

LIAC Virtual Short Course Championships Invite



Hosted By:



March 12-14, 2021

Friday, Saturday, Sunday

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number – 210300

All Metro Teams who the County of Nassau permit us to host are invited!! As of 1/21/21 teams from Nassau, Suffolk, and Queens County are permitted. As our environment is changing daily please contact Ginny Nussbaum, gnessbaum@longislandswimming.com to check if there are any changes if you are interested in attending.

LIAC Virtual Short Course Championships

Invite

March 12th – 14th, 2021

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc. **Sanction #210300**

LOCATION: Nassau County Aquatic Center
Eisenhower Park, East Meadow, NY 11554

FACILITY: 2 X 10 Lane by 25-yard competition pool w/ 2 meter min depth
6 Lane by 25-meter warm up pool w/ 2 meter min depth
Colorado Timing System, scoreboard readouts, Hy-Tek meet manager
The pool has not been certified in accordance with Article 104.2.2C (4)

SESSIONS: Fri., Sat., Sun. 11 – 14 Prelims: Warm-up: 7:30 am Meet: 8:00 am
15 & Over Prelims: Warm-up: 10:00 am Meet 10:30 am
9 & 10 Timed Final: Warm-up 12:30 pm Meet 1:00 pm
Sat. & Sun. 8 & U Timed Final: Warm-up 3:00 pm 3:30 pm

Finals: Warm-up: 5:30 pm Meet: 6:00pm

FORMAT:

- Short Course Yards
- Limited to 260 athletes /session broken down as 130 athletes / combined age group - 65 female athletes /65 male athletes / session
- All athletes will be assigned seating in the upper bleachers. Seating will be labeled and spaced socially distanced 6 feet apart.
- Coaches will have assigned space on the pool deck. Coaches seating will be spaced socially distanced 6 feet apart.
- **11 & Over Format –**
 - 11-12 will swim as an age group in all preliminary sessions.
 - 13-14 will swim as an age group in all preliminary sessions.
 - 15&O will swim as an age group in all preliminary sessions.
 - 11-12, 13-14 and 15&O age groups and genders will be split between two separate East and West pools (alternating days) for preliminaries only.
 - Breaks will be inserted where needed
 - 11 & 12 200 Butterfly, Backstroke & Breaststroke, 11 & O 400 IM and 500 Free, 13&O 1000/1650 Free will be swum as Timed Finals as part of the preliminary sessions .
 - Timed Final events will be swum as combined age group (11-12, 13-14 or 15&O).
 - With the exception of the Timed Final events, swimmers will advance to finals using the following format:
 - *A1 Final: The Top 10 athletes from the preliminaries in the 11-12, 13-14 & 15 &O preliminaries.*
- **9 & 10 Format –**
 - 9 & 10 individual events will be swum as Timed Final events.
 - 9 & 10 session will be conducted in the East Championship Pool
 - 10 minute breaks following the male event
- **8 & Under Format –**
 - 8 & Under individual events and relays will be swum as Timed Final events.
 - 8 & Under session will be conducted in the East Championship Pool
 - 10 minute breaks following the male event

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 **March 12, 2021** will determine age for the entire meet.

