



SENIOR METROPOLITAN SUMMER CHAMPIONSHIPS

JULY 11-14, 2024
NASSAU COUNTY AQUATIC CENTER

**Metro reserves the right to adjust the meet information and format.
Please make sure to check the Metro website and with the coaches for updates.**

Entries must be submitted via the USA Swimming OME.

The entry deadline is **Monday, July 1, 2024, 6:00 PM.**

Preliminary psych sheets will be posted Tuesday, **July 2, by noon.**

Coaches have 3 days to submit corrections, the deadline for corrections is **Friday, July 5, noon.**
New qualifying times, swum after the deadline, will be accepted until **Monday, July 8, 6:00 PM,**
only first-time qualifying times will be accepted, no times updates.

For all meet related questions: entries@metroswimming.org

Senior Mets Web Page: <https://www.teamunify.com/team/mrlsc/page/senior-mets>

Meet Referee: Ava St. Thomas - avastthomas276@gmail.com

Admin Referee: Annette Mackrel - entries@metroswimming.org

Meet Directors: Kate Hallex, Diana Ross - seniorchair@metroswimming.org

MEET JURY: For consideration of all other protests lodged at the meet, the Meet Referee may appoint a meet jury. The jury shall consist of not fewer than three (3) and not more than five (5) persons, at least one of whom shall be a coach and one an athlete.

2024 SENIOR METROPOLITAN LC SUMMER CHAMPIONSHIPS

Hosted by Metropolitan Swimming, Inc.

July 11-14, 2024

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction # **240704**
Time Trial Sanction # **240752-TT**

LOCATION: Nassau County Aquatic Center, Eisenhower Park, Merrick Avenue,
East Meadow, NY 11554

FACILITY: 10 x 50m lanes, minimum depth 2 meters. Colorado Timing System, with 10-lane
scoreboard. The competition course has been certified in accordance with 104.2.2C(4).
The copy of such certification is on file with USA Swimming.

MEET ENTRIES / OME: [https://www.usaswimming.org/coaches/online-meet-entry-\(ome\)](https://www.usaswimming.org/coaches/online-meet-entry-(ome))
MEET QUESTIONS: entries@metroswimming.org
SENIOR METS WEB PAGE: <https://www.teamunify.com/team/mrlsc/page/senior-mets>

TECHNICAL MEETING

Zoom Registration Link:

<https://zoom.us/join/zoom/register/tJErcO6qpz4iHNz4XVmKyXAZOD4fv8PW3bVvK>

The Technical Meeting for all coaches will be held via Zoom at 8 PM, on Wednesday, **July 10, 2024**. Coaches are expected to attend the meeting in order to clarify questions before the meet. Additional meetings may be scheduled at the discretion of the Meet Referee and meet staff.

OFFICIALS

Officials wishing to volunteer should sign up by **July 1, 2024**.

Sign up link: <https://forms.gle/zAqXKAmoM7kuXeTz9>

- The Meet is open to all USA Swimming certified officials
- This meet has been approved as an Officials' Qualifying Meet for National Certification Evaluation
- Requests for evaluation must be received by **July 1, 2024**.
- Officials requesting national evaluation must sign up via the link above and additionally fill out and submit the Request for National Evaluation form that can be found at <https://www.usaswimming.org/officials/national-certification-evaluation>
- Completed requests for evaluation and questions regarding national certification should be emailed to Elaine Ang and Ken Graham, officialschair@metroswimming.org

VOLUNTEER ASSIGNMENTS

All teams will be given at least one timing and /or other volunteer assignment regardless of number of entries. Additional assignments will be allocated based on the size of your entry. The Meet Director will consider team sizes for each session to fairly allocate assignments. All assignments must be filled for the entirety of the session. Teams that fail to fulfill assignments will face a penalty of \$500 per instance.

