



# 2021 TYR Senior Metropolitan Summer Championships

Sanctioned by USA Swimming Inc. & Metropolitan Swimming, Inc.  
Sanction Number # 210701

Sponsored by Metropolitan Swimming, Inc.

To be held at: **Eisenhower Park, Nassau County Aquatic Center**

**July 15-18, 2021**

**Important notice – Please read every page!**

**METRO RESERVES THE RIGHT TO ADJUST THE MEET INFORMATION AND FORMAT PLEASE MAKE SURE TO CHECK METRO WEBSITE AND WITH COACHES FOR UPDATES.**

**The 2021 TYR Summer Senior Mets must be entered through the USA Swimming OME (on-line meet entry) system only.**

**Entries will be accepted online at USA-S OME between  
May 10, 2021 - July 05, 2021**

The MM events file is available on the Metro Web site for swimmer's eligibility purposes only.

**Exported Entries from Team Manager - or any other program - WILL NOT BE  
ACCEPTED**

Questions - email: [entries@metroswimming.org](mailto:entries@metroswimming.org)

General Chair: Eric Fisher  
Meet Director: Dom Boccio  
Meet Referee: Mark Amodio  
Admin Referee: Annette Mackrel

Meet Jury: For consideration of all other protests lodged at the meet, the Meet Referee may appoint a meet jury. The jury shall consist of not fewer than three (3) and not more than five (5) persons, at least one of whom shall be a coach and one an athlete.

# 2021 TYR SENIOR METROPOLITAN SUMMER CHAMPIONSHIPS

Hosted by Metropolitan Swimming, Inc.

NCAC

July 15-18, 2021

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

**Sanction# - # 210701**

**Time Trial Sanction # -**

LOCATION: Eisenhower Park - Nassau County Aquatic Center (NCAC)

FACILITY: 10 x 50 meter lanes for prelims and 10 x 50 meter lanes for finals – minimum depth 2 meters. Colorado Timing System, with 10 lane scoreboard. The pool has been certified in accordance with Article 104.2.2C (4)

**Upon arrival on Thursday Coaches will be handed a packet, in each packet will include a copy of the meet announcement, full meet psych sheet, individual session scratch sheets that will be used for your scratches throughout the meet**

Scratches due Thursday 7/15 at 6:30 pm are for Friday events.

Scratches due Friday 7/16 by 6:30 pm are for Saturday events.

Scratches due Saturday 7/17 by 6:30 pm are for Sunday events.

**\*\* HEAD COACH CELL CONTACT MUST BE PROVIDED FOR SCRATCH PURPOSES\*\***

## MEET DIRECTOR

Dom Boccio

[dom.boccio@metroswimming.org](mailto:dom.boccio@metroswimming.org)

**QUESTIONS:** E-mail all questions: [entries@metroswimming.org](mailto:entries@metroswimming.org)

**WEBSITE:** Metro Swimming LSC: <http://www.metroswimming.org>

**OME:** Online Meet Entry System: [Link](#)

**OFFICIALS:** Meet Referee – Mark Amodio: [amodio@vassar.edu](mailto:amodio@vassar.edu)

Admin Referee – Annette Mackrel: [annette@annettemackrel.com](mailto:annette@annettemackrel.com)

Officials wishing to volunteer should contact the Meet Referee by June 30, 2021.

- The Meet is open to all certified officials within Metro. Certified officials from other LSCs are encouraged to apply.
- This meet has been approved as an Officials' Qualifying Meet for National certification evaluation
- Those seeking evaluations must use the following link to sign up for the meet: [Sign Up Link](#)
- Officials requesting a national evaluation must also fill out and submit the request for national evaluation form that can be found under the Requesting Mentoring and Evaluation at <https://www.usaswimming.org/officials/national-certification-evaluation>. Email completed requests for evaluation to Mark Amodio at [amodio@vassar.edu](mailto:amodio@vassar.edu).
- All requests for evaluation must be received by July 1<sup>st</sup>, 2021. For questions regarding evaluations, contact Mark Amodio: [amodio@vassar.edu](mailto:amodio@vassar.edu)

## SENIOR CHAIRS:

Don Wagner - [don.wagner@metroswimming.org](mailto:don.wagner@metroswimming.org)

