



Hosted By:



March 11-13, 2016
Friday, Saturday, Sunday

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number – 160301

Important notice!

The 2016 Metro 15-18 Age Group Challenge must be entered through the USA Swimming OME (on-line meet entry) system only. Entries will be accepted online at USA-S OME between January 1 & February 29, 2016 The MM events file is available on the Metro Web site for swimmers eligibility purposes only. Exported Entries from Team Manager - or any other program - will not be accepted.

General Chairmen:
Age Group Chairman:
Coach Representative:
Meet Jury:

John McIlhargy
Andrew Copley/Jonah Montgomery
Amine Boubsis
Andrew Copley or Jonah Montgomery, Metro Age Group Chairmen
A Metro Athlete, Metro Coach, Meet Referee, Meet Director/Metro Board Member (5people min.-different each day)

Meet Director: Ginny Nussbaum
Athlete Representative: Michael Zuppone/Emily Sullivan

Metropolitan 15-18 Age Group Team Challenge

March 11th-13th, 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction #160301**
- LOCATION:** Nassau County Aquatic Center
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 1 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)
- FORMAT:** All individual and all relays are run as timed final. This will be a deck seeded 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 11, 2016** 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.
- ENTRIES:** Entry times must equal or better the qualifying standards. 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, 2015 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. If scratched from the 1000 or 1650 because of two-heat limit, a 4th event may be selected.
- All entries, individual and relay, must be submitted through the USA Swimming OME System (no exceptions) between January 1st and February 29, 2016. This is the only accepted way to enter this meet.
Swimming exhibition or Deck entries (including relay only swimmers will not be permitted.)
- Relay only Swimmers must be entered through the OME System to be eligible to swim.
- Reminder – please wait until your athletes have exhausted all of their chances to qualify or improve seed times before finalizing your entry and “check-out”. The OME System does not allow for swimmers to change or delete after closing on February 29, 2016**
- 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!
Email questions to : entries.liac@gmail.com
- DEADLINE:** Entries must be submitted through the USA Swimming OME System between January 1st and February 29, 2016. This entry date allows any swims achieved through Monday, February 29th to be submitted prior to the deadline. The OME System will close at 11:59pm on February 29, 2016. Entries will no longer be accepted on OME after the deadline. For swimmers qualifying for the first time between March 1 and March 6 , coaches must send an email with information on new entries only no later than 11:59pm Sunday, March 6th to Karla at entries.liac@gmail.com
New cuts only. No time updates.
- You must submit a working email address to receive an email confirming receipt of entries. Contact Karla at entries.liac@gmail.com if you do not receive such a report within 2 days of your OME checkout.
- ENTRY FEE:** **\$4.00** per individual Timed Final Event / **\$8.00** per Relay Event
\$5.00 Metropolitan Swimming surcharge per swimmer

Credit Card only at OME checkout.

