



Fall

Face

Off



2022 MR SSC Fall Face Off

Nassau County Aquatic Center Eisenhower Park, East Meadow, NY

Sunday – October 16, 2022

Sanctioned by USA Swimming Thru Metropolitan Swimming, Inc. Sanction

#221001 & Time Trial #221050-T

We have taken enhanced health and safety measures – for you, our guests, volunteers and employees. Everyone must follow all posted instructions while attending this 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 guests with underlying medical conditions are especially vulnerable. By attending this event, you voluntarily assume all risks related to exposure to COVID-19.

Invited Teams: The following teams are invited until each session has met the maximum either via timeline or capacity as required by NYS Regulations:

SSC, TS, IA, TVSC, FA, HYB, EHY, WISC, SMC, WEST, WAVE-NJ, LIFE-MR, LIFE- NJ, HAA, QNS, RIST, VIP, RA, VIP

All other teams please contact ssc.meetentries@gmail.com for availability.

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Sunday, October 16, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **221001 & 221050-T**
- LOCATION:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY
- FACILITY:** 10 Lane by 25-yard competition pool w/ 2-meter min depth Colorado Timing System, with Alphanumeric Scoreboard
The pool **Has NOT been** certified in accordance with Article 104.2.2C(4)
- SESSIONS:** The Meet Referee reserves the right to run any session of this meet in less than 10 lanes.
Session 1 – Ages 11-12/10U Girls Sunday 10/16/22 7:15am-8:10am Warm Up, 8:00am Start Time
Session 2 – Ages 15+/10U Boys Sunday 10/16/22 11:30am-12:25pm Warm Up, 12:30pm Start Time
Session 3 – Ages 13-14 Sunday 10/16/22 4:00pm - 4:55pm Warm Up, 5:00pm Start Time
3 hour sessions maximum time line- ALL SESSIONS
- FORMAT:** **This is a Timed Finals Meet.**
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers from invited teams. All swimmers participating in this meet must be registered by the first day of the meet. No “Deck Registrations” will be accepted
Age on **October 16, 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:** All Athletes are limited to enter 4 events per session.
Deck entries will not be accepted.
NT’s will not be accepted. NTs will be REJECTED.
Entries are by invited teams only. Hy-Tek Email entries will be accepted.
U.S. Mail Entries/Payment to: **Sachem Swim Club, PO Box 191, Ronkonkoma, NY 11779**
Email Entries/Confirm Entry Receipt: **ssc.meetentries@gmail.com**
Express Mail Entries – please waive signature
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.
SEE IMPORTANT INFORMATION AT THE END FOR MEET ENTRY PROCEDURE AND REQUIRED WAIVER SIGNATURE!
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro team’s entries must be received by **October 8, 2022**
2: The final entry deadline for this meet is **October 10, 2022**
3: Metro entries received between **September 1, 2022** and **October 6, 2022** will be entered first An email confirming receipt of entries will be sent if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days
- ENTRY FEE:** An entry fee of **\$8.00** per individual event must accompany the entries.
A Facility Surcharge of **\$10.00** per swimmer must accompany the entries.
Make check payable to: **Sachem Swim Club of Long Island, Inc.**
Payment must be received by **October 16, 2022** 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. 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 with assigned lanes for 55 minutes. Lane assignments will be distributed along with the heat sheet for each session.

SCRATCHES: **Scratch Sheets are due 30 minutes after the start of warmup.**

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: **All ages groups will receive Awards – Medals 1st-3rd Place Ribbons 4th-10th**

OFFICIALS: **Meet Referee: Allen Wone ssc.allenwone@gmail.com & Dana Wone dwone@optonline.net**
Officials wishing to volunteer should contact Meet Referee by **October 10, 2022.**

ADMINISTRATIVE OFFICIAL: **Brian Pfisterer, Amanda Orner - ssc.meetentries@gmail.com**

MEET DIRECTOR: **Brian Pfisterer, Amanda Orner - ssc.meetentries@gmail.com**
Please use ssc.meetentries@gmail.com for all correspondence regarding entries and/or the meet.

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(“fly-overs”) will be used.**

MAAPP POLICY: All 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 MAAPP is condition of participation in the conduct of this competitions.

SAFETY: **All swimmers must wear footwear upon leaving the pool area. Swimmers are prohibited from entering the spectator area at all times. Parents/Spectators are prohibited from entering the pool deck for any reason. The stairwell in the Aquatic Center Lobby is for Meet Personnel only.**
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”**

WATER DEPTH:

DISCLAIMER: USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls." **1 Meter – 15 Feet, 5 Meter – 12 Feet**

Upon acceptance of his/her entries, the participant waives all claims against **Sachem Swim Club of**

Long Island, Nassau County, Nassau County Aquatic 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.

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

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.

AUDIO/VISUAL STATEMENT:

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks.

DRONE OPERATION:

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.

DECK CHANGING:

Deck changes are prohibited.

ADMISSION:

**Admission \$8.00 per session - Programs \$2.00 per session
CASH OR VENMO ACCEPTED. NO CREDIT OR DEBIT CARDS**

MERCHANTS:

A concession stand may be operated by a vendor contracted by the Nassau County Aquatic Center. The event host has no responsibility for the concession stand and its operation and hours. No glass will be permitted on the deck. A Swim Vendor may be available throughout the meet.

PARKING:

Free Parking available in Lots 1 and 1A of Eisenhower Park

CAPACITY:

As per NYS Regulations in effect on 10/16/22.

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 Southern 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.

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Order of Events

ALL SESSIONS – 3 HOURS MAXIMUM

Session 1

Warm Up 7:15AM to 8:10AM – Start Time 8:15AM

Girls	Event	Boys
101	10 & Under 100 IM	
102	11-12 100 IM	103
104	10 & Under 50 Free	
105	11-12 50 Free	106
107	10 & Under 50 Back	
108	11-12 100 Back	109
110	10 & Under 50 Breast	
111	11-12 50 Breast	112
113	10 & Under 50 Fly	
114	11-12 100 Fly	115
116	10 & Under 100 Back	
117	11-12 50 Back	118
119	10 & Under 100 Free	
120	11-12 100 Breast	121
122	11-12 50 Fly	123
124	11-12 100 Free	125
126	11-12 200 Free	127

Session 2

Warm Up 11:30AM to 12:25PM – Start Time 12:30PM

Girls	Event	Boys
	10 & Under 100 IM	201
202	15 & Over 200 IM	203
	10 & Under 50 Free	204
205	15 & Over 50 Free	206
	10 & Under 50 Back	207
208	15 & Over 100 Back	209
	10 & Under 50 Breast	210
211	15 & Over 100 Breast	212
	10 & Under 50 Fly	213
214	15 & Over 100 Fly	215
	10 & Under 100 Back	216

217	15 & Over 100 Free	218
	10 & Under 100 Free	219
220	15 & Over 200 Free	221

Session 3

Warm Up 4:00PM to 4:55PM – Start Time 5:00PM

Girls	Event	Boys
301	13-14 200 IM	302
303	13-14 50 Free	304
305	13-14 100 Breast	306
307	13-14 100 Back	308
309	13-14 100 Fly	310
311	13-14 100 Free	312
313	13-14 200 Free	314



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 _____