



Hosted By:



March 12-13, 2022

Saturday, Sunday

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number - 220304

General Chairmen:

Age Group Chairman:

Coach Representative:

Athlete Representative:

Meet Jury:

Eric Fisher

Kate Hallex

Edgar Perez / John Yearwood

Thomas Cho / Francis Andersen

Metro Age Group Chairmen, A Metro Athlete, A Metro Coach, Meet Referee,
Meet Director / Metro Board Member (5 people min. – different each day)

Meet Director: Alexis Skelos

Metropolitan 8-Year-Old (only) Championship

March 12th – 13th, 220304

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc. **Sanction #220304**
- LOCATION:** Nassau County Aquatic Center & Freedom Pool
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 2 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)
- SESSIONS:** Sat. 8-Year-Old Timed Final Warm-up 10:45 AM Start 11:30 AM
Sun. 8-Year-Old Timed Final Warm-up 11:15 AM Start 12:00 PM
All Warm-up times are tentative and subject to adjustment following the acceptance of the last entry. Final warmup times will be sent to each club attending no later than the Tuesday prior to the event
- FORMAT:**
- Short Course Yards
 - Timed Final
 - All Events will be Pre-Seeded – Deck Entries will not be accepted
 - No Qualifying Time Standards
 - NT's are not accepted
 - 8-Year-Old Swimmers may swim up to 4 individual events per day, the 4 events are between this sanctioned event and JO's with no more than 3 events being swum in JO's each session/day, as per JO sanction.
 - A swimmer who has 1 qualifying time for JO's and is entered and swims that event for JO's that athlete may swim 3 events on that day in the 8-Year-Old (only) Championships.
 - A swimmer who has 2 qualifying time for JO's and is entered and swims those events for JO's that athlete may swim 2 event on that day in the 8-Year-Old (only) Championships.
 - A swimmer who has 3 qualifying time for JO's and is entered and swims those events for JO's that athlete may swim 1 event on that day in the 8-Year-Old (only) Championships.
 - **Session Format –**
 - JO 10 & Under Girls will swim in the East Pool alternating events with the 8-YEAR-OLD (only) GIRLS CHAMPIONSHIP events.
 - JO 10 & Under Boys will swim in the West Pool alternating events with the 8-YEAR-OLD (only) BOYS CHAMPIONSHIP events.
 - Genders will alternate pools on Sunday.
 - The finalized pool setup will be sent with the finalized warmup times.
- 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 12, 2022** 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. The qualification standards for the meet will be USA swimming LSC Para times.
<https://www.usaswimming.org/docs/default-source/disabilitydocuments/lsc-para-times-ndc-official.pdf?sfvrsn=6>
- ENTRIES:** A swimmer may enter any number of events but may swim no more than four (4) individual events per day for a total of eight (8) individual events. Events swum in JO's during the same session count towards the total number of events per day.
- All entries must be submitted via Hy-Tek entries
email file to entries.liac@gmail.com. This is the only accepted way to enter this meet.
Swimming exhibition or Deck entries will not be permitted.

Email questions to: entries.liac@gmail.com

- DEADLINE:** Entries must be received by Tuesday, March 1, 2022
- ENTRY FEE:** **\$5.00** per individual Event
\$5.00 per swimmer for \$1 Metro Surcharge and \$4 Facility Fee.
Checks must be received prior to the start of Warmup on Saturday, March 12, 2022.
Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers.
Coaches should contact the meet director and identify registered swimmers whom they wish Considered for waiver of fees when submitting meet entries.
- Corrections:** The psych sheets will be posted on <http://www.longislandswimming.com/hosted-meets.html> Clubs will be given until 2:00pm on Thursday, March 3, 2022, to email corrections to entries.liac@gmail.com. No exceptions will be made to this deadline.
No improvements in seed time will be accepted.
Any corrections submitted after 2:00pm Thursday, March 3, 2022, will be considered a late correction. These late corrections will be accepted by email only from 2:01pm Thursday, March 3, 2022 – 11:59 am Monday March 7, 2022.
\$10.00 will be billed for each correction made during this timeframe. Payment for these Corrections and late entries will be payable at the head table by CREDIT CARD or CASH ONLY.
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.
Time trials will be open only to swimmers who are entered in individual events in the meet.
Time Trials count as one of the 3 individual events limit per day.
Fee for time trials is \$10.00 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 10-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 needed, the Freedom Pool will be assigned during warmup. All athletes assigned to the Freedom Pool must wear shoes to and from the pool.
- SCRATCH:** **All sessions will be pre-seeded based on the final meet entry.**
- RELAYS:** There are no 8-Year-Old Relays this year
- 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:**
 - The 8-Year-Old (only) Championship is NOT Scored
- AWARDS:** Individual Events (1st – 10th Place), Medals for 1st – 3rd, Ribbons for 4th – 10th
- OFFICIALS:** **Meet Referee:** Darryl Strabuk
Meet Admin: Leanne Herrera,
Officials wishing to volunteer should contact Meet Referee by email at Meetofficials@longislandswimming.com

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:	Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. 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: 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.
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:	Upon acceptance of his/her entries, the participant waives all claims against Nassau County Aquatic Center, Long Island Aquatic Club, Long Island Swimming , 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 any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. 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., 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 Aquatic Club, Long Island Swimming, Nassau County, Nassau County Aquatic 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
POLICY:	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.
AUDIO/VISUAL STATEMENT:	Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, behind the blocks or locker rooms
ADMISSION	\$25.00/session Cash only at Door \$14/session — A Pre-sale discounted admission tickets will be available on http://www.longislandswimming.com/hosted-meets.html Programs and heat sheets will be available on Meet Mobile. Due to our fluid environment, please note that if we need the spectator seating for athletes, we will have to prohibit spectators at this event. If this is the case the event will be live streamed for a fee TBD.

- 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 Change:** **Is Prohibited**
- 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 present.
- 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.

GIRLS – East Pool	EVENTS	BOYS – West Pool
1	100 Freestyle	2
3	25 Backstroke	4
5	50 Breaststroke	6
7	25 Butterfly	8
9	25 Freestyle	10

3/13/22 Sunday 12:00 P.M. 8-YEAR-OLD (only) Girls West Pool - Boys East Pool

GIRLS – West Pool	EVENTS	BOYS – East Pool
11	100 IM	12
13	50 Backstroke	14
15	25 Breaststroke	16
17	50 Butterfly	18
19	50 Freestyle	20

NASSAU COUNTY AQUATIC CENTER

Facility Rules/Guidelines for teams/participants

General Facility rules:

- 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:

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.