- 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 2, 2016 to email corrections to entries.liac@gmail.com. No exceptions will be made to this deadline.
No improvements in seed time will be accepted.
Corrections will be accepted by email only. \$5 will be assessed for each correction.
Long Island Aquatic Club is not responsible for entry errors based on incorrect meet files, computer/servers' errors, software bugs, etc.
- TIME TRIALS:** If time permits. A separate sanction number will be used for time trial purposes. Swimmer must be entered in the meet to participate in time trials.
Time Trials count as one of the 3 individual events limit per day.
Fee for time trials is \$5.00 per event, payable at sign-up.
Please note that there is a limit of two (2) time trials over the course of the weekend.
- 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. Following the general warm-up, the competition pool will be open to all teams for a 15 minute dive and pace session: lanes 3-8 will be open for one-way sprints; lanes 2 & 9 will remain as general warm up and lanes 1 & 10 will be designated for pace. The diving pool will remain open for general warm-up. No diving will be permitted except in designated sprint lanes. All swimmers must be supervised by a coach. **If the 14&U meet is running late Warm-up for this event will begin in the diving pool. This event will start at the published time of 1:30pm.**
- SCRATCH:** **Scratches will be due no later than thirty (30) minutes after each published warm-up start time. 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.
- The coach of a swimmer that was seeded in an event, and is a **No-Show (NS)** in the event, must positively check the swimmer for the next days' events in order for that swimmer to be eligible to compete in the rest of the meet.
- Athletes who miss a race in which they were seeded and did not properly deck scratch **will be barred from their next individual event of the day.** If they miss their last event of the day they will be barred from their first event of the next day.
- 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.**
A relay swimmer who fails to report will be barred from his/her first individual event of the next day. The other three will not be penalized provided they appeared.
- Relay swimmers' names must be submitted **in the order in which they will swim.**
- 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.
- SCORING:** Individual Events (1st – 16th Pl.) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events (1st – 8th Pl.) 40-34-32-30-28-26-24-22
Only two relays per club may score
- AWARDS:** Individual Events: Medals for 1st through 8th places, Ribbons for 9th through 16th places.
Relay Events: Medals for 1st through 3rd places, and ribbons for 4th through 8th places.
Individual High Point Awards: 1st through 3rd for Men and Women
Team Awards: Women, Men, Combined

OFFICIALS:	Meet Referee: Rich Brown Meet Admin: Karla Leite Officials wishing to volunteer should contact Meet Referee by email at RichBrown4@verizon.net
MEET DIRECTOR:	Alexis Skelos, contact information phone: 516-378-8467, email askelos@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:	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.
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:	DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Long Island Aquatic Club, Long Island Swimming, 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 or locker rooms
ADMISSION	Pre-sale admission tickets will be available on http://www.longislandswimming.com/hosted-meets.html – once the facility is sold out no daily admission tickets will be sold. \$10.00 per 15-18 Challenge session \$24.00 all weekend pass for 15-18 Challenge Programs and heat sheets will be for sales on Meet Mobile. The gate for this event will open no later than 20 minutes prior to the start of each session. The stands from the 14&U Junior Championships Must be CLEARED PRIOR TO ANYONE being permitted in the stands.
MERCHANT:	A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck. Hobieswim will be available with swimming merchandise throughout the meet.
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 CHANGING:	Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited
PARKING:	There is ample free parking available in the park

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.

2016 Metropolitan 15-18 Age Group Team Challenge
sanction #
Nassau County Aquatic Center
March 11 - 13, 2016

Friday MARCH 11

Warm up 12:30pm Start 1:30pm

Session #1

EVENT #	QUAL.	EVENT	QUAL	EVENT#
1	5:39.99	500 Freestyle	5:17.99	2
3	1:18.99	100 Breaststroke	1:09.99	4
5	27.49	50 Freestyle	24.79	6
7	2:26.99	200 Individual Medley	2:14.99	8
9	2:31.99	200 Butterfly	2:19.99	10
11		200 Medley Relay		12

Saturday A.M. March 12

Warm up 12:30pm Start 1:30pm

Session #2

EVENT #	QUAL.	EVENT	QUAL	EVENT#
13	5:13.99	400 Individual Medley	4:45.89	14
15	1:08.59	100 Butterfly	:59.99	16
17	2:24.99	200 Backstroke	2:13.99	18
19	2:09.19	200 Freestyle	1:57.99	20
21		400 Freestyle Relay		22

Sunday A.M. March 13

Warm up 12:30pm Start 1:30pm

Session # 3

EVENT #	QUAL.	EVENT	QUAL	EVENT#
23		200 Freestyle Relay		24
25	:58.89	100 Freestyle	53.49	26
27	2:46.99	200 Breaststroke	2:31.99	28
29	1:06.99	100 Backstroke	1:01.59	30
31*	11:09.99	1000 Freestyle		
		1650 Freestyle	18:03.49	32*
33		400 Medley Relay		34

***MAY BE LIMITED TO 2 female heats and 2 male heats**

Swimmers cut from the distance event may enter a 3rd event on that day providing they have a qualifying time in an additional event.

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.