



2026 St. Patrick's Day Last Chance Meet

**Sunday, March 1, 2026
Stony Brook University
Stony Brook, NY 11794**

Sanction: 260303 & 260350-TT

Sponsored by:



We have taken enhanced health and safety measures – for you, our guests, volunteers and employees. Everyone must follow all posted instructions while attending this 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 guests with underlying medical conditions are especially vulnerable. By attending this event, you voluntarily assume all risks related to exposure to COVID-19.

Invited Teams: The following Metro teams are invited until each session has met the maximum either via timeline or capacity as required by NYS Regulations: **CSDC, EHY, FA, HAUP, HYB, LIE, QNS, SSC, TS, WISC, and TVSC.**

Other Teams Interested: Please contact mark.anderson@tvsc.org for an invite based on availability.

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 260303 & 260350-TT
- LOCATION:** Stony Brook University, 30 John S. Toll Drive, Stony Brook, NY 11794
- FACILITY:** The pool at Stony Brook University is 25 yards and has 6 lanes with non-turbulent lane lines. Colorado Electronic Timing System and 6 line electronic scoreboard will be used. The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:**
1. AM Session: **7:30 AM** warm-up, **8:35 AM** start.
 2. PM Session: **1:00 PM** warm-up, **2:05 PM** start.
- Sessions may be limited to 4 hours before scratches for the balance of the meet. Any changes in warm-up times will be posted 1 week before the start of the meet.
- FORMAT:** The meet is timed finals format.
Deck seeding will be used.
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. "Deck Registrations" will NOT be accepted.
- Age on **March 1, 2026** will determine age for the entire meet
- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- 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 may be entered in a maximum of 3 individual events per session. All entries must be in yards. NT's will not be accepted.
- Mixed Relay Events:** Mixed relay teams shall consist of two (2) male and two (2) female swimmers. Swimmers may compete in any order unless otherwise specified in the event description.
- U.S. Mail Entries/Payment to: Three Village Swim Club
PO BOX 224
East Setauket, NY 11733
- Email Entries/Confirm Entry Receipt: mark.anderson@tvsc.org
- Signature waiver required for Express Mail payments.
- TIME TRIAL:** Time trials may be offered at the discretion of the Meet Referee. Time trials, if offered, will be conducted at the conclusion of each session. Swimmers must be entered in the meet to participate. Entry into time trials is subject to the approval of the Meet Referee and may be limited by time constraints. Cost, due at the time of entry in cash: \$10 per time trial.
- DEADLINE:**
1. Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **February 15, 2026**.
 2. The final entry deadline for this meet is **February 22, 2026**.
- Entries from other LSC's will be entered in the order they were received, as space allows.
- An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** **All fees should be submitted by a coach or team administrator, not by individual parents.**
- Entry fees are **\$8.50** per individual event, **\$20.00** per relay.
A Facility Surcharge of **\$10.00** per swimmer must accompany the entries.

Make