Zac Hojnacki - [zac.hojnacki@metroswimming.org](mailto:zac.hojnacki@metroswimming.org)

## SAFETY CHAIR:

John McIlhargy – [john.mcilhargy@metroswimming.org](mailto:john.mcilhargy@metroswimming.org)

**ATHLETE REPS:**

Thomas Cho (Senior Rep)- [thomas.cho@metroswimming.org](mailto:thomas.cho@metroswimming.org)  
Francis Andersen (Junior Rep) - [francis.andersen@metroswimming.org](mailto:francis.andersen@metroswimming.org)

**COACHES' MEETING:**

A brief coaches' meeting will be held Friday to cover the meet and answer all questions. Further meetings will be at the discretion of the meet referee and meet staff and will be announced as needed.

**SESSIONS:**

**Thursday:**

Timed Finals – 800m free  
Warm-up 4:00 p.m. Meet Start: 5:30 p.m.

800m free will be swum fastest to slowest alternating women and men.

800 Free Relays will be swum fastest to slowest alternating Women and Men with the possibility of a combined W/M Heat

Thursday evening all swimmers in the 800m free MUST provide their own timers.

**Friday, Saturday and Sunday:**

**PRELIMS:**

Prelim Sessions: Warm-up 7:30 a.m. Meet Start: 9:00 a.m.

**FINALS:**

Friday and Saturday: Warm-up 4:00 p.m. Meet Start: 5:30 p.m.  
Sunday: Warm-up 5:00 p.m. Meet Start: 6:00 p.m.  
Sunday: Timed Finals – 1500m free: Warm-up and Start TBA

The fastest heat of Women & Men 1500 will swim at the beginning of finals  
Remaining heats will be swum slowest to fastest (Between prelims & finals) – Swimmers  
MUST provide their own timer.

**DISTANCE EVENTS:**

The 800m freestyle may be limited to 40 Women and 40 Men.  
The 1500m freestyle may be limited to 32 Women and 32 Men.

Swimmers entered in these events must confirm their intention to swim (POSITIVE CHECK-IN) or they will not be seeded. Swimmers not checked in or scratched by deadline will be scratched from the event.

**\*Deadline for CHECK-IN for the 800m free is Thursday by 4:45 pm\***

**\*Deadline for CHECK-IN for the 1500m free is Saturday by 6:30 pm\***

## **WARM- UP:**

All athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Coaches must register at the check-in desk when they arrive in order for their clubs to gain deck access and begin warm-up. Only athletes entered in this meet may use the warm-up lanes.

Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for supervision. Coaches must notify the Meet Director of any different coaching assignments.

Lane assignments are open on a first come first served basis. Clubs may share lanes with other clubs. No diving will be permitted, except in sprint lanes. Pace lanes will be reserved for swimmers who are being timed by their coaches.

Sprint and Pace Designated Lanes will open the last 30 Minutes of General Warm-up. Entry into pool in pace lanes is feet-first from the start end of the pool.

## **EQUIPMENT:**

### **NO EQUIPMENT WILL BE ALLOWED IN WARM-UP**

#### **FORMAT**

1. Coaches and swimmers shall have the responsibility to familiarize themselves with the current U.S.A. Swimming Rules and Regulations.
2. There will be preliminary heats and finals in all individual events except the 800m and 1500m freestyle. These events will be timed finals.
3. All Relays are timed finals with the Top 16 relays swimming at Finals
4. The event order for the evening sessions will be:
  - D Bonus Final – 8 Swimmers (Offered for 50's & 100's Only)  
(Limited to swimmers 18 & under)
  - C Bonus Final – 8 swimmers  
(Limited to swimmers 18 & under)
  - Consolation Final – 8 swimmers
  - Championship Final – 8 swimmers
5. All participating teams are required to time lanes during the meet. Teams should be ready to time at ANY session regardless of participation numbers.

## **COACHES:**

All coaches must present proof of valid USA Swimming Coach Membership to the Meet Director. All coaches are required to check-in in order to be on deck. Bag tags will be given out to signify compliance with US Membership and must be worn at all times of the competition. A bag tag sticker will be provided following health screening check-in each day.

