS:** **Session 1 – 15 & Over/10 & Under Boys 7:00AM Warm Up, 8:05AM Start Time**  
**Session 2 – 13-14 11:30AM Warm Up, 12:35PM Start Time**  
**Session 3 – 11-12/10 & Under Girls 4:00PM Warm Up, 5:05PM Start Time**  
**3 hour sessions maximum time line- ALL SESSIONS**
- FORMAT:** **This is a Timed Finals Meet. Events will be swum Slowest to Fastest.**
- 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. No "Deck Registrations" will be accepted  
Age on **November 12, 2022** 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:** All Athletes are limited to enter 4 events per session  
Deck entries will not be accepted.  
**NT's will not be accepted.**  
Entries are by invited teams only. Hy-Tek Email entries will be accepted  
U.S. Mail Entries/Payment to: **Sachem Swim Club, PO Box 191, Ronkonkoma, NY 11779**  
Email Entries/Confirm Entry Receipt: [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com) **\*\*PLEASE NOTE NEW EMAIL \*\***  
Express Mail Entries – please waive signature
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro team's entries must be received by **November 1, 2022**  
2: The final entry deadline for this meet is **November 5, 2022**  
3: Metro entries received between **October 25, 2022** and **November 1, 2022** will be entered first. 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 **\$8.00** per individual event must accompany the entries.  
A **\$10.00** Facility Surcharge per swimmer will apply and must accompany the entries.  
Make check payable to: **Sachem Swim Club of Long Island, Inc.**  
Payment must be received by **11/12/2022** 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. 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.
- WARM-UP:** General warm up with assigned lanes. Lane assignments will be distributed along with the meet program each session.

**SCRATCHES:** Scratches are due 30 minutes before session start.

**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:** **All ages will receive awards, 1<sup>st</sup> thru # of lanes the pool is run in.**

**OFFICIALS:** **Meet Referee(s): [Allen Wone - ssc.allenwone@gmail.com](mailto:ssc.allenwone@gmail.com) & [Dana Wone- dwone@optonline.net](mailto:dwone@optonline.net)**  
Officials wishing to volunteer should contact Meet Referee by **November 1, 2022**

**ADMIN. OFFICIAL:** **Administrative Official: [Brian Pfisterer/Amanda Orner](#)**

**MEET DIRECTOR:** **[Brian Pfisterer/Amanda Orner](#) – Use [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com) for all correspondence**

**RULES:** The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy (MAAPP) 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”**

**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."  
**1 Meter – 15 Feet, 5 Meter – 12 Feet**

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

**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 blocks.

**DRONE OPERATION:** 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:** Admission \$8.00 per session  
Programs \$2.00 per session **CASH OR VENMO ONLY. NO CREDIT/DEBIT CARDS.**

**MERCHANTS:** A concession stand may be operated by a vendor contracted by the Nassau County Aquatic Center. The event host has no responsibility for the concession stand and its operation and hours. No glass will be permitted on the deck. A Swim Vendor may be available throughout the entire meet.

**PARKING:** Free Parking available in Lots 1 and 1A of Eisenhower Park

**CAPACITY:** Current NYS/Nassau County Regulations apply

**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 Southern 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.

# 2022 MR SSC Turkey Trot

## Order of Events

### 3 Hours – ALL SESSIONS

#### Session 1:

Warm-Up: 7:00AM / Meet Starts: 8:05AM

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
101	15+ 200 IM	102
	10 & Under 100 IM	103
104	15+ 100 Butterfly	105
	10 & Under 50 Butterfly	106
107	15+ 200 Breaststroke	108
	10 & Under 50 Breaststroke	109
110	15+ 100 Backstroke	111
	10 & Under 50 Backstroke	112
113	15+ 200 Butterfly	114
115	15+ 100 Breaststroke	116
117	15+ 200 Backstroke	118
	10 & Under 50 Freestyle	119
120	15+ 50 Freestyle	121
122	15+ 200 Freestyle	123

#### Session 2:

Warm-Up: 11:30AM / Meet Starts: 12:35PM

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
201	13-14 200 IM	202
203	13-14 100 Butterfly	204
205	13-14 200 Breaststroke	206
207	13-14 100 Backstroke	208
209	13-14 200 Butterfly	210
211	13-14 100 Breaststroke	212
213	13-14 200 Backstroke	214
215	13-14 50 Freestyle	216
217	13-14 200 Freestyle	218

**Session 3:**

**Warm-Up: 4:00PM / Meet Starts: 5:05PM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>301</b>	<b>11-12 100 IM</b>	<b>302</b>
<b>303</b>	<b>10 &amp; Under 100 IM</b>	
<b>304</b>	<b>11-12 100 Butterfly</b>	<b>305</b>
<b>306</b>	<b>10 &amp; Under 50 Butterfly</b>	
<b>307</b>	<b>11-12 100 Breaststroke</b>	<b>308</b>
<b>309</b>	<b>10 &amp; Under 50 Breaststroke</b>	
<b>310</b>	<b>11-12 50 Backstroke</b>	<b>311</b>
<b>312</b>	<b>10 &amp; Under 50 Backstroke</b>	
<b>313</b>	<b>11-12 50 Butterfly</b>	<b>314</b>
<b>315</b>	<b>11-12 50 Breaststroke</b>	<b>316</b>
<b>317</b>	<b>11-12 100 Backstroke</b>	<b>318</b>
<b>319</b>	<b>10 &amp; Under 50 Freestyle</b>	
<b>320</b>	<b>11-12 50 Freestyle</b>	<b>321</b>
<b>322</b>	<b>11-12 100 Freestyle</b>	<b>323</b>



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