

**NU FINMEN SWIMMING, INC.
2026 43rd ANNUAL DR. MARTIN LUTHER KING JR.
SWIM INVITATIONAL**

January 16, 17, 18, 2026



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

January 16, 17, 18, 2026

#260105

Invited Teams: The following Metro teams are invited, APEX, BKR, CSDC, ENAC, FA, HAUP, HES, HS, JCHB, KBM, LIFE, LGAC, LIAC, MCBY, NDAC, NRSS, NJRC (NJS), NYAC, QNS, RED, SSC, TRI, WISC, YMID, ASSC (AD), GRENFINS (NE), R-T, WW(NJ), ASTS (PVS), DELMAR DOLPHINS

Any other team interested please reach out for availability.

******* Jenn Trotman(coachjenntrtman@aol.com) *******

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #260105 Time Trial 260153
LOCATION:	Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York, 11554
FACILITY:	Aquatic Center 10 lane, 25 yd pool with 2-meter minimum depth CTS 6 Timing and Alphanumeric Scoreboard The competition course Has NOT been certified in accordance with Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.
SESSIONS:	Session 1: Friday, 1/16/26 warm-up: 5:00 pm, start, 5:45 pm, 9-10, 11-12, 13-14, 15 & Over Session 2: Saturday, 1/17/26, warm-up: 7:00 am, start, 8:10 am, 8 & U, 13-14, 15 & Over Session 3: Saturday, 1/17/26, warmup: 1:00 pm, start, 2:00 pm, 9-10, 11-12 Session 4: Sunday, 1/18/26, warmup: 7:00 am, start, 8:00 am, 8 & U, 13-14, 15 & Over Session 5: Sunday, 1/18/26, warmup: 1:00 pm, start, 2:00 pm, 9-10, 11-12 Warm-up times are tentative and subject to adjustment following the acceptances of the last entry. Final Warm-up times will be sent to each club attending no later than the Tuesday prior to the event.
FORMAT:	The meet is a Timed Final Event The meet will be Deck Seeded
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 January 16, 2026 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 are limited to 3 events & 1 relay per session. Entries are by invitation only and on a first come, first serve basis If the meet is oversubscribed the relays will be the first to go and we'll notify the teams NT'S are NOT accepted, Hy-Tek email entries will be accepted Email entries/Confirm Entry Receipt: djdiazdd@aol.com . An email will confirm 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.
DEADLINE:	Entries must be received by: January 3, 2026 or until sessions are full. 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 \$10.00 per individual event, \$15.00 per relay, and \$15.00 per swimmer facility surcharge must accompany the entries. Make check payable to: Nu Finmen Swimming or Zelle Payment must be received by 1/16/2026 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 with assigned lanes will be distributed each session along with scratch sheets. Sprint lanes and General lanes will be available for the remaining 10 minutes of warmup. Lane assignments will be distributed along with the scratch sheets each session.
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:	Individual Awards: Custom Ribbons for 1st- 3rd place, and 4th -10th place ribbons Relays: 1st place Custom Ribbons, 2nd – 3rd place ribbons Mixed Events awards will be given for top female and or male

