

2021 Metropolitan Long Course Junior Olympic Championships

July 23 – July 25, 2021

Sanction #210702

Important notice!

The 2021 LC Junior Olympics must be entered through the USA Swimming OME (on-line meet entry) system only. Entries will be accepted online at USA-S OME between June 28 & July 14 2021 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 Chairman: Eric Fisher
Meet Director: Dom Boccio
Age Group Chairman: Kate Hallex
Coaches Representative: Edgar Perez/John Yearwood
Athlete Representative: SR-Thomas Cho – JR -Francis Andersen
Meet Jury: Metro Age Group Chair, A Metro Athlete, A Metro Coach, Meet Referee, Meet Director / Metro Board Member (5 people min. – different each day)

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 210702
- LOCATION:** Nassau County Aquatic Center
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 10 Lane by 50 meter competition pool w/ 2 meter min depth. 6 lane by 25 meter warm up pool w/ 2 meter min depth
The pool Has Not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:**
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|------------------------------|------------------|---------------------------|
| Session 1: Friday, July 23 | Warm-ups 7:45 AM | Session Starts at 9:00 AM |
| Session 2: Friday, July 23 | Warm-ups 1:30 PM | Session Starts at 2:45 PM |
| Session 3: Saturday, July 24 | Warm-ups 7:45 AM | Session Starts at 9:00 AM |
| Session 4: Saturday, July 24 | Warm-ups 2:00 PM | Session Starts at 3:15 PM |
| Session 5: Sunday, July 25 | Warm-ups 7:45 AM | Session Starts at 9:00 AM |
| Session 6: Sunday, July 25 | Warm-ups 2:00 PM | Session Starts at 3:15 PM |
- Warm-up/Start times may be adjusted after all entries are received. Teams will be notified of any change.
- ADMISSION:** Pre-sale admission tickets will be available on <http://www.longislandswimming.com/hosted-meets.html>
\$16.75 per JO session
All non-vaccinated spectators are required to wear a face mask covering their mouth and nose. These conditions are subject to modification adjustment as per direction from New York State and Nassau County.
Tickets will not be available to purchase at the door. Meet Mobile will be live
- FORMAT:** All Events are Timed Finals
This meet will be run in accordance with 2021 USA Swimming Rules
The meet will be Deck-Seeded. Long course meter times will be the conforming standards and will be seeded first, followed by SCM & SCY. All scratch sheets are due back 45 minutes prior to the end of warm-ups.
- 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 **July 23, 2021** will determine age for the entire meet.
Times must have been achieved in either Long Course Meters, Short Course Yards or Short Course Meters, between May 1, 2019 and the entry deadline.

DEADLINE: Entries must be submitted through the USA Swimming OME System between June 28th and July 14th, 2021. This entry date allows any swims reported through Wednesday, July 14th to be submitted prior to the deadline. The OME System will close at 11:59pm on July 14, 2021. Entries will no longer be accepted on OME after the deadline. **For swimmers qualifying for the first time between July 14 and July 18, coaches must send an email with information on new entries only no later than 11:59AM Monday, July 19rd** to Leanne at entries.liac@gmail.com
New cuts only. No time updates.

TIME TRIALS: Will not be offered at this event.

ENTRY FEE: An entry fee of \$6.30 per individual event
\$10.50 per Relay event
\$5.25 Metropolitan surcharge per swimmer (including RELAY ONLY SWIMMERS) must accompany the entries.
Credit Card only at OME checkout.
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.

Payments owed after OME has closed must be paid prior to the start of warmup of your teams first session. This payment will be accepted via credit card.

ENTRIES: A swimmer may enter any number of individual events for which he/she has met the qualifying time, but may not swim more than three (3) individual events per any one-day excluding relays. Failure to scratch will result in the swimmer swimming the first three events they are entered in on that day.
Entry times must equal or better the qualifying standards.
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 July 14, 2021
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

CORRECTIONS: The psych sheets will be posted on <http://www.longislandswimming.com/hosted-meets.html> Clubs will be given until 9:00pm on Friday, July 16, 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. Corrections will be accepted by email only.
Any corrections submitted after 9pm Friday, July 16, 2021 will be considered a late correction. These late corrections will be accepted by email only from 9:01pm Friday, July 16, 2021 – 11:59 am Monday July 19, 2021.
\$20.00 will be billed for each correction made during this timeframe. Payment for these corrections will be payable by CREDIT CARD ONLY when Leanne calls to confirm the correction. In order for your athlete to compete in the additional late corrected entries, this payment must be made, No payment, No swim. Plan accordingly.