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. Live Deck Pass certification is acceptable. **Coaches who do not possess these credentials will be required to leave the deck area.**

## WORK ASSIGNMENTS:

All teams will be given at least one timing and or work assignment regardless of number of entries. Additional assignments will be allocated based on the size of your entry.

Meet Directors will consider team sizes for each session to fairly allocate assignments.

All assignments must be filled for the entirety of the session. Teams that fail to fulfill work assignments will face a monetary penalty of \$500 per instance.

Teams that begin an assignment but fail to remain in their assignment for the duration of the session will be fined \$250 per situation.

**Payment will be invoiced from the Metro Office.**

## FINALS:

- Thursday:** All heats of 800m freestyle to be swum fastest to slowest alternating Women and Men. The 800m freestyle relay will be swum fastest to slowest.
- Friday:** Same order as the Prelims
- Saturday:** Same order as the Prelims and the fastest two heats of the 400 Medley Relay
- Sunday:** The evening finals session will begin with the fastest heats of the Women and Men's 1500m freestyle. The remaining heats of the 1500m freestyle will run to finish approximately 10-15 minutes before the start of warm-up for finals alternating women and men, slowest to fastest. Warm-up for the 1500m freestyle will be adjusted and announced after positive check-in. The evening session will begin with the fastest heats of the 1500 Meter Freestyle, Women and Men, followed by the remaining individual events in the same order as prelims; and the fastest 2 heats of the Women's and Men's 400 Free Relay.

### **\*\*SUNDAY RELAYS\*\***

**Teams will have the option to choose to compete at the end of the morning session or at the end of finals on Sunday. Teams must declare intentions by 6:30 pm Saturday Night.**

## ELIGIBILITY:

1. All swimmers must be registered for 2021 with Metropolitan Swimming, Inc. as of the entry deadline. Any swimmer, who is entered and is unregistered will be scratched from the meet. Registrations will not be processed at the meet.
2. **WAIVED FOR SUMMER 2021 MEET =>** In addition, to be eligible to swim in this meet, swimmers must have competed in individual events in a minimum of three (3) Metropolitan Swimming Inc. sanctioned meets (or Regional or Nationals Championships while registered with and representing Metropolitan Swimming, Inc.) As of January 1, 2019, attendance at a meet as a relay-only swimmer does not count as one of the 3 Metro Meets requirement.
3. **Entry times must equal or better the qualifying standards. Long Course Meters (LCM) times will be the conforming standard and will be seeded faster than SCY and SCM times. Entry times may NOT be converted.**
4. Times must have been achieved between January 1, 2019 and the meet entry deadline.
5. All times must be provable in the SWIMS Database.
6. Relays may be entered with composite times.
7. Relay-only Swimmers must be entered through the OME System to be eligible to swim.

8. Swimmers entered with un-provable times will not be seeded.
9. 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 → [Minor-Athlete-Abuse-Prevention-Policy](#)
10. Only swimmers, coaches with current USA Swimming certification credentials, volunteers, timers, and officials will be allowed on deck. Coaches will be required to wear an identification bracelet or bag tag at all times and must be able to produce said identification.

### **ENTRIES:**

1. A swimmer may enter any event for which he/she has met the qualifying standard but may participate in only six (6) individual events.
2. If a swimmer exceeds his/her maximum daily or meet allowance of events and is not properly scratched, then the first (6) events listed for that swimmer are the events that he/she will be seeded in and he/she will be scratched from all remaining events.
3. A swimmer may not swim more than three (3) individual events at prelims on any one day. Once a swimmer is seeded in a prelims event, it counts as an event for that day.
4. A swimmer may swim in any number of relays events during the meet, and relay swims will not count towards their individual event total
5. All entries must be submitted through the USA Swimming OME System (no exceptions) between May 10, 2021 – July 05, 2021. This is the only accepted way to enter this meet.
6. Reminder – please wait until your athletes have exhausted all of their chances to qualify or improve seed times before you finalize your entry and “check-out”. The OME System does not allow for swimmers to be changed or deleted after closing on July 05, 2021.
7. Entries’ Report must be printed directly from OME after check-out as a confirmation of entries. Screen shots or emails will not be accepted as proof of entries!
8. Email all questions: [entries@metroswimming.org](mailto:entries@metroswimming.org)

### **PROOF OF TIME:**

Verification of times for all events is required.

