

Long Island Express Swim Team
SCY Fall Classic
November 7-9



Sanction #251108, #251153-TT

Invited Teams: AGUA, Condors, Connetquot, Empire, Farmingdale, HYB, Islanders, QNS, Sachem, SIAC, Twisters, Westchester, West Islip, YFD

Long Island Express Fall Classic

November 7-9

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc. Sanction #251108, #251153-TT	
LOCATION:	Hofstra Swim Center - 240 Hofstra University, Hempstead, NY 11549	
FACILITY:	8 Lane 50 meter pool. Colorado timing system 6000 will be used. 8 lane Colorado timing scoreboard will be used. Hy-tek meet manager will be used to conduct the meet. The competition course has been certified in accordance with Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.	
SESSIONS:	Friday: Warm up 4:00 start 5:00 Friday Session 2 - begins 15 minutes after the end of event 12 Saturday and Sunday 11/12 and 13/14 8:00 warm up 9:00 start Saturday and Sunday 10/u and OPEN 2:00 warm up 3:00 start	
FORMAT:	SCY Events. Timed finals format. No Deck entries allowed. The meet will be deck seeded. See scratch procedure below.	
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 November 7 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:	Swimmers will be limited to 4 events per day. Entries will be cut on a first come first serve basis. Entries must be on Hy-Tek U.S. Mail Entries/Payment to: Robert Ortof 28-01 202 Street Bayside NY, 11360 Email Entries/Confirm Entry Receipt: Rortof@gmail.com Signature waiver for Express mail entries.	
DEADLINE:	Entries must be received by: October 26, 2025 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 \$10 per individual event and an athlete surcharge of \$10 must accompany the entries. Make check payable to: Long Island Express LTD Payment must be received by November 7 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:	General warm-up will be in place	
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 1st – 3rd place and Ribbons 4th – 8th place	
OFFICIALS:	Meet Referee: Susan Kwan officials.expressswimming@gmail.com Officials wishing to volunteer should contact the Meet Referee by November 5, 2025	
ADMIN. OFFICIAL:	Administrative Official: Rick Ferriola LIECOACH@AOL.COM	
MEET DIRECTOR:	Rob Ortof rortof@gmail.com 718-352-2136	
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 will be on duty supervising the pool. An AED is located at the lifeguard main desk.	

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:	Deep End water depth 15ft at 1 meter 12.5 at 5 meters Shallow end water dept 5 feet at 1 meter 7feet at 5 meters
DISCLAIMER:	DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Hofstra University or Long Island Express LTD 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.
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:	\$5.00 per person. Heat Sheets will be available on Meet Mobile
MERCHANTS:	No food or beverages will be served by the host team. A merchandise concession will be available by outside vendors
PARKING:	Free parking on campus.
DIRECTIONS:	Meadowbrook Parkway to Exit M4 (route 24west) Hempstead TPK. Go west until main entrance of school. Turn right into main entrance. Go to 2nd stop sign and turn right. GO past the field to the first stop sign. Parking lots will be on your left and the swim center is located at end of road to the right.

Long Island Express Swim Team

Friday November 7 - Session 1

4:00 warm up 5:00

Girls	Event	Boys
1	10 and under 200 free	2
3	11/12 200 free	4
5	13-14 400 IM	6
7	OPEN 400 IM	8
9	10 and under 200 IM	10
11	11/12 200 IM	12

15 minute break - warm up

Session 2

13*	13-14 500 free	14*
15*	Open 500 free	16*

*Cut off Time

Event 13-14 6:00

Event 15 5:45

Event 16 5:30

**Saturday November 8
8:00 warm up 9:00 start**

Girls	Event	Boys
17	13-14 100 free	18
19	11/12 50 free	20
21	13-14 200 back	22
23	11/12 100 back	24
25	13-14 100 fly	26
27	11/12 50 fly	28
29	13/14 100 breast	30
31	11/12 100 breast	32
33*	13-14 200 IM	34*

* cut off time 3:00

**Saturday November 8
2:00 warm up 3:00 start**

Girls	Event	Boys
35	Open 100 free	36
37	10 and under 50 free	38
39	Open 200 back	40
41	10 and under 100 back	42
43	Open 100 fly	44
45	10 and under 50 fly	46
47	Open 100 breast	48
49	10 and under 100 breast	50
51*	Open 200 Im	52*

*Cut off time 2:45

**Sunday November 9
8:00 warm up 9:00 start**

Girls	Event	Boys
53	13-14 200 free	54
55	11-12 100 free	56
57	13-14 100 back	58
59	11-12 50 back	60
61	13-14 200 fly	62
63	11-12 100 fly	64
65	13-14 200 breast	66
67	11-12 50 breast	68
69	13-14 50 free	70
71	11-12 500 free	72

**Sunday November 9
Warm-up 2:00 PM Start 3:00 PM**

Girls	Event	Boys
73	Open 200 Free	74
75	10 and under 100 Free	76
77	Open 100 Back	78
79	10 and under 50 Back	80
81	Open 200 Fly	82
83	10 and under 100 Fly	84
85	Open 200 Breast	86
87	10 and under 50 breast	88
89	Open 50 Free	90
91*	10 and under 500 Free	92*

***Cut off time for event 91 & 92 is 7:00**



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_____