



**2022 MR SSC Summer Mad Dash
Saturday & Sunday, June 4-5, 2022**

**Nassau County Aquatic Center – Eisenhower Park
East Meadow, NY**

**Sanctioned by USA Swimming through Metropolitan Swimming
Sanction # 220604 & 220651-T**

Invited Teams: **SSC, IA, CSDC, EHY, FA, HYB, TS, TVSC, WISC, VIP, YMID, TRI, CAC-CT, WAVE-NJ, YFD**
Other teams as space allows and permitted by facility regulations.
All other teams please email ssc.meetentries@gmail.com for information.

2022 MR SSC Summer Mad Dash

June 4-5, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **#220604 & 220651-T**
- LOCATION:** Nassau County Aquatic Center – Eisenhower Park, Merrick Avenue., East Meadow, NY
- FACILITY:** **10 Lane, 50 Meter with a CTS 6 Timing System with 10 lane Alpha-Numeric Scoreboard**
Sessions may be run with 8 or 10 Lanes to conform to the 4-hour time limit at the discretion of Meet Referee
The pool **HAS NOT** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1 OPEN - Saturday 7:00AM Warm-up 8:05AM Start – **3 Hour Max Timeline**
Session 2 11 & Over – Saturday 11:00AM Warm-up 11:30AM Start – **1 ½ Hour Max Timeline**
Session 3 11-12 - Sunday 7:00AM Warm-up 8:00AM Start – **3 Hour Max Timeline**
Session 4 13-14/10 & Under Girls - Sunday 11:30AM Warm-up 12:30PM Start – **3 Hour Max Timeline**
Session 5 15+/10 & Under Boys - Sunday 4:00PM Warm-up 5:00PM Start – **3 Hour Max Timeline**
- FORMAT:** **Timed-Final format, seeded slowest to fastest. Meet may be PRE-SEEDED if required for COVID.**
- ELIGIBILITY:** Open to all Invited USA Swimming registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
No “Deck Registrations” will be accepted
Age on **June 4, 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:** **Limit 3 events per session Sunday, 2 events on Saturday**
NTs are NOT allowed. Host Team may enter NTs.
SWIMMERS MUST PROVIDE THEIR OWN TIMER AND COUNTER FOR THE 800 and 1500.
U.S. Mail Entries/Payment to: **Sachem Swim Club of LI, P.O. Box 191 Ronkonkoma, NY 11779**
Email Entries/Confirm Entry Receipt: ssc.meetentries@gmail.com
Please waive signature on Express Mail Entries.
- DEADLINE:** **Entries will be accepted starting on May 2, 2022. Entries must be received by : May 28, 2022**
An email confirming receipt of entries if you provide an email contact. Please contact ssc.meetentries@gmail.com 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 must accompany the entries.
An entry fee of **\$12.00** per 800 or 1500 event must accompany the entries.
A facility surcharge of **\$12.00** per swimmer must accompany the entries.
Make check payable to: **Sachem Swim Club of LI, P.O. Box 191 Ronkonkoma, NY 11779** Payment must be received by **June 4, 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:** Warm-up Lanes will be assigned. Assignment sheet will be at the administrative table.
- SCRATCHES:** Metro Scratch Procedure is in effect. Scratch sheets are due 30 minutes after the 1st warmup starts.
Meet may be pre-seeded if required for COVID protocols.
- 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, Ribbons 4th- 10

OFFICIALS:

Meet Referees: [Allen Wone - ssc.allenwone@gmail.com](mailto:ssc.allenwone@gmail.com) [Dana Wone - dwone@optonline.net](mailto:dwone@optonline.net)
Officials wishing to volunteer should contact Meet Referee by **June 1, 2022**

ADMIN OFFICIAL:

Administrative Official: Brian Pfisterer

MEET DIRECTOR:

Brian Pfisterer – [Please use ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com) for all meet correspondence.

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.

All swimmers must wear footwear upon leaving the pool area.

