



2023 MR SSC Summer Mad Dash

Saturday & Sunday - June 3-4, 2023
Nassau County Aquatic Center - Eisenhower Park
East Meadow, NY

Sanctioned by USA Swimming through Metropolitan Swimming

Sanction # 230604 & 230651-T

Invited Teams: Metro Teams: SSC, TVSC, HAA, IA, WISC, CSDC, EHY, TS, FA, TRI, YFD, QNS, WEST, SMC, RA, LIE, LIFE-MR
Outside LSC: LIFE-NJ, JFAC-NJ, CAC-CT, YNS-NE

All other teams, please email ssc.meetentries@gmail.com for an invitation.

2023 MR SSC SUMMER MAD DASH

June 3-4, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **230604**
Time Trial # **230651-T**
- LOCATION:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY
- FACILITY:** **10 Lane 50 Meter Course with CTS 6 Timing and Alphanumeric Scoreboard**
The competition course **Has NOT** been certified in accordance with Article 104.2.2C (4).
- SESSIONS:** **Session 1 – Saturday 6/3/23 7:15AM Warm Up – 8:20AM Start**
11-12+ Preliminaries & 10U Girls Timed Finals
Session 2 – Saturday 6/3/23 11:45AM Warm Up – 12:50PM Start
13-14 Preliminaries & 10U Boys Timed Finals
Session 3 – Saturday 6/3/23 4:00PM Warm Up – 5:05PM Start
15+ Preliminaries
Session 4 – Sunday 6/04/23 8:00AM Warm UP – 9:05AM Start
11-12, 13-14, 15+ Finals
Session 5 – Sunday 06/04/23 1:00PM Warm Up 1:30PM Start
Distance Events
Max Timeline 1.5 Hours – Session must end by 3:00PM
SWIMMERS MUST PROVIDE THEIR OWN TIMER AND COUNTER
Time Trials may be available after preliminary sessions at \$10 each CASH.
- FORMAT:** **Preliminary & Finals Format for all Events 11 and Over.**
Prelims on Saturday/Finals Sunday AM
Timed Finals for 10U Events, 400/1500 FR
Meet will be Deck Seeded.
Swimmers/Coaches will have 30 minutes to declare scratches for finals after that event's finalists are posted and announced.
There will be 2 (TWO) Finals (B/A) for 11+ Events, Top 20 swimmers from Prelims will make finals.
A swimmer who misses a final will be barred from the rest of that finals session. (Excludes Alternates)
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
No Deck Registrations will be accepted
Age on **June 3, 2023** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** **3 Events per day**
U.S. Mail Entries/Payment to: **Sachem Swim Club, PO Box 191, Ronkonkoma, NY 11779**
Email Entries/Confirm Entry Receipt: ssc.meetentries@gmail.com
Signature waiver required for Express Mailed Entries/Payment
- DEADLINE:** **Entries must be received by: May 26, 2023**
An email confirming receipt of entries if you provide an email contact. Please contact the Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$12.50** per individual Prelim/Final or Distance event must accompany the entries.
An entry fee of **\$10.00** per individual Timed Final event must accompany the entries.
A **\$12.00** per swimmer facility surcharge must accompany the entries.
Make check payable to: **Sachem Swim Club of Long Island, Inc.**

Payment must be received by **June 3, 2023** 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 the 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.**

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 event 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 all ages Places 1-3, Ribbons 4-10 for Timed Finals and Finals**

OFFICIALS: **Meet Referees:** Allen Wone ssc.allenwone@gmail.com 516-330-4229
Dana Wone dwone@optonline.net 516-680-8268
Officials wishing to volunteer should contact the Meet Referee by **May 26, 2023.**

ADMIN. OFFICIAL: **Administrative Official:** **Brian Pfisterer** ssc.meetentries@gmail.com

MEET DIRECTOR: **Amanda Orner/Brian Pfisterer** ssc.meetentries@gmail.com

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 Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. 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 without the use of the backstroke ledge. 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.