- DISABILITY SWIMMER:** 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. The qualification standards for the meet will be USA swimming LSC Para times.
<https://www.usaswimming.org/docs/default-source/disabilitydocuments/lsc-para-times-ndc-official.pdf?sfvrsn=6>
- ENTRIES:** Entry times must equal or better the qualifying standards. Entries will be accepted on a first come first serve basis. The 66-athlete entered in each gender in each age group will be the first athlete on the waiting list. If one of the 1-65 athletes entered scratch, we will go to the waiting list to fill the meet. Short course yards time will be the conforming standard and can only be used for entries. Entry times may NOT be converted. Times must have been achieved between January 1, 2019 and the meet entry deadline.
- A swimmer may enter any number of events but may swim no more than three (3) individual events per day for a total of nine (9) individual events.
- Swimming exhibition or Deck entries (including relay only swimmers will not be permitted.)
- Email questions to: entries.liac@gmail.com
- DEADLINE:** Entries must be submitted by March 2, 2021.
- You must submit a working email address to receive an email confirming receipt of entries. Contact entries.liac@gmail.com if you do not receive such a report within 2 days of submitting your entry.
- ENTRY FEE:** **\$15.00** per individual prelim/final event
\$10.00 per individual timed final event
\$15.00 per swimmer for facility fee.
- Corrections:** The psych sheets will be posted on <http://www.longislandswimming.com/hosted-meets.html> Clubs will be given until 9:00pm on Wednesday, March 3, 2021 to email corrections to entries.liac@gmail.com. No exceptions will be made to this deadline. No improvements in seed time will be accepted.
- TIME TRIALS:** Will not be offered.
- PROTESTS:** All competition-related protests, including protests concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred. Protests will be handled at the time they are presented to the Meet Director, by the Meet Committee.
- WARM-UP:** Warm-up lanes and times will be assigned to each team. Dive and pace are to be conducted in your assigned lane. The diving pool will remain open for general warm-up. No diving will be permitted except in your designated lane under direct supervision of a coach. All swimmers must be supervised by a coach.
- SCRATCH:** **All Scratches will be submitted by 12 pm Thursday, March 11, 2021. Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.**
Coaches must make sure that their swimmers understand that once they are scratched, they will not be re-entered in the session. Coaches should inform their swimmers to leave plenty of time for traffic etc.
A swimmer who misses a final will be barred from the rest of the meet.
- Failure to scratch a swimmer entered in more than three events in a day will result in that swimmer having to swim the first three events for which he/she is entered. No exceptions.**

- 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.
Due to COVID the following is the number of coaches will be permitted on deck each session.
1-15 athletes in session 1 coaches pass
16-30 athletes in session 2 coaches passes
31-45 athletes in session 3 coaches passes
46 + athletes in session 4 coaches passes
- AWARDS:** Individual Events (1st – 10th Place), Medals for 1st – 3rd, Ribbons for 4th – 10th
▪ Awarded by following Ages: 8 & Under, 9&10, 11-12, 13-14, 15&O
Relay Events (1st – 3th Place) – Medals for 1st – 3rd.
- OFFICIALS:** **Meet Referee:** Daryl Strabuck
Meet Admin: Danielle Baldwin,
Officials wishing to volunteer should contact Meet Referee by email at
Meetofficials@longislandswimming.com
- MEET DIRECTOR:** Ginny Nussbaum, contact information phone: 516-378-8467,
Email gnussbaum@longislandswimming.com , **only Metropolitan Swimming certified USA Swimming Coaches questions will be entertained. All parents are to speak with their individual team's coach regarding their specific needs.**
- 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.
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.
- 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.
- 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.
- AUDIO/VISUAL STATEMENT:** 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
- ADMISSION** There will be no spectators.
The event will be live-streamed. Address to follow
- MERCHANT:** A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.
Meet apparel is available thru HobieSwim's online store @
<https://metrovirtualchamps.itemorder.com/sale>
- 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”

DECK Change: Is Prohibited

NO 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.

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 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.

3/12/20 Friday 8:00 A.M. Preliminaries 11 – 12 GIRLS & 13 – 14 BOYS EAST POOL**Session #1**

Event	Odd Yr Qual	Even Yr Qual	Event
3	5:25.79	5:17.79	GIRLS 11-12 400 Individual Medley – TIMED FINAL
6	4:47.79	4:39.79	BOYS 13-14 400 Individual Medley – TIMED FINAL
9	31.29	29.99	GIRLS 11-12 50 Butterfly
12	1:03.19	1:01.19	BOYS 13-14 100 Backstroke
15	1:09.89	1:07.89	GIRLS 11-12 100 Backstroke
18	2:33.39	2:29.39	BOYS 13-14 200 Breaststroke
21	2:56.39	2:52.39	GIRLS 11-12 200 Breaststroke – TIMED FINAL
24	55.19	52.99	BOYS 13-14 100 Freestyle
27	1:01.69	59.69	GIRLS 11-12 100 Freestyle
30	18:31.99	18:11.99	BOYS 13-14 1650 Freestyle - TIMED FINAL*