Teams that begin an assignment but fail to remain in their assignment for the duration of the session will be fined \$125 per instance. Timers must check-in 1 (one) hour prior to the session start and must be present at the Timers' Meeting 30 minutes before session start. Meet Marshalls must be ready on deck before warm-ups begin. **Fines will be invoiced from the Metro Office.**



ELIGIBILITY

1. All swimmers must be registered for 2024 with Metropolitan Swimming, Inc. as of the entry deadline. Any swimmer, who is entered and is unregistered will be scratched from the meet. Registrations will not be processed at the meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
2. In addition, to be eligible to swim in this meet, swimmers must have competed in individual events in a minimum of three (3) Metropolitan Swimming Inc. sanctioned meets (or Regional or Nationals Championships while registered with and representing Metropolitan Swimming, Inc.). Attendance at a meet as a relay-only swimmer does not count as one of the 3 Metro Meets requirement. Historical Metro swimmers are exempt as indicated in Metro Policies 202.2.
3. Entry times must equal or better the qualifying standards. Long Course Meter (LCM) times will be the conforming standard and will be seeded faster than SCM and SCY times. Entry times may NOT be converted. Times must have been achieved between **May 1, 2023** and the meet entry deadline.
4. All times must be provable in the SWIMS database.
5. Relays may be entered with composite times.
6. Relay-only swimmers must be entered before the meet deadline, **July 1, 2024**, to be eligible to swim.
7. Swimmers entered with unprovable times will not be seeded.
8. 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 the MAAPP policy is a condition of participation in the conduct of this competition. The full policy can be found here: <https://www.usaswimming.org/safe-sport/minor-athlete-abuse-prevention-policy>
9. In compliance with USA Swimming regulations, **all adult athletes** (those who are 18 or older) **participating in the meet must have up-to-date Athlete Protection Training (APT) in order to compete**. Be aware that if a swimmer turns 18 during the meet, they need to have completed the APT in order to continue competing, even if their age for the meet is still considered to be 17.

ENTRIES

1. A swimmer may enter any event for which they have met the qualifying standard but may participate in no more than six (6) individual events during the meet.
2. If a swimmer exceeds their maximum daily or meet allowance of events and is not properly scratched, then the first (6) events listed for that swimmer are the events that they will be seeded in and they will be scratched from all remaining events.
3. A swimmer may not swim more than three (3) individual events on any one day. Time Trials count towards an athlete's number of individual events. Once a swimmer is seeded in an event, it counts as an event for that day.
4. A swimmer may swim in any number of relay events during the meet, and relay swims will not count towards their individual event total.
5. **All entries must be submitted via the OME by July 1, 2024.** This is the only accepted way to enter this meet, with the exception of new swims achieved after the meet deadline.
6. Your entry file should be supplemented by an entries per athlete report, emailed to entries@metroswimming.org to establish the number of Metro meets swum.
7. **Reminder** – please wait until your athletes have exhausted all of their chances to qualify or improve seed times before you finalize your OME entry. Once you submit via OME and check out you will not be able to make changes, you can only add new entries.



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 so that all appropriate accommodations can be made. Qualification standards for this meet will be the **USA Swimming Para Sectional Times Standards**

DEADLINES

Entries must be submitted via the OME by **Monday, July 1, 2024, 6:00 PM.**

LATE ENTRIES

For swimmers qualifying for the first time between **July 1 and July 8, 2024**, coaches must submit information on new entries no later than **6:00 PM on July 8, 2024** to entries@metroswimming.org. Please provide the swimmer's name, USA Swimming ID (if not already in the meet), event and time swum, the meet the time was achieved at and the date. **Times updates will NOT be accepted.**

ENTRY FEES

Individual Entry: \$12 per event, Swimmer Surcharge: \$12 per athlete, Relay Entry: \$12 per relay entered

DEI

Metro may waive entry fees and facility surcharge for registered outreach swimmers. Coaches should contact Eddie Oyola - ddei@metroswimming.org and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.

PROOF OF TIME

- Verification of times for all events is required. OME pulls the times from SWIM.
- Coaches entering athletes with custom times, or times not yet in SWIMS, must be prepared to provide the meet results for the unproven times.
- Any proof of time must be submitted prior to the Scratch Deadline for the session in which the event is being swum.
- The proof of times must include the name and USA-Swimming ID of the athlete as well as the meet, event, and time swum.
- High School, College, YMCA and similar non-USA Swimming meets swims must be officially authorized by USA Swimming.