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. **"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:

USA 2011 - 2023.7 "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."

Diving end water depth – 12 feet at 1 meter, 8 feet at 5 meters

Shallow end water depth – 4 feet at 1 meter, 10 feet at 5 meters

DISCLAIMER:

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 RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS Sachem Swim Club of Long Island, 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.

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 – CASH or VENMO accepted. Programs \$2.00 per session
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 entire meet.
PARKING:	Free Parking available in Lots 1 and 1A of Eisenhower Park
CAPACITY:	Pool Deck – Current NYS Guidance Spectator Stands – Current NYS Guidance
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

2022 MR SSC TYR A-May-Zing Races

Order of Events

Session 1: Saturday 6/4/22
Ages: ALL
Warm Up: 7:00 AM / Meet Starts: 8:00 AM

Girls Event #	Event	Boys Event #
101	12 & Under 200 Meter IM	102
103	13 & Over 400 Meter IM	104
105	12 & Under 200 Meter Backstroke	106
107	13 & Over 200 Meter Breaststroke	108
109	12 & Under 200 Meter Freestyle	110
111	13 & Over 400 Meter Freestyle	112

Session 2: Saturday 6/4/22
Ages: 11 & Over
Warm Up: 11:00 AM / Meet Starts: 11:30 AM Max 1 ½ Hour Timeline

SWIMMER MUST PROVIDE THEIR OWN TIMER AND COUNTER

	Event	Event #
22:00 or Faster	Mixed 11 & Over 1500 Freestyle	201
	Mixed 11 & Over 800 Freestyle	202

Events may be combined to run 800 & 1500 Heats together

Session 3: Sunday 6/4/22
Ages: 11-12
Warm Up: 7:00 AM / Meet Starts: 8:00AM

Girl's Event #	Event	Boy's Event #
301	11-12 50 Meter Freestyle	302
303	11-12 100 Meter Breaststroke	304
305	11-12 50 Meter Backstroke	306
307	11-12 100 Meter Butterfly	308
309	11-12 100 Meter Freestyle	310
311	11-12 50 Meter Breaststroke	312
313	11-12 100 Meter Backstroke	314
315	11-12 50 Meter Butterfly	316
317	11-12 200 Meter Freestyle	318

Session 4: Sunday 6/5/22
Ages: 13-14/10 & Under Girls
Warm Up: 11:30AM / Meet Starts: 12:30 PM

Girls Event #	Event	Boys Event #
401	13-14 50 Meter Freestyle	402
403	10 & Under 50 Meter Freestyle	
404	13-14 100 Meter Backstroke	405
406	10 & Under 50 Meter Backstroke	
407	13-14 100 Meter Breaststroke	408
409	10 & Under 50 Meter Breaststroke	
410	13-14 200 Meter Butterfly	411
412	10 & Under 50 Meter Butterfly	
413	13-14 200 Meter Backstroke	414
415	10 & Under 100 Meter Backstroke	
416	13-14 100 Meter Butterfly	417
418	10 & Under 100 Freestyle	
419	13-14 100 Freestyle	420
421	13-14 200 IM	422

Session 5: Sunday 6/5/22
Ages: 15+/10 & Under Boys
Warm Up: 4:00PM / Meet Starts: 5:00PM

Girls Event #	Event	Boys Event #
501	15 + 50 Meter Freestyle	502
	10 & Under 50 Meter Freestyle	503
504	15 + 100 Meter Backstroke	505
	10 & Under 50 Meter Backstroke	506
507	15 + 100 Meter Breaststroke	508
	10 & Under 50 Meter Breaststroke	509
510	15 + 200 Meter Butterfly	511
	10 & Under 50 Meter Butterfly	512
513	15 + 200 Meter Backstroke	514
	10 & Under 100 Meter Backstroke	515
516	15 + 100 Meter Butterfly	517
	10 & Under 100 Freestyle	518
519	15 + 100 Meter Freestyle	520
521	15 + 200 Meter IM	522



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_____