

**Long Island Express
Winterfest 2022 Swim Meet
January 14th, 15th and 16th**

Sanction #220102 TT #220151-T



Long Island Express 2022 Winterfest Swim Meet

January 14th, 15th, 16th

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction #220102

LOCATION: Hofstra University Swim Center

FACILITY: 8 Lane 50 meter pool with a depth of 8 feet at the shallow portion and 15 feet at the deep end. Colorado timing system 6000 will be used. Colorado timing scoreboard will be used. Hy-Tek meet manager will be used to conduct the meet. Depth 7 ft shallow and 15 feet at deep end.

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

SESSIONS: Friday – all ages Warm-up 4:00 PM Start 5:00 PM
Session 2 Warm-up 7:00 Start 7:30
Saturday Session 3 Ages : 11-12 and 13-14 Warm-up 8:00 AM Start 9:00 AM
Saturday Session 4 Ages 10 and under / OPEN Warm – up 2:00 PM Start 3:00 PM
Sunday Session 5 Ages : 11-12 and 13-14 Warm-up 8:00 AM Start 9:00A
Sunday Session 6 Ages 10 and under / OPEN Warm – up 2:00 PM Start 3:00 PM

FORMAT: Timed finals format
No Deck entries allowed. .

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 **January 14th** 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 limited to 4 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 January 2
2: The final entry deadline for this meet is January 7th 202
3: Metro entries received between December 31st and January
10th and all entries from other LSC's will be entered in the order
they were received, as space allows.
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 \$8.00 per individual event must accompany the
entries. There will be a \$10.00 Facility surcharge for each athlete
Make check payable to: Long Island Express LTD.
Payment must be received by January 14th 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

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.

WARM-UP: General warm-up will be in place.

SCRATCHES: Coaches will be given scratch sheets upon arrival. Scratches
are due 30minutes prior to the start of the session. NO DECK
ENTRIES ALLOWED.

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**
Officials wishing to volunteer should contact Meet Referee by December 30th

**MEET
DIRECTOR:** Robert Ortof
28-01 202 street
Bayside NY 11360
Phone – 718-352-2136
Email Rortof@gmail.com

ADMIN Rick Ferriola Liecoach@aol.com

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.

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.

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."**

ADMISSION: **Spectators are NOT allowed. The meet will be available on our YouTube channel. Coaches will be emailed the link prior to the start of the meet.**

DECK CHANGE Deck changing is prohibited !!

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: Meadowbrook Parkway to exit M4, (route 24 west) 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, locker rooms or behind the blocks.. - Art. - 202.3 and 202.4

Friday January 14

Warm-up 4:00 PM Start 5:00 PM

Girls	Event	Boys
1	10 & under 200 Free	2
3	11/12 200 Free	4
5	13-14 400 IM	6
7	Open 400 IM	8
9	10 and under 200 IM	10
11	11/12 200 IM	12

Friday January 14th Session 2

Warm-up 7:00 Start 7:30

13	13-14 500 Free	14
15	Open 500 Free	16

Saturday January 15th

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

Girls	Event	Boys
17	13-14 100 Free	18
19	11/12 50 Free	20
21	13-14 200 Back	22
23	11/12 100 Back	24
25	13-14 100 Fly	26
27	11/12 50 Fly	28
29	13-14 100 Breast	30
31	11/12 100 Breast	32
33	13-14 200 IM*	34

***Limited to 6 heats**

Saturday January 15th

Warm-up 2:00 PM Start 3:00 PM

Girls	Event	Boys
35	Open 100 Free	36
37	10 and under 50 Free	38
39	Open 200 Back	40
41	10 and under 100 Back	42
43	Open 100 Fly	44
45	10 and under 50 Fly	46
47	Open 100 Breast	48
49	10 and under 100 breast	50
51	Open 200 IM *	52

***limited to 6 heats**

Sunday January 16th

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

Girls	Event	Boys
53	13-14 200 free*	54
55	11-12 100 Free	56
57	13-14 100 Back	58
59	11-12 50 Back	60
61	13-14 200 Fly	62
63	11-12 100 Fly	64
65	13-14 200 Breast	66
67	11-12 50 Breast	68
69	13-14 50 Free	70
71*	11-12 500 Free	72*

***Limited to 6 heats**

***Cut off time for event 71 & 72 is 6:10**

Sunday January 16th

Warm-up 2:00 PM Start 3:00 PM

Girls	Event	Boys
73	Open 200 free*	74
75	10 and under 100 Free	76
77	Open 100 Back	78
79	10 and under 50 Back	80
81	Open 200 Fly	82
83	10 and under 100 Fly	84
85	Open 200 Breast	86
87	10 and under 50 Breast	88
89	Open 50 Free	90
91	10 and under 500 Free	92*

***Limited to 6 heats**

***Cut off time for event 91 & 92 is 7:00**

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 _____