WARM-UP: Times and assignments will be emailed Wednesday, July 21, 2021.

SCRATCHES: Coaches will be given scratch sheets upon check-in for each session. All scratches are due 45 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.

Metropolitan Scratch Procedure for Timed Final Meets is as follows:

Any swimmer, who is seeded, must swim the event unless he/she declares his/her intention not to swim in the following manner:

Go to the Referee, before the event and state you do not wish to swim.
The swimmer is then disqualified from THAT EVENT for the delay of the meet.
This counts as an event against the total-per-day allowance.

- RELAYS:** Relay Entries must be submitted through the OME process. Relays must be scratched by the scratch deadline of Tuesday, July 20, 2021 at 12:00 pm. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation one (1) hour prior to the start of the relays. However, relay order may be changed, with the Clerk of Course, up to the start of the relay event. Relay swimmers' names must be submitted in the order in which they will swim.
Each relay must be made of at least 2 athletes entered in individual events.
Relay only Swimmers must be entered through the OME System to be eligible to 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. Coaches must check in and present credentials at table to receive deck pass and/or bracelet. The pass and/or bracelet must be visible throughout the meet.
- AWARDS:** Medals for 1st through 10th places, and ribbons for 11th through 20th places in Individual Events. Medals for 1st through 3rd, and ribbons for 4th through 10th places in Relays Events.
Top 3 places win Individual High Point Awards in each Age Group 10&Under, 11-12, 13-14, & 15-18.
Combined Team Awards for 10&Under, 11-12, 13-14, and Overall 14&Under Team Award.
Awards must be picked up at the end of the meet. No awards will be mailed.
- SCORING:** Individual Events: (1st-16th Place) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: (1st-16th Place) 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
NOTE: Only two relays per club may score.
- OFFICIALS:** **Meet Referee:** Darryl Strabuk, meetofficial@longislandswimming.com **Meet Admin:** Carolyn McNulty, Danielle Baldwin, Kerry O'Hagan and Delayne Somma
Officials wishing to volunteer should contact Meet Referee by **Thursday, July 25, 2019.**
- MEET DIRECTOR:** **Dom Boccio** , phone: 516-378-8467, email: dboccio@longislandswimming.com
- RULES:** All Covid policies at the time of the event will be in effect during this event.
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.
- MAAPP POLICY:** **All applicable participants associated with this meet, whether they are subject to the provisions of the USA Swimming Athlete Abuse Prevention Policy (MAAPP) and that they understand that their participation in this competition is a condition of this competition 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.
- 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.
- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, behind the starting blocks or locker rooms

DECK CHANGING POLICY:	Is Prohibited 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.
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 presents.
MERCHANT:	A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck. Hobieswim will be available throughout the entire meet
PARKING:	There is ample parking.