Limit 2 heats*

3/12/20 Friday 8:00 A.M. Preliminaries 11-12 BOYS & 13-14 GIRLS WEST POOL**Session #2**

Event	Odd Yr Qual	Even Yr Qual	Event
4	5:25.79	5:17.79	BOYS 11-12 400 Individual Medley – TIMED FINAL
5	5:02.39	4:57.59	GIRLS 13-14 400 Individual Medley – TIMED FINAL
10	31.59	30.59	BOYS 11-12 50 Butterfly
11	1:05.19	1:03.99	GIRLS 13-14 100 Backstroke
16	1:10.19	1:08.19	BOYS 11-12 100 Backstroke
17	2:41.19	2:38.79	GIRLS 13-14 200 Breaststroke
22	2:56.39	2:52.39	BOYS 11-12 200 Breaststroke – TIMED FINAL
23	57.69	56.39	GIRLS 13-14 100 Freestyle
28	1:01.19	59.49	BOYS 11-12 100 Freestyle
29	11:15.99	11:03.99	GIRLS 13-14 1000 Freestyle - TIMED FINAL*

Limit 2 heats*

3/12/20 Friday 10:30 A.M. Preliminaries 15&O MEN EAST POOL -15&O GIRLS WEST POOL**Session #3**

Event	Qual Time	Event
1	5:29.99	Women 15 & O 500 Freestyle – TIMED FINAL
2	5:07.00	Men 15 & O 500 Freestyle – TIMED FINAL
7	1:13.99	Women 15 & O 100 Breaststroke
8	1:04.69	Men 15 & O 100 Breaststroke
13	26.29	Women 15 & O 50 Freestyle
14	23.69	Men 15 & O 50 Freestyle
19	2:18.99	Women 15 & O 200 IM
20	2:06.99	Men 15 & O 200 IM
25	2:26.99	Women 15 & O 200 Butterfly
26	2:11.99	Men 15 & O 200 Butterfly

3/12/20 Friday 1:00 P.M. Preliminaries 9&10 GIRLS & BOYS EAST POOL**Session #4**

Event	Qual Time	Event
31	3:13.99	GIRLS 9 & 10 200 Individual Medley
32	3:13.99	BOYS 9 & 10 200 Individual Medley
33	1:33.09	GIRLS 9 & 10 100 Backstroke
34	1:37.09	BOYS 9 & 10 100 Backstroke
35	1:46.19	GIRLS 9 & 10 100 Breaststroke
36	1:48.39	BOYS 9 & 10 100 Breaststroke
37	1:18.49	GIRLS 9 & 10 100 Freestyle
38	1:18.49	BOYS 9 & 10 100 Freestyle

3/12/20 Friday 6:00 P.M. Finals Session #5**GIRLS**7
9
11
13
15
17
19
27
23
25**EVENT**15 & O 100 Breaststroke
11-12 50 Butterfly
13-14 100 Backstroke
15 & O 50 Freestyle
11-12 100 Backstroke
13-14 200 Breaststroke
15 & O 200 IM
11-12 100 Freestyle
13-14 100 Freestyle
15 & O 200 Butterfly**BOYS**8
10
12
14
16
18
20
28
24
26**3/13/20 Saturday 8:00 A.M. Preliminaries 11-12 GIRLS & 13-14 BOYS WEST POOL
Session #6**