CORRECTIONS

A preliminary psych sheet will be posted on the Metro website **Tuesday, July 2, by noon.** Coaches have until **Friday, July 5, noon**, to submit corrections by email to entries@metroswimming.org. Corrections include missed or mis-entered events. Corrections will be charged \$30 per instance.

WARNING

Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined \$150; no further entries will be accepted from the club until the fine is paid. All swimmers, coaches, and officials must be properly registered with USA Swimming for 2024.



SESSIONS

THURSDAY:	Timed Finals	Warm-up at 4:00 PM, Meet Start at 5:30 PM
FRIDAY-SATURDAY:	Prelims	Warm-up at 7:30 AM, Meet Start at 9:00 AM
	Finals	Warm-up at 4:30 PM, Meet Start at 5:30 PM
SUNDAY:	Prelims	Warm-up at 7:30 AM, Meet Start at 9:00 AM
		Distance Warm-up and Start TBA
	Finals	Warm-up at 4:00 PM, Meet Start at 5:00 PM

Prelims start times may be made later at the discretion of the Meet Referee based on timelines.

Thursday:

Timed finals, swimmers and relays must provide their own timers and counters

Women's and Men's 800m Free

- **Positive Check-in required**
- May be limited to 40 Women and 40 Men Swimmers
- Swum fastest to slowest
- Alternating Women and Men

Deadline for POSITIVE CHECK-IN is Thursday 4:45 PM

800m Free Relay

- **Check-in required**
- Swum fastest to slowest
- The 2 fastest relays of each gender will swim first, followed by alternating Women and Men every heat.

Deadline for CHECK-IN is Thursday 5:00 PM

Friday, Saturday, Sunday:

Prelim and Final Events

SCRATCH DEADLINE for Prelims is at 6:30 PM the day prior

Sunday Distance Event

Timed finals, swimmers must provide their own timers and counters

Women's and Men's 1500m Free

- **Positive Check-in required**
- May be limited to 40 Women and 40 Men Swimmers
- Swum slowest to fastest
- Alternating Women and Men
- The fastest heat of the Women and the fastest heat of the Men will swim at finals

Deadline for POSITIVE CHECK-IN is Saturday 6:30 PM

Friday, Saturday and Sunday Relays

Timed finals

- All relays must check-in by the corresponding deadline (6:30 pm the day prior)
- Relay swimmers' names are due 30 minutes before the expected end of the individual events in the session the relays will swim in.
- 200 Medley relay swimmers' names are due 30 minutes before the start of the session.



COACHES

All coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course. **Coaches are required to register at the check-in table in Room 106** to show proof of their current USA Swimming Coach Membership to the Meet Director before they are allowed on deck. The membership card can be displayed via the USA Swimming app on the coach's phone. Wristbands will be given out to signify compliance with USA Swimming membership and up-to-date registration. The wristbands must be worn visibly at all times during the competition.

WARM-UPS

Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. All athlete members must be under the supervision of a USA Swimming member coach during warm-ups, competition and warm-downs. Only athletes entered in this meet may use the warm-up lanes.

Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for supervision. Coaches must notify the Meet Director of any different coaching assignments.

Warmup lanes are open on a first come, first served basis. Clubs may share lanes with other clubs. No diving will be permitted, except in the designated sprint lanes. Pace lanes will be reserved for swimmers who are being timed by their coaches.

Designated sprint and pace lanes will open the last 30 minutes of general warm-up. Entry into the pool is feet first only, except for the designated sprint lanes.

No equipment will be allowed in the competition pool at any time.

FORMAT

- Coaches and swimmers shall have the responsibility to familiarize themselves with the current USA Swimming Rules and Regulations.
- There will be prelim and finals in all individual events except the 800m Free and the 1500m Free. These distance events are swum as timed finals.
- All relays are swum as timed finals with the top 16 swimming at finals, with the exception of the 800 Free relays on Thursday.
- All finals will be swum in 8 lanes. Prelims and the distance events may be swum in 8 or 10 lanes, at the discretion of the Meet Referee.
- The event order for the final sessions will be:
 - D** - Bonus Final – 8 swimmers - limited to swimmers 18 & under (offered for 50's & 100's only)
 - C** - Bonus Final – 8 swimmers - limited to swimmers 18 & under
 - B** - Consolation Final – 8 swimmers
 - A** - Championship Final – 8 swimmers