Times submitted through OME will be automatically verified through the USA Swimming SWIMS database unless a custom time is used.

Coaches entering with custom times (those not in the SWIMS database) must be prepared to prove the times with copy of the official meet result. **EMAIL MEET RESULTS TO:** [entries@metroswimming.org](mailto:entries@metroswimming.org)

Any proof of time must be submitted prior to the Scratch deadline for the session in which the event is being swum.

The Proof of Times must include the name and USA-S ID of the athlete as well as the meet, event, and time swum.

High School, College, YMCA and similar non-USAS swims must be a swim officially authorized by USA Swimming.

### **Warning:**

Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$500.00, and no further entries will be accepted from the club until the fine

is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2021.

**DISABILITY SWIMMERS:**

Swimmers with disabilities are encouraged to attend. Contact Kate Hallex - [kate.hallex@metroswimming.org](mailto:kate.hallex@metroswimming.org) 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. Qualification standards for this meet will be the [USA Swimming Para Sectional Times Standards](#).

**DEI:**

Metro may waive entry fees & facility surcharge for registered outreach swimmers. Coaches should contact Lamar DeCasseres - [lamar.decasseres@metroswimming.org](mailto:lamar.decasseres@metroswimming.org) and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.

**DEADLINES:**

Entries must be submitted through the USA Swimming OME System starting May 10, 2021 through Meet Deadline.

This entry date allows any swims achieved through Monday, July 05 to be submitted prior to the deadline.

The OME System will close at 11:59 p.m. on July 05, 2021. Entries will no longer be accepted on OME after the deadline.

In the situation that a team has not properly checked out of OME prior to the deadline, said team entries will assessed a \$250.00 late charge. The Entry will be pulled from OME with no Corrections or Additions being allowed.

**Late Entries:**

Late entries will not be accepted through OME.

For swimmers qualifying for the first time between July 6th and July 11th coaches must submit information on new entries only, (no times updates will be accepted) no later than 12:00pm (noon) on July 12th to:

[ENTRIES@metroswimming.org](mailto:ENTRIES@metroswimming.org)

**ENTRY FEES:**

**INDIVIDUAL ENTRY:** \$10.50 per event

**STAFF DECK PASS:** \$20.50 per person

**SWIMMER SURCHARGE:** \$20.50 per athlete

**RELAY ENTRY:** \$21.00 per Relay Entered

**Credit Card only at OME checkout.**

## CORRECTIONS:

Psych sheets will be posted on the Metro Website on July 10, 2021 by noon.

All Corrections and New Entries must be submitted no later than Noon on July 12<sup>th</sup> by email to [ENTRIES@metroswimming.org](mailto:ENTRIES@metroswimming.org) (corrections include missed or miss-entered events).

**\$30 WILL be assessed for each correction. Metro Swimming is not responsible for entry errors based on incorrect meet files, computer/servers' errors, software bugs, etc.**

No exceptions will be made to this deadline. No improvements in seed time will be accepted, including improvements due to changes in course (SCY to LCM or SCM to LCM).

## SCRATCHES:

### **RULES AND PROCEDURES: PLEASE READ VERY CAREFULLY!!**

1. POSITIVE CHECK-IN for the 800 Meter Freestyle MUST be made in person at the pool desk of NCAC between 4 pm and 4:45 pm on Thursday July 15<sup>th</sup>, 2021. The 800 Free will be seeded promptly at 5:00 pm. POSITIVE CHECK-IN for the 800 Meter Freestyle Relay will be available at the pool desk and will close at 5:00 pm. Scratches will be taken via email as well until 5:00 pm.
2. Scratches for Friday, Saturday and Sunday will be due no later than 6:30 pm the day before the day of completion. i.e. - Scratches for Saturday are due Friday by 6:30 pm. Scratches can be made in person and/or by email at [Entries@metroswimming.org](mailto:Entries@metroswimming.org)
3. Positive check-in for Sunday's distance events will be due no later than 6:30 pm on Saturday. Heats for Sunday's distance will be posted at the pool and on Metro website by end of Saturday Finals.

