

Long Island Express
Swim Team
May Extravaganza
May 13 - 15

Invited Teams

AGUA, Connectquot, Cross Island, Empire, Farmingdale,
Flushing, Huntington, Islander, Matchpoint, QNS, Sachem,
Shorefront, Twisters, West Islip



Other Metro teams interested must contact meet Director

Sanction ##220504

Long Island Express Swim Team

May Extravaganza
May 13 - 15, 2022

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction #220504

LOCATION: Hofstra University Swim Center

FACILITY: 8 Lane 50 meter pool. Colorado timing system 6000 will be used. * lane
Colorado timing scoreboard will be used. Hy-Tek meet manager
will be used to conduct the meet.

The pool has been certified in accordance with Article 104.2.2C (4).

The competition pool is 9 ft. deep in the shallow end and 15 ft. deep
in the deep end.

SESSIONS: Friday – 13-14 OPEN warmup 4:00 Start 5:00

Saturday and Sunday 11 - 12 10 and under 8:00 warm up 9:00 start

Saturday and Sunday 13-14, Open 1:30 warm up 2:30 start

Saturday and Sunday 400 free and 400IM 7:00 warm up 7:30 start -

These events will be swum fastest to slowest alternating women and men

FORMAT: Timed finals format Deck seeding will be in place

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
February 11th, 2022 will determine age for the entire meet

DISABILITY SWIMMERS

Swimmers with disabilities are encouraged to attend Contact the meet director if you need special
consideration. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of
any disability prior to the competition.

ENTRIES: Swimmers will be limited to 3 events per day., Entries will be cut on a first come
first serve basis. Entries must be on Hy-Tek.

U.S. Mail Entries/Payment to: Robert Ortof

28-01 202 Street

Bayside NY 11360

Email Entries/Confirm Entry Receipt: ROrtof@gmail.com

Signature waiver for Express mail entries.

DEADLINE: 1. Metro LSC teams will be given priority on a first come/first served basis. Metro
teams entries must be received by May 1, 2022: The final entry deadline for this meet is **May 9 , 2022**
Metro entries received between May 1 and May 9, and all entries from other
LSC's will be entered in the order they were received, as space allows.
3 .An email confirming receipt of entries if you provide an email contact. Please contact
Meet Director if you do not receive such a report within 2 days of your original email.

ENTRY FEE: An entry fee of **\$10.00 per individual event and \$10.00 facility charge must accompany the entries.** Make check payable to: [Long Island Express LTD](#). Payment must be received by May 10th for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. Time trial fees \$10.00 per event Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries

WARM-UP: [General warm-up will be in place.](#)

SCRATCHES: Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 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.

COACHES: In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.

AWARDS: [Medals 1st – 3rd place and Ribbons 4th – 8th place..](#)

OFFICIALS: Meet Referee: [Allen Wone](#) and [Andrew Schnappauf](#)

Officials wishing to volunteer should contact Meet Referee by May 10, 2022

Administrative Referee Liecoach@aol.com [Gil Smith](#)
Rick Ferriola Papabear122346@aol.com

MEET DIRECTOR: [Robert Ortof 28-01 202 street Bayside NY 11360](#)
[Phone – 718-352-2136](#)
[Email ROrtof@gmail.com](mailto:ROrtof@gmail.com)

WATER DEPTH: USA 2011 - 202.3.7 "The water depth is 7 feet at the shallow end and 15 feet at the diving end.

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.

SAFETY: 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.

MAAPP Policy

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

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Long Island Express LTD, Hofstra Swim Center,, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event." An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

AUDIO/VISUAL STATEMENT: DRONE OPERATION: DECK CHANGING: ADMISSION: USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS Long Island Express LTD, Hofstra Swim Center, Metropolitan Swimming Inc., USA Swimming Inc., AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. 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

ADMISSION: [Admission \\$5.00 - 1 spectator per athlete \(subject to change\)](#)

MERCHANTS: [No food or beverages will be served by host team. A merchandise concession will be available by outside vendor.](#)

PARKING: [Free parking on campus.](#)

DIRECTIONS: [Northern State to Exit 31A - Meadowbrook Parkway. Proceed to exit M4 "Hempstead and Coliseum" on sign. Hempstead Turnpike West to Dunkin Donuts. Turn right on to entrance of campus. Go to second stop sign and turn right. Go to past field to first stop sign. Swim Center will be on the right.](#)

AUDIO Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms and behind the blocks. - Art. - 202.3 and 202.4

Deck Changes Deck changes are prohibited.

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."

Long Island Express Swim Team

Friday May 13

Girls	Event	Boys
1	13 - 14 200 IM	2
3	OPEN 200 IM	4
5	13 - 14 100 BREAST	6
7	OPEN 100 BREAST	8
9	13 - 14 200 FLY	10
11	OPEN 200 FLY	12
13	13 - 14 100 FREE	14
15	OPEN 100 FREE	16

Saturday May 14

Warm-up 8:00 AM Start 9:00 AM

Girls	Event	Boys
17	11/12 50 free	18
19	10/u 50 free	20
21	11/12 100 fly	22
23	10/u 100 fly	24
25	11/12 100 breast	26
27	10/u 100 breast	28
29	11/12 50 back	30
31	10/u 50 back	32

Saturday May 14,

Warm-up 1:30 PM Start 2:30 PM

Girls	Event	Boys
33	***13-14 200 free	34
35	***Open 200 free	36
37	13-14 100fly	38
39	Open 100fly	40
41	13-14 100bk	42
43	Open 100bk	44

***** Cut off time for these events is 2:45

Saturday May 14

Warm up 7:00pm Start 7:30p

45	***OPEN 400 free	46
-----------	------------------	-----------

*** This event will be limited to 7 heats of girls and 7 heats of boys and will be sum fastest to slowest alternating women and men

Sunday May 15

Warm-up 8:00 AM Start 9:00 AM

Girls	Event	Boys
47	11/12 100 free	48
49	10/u 100 free	50
51	11/12 50 fly	52
53	10/u 50 fly	54
55	11/12 50 breast	56
57	10/u 50 breast	58
59	11/12 100 back	60
61	10/u 100 back	62

Sunday May 15th

Warm-up 1:30 PM Start 2:30 PM

Girls	Event	Boys
63	13-14 200 back	64
65	OPEN 200 back	66
67	13-14 50 free	68
69	OPEN 50 free	70
71	13 -14 200 breast	72
73	OPEN 200 breast	74

Sunday May 15th

Warm up 7:00 Start 7:30pm

75	*****Open 400 Individual Medley	76
-----------	---------------------------------	-----------

*** This event will be limited to 7 heats of girls and 7 heats of boys and will be sum fastest to slowest alternating women and men

Metropolitan Swimming

Photographer Registration Form

As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

THERE WILL BE

NO FLASH PHOTOGRAPHY PERMITTED AT THE START.

Name _____

Phone Number _____

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID _____ # _____

Taking photos of _____

On behalf of _____

Purpose _____

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches). Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____