RULES AND PROCEDURES

1. The 2024 USA Swimming Rules and Regulations will apply.
2. The USA Swimming Code of Conduct is in effect for the duration of the meet.
3. The overhead start procedure may be used at the discretion of the Meet Referee and if such starts comply with the state, local, and facility guidelines in effect at the beginning of the competition.
4. Head Coaches will be asked to provide a cell number for contact in case a swimmer scratches into finals once the event is closed. While all reasonable efforts will be made to contact coaches if a swimmer scratches into finals, it remains the coaches' responsibility to monitor their athletes' standings while the event is still open.
5. In all timed final events (800m Free and 1500m Free) and in all prelim events, after the events have been either positively checked or seeded, any swimmer who fails to compete in an individual event in which they are entered and from which they have not been scratched properly will be barred from all further individual and relay events of that day. **Note:** *It is not possible to DFS in a positive check-in event.*
6. A swimmer who receives a NO SHOW penalty shall not be seeded in any Individual events on succeeding days without having first positively checked-in at the Admin table.
7. The C and D finals are limited to swimmers 18 and under – swimmers 19 and older will be automatically scratched from the Bonus finals unless they move up to the Consolation final due to scratches.
8. A swimmer qualifying for any finals swim, based upon the results of the prelims, must notify the Clerk of Course within 30 minutes after announcement of the qualifiers for that event, that they may not intend to compete, and further must declare their final intention within 30 minutes following their last preliminary event.
9. If a swimmer fails to follow this procedure, they will be barred from further competition for the remainder of the meet, except as noted in Rules 207.11.6.A to F. In addition, if a swimmer fails to follow this procedure for the last session of the meet, their club will be fined \$150.00 for each instance.
10. Any swimmer qualifying for a D, C, B, or A final in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph 207.11.6E. In all finals' heats, a declared false start under 101.1.3E or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete.
11. It is the coaches' responsibility to check and make sure their athletes are properly scratched out of finals and that they have not been moved into the final session. Coaches should not leave the competition deck until their swimmers' events are closed.

TIME TRIALS

Time Trials may be offered at the discretion of the Meet Referee if time permits:

- Conducted at the end of Prelims each day including Thursday's Timed Finals Session.
- Limited to 30 minutes.
- Sign-up at the Admin Table, sign-up times will be announced each session.
- Swimmers are allowed two (2) time trials over the course of the meet.
- Cost, due at the time of entry in cash
 - \$15 per entry
 - \$20 per distance event entry (800 and 1500)
 - \$20 per relay entry

Note: Time trials count towards a swimmer's total daily individual events.



AWARDS

Medals for the first 8 places in individual events and top 3 relays. The top 3 individual finishers and relays may be presented medals on the blocks following the completion of the A-Final, at the discretion of the Meet Referee. Awards will be given to the top individual male and female high point winners, as well as the top 3 scoring teams for Women's, Men's, and Combined team scores.

SCORING

All events will be scored to 16 places.

Points for Individual events are:

D Bonus Final – for 50 Free and 100 events only – non-scoring

C Bonus Final – non-scoring

B Consolation Final – 9, 7, 6, 5, 4, 3, 2, 1

A Championship Final – 20, 17, 16, 15, 14, 13, 12, 11

Points will be doubled for relays. Only two relay teams per club may score.

SAFETY

All swimmers must wear footwear upon leaving the pool area. 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.

Only swimmers, coaches with current USA Swimming certification credentials, volunteers, timers and officials will be allowed on deck.

EMERGENCY ASSISTANCE

Lifeguards will be stationed at the competition and at the warm-up pools. The lifeguard office and first aid station are located near the warm-up pool.

DECK CHANGING

Deck changes are prohibited.

DECK ACCESS

Please use designated pool entry areas only.

AUDIO/VISUAL STATEMENT

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



ADMISSIONS

Spectator seating may be limited dependent upon facility guidelines at the time of the event. All Admissions must be bought online, and proof of purchase will be needed to be allowed into the spectator stands. You will not be able to purchase tickets at the door. Failure to buy online will result in denied entry into the stands.