OPERATIONS PROCEDURE:	Athletes, Coaches, Officials and Volunteers will enter the Freedom Pool through the North Gate with face masks covering mouth and nose on. PPE Masks are always required to be worn out of the pool. Athletes, Coaches, Officials and Volunteers will only be permitted to enter area 5 minutes before scheduled warm-up. Athletes, Coaches, Officials and Volunteers will leave the Freedom Pool immediately at the completion of their warm-down. Athletes, Coaches, Officials and Volunteers will observe social distancing waiting in the check-in line to undergo a temperature check and informational screening. • Do they have a fever? • Do they have a cough? • Do they have shortness of breath or difficulty breathing? • Have they had the chills, headaches, sore throat in the last 24 hours? • Do they have new loss of taste or smell or other symptoms listed by the CDC? • Have they traveled or been with anyone who has traveled to a state on the NY quarantine list? Any person with temperature above 100.4 will be sent home. Athletes, Coaches, Officials and Volunteers who are experiencing any symptoms of COVID-19 should remain home and see their physician. There will be no locker room use. Athletes will come and leave the pool in suits and sweats. Showering will be done at home. Athletes will bring their own labeled water bottles and healthy snacks. Upon entrance to pool deck athletes will place belongings in grid space and head to assigned lane. No sharing equipment, food and/or drinks. No congregation after swimming – THIS INCLUDES IN FRONT OF AQUATIC CENTER AND PARKING LOT Athletes, Coaches, Officials and Volunteers will leave through the North Gate under the direction of a monitor.
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ATTESTATION STATEMENT:	In applying for this sanction, LIAC, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Metropolitan Swimming, the State of New York, and local jurisdictions.
ASSUMPTION OF RISK DISCLAIMER:	We have taken enhanced health and safety measures – for our staff, volunteers, family members and all guests. You must follow all posted instructions while visiting the Aquatic Center. 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 guests with underlying medical conditions are especially vulnerable. By visiting the Aquatic Center, you voluntarily assume all risks related to exposure to COVID-19. USA Swimming, Metropolitan Swimming, Long Island Swimming, Long Island Aquatic Club, Nassau County, Nassau County Aquatic Center 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 USA SWIMMING, METROPOLIAN SWIMMING, LONG ISLAND SWIMMING, LONG ISLAND AQUATIC CLUB, NASSAU COUNTY, NASSAU COUNTY AQUATIC CENTER AND EACH OFF 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, FORSEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND / OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

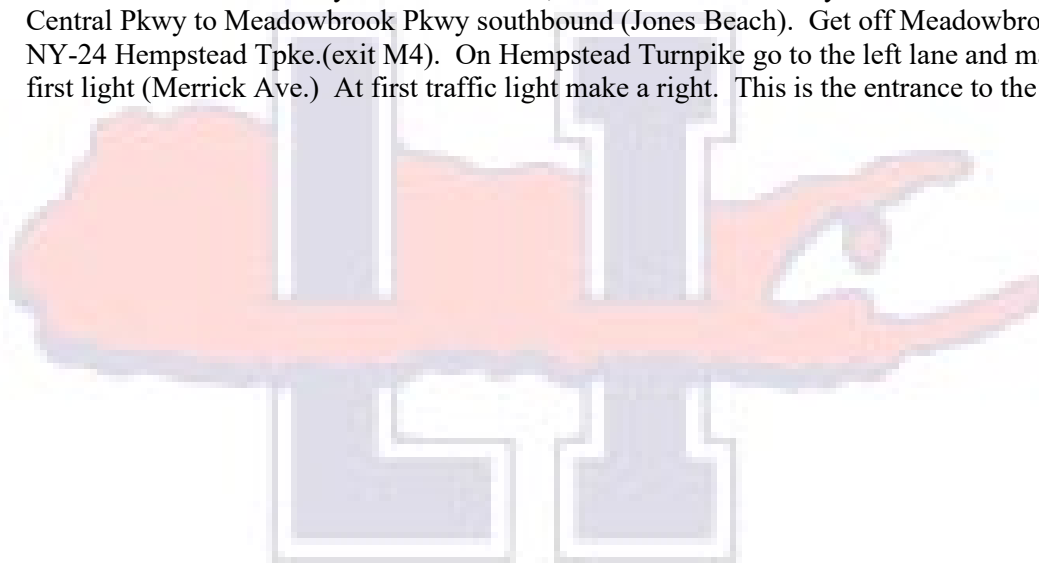
DIRECTIONS:

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.



2021 Metropolitan Long Course Summer Junior Olympics

July 23- July 25, 2021

SESSION # 1.