### **PROCEDURES**

1. In all Timed Final Events (800m and 1500m free) and in all Prelim-Final events, after the events have been either positively checked or seeded, any swimmer who fails to compete in an individual event heat in which he/she is entered and from which he/she has not been scratched will be barred from all further individual events of that day.
2. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares his/her intent to swim prior to the close of scratches for that day's events.
3. C & D Finals are limited to swimmers 18 and under – swimmers 19 and older will be automatically scratched from the Bonus finals unless they move up to the Consolation final due to scratches. A swimmer qualifying for any finals swim, based upon the results of the prelims, must notify the Clerk of Course within 30 minutes after announcement of the qualifiers for that event, that he/she may not intend to compete, and further must declare his/her final intention within 30 minutes following his/her last preliminary event. Any swimmer qualifying for a D, C, B, or A final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph 207.11.6E. In all finals' heats, a declared false start under 101.1.3E or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete.
4. **IT IS THE COACHES' RESPONSIBILITY TO CHECK AND MAKE SURE THEIR ATHLETES ARE PROPERLY SCRATCHED OUT OF FINALS AND THAT THEY HAVE NOT BEEN MOVED INTO THE FINALS SESSION.** There will be a scratch box available and scratches can be processed manually or electronically. Coaches should not leave the competition deck until their swimmers' events are closed.
5. Head Coaches will be asked to provide a **SINGLE** cell number for contact in the situation when a swimmer scratches into finals once the event is closed. While all reasonable efforts will be made to contact coaches if a



swimmer scratches into finals, it remains the coaches' responsibility to monitor their athletes' standings while the event is still open.

6. If a swimmer fails to follow this procedure, he/she will be barred from further competition for the remainder of the meet, except as noted in Rules 207.11.6.A to F. In addition, if a swimmer fails to follow this procedure for the last session of the meet, his/her club will be fined \$150.00 for each instance.

### **RELAY SCRATCH RULES:**

The relay scratch rules will be as follows: Any relay team entered in a relay event and not properly scratched must swim the event. Failure to do so will result in each member of the relay team being barred from the next relay event in which they may otherwise be eligible to compete.

A relay team member failing to appear ready to swim for a relay event will be barred from his/her next individual event. Relay members who do appear ready to swim shall not be penalized.

### **AWARDS:**

Medals for the first 8 places in individual events.

### **SCORING:**

**All events will be scored to 16 places. Points for Individual events are:**

Bonus "D" Final – for 50 free and 100 events only - non-scoring

Bonus "C" Final – non-scoring

Consolation "B" Final – 9, 7, 6, 5, 4, 3, 2, 1

Championship Final – 20, 17, 16, 15, 14, 13, 12, 11

**Points will be doubled for relays. Only two relay teams per club may score.**

### **TIME TRIALS:**

Time Trials may be offered at the discretion of the meet referee if time permits. Time Trials will be conducted at the end of Prelims each day including Thursdays Timed Finals Session (sign-up will open at the start of the session Thursday and be open for 30 minutes). Sign-up for the Time Trials will be offered during each prelim session.

Time trials will be limited to 30 minutes; they will cost \$15.00 per swim. Distance Events 800/1500 will cost \$20.00 per swim.

### **RULES:**

The 2021 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 and if such starts comply with the state, local, facility, and Metro COVID-19 guidelines in effect at the beginning of the competition.

**DECK CHANGING:    **DECK CHANGES ARE PROHIBITED****

**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.

Only swimmers, coaches with current USA Swimming certification credentials, volunteers, timers and officials will be allowed on deck. Coaches will be required to wear an identification bracelet at all times and be able to produce said identification upon request.

**COVID:**

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., Metropolitan Swimming, Inc., and Nassau County Aquatics Center, cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming/Metro Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Metro 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, INC., Metropolitan SWIMMING, INC., Nassau County Aquatics Center, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS 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 THEREWITH.

**COVID RULES:**

All individuals will be required to follow all state, local and Metro COVID-19 Rules. These rules will be provided before the start date of the meet.

**DECK ACCESS:**

Please use designated pool entry areas.

Only swimmers, coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. Credentials must be visible at all times when on deck.

Coaches must request a deck pass through OME. Deck passes will only be issued to individuals registered with USA Swimming.