	Awards not picked up will not be mailed
OFFICIALS:	Meet Referee: Todd Trotman Coach todd03@gmail.com Officials wishing to volunteer should contact the Meet Referee by 1/3/2026
ADMIN. OFFICIAL:	Administrative Official: coachkarimat@aol.com and Sharifa Diaz, sorieana@gmail.com
MEET DIRECTOR:	Jenn Trotman, coachjenntrotman@aol.com, Karima Tonge coachkarimat@aol.com. Questions concerning the meet will only be responded to when communicating with a certified coach from an invited team.
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. Nassau County Lifeguards with AED devices are on site, EMTs are available by 911.
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:	Competition pools w/ 2-meter min depth from wall to wall.
DISCLAIMER:	DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Nassau County Aquatic Center, Nu Finmen Swimming Inc. , 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:	\$10 per person, per session cash only. Children 10 & under are \$2, per session, cash only. A limited number of programs will be sold - \$2 per program per session, cash only. Heat sheets will be available on Meet Mobile.
MERCHANTS:	A concession stand operated by a vendor contracted with the Nassau County Aquatic Center may be available. No glass will be permitted on the pool deck. A swim vendor may be available throughout the meet.
PARKING:	Ample free parking is available in designated areas.
DIRECTIONS:	<u>From Verrazano Narrows Bridge & Kennedy Airport:</u> Follow signs to Belt Parkway/Long Island East. Take Belt Pkwy eastbound past Kennedy Airport. After Kennedy Airport stay in the left lane and look for signs to the Southern State Pkwy East. Take Southern State Pkwy E. to the Meadowbrook Pkwy North to NY-24 Hempstead Turnpike (exit M4) East. On Hempstead Turnpike, get in the left lane and make left at the first light (Merrick Ave). At the first traffic light make a right into Eisenhower Park. See entrance to the pool in front. <u>From Whitestone & Throgs Neck Bridges:</u> Take Cross Island Pkwy South to exit 29, Grand Central Pkwy East. Follow Grand Central Pkwy to Meadowbrook Pkwy South (Jones Beach). Get off at Meadowbrook Pkwy at NY-24 Hempstead Tpke (exit M4) East. On Hempstead Turnpike, get in the left lane and make left at the first light (Merrick Ave). At the first traffic light make a right into Eisenhower Park. See entrance to the pool in front.

Session 1 Friday, January 16, 2026 W.U. 5:00 PM Start 5:45 PM			Session 2 Saturday, January 17, 2026 W.U. 7:00 am Start 8:10 am		
Women's Event No.	Event	Men's Event No.	Women's Event No.	Event	Men's Event No.
1	Mixed 9 & 10 200 IM	2	11	13-14 200 Free	12
3	Mixed 11 & 12 200 IM	4	13	15 & Over 200 Free	14
5	Mixed 13 & Over 200 IM	6	15	Mixed 8 & Under 25 Breast	16
7	Mixed 9-12 500 Free	8	17	13-14 200 Breast	18
9	Mixed 13 & Over 500 Free	10	19	15 & Over 100 Breast	20
	Swimmers must supply their own counter for 500 Free		21	Mixed 8 & Under 25 Free	22
			23	13-14 100 Back	24
			25	15 & Over 200 Back	26
			27	Mixed 8 & Under 50 Back	28
			29	13-14 100 Free	30
No NT (NFS reserves the right to limit the heats in this session to keep within the 4 hour time limit. NO 8 & UN).			31	15 & Over 50 Free	32
			33	Mixed 8 & Under 100 Medley Relay	34
			35	Mixed 13-14 200 Medley Relay	36
			37	Mixed 15 & Over 200 Medley Relay	38
Session 3 Saturday, January 17, 2026 W.U. 1:00 pm Start 2:00 pm					
Women's Event No.	Event	Men's Event No.			
39	9-10 100 IM	40			
41	11-12 100 IM	42			
43	9-10 50 Back	44			
45	11-12 100 Back	46			
47	9-10 50 Fly	48			
49	11-12 50 Fly	50			
51	9-10 100 Breast	52			
53	11-12 100 Breast	54			
55	9- 10 100 Free	56			
57	11-12 100 Free	58			
59	Mixed 9-10 200 Medley Relay	60			
61	Mixed 11-12 200 Medley	62			

[illegible]



All Metropolitan Swimming Teams need to include the Photographer Registration Form in their meet information packet. Please file this form with the Safety Sport Coordinator prior to the start of the meet.

Policy: Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director.

Swimmers' families taking photos of their children from the spectator area, are not subject to this policy.

Notes:

The above policy will be published in all meet announcements and programs.

It is the Meet Director's responsibility to have the forms available at the meet.

The Meet Director should check the actual ID against the entry on the form and keep a file of submitted forms.

The intent is to promote accountability and to give Meet Directors and Referees a tool for managing concerns about photographers. Teams should consider providing a lanyard indicating that the photographer is registered.

See form, below.



Metropolitan Swimming Photographer Registration Form

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.

FLASH PHOTOGRAPHY IS NOT 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 the Meet Referee. They must adhere to the following guidelines:

Do not stand on the starting end of the pool or in the starter's box. The 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 _____