Friday July 23, 2021 Warm-up 7:45am Start 9:00am

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
1	NCT	NCT	NCT	13-14	200 m	Medley Relay	NCT	NCT	NCT	2
3	1:16.99	1:09.99	1:20.09	10&U	100 m	Freestyle	1:19.49	1:09.99	1:16.89	4
5	1:02.69	56.99	1:03.99	13-14	100 m	Freestyle	1:01.59	53.99	59.59	6
7	47.49	42.59	49.49	10&U	50 m	Breaststroke	47.59	42.99	45.39	8
9	1:20.99	1:13.99	1:27.99	13-14	100 m	Breaststroke	1:20.09	1:09.49	1:18.09	10
11	40.99	36.79	42.79	10&U	50 m	Backstroke	42.59	37.19	40.99	12
13	1:10.39	1:03.49	1:11.09	13-14	100 m	Butterfly	1:07.49	1:00.49	1:06.79	14
15	5:49.99	6:39.99	5:59.99	10&U	400 m	Freestyle	5:57.99	6:44.99	5:52.09	16
17	4:48.39	5:29.99	4:53.09	13-14	400 m	Freestyle	4:45.19	5:17.99	4:40.09	18

SESSION # 2.

Friday July 23, 2021 Warm-up 1:30pm Start 2:45pm

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
19	NCT	NCT	NCT	11-12	200 m	Medley Relay	NCT	NCT	NCT	20
21	NCT	NCT	NCT	15-18	200 m	Medley Relay	NCT	NCT	NCT	22
23	1:06.59	1:00.49	1:07.19	11-12	100 m	Freestyle	1:06.39	:59.99	1:05.79	24
25	1:03.89	57.79	1:05.19	15-18	100 m	Freestyle	59.99	51.99	57.09	26
27	1:27.09	1:18.99	1:28.69	11-12	100 m	Breaststroke	1:30.89	1:18.99	1:27.09	28
29	1:22.39	1:15.19	1:27.99	15-18	100 m	Breaststroke	1:20.99	1:06.49	1:13.79	30
31	35.19	31.99	35.99	11-12	50 m	Backstroke	35.99	31.99	35.29	32
33	1:12.59	1:04.99	1:13.99	15-18	100 m	Butterfly	1:07.49	57.99	1:03.59	34
35	2:56.79	2:39.99	2:59.99	11-12	200 m	Butterfly	2:59.99	2:39.99	2:56.79	36
37	4:49.39	5:30.99	5:03.99	15-18	400 m	Freestyle	4:44.99	5:10.99	4:33.69	38
39	5:11.49	5:55.99	5:15.49	11-12	400 m	Freestyle	5:14.29	5:55.99	5:12.79	40

SESSION # 3.
Saturday July 24, 2021 Warm-up 7:45am Start 9:00am

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
41	39.39	35.69	40.69	10&U	50 m	Butterfly	40.19	35.69	39.49	42
43	2:16.79	2:03.99	2:19.59	13-14	200 m	Freestyle	2:15.59	1:57.99	2:11.79	44
45	2:44.69	2:29.99	2:51.29	10&U	200 m	Freestyle	2:49.99	2:31.99	2:47.89	46
47	2:40.29	2:25.99	2:43.79	13-14	200 m	Butterfly	2:34.99	2:17.99	2:32.79	48
49	1:41.59	1:31.99	1:45.09	10&U	100 m	Breaststroke	1:44.29	1:33.99	1:41.09	50
51	1:11.59	1:04.59	1:13.99	13-14	100 m	Backstroke	1:10.29	1:01.99	1:08.19	52
53	1:28.19	1:19.49	1:33.19	10&U	100 m	Backstroke	1:31.29	1:20.59	1:29.09	54
55	5:30.29	4:59.99	5:38.09	13-14	400 m	Individual Medley	5:21.09	4:42.99	5:12.39	56
57	NCT	NCT	NCT	10&U	200 m	Freestyle Relay	NCT	NCT	NCT	58
59	NCT	NCT	NCT	13-14	400 m	Freestyle Relay	NCT	NCT	NCT	60