Lifeguards, AED device available to athletes participating in the meet.

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 a condition of participation in the conduct of this competition.

WATER DEPTH: 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

DISCLAIMER: **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims **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.

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:

**\$8.00 Per Person/Per Session (Under 12 FREE) CASH OR VENMO ONLY. NO CARDS.
\$2.00 Programs 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.

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

Session 1 - 11-12 Prelims/10U Girls Timed Finals

Saturday 6/3/23 7:15AM Warm Up – 8:20AM Start

3 Hour Session

Girls Event #	Event	Boys Event #
101	11-12 100 Freestyle	102
103	10 & Under 100 Freestyle	
104	11-12 50 Backstroke	105
106	10 & Under 50 Backstroke	
107	11-12 50 Breaststroke	108
109	10 & Under 50 Breaststroke	
110	11-12 100 Breaststroke	111
112	10 & Under 50 Butterfly	
113	11-12 100 Backstroke	114
115	11-12 50 Butterfly	116
117	10 & Under 50 Freestyle	
118	11-12 50 Freestyle	119

Session 2 - 13-14 Prelims/10U Boys Timed Finals

Saturday 6/3/23 11:45AM Warm Up –12:50PM Start

3 Hour Session

Girls Event #	Event	Boys Event #
201	13-14 200 IM	202
	10 & Under 100 Freestyle	203
204	13-14 100 Freestyle	205
	10 & Under 100 Backstroke	206
207	13-14 100 Backstroke	208
	10 & Under 50 Backstroke	209
210	13-14 100 Breaststroke	211
	10 & Under 50 Breaststroke	212
213	13-14 100 Butterfly	214
	10 & Under 50 Butterfly	215
216	13-14 200 Freestyle	217
	10 & Under 50 Freestyle	218
219	13-14 50 Freestyle	220

Session 3 - 15 & Over Prelims

Saturday 6/3/23 4:00PM Warm Up –5:05PM Start

3 Hour Session

Girls Event #	Event	Boys Event #
301	15 & Over 200 IM	302
303	15 & Over 100 Butterfly	304
305	15 & Over 100 Breaststroke	306
307	15 & Over 100 Backstroke	308
309	15 & Over 200 Freestyle	310
311	15 & Over 100 Freestyle	312
313	15 & Over 50 Freestyle	314

Session 4 – FINALS

Sunday 6/4/23 8:00AM Warm UP – 9:05AM Start

Girls Event #	Event	Boys Event #
101	11-12 100 Freestyle	102
201	13-14 200 IM	202
301	15 & Over 200 IM	302
104	11-12 50 Backstroke	105
204	13-14 100 Freestyle	205
303	15 & Over 100 Butterfly	304
107	11-12 50 Breaststroke	108
207	13-14 100 Backstroke	208
305	15 & Over 100 Breaststroke	306
110	11-12 100 Breaststroke	111
210	13-14 100 Breaststroke	211
307	15 & Over 100 Backstroke	308
113	11-12 100 Backstroke	114
213	13-14 100 Butterfly	214
309	15 & Over 200 Freestyle	310
115	11-12 50 Butterfly	116
216	13-14 200 Freestyle	217
311	15 & Over 100 Freestyle	312
118	11-12 50 Freestyle	119
219	13-14 50 Freestyle	220
313	15 & Over 50 Freestyle	314

Session 5 – Distance

Sunday 6/4/23 1:00PM Warm Up 1:30PM Start

Distance Events Max Timeline 1.5 Hours

Session must end by 3:00PM

SWIMMERS MUST PROVIDE THEIR OWN TIMER AND COUNTER

	Event	Event #
	Mixed 400 Freestyle	501
	Mixed 1500 Freestyle	502



Metropolitan Swimming Photographer Registration Form

All Metropolitan Swimming Teams need to include this in the meet information packet. Please file this form with the Safety 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 a 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 _____