Thursday: Admission: \$1.00 per person per session

Friday, Saturday, Sunday Prelims/Finals: Adult Admission: \$10.00 per person per session, Child Admission: \$3.00 per person per session

All Sessions Pass: \$50.00 – Includes Finals

TICKET LINK:

PROGRAMS

Psych Sheets and Finals Programs: Will be available on **Meet Mobile**.

PARKING

Ample free parking is available. Patrons must not park in areas indicated for Nassau County Staff.

DISCLAIMER

Upon acceptance of their entries, the participant waives all claims against Nassau County Aquatic Center, Nassau County, 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.



Events Prelims and Finals will be swum in Long Course Meters

Thursday

Session 1 – Distance – TIMED FINALS – 5:30 PM Start

Women	Event	Men
1	800 Free	2
3	800 Free Relay	4

Friday

Session 2 – PRELIMS – 9:00 AM Start

Session 3 – FINALS – 5:30 PM Start

Women	Event	Men
5	200 Medley Relay	6
7	100 Breast	8
9	200 Free	10
11	100 Fly	12
13	400 I.M.	14
15	200 Free Relay	16

Saturday

Session 4 – PRELIMS – 9:00 AM Start

Session 5 – FINALS – 5:30 PM Start

Women	Event	Men
17	200 I.M.	18
19	50 Free	20
21	100 Back	22
23	400 Free	24
25	400 Medley Relay	26

Sunday

Session 6 – PRELIMS – 9:00 AM Start

Women	Event	Men
29	200 Back	30
31	200 Breast	32
33	100 Free	34
35	200 Fly	36

Session 7 – DISTANCE – TIMED FINALS – TBD Start

Women	Event	Men
27	1500 Free	28

Session 8 – FINALS – 5:00 PM Start

Women	Event	Men
27	1500 Free - fastest heat	28
29	200 Back	30
31	200 Breast	32
33	100 Free	34
35	200 Fly	36
37	400 Free Relay	38



2024 LONG COURSE CHAMPIONSHIPS TIME STANDARDS

Eligibility period: from May 1, 2023 to meet entry deadline

WOMEN				MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
25.19	27.99	28.79	50 FREE	26.19	25.39	22.79
54.69	1:00.79	1:02.29	100 FREE	55.69	54.89	49.49
1:58.29	2:11.29	2:14.49	200 FREE	2:03.89	2:00.69	1:48.69
5:15.99	4:36.99	4:42.99	400 FREE	4:22.79	4:16.79	4:52.99
10:59.99	9:36.99	9:49.99	800 FREE	9:04.49	8:51.69	10:09.99
18:40.99	18:38.99	19:02.99	1500 FREE	17:40.79	17:16.79	17:19.99
1:00.69	1:07.39	1:08.59	100 BACK	1:03.39	1:02.19	55.99
2:11.49	2:25.99	2:28.39	200 BACK	2:17.79	2:15.39	2:01.99
1:10.29	1:18.09	1:20.09	100 BREAST	1:12.49	1:10.49	1:03.49
2:31.99	2:48.68	2:52.69	200 BREAST	2:38.69	2:34.29	2:18.99
59.99	1:06.79	1:07.79	100 FLY	1:01.99	1:00.59	54.59
2:15.99	2:30.99	2:33.79	200 FLY	2:20.49	2:17.69	2:03.99
2:11.99	2:26.49	2:30.49	200 IM	2:17.99	2:14.79	2:01.39
4:41.99	5:12.99	5:21.89	400 IM	4:57.19	4:40.79	4:21.99

WOMEN				MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
--	--	--	200 FREE	--	--	--
3:45.79	4:11.69	4:17.29	400 FREE	3:50.59	3:44.19	3:21.89
8:05.39	8:58.79	9:11.59	800 FREE	8:23.89	8:11.09	7:22.39
--	--	--	200 MEDLEY	--	--	--
4:12.29	4:40.09	4:46.49	400 MEDLEY	4:18.39	4:11.99	3:46.99

Eligibility for the 800 or 1500 qualifies an athlete for both events

Eligibility for the 200 Freestyle Relay will be determined by the 400 Freestyle Relay Time Standards

Eligibility for the 200 Medley Relay will be determined by the 400 Medley Relay Time Standards