SESSION # 4.
Saturday July 24, 2021 Warm-up 2:00pm Start 3:15pm

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
61	2:26.09	2:11.99	2:28.09	11-12	200 m	Freestyle	2:25.29	2:10.99	2:23.79	62
63	2:18.49	2:04.49	2:22.99	15-18	200 m	Freestyle	2:12.99	1:53.99	2:04.99	64
65	40.89	36.69	40.99	11-12	50 m	Breaststroke	40.39	36.59	40.29	66
67	3:00.49	2:42.99	3:13.59	15-18	200 m	Breaststroke	2:54.99	2:30.09	2:46.09	68
69	1:15.99	1:08.69	1:18.29	11-12	100 m	Backstroke	1:18.39	1:08.99	1:16.59	70
71	1:12.49	1:05.49	1:16.49	15-18	100 m	Backstroke	1:09.99	59.99	1:04.39	72
73	33.19	30.69	33.79	11-12	50 m	Butterfly	34.29	30.99	34.09	74
75	5:38.99	5:04.99	5:51.99	15-18	400 m	Individual Medley	5:24.99	4:41.99	5:08.09	76
77	3:12.39	2:53.99	3:21.09	11-12	200 m	Breaststroke	3:20.99	2:53.99	3:12.59	78
79	NCT	NCT	NCT	15-18	400 m	Freestyle Relay	NCT	NCT	NCT	80
81	NCT	NCT	NCT	11-12	400 m	Freestyle Relay	NCT	NCT	NCT	82
5 minutes warm-up										
83	5:54.79	5:20.99	6:00.49	11-12	400 m	Individual Medley	6:01.49	5:20.99	5:53.39	84

SESSION # 5.
Sunday July 25, 2021 Warm-up 7:45am Start 9:00am

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
85	NCT	NCT	NCT	13-14	200 m	Freestyle Relay	NCT	NCT	NCT	86
87	NCT	NCT	NCT	10&U	200 m	Medley Relay	NCT	NCT	NCT	88
5 minutes Break warm-up/warm-down										
89	2:33.79	2:18.29	2:39.09	13-14	200 m	Backstroke	2:32.59	2:13.49	2:27.79	90
91	3:08.89	2:49.99	3:16.49	10&U	200 m	Individual Medley	3:16.29	2:51.99	3:09.39	92
93	2:35.29	2:19.99	2:38.59	13-14	200 m	Individual Medley	2:30.39	2:12.99	2:24.09	94
95	35.19	31.79	36.59	10&U	50 m	Freestyle	35.99	31.69	35.19	96
97	29.19	26.39	29.79	13-14	50 m	Freestyle	27.89	24.79	27.29	98
99	1:33.99	1:24.99	1:35.69	10&U	100 m	Butterfly	1:37.29	1:25.59	1:34.19	100
101	2:55.99	2:39.99	3:00.49	13-14	200 m	Breaststroke	2:54.89	2:30.99	2:49.69	102
103	NCT	NCT	NCT	10&U	400 m	Freestyle Relay	NCT	NCT	NCT	104
105	NCT	NCT	NCT	13-14	400 m	Medley Relay	NCT	NCT	NCT	106

SESSION # 6.
Sunday July 25, 2021 Warm-up 2:00pm Start 3:15pm

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
107	NCT	NCT	NCT	11-12	200 m	Freestyle Relay	NCT	NCT	NCT	108
109	NCT	NCT	NCT	15-18	200 m	Freestyle Relay	NCT	NCT	NCT	110
5 minutes Break warm-up/warm-down										
111	2:44.89	2:29.99	2:54.99	11-12	200 m	Backstroke	2:54.99	2:32.99	2:48.99	112
113	2:35.29	2:20.99	2:44.99	15-18	200 m	Backstroke	2:32.99	2:10.99	2:24.99	114
115	2:43.79	2:27.99	2:45.39	11-12	200 m	Individual Medley	2:46.89	2:27.99	2:43.39	116
117	2:34.69	2:19.99	2:42.99	15-18	200 m	Individual Medley	2:31.99	2:07.99	2:21.09	118
119	30.69	27.99	30.99	11-12	50 m	Freestyle	30.79	27.89	30.59	120
121	29.49	26.59	30.29	15-18	50 m	Freestyle	27.99	23.79	26.29	122
123	1:16.59	1:09.49	1:15.69	11-12	100 m	Butterfly	1:19.99	1:10.69	1:18.09	124
125	2:44.19	2:29.99	2:49.99	15-18	200 m	Butterfly	2:33.99	2:12.49	2:26.39	126
5 minutes Break warm-up/warm-down										
127	NCT	NCT	NCT	11-12	400 m	Medley Relay	NCT	NCT	NCT	128
129	NCT	NCT	NCT	15-18	400 m	Medley Relay	NCT	NCT	NCT	130