All coaches must be prepared to show a current USA Swimming registration card (Deck Pass) at the registration table to receive their deck pass. Replacements for lost credentials will cost \$10.00.

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, swimmers must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

### **CHECK-IN AND WARM-UP PROCEDURES:**

All athletes, coaches and officials need to report to the check-in station upon arrival. Athletes, coaches and officials and volunteers will receive a bag tag and a corresponding sticker following check in each day.

Athletes and coaches should clear the facility immediately at the conclusion of a session.

Depending upon the number of athletes entered, teams may be assigned specific warm-up periods for both preliminary and finals sessions. Final information about warm-ups will be provided to the teams no later than the General Meeting.

All swimmers must start warm-ups from either the start end or the turn end of the pool. Entry into the pool from the sides is prohibited. Entry is feet-first unless the lane has been designated for one-way starts.

Swimmers must be under supervision of a USA Swimming credentialed coach during warmups. If a coach from the team will not be travelling with the athletes, please make arrangements prior to the meet for a coach to supervise the athletes who will be attending.

### **DISCLAIMER:**

Upon acceptance of his/her entries, the participant waives all claims against Nassau County Aquatic Center, Nassau County, 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.”

### **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. 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.

### **ADMISSIONS:**

Spectator seating may be limited dependent upon facility guidelines at the time of the event.

All Admissions must be bought online, and proof of purchase will be needed to be allowed into the spectator Stands. **YOU WILL NOT BE ABLE TO PURCHASE TICKETS AT THE DOOR.**

FAILURE TO BUY ONLINE WILL RESULT IN DENIED ENTRY INTO THE STANDS!

ALL ADMISSIONS MUST BE BOUGHT ONLINE, AND PROOF OF PURCHASE WILL BE NEEDED TO BE ALLOWED INTO THE SPECTATOR STANDS.

YOU WILL NOT BE ABLE TO BUY TICKETS AT THE DOOR. FAILURE TO BUY ONLINE WILL RESULT IN NO ENTRY TO THE MEET

**Thursday**

Admission: \$1.00 per person per session

**Friday, Saturday, Sunday Prelims/Finals:**

Adult Admission: \$10.00 per person per session

Child Admission: \$3.00 per person per session

**All Sessions Pass: \$50.00 – Includes Finals**

**TICKET LINK:** To Be Made Available on Metro Website

**PROGRAMS:**

**Psych Sheets and Finals Programs:** Will be available online only for purchase on **Meet Mobile**

**PARKING:**

Ample free parking is available. Patrons must not park in areas sectioned off for NCAC Staff.

**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 Parkway East to Meadowbrook Parkway (northbound) to NY-24 Hempstead Turnpike (exit M\$) 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 Parkway to Meadowbrook Parkway southbound (Jones Beach). Get off Meadowbrook Parkway at NY-24 Hempstead Turnpike. (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.

## SESSIONS:

### **Session 1 – Thursday Distance (5:30 p.m. Start)**

Finals	1 W 800m Freestyle
Finals	2 M 800 m Freestyle
Finals	3 W 800m Freestyle Relay
Finals	4 M 800 m Freestyle Relay

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### **Session 2 – Friday Prelims (9:00 a.m. Start)**

Prelims	5 W 100m Breaststroke
Prelims	6 M 100m Breaststroke
Prelims	7 W 200m Freestyle
Prelims	8 M 200m Freestyle
Prelims	9 W 100m Butterfly
Prelims	10 M 100m Butterfly
Prelims	11 W 400m Individual Medley
Prelims	12 M 400m Individual Medley

### **Session 3 – Friday Finals (5:30 p.m. Start)**

Finals	5 W 100m Breaststroke
Finals	6 M 100m Breaststroke
Finals	7 W 200m Freestyle
Finals	8 M 200m Freestyle
Finals	9 W 100m Butterfly
Finals	10 M 100m Butterfly
Finals	11 W 400m Individual Medley
Finals	12 M 400m Individual Medley

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### **Session 4 – Saturday Prelims (9:00 a.m. Start)**

Prelims	13 W 200m Individual Medley
Prelims	14 M 200m Individual Medley
Prelims	15 W 50m Freestyle
Prelims	16 M 50m Freestyle
Prelims	17 W 100m Backstroke
Prelims	18 M 100m Backstroke
Prelims	19 W 400m Freestyle
Prelims	20 M 400m Freestyle