Event	Odd Yr Qual	Even Yr Qual	Event
41	2:30.39	2:26.39	GIRLS 11-12 200 Individual Medley
44	2:15.39	2:10.99	BOYS 13-14 200 Individual Medley
47	32.59	31.59	GIRLS 11-12 50 Backstroke
50	1:10.69	1:08.69	BOYS 13-14 100 Breaststroke
53	1:20.19	1:18.19	GIRLS 11-12 100 Breaststroke
56	2:20.39	2:16.39	BOYS 13-14 200 Butterfly
59	2:42.39	2:38.39	GIRLS 11-12 200 Butterfly – TIMED FINAL
62	2:00.39	1:55.99	BOYS 13-14 200 Freestyle
63	2:14.29	2:10.29	GIRLS 11-12 200 Freestyle

**3/13/20 Saturday 10:00 A.M. 11-12 BOYS & 13-14 GIRLS EAST POOL
Session #7**

Event	Odd Yr Qual	Even Yr Qual	Event
42	2:30.39	2:26.39	BOYS 11-12 200 Individual Medley
43	2:21.19	2:18.79	GIRLS 13-14 200 Individual Medley
48	32.59	31.59	BOYS 11-12 50 Backstroke
49	1:14.59	1:13.39	GIRLS 13-14 100 Breaststroke
54	1:20.19	1:18.19	BOYS 11-12 100 Breaststroke
55	2:27.19	2:24.79	GIRLS 13-14 200 Butterfly
60	2:42.39	2:38.39	BOYS 11-12 200 Butterfly – TIMED FINAL
61	2:05.19	2:02.79	GIRLS 13-14 200 Freestyle
64	2:13.39	2:09.39	BOYS 11-12 200 Freestyle

**3/13/20 Saturday 10:30 A.M. Preliminaries 15&O MEN WEST POOL -15&O GIRLS EAST POOL
Session #8**

Event	Qual TIME	Event
39	4:59.99	Women 15 & O 400 IM – TIMED FINAL
40	4:35.99	Men 15 & O 400 IM – TIMED FINAL
45	1:02.99	Women 15 & O 100 Butterfly
46	56.99	Men 15 & O 100 Butterfly
51	2:19.99	Women 15 & O 200 Backstroke
52	2:08.99	Men 15 & O 200 Backstroke
57	2:02.49	Women 15 & O 200 Freestyle
58	1:52.49	Men 15 & O 200 Freestyle

**3/13/20 Saturday 1:00 P.M. Preliminaries 9&10 GIRLS & BOYS EAST POOL TIMED FINAL
Session #9**

Event	Qual Time	Event
65	1:28.59	GIRLS 9 & 10 100 Individual Medley
66	1:28.59	BOYS 9 & 10 100 Individual Medley
67	35.19	GIRLS 9 & 10 50 Freestyle
68	35.19	BOYS 9 & 10 50 Freestyle
69	1:37.99	GIRLS 9 & 10 100 Butterfly
70	1:37.99	BOYS 9 & 10 100 Butterfly
71	7:04.99	GIRLS 9 & 10 500 Freestyle
72	7:04.99	BOYS 9 & 10 500 Freestyle

**3/13/20 Saturday 3:30 P.M. Preliminaries 8&U GIRLS & BOYS EAST POOL TIMED FINAL
Session #10**

Event	Event
73	Girls 8 & U 25 Free
74	Boys 8 & U 25 Free
75	Girls 8 & U 50 Backstroke
76	Boys 8 & U 50 Backstroke
77	Girls 8 & U 25 Butterfly
78	Boys 8 & U 25 Butterfly
79	Girls 8 & U 50 Breaststroke
80	Boys 8 & U 50 Breaststroke
81	Girls 8 & U 100 Freestyle
82	Boys 8 & U 100 Freestyle