### **Session 5 – Saturday Finals (5:30 p.m. Start)**

Finals	13 W 200m Individual Medley
Finals	14 M 200m Individual Medley
Finals	15 W 50m Freestyle
Finals	16 M 50m Freestyle

Finals	17 W 100m Backstroke
Finals	18 M 100m Backstroke
Finals	19 W 400m Freestyle
Finals	20 M 400m Freestyle
Finals	21 W 400m Medley Relay
Finals	22 M 400m Medley Relay

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**Session 6 – Sunday Prelims (9:00 a.m. Start)**

Prelims	25 W 200m Backstroke
Prelims	26 M 200m Backstroke
Prelims	27 W 200m Breaststroke
Prelims	28 M 200 m Breaststroke
Prelims	29 W 100m Freestyle
Prelims	30 M 100m Freestyle
Prelims	31 W 200m Butterfly
Prelims	32 M 200m Butterfly

**Session 7 – Sunday Distance (Start Time TBD)**

Finals	23 W 1500m Freestyle
Finals	24 M 1500m Freestyle

**Session 8 – Sunday Finals (6:00 p.m. Start)**

Finals	25 W 200m Backstroke
Finals	26 M 200m Backstroke
Finals	27 W 200m Breaststroke
Finals	28 M 200 m Breaststroke
Finals	29 W 100m Freestyle
Finals	30 M 100m Freestyle
Finals	31 W 200m Butterfly
Finals	32 M 200m Butterfly
Finals	33 W 400m Freestyle Relay
Finals	34 M 400m Freestyle Relay

## 2020 WINTER SENIOR METS - SHORT COURSE

LCM	SCM	SCY		SCY	SCM	LCM
28.79	27.99	25.19	<b>50 Free</b>	22.79	25.39	26.19
1:02.29	1:00.79	54.69	<b>100 Free</b>	<b>49.49</b>	<b>54.89</b>	<b>55.69</b>
2:14.49	2:11.29	1:58.29	<b>200 Free</b>	1:48.69	2:00.69	2:03.89
4:37.59	4:31.19	5:10.99	<b>500 Free</b>	4:52.99	4:16.79	4:22.79
9:35.69	9:22.89	10:44.99	<b>1000 Free</b>	10:09.99	8:51.69	9:04.49
18:34.89	18:10.89	18:12.99	<b>1650 Free</b>	17:19.99	17:16.79	17:40.79
1:08.59	1:07.39	1:00.69	<b>100 Back</b>	55.99	1:02.19	1:03.39
2:28.39	2:25.99	2:11.49	<b>200 Back</b>	2:01.99	2:15.39	2:17.79
1:20.09	1:18.09	1:10.29	<b>100 Breast</b>	1:03.49	1:10.49	1:12.49
2:52.69	2:48.69	2:31.99	<b>200 Breast</b>	<b>2:18.99</b>	<b>2:34.29</b>	<b>2:38.29</b>
<b>1:07.79</b>	<b>1:06.59</b>	<b>59.99</b>	<b>100 Fly</b>	<b>54.59</b>	<b>1:00.59</b>	<b>1:01.99</b>
2:33.79	2:30.99	2:15.99	<b>200 Fly</b>	2:03.99	2:17.69	2:20.49
2:30.49	2:26.49	2:11.99	<b>200 IM</b>	2:01.39	2:14.79	2:17.99
5:21.89	5:12.99	4:41.99	<b>400 IM</b>	4:21.99	4:40.79	4:57.19
4:17.29	4:11.69	3:45.79	<b>400 Free Relay</b>	3:21.89	3:44.19	3:50.59
9:11.59	8:58.79	8:05.39	<b>800 Free Relay</b>	7:22.39	8:11.09	8:23.89
4:46.49	4:40.09	4:12.29	<b>400 Medley Relay</b>	3:46.99	4:11.99	4:18.39

**Eligibility period: from January 1, 2019 to the meet entry deadline**

- Note – Winter 2020 Qualifying Standards will be used for the 2021 Summer Sr. METS



**Metropolitan Swimming**  
**Photographer Registration Form**

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 \_\_\_\_\_