3/13/20 Saturday 6:00 P.M. Finals Session #11

GIRLS

EVENT

BOYS

41	11-12 200 Individual Medley	42
43	13-14 200 Individual Medley	44
45	15 & O 100 Butterfly	46
47	11-12 50 Backstroke	48
49	13-14 100 Breaststroke	50
51	15 & O 200 Backstroke	52
53	11-12 100 Breaststroke	54
55	13-14 200 Butterfly	56
57	15 & O 200 Freestyle	58
63	11-12 200 Freestyle	64
61	13-14 200 Freestyle	62

**3/14/20 Sunday 8:00 A.M. Preliminaries 11-12 GIRLS & 13-14 BOYS EAST POOL
Session # 12**

Event	Odd Yr Qual	Even Yr Qual	Event
83	1:11.19	1:09.19	GIRLS 11-12 100 Individual Medley
87	37.29	36.29	GIRLS 11-12 50 Breaststroke
89	1:01.69	59.49	BOYS 13-14 100 Butterfly
93	1:10.69	1:07.99	GIRLS 11-12 100 Butterfly
95	2:15.89	2:11.89	BOYS 13-14 200 Backstroke
99	2:32.39	2:28.39	GIRLS 11-12 200 Backstroke – TIMED FINAL
103	25.39	24.39	BOYS 13-14 50 Freestyle
101	28.59	27.59	GIRLS 11-12 50 Freestyle
110	6:01.99	5:51.99	BOYS 13-14 500 Freestyle – TIMED FINAL
107	5:23.99	5:13.99	GIRLS 11-12 500 Freestyle – TIMED FINAL

**3/14/20 Sunday 8:00 A.M. Preliminaries 11-12 BOYS & 13-14 GIRLS WEST POOL
Session # 13**

Event	Odd Yr Qual	Even Yr Qual	Event
84	1:11.19	1:09.19	BOYS 11-12 100 Individual Medley
88	37.19	36.19	BOYS 11-12 50 Breaststroke
90	1:04.09	1:02.89	GIRLS 13-14 100 Butterfly
94	1:11.89	1:09.89	BOYS 11-12 100 Butterfly
96	2:19.49	2:17.09	GIRLS 13-14 200 Backstroke
100	2:35.39	2:31.39	BOYS 11-12 200 Backstroke – TIMED FINAL
104	26.49	26.09	GIRLS 13-14 50 Freestyle
102	28.49	27.49	BOYS 11-12 50 Freestyle
109	6:01.99	5:51.99	GIRLS 13-14 500 Freestyle – TIMED FINAL
108	5:32.99	5:26.99	BOYS 11-12 500 Freestyle – TIMED FINAL

**3/14/20 Sunday 10:30 A.M. Preliminaries 15&O MEN EAST POOL -15&O GIRLS WEST POOL
Session #14**

Event	QUAL TIMES	Event
85	56.99	Women 15 & O 100 Freestyle
86	51.49	Men 15 & O 100 Freestyle
91	2:40.99	Women 15 & O 200 Breaststroke
92	2:25.99	Men 15 & O 200 Breaststroke
97	1:04.49	Women 15 & O 100 Backstroke
98	58.79	Men 15 & O 100 Backstroke
105	10:59.99 Women 10:38.29 Men	Mixed 15 & O 1000 Freestyle*
106	18:10.99 Women 17:49.99 Men	Mixed 15 & O 1650 Freestyle*

- Athletes may choose 1 of the distance events

**3/14/20 Sunday 1:00 P.M. Preliminaries 9&10 GIRLS & BOYS EAST POOL TIMED FINAL
Session #15**

Event	Qual Time	Event
111	42.39	GIRLS 9 & 10 50 Butterfly
112	43.89	BOYS 9 & 10 50 Butterfly
113	41.89	GIRLS 9 & 10 50 Backstroke
114	42.89	BOYS 9 & 10 50 Backstroke
115	47.79	GIRLS 9 & 10 50 Breaststroke
116	48.59	BOYS 9 & 10 50 Breaststroke
117	3:13.99	GIRLS 9 & 10 200 Freestyle
118	3:13.99	BOYS 9 & 10 200 Freestyle

**3/14/20 Sunday 3:30 P.M. Preliminaries 8&U GIRLS & BOYS EAST POOL TIMED FINAL
Session #16**

Event	Event
119	Girls 8 & U 50 Free
120	Boys 8 & U 50 Free
121	Girls 8 & U 25 Backstroke
122	Boys 8 & U 25 Backstroke
123	Girls 8 & U 50 Butterfly
124	Boys 8 & U 50 Butterfly
125	Girls 8 & U 25 Breaststroke
126	Boys 8 & U 25 Breaststroke
127	Girls 8 & U 100 Individual Medley
128	Boys 8 & U 100 Individual Medley

3/14/20 Sunday 6:00 P.M. Finals Session # 17

GIRLS

EVENT

BOYS

83	11-12 100 Individual Medley	84
85	15 & O 100 Freestyle	86
87	11-12 50 Breaststroke	88
89	13-14 100 Butterfly	90
91	15 & O 200 Breaststroke	92
93	11-12 100 Butterfly	94
95	13-14 200 Backstroke	96
97	15 & O100 Backstroke	98
101	11-12 50 Freestyle	102
103	13-14 50 Freestyle	104

NASSAU COUNTY AQUATIC CENTER

Facility Rules/Guidelines for teams/participants

General Facility rules:

- Meet Marshals shall have full authority to warn or order to cease and desist, and, with the concurrence of the Referee, to remove, or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.
- No food or beverages are permitted on pool deck or locker room. Sports drinks and water are allowed. Food and/or beverages are permitted in designated areas – the lower level lobby, lower level rooms, upper level lobby and upper level hallway.

All debris should be discarded in receptacles.

- Anything posted on walls must be posted using colored painters tape. *No other kind of tape can be used at all.* Nothing can be posted on any windows anywhere in the facility

No balloons are permitted in facility

It's the swim club's responsibility to provide adequate adult supervision of all team members throughout the facility, including locker rooms.

Use of pool rules

- Event participants and coaches are not permitted in the locker rooms or pool deck until 15 minutes prior to the meet start/warm-up time (start time listed on permit) or a specified practice time.

Sitting or hanging on lane lines or safety ropes is prohibited.

Only certain areas of the pool will be reserved for an event. Participants are restricted only to the reserved pool space. You should ask the meet director for clarification on what space is reserved.

Swim teams are not permitted on the dive boards and/or dive platform tower.

Bulkheads (start/turn ends): Maximum load per bulkhead is 50 people. 2 or 3 bulkheads together will allow 70 people.

Athlete Seating:

Team seating should be assigned by the meet director in advance of arrival.

There is no team seating outside the pool edge extended at both the dive pool end and the shallow pool end. No outside folding chairs/seating are permitted on the pool deck.

Teams/athletes are not permitted to bring in portable music systems unless used with headphones. Teams/athletes shall not obstruct any exits with equipment and/or athletes

No team banners can be erected unless they are self-standing; use magnetic hooks or temporarily hang in approved locations. They cannot be attached to any walls/windows or bleachers.

Food Vendors/Catering:

- Events and its participating teams or individuals must use the food service company specified by the facility. Events and its participating teams (or individuals) are not permitted to bring in any outside catering companies, food or beverages into the facility. "Donated" food and beverages are not permitted.

Parking:

- There is no parking on any grassy areas at all. Illegally parked cars are subject to ticketing and/or towing.

At the discretion of the facility manager, we reserve the right to prevent any particular swim team or individual from using the facility for any current or future event(s). Violations of rules/guidelines would be grounds for such action.

These rules/guidelines are included in all event permits. The permittee (meet organizer) has agreed to the terms of these rules/guidelines. Additional requirements/restrictions may be included in the event permit.

A waiver to certain rules/guidelines may be granted upon written request to the facility manager.

If a waiver to any of these rules has been granted, you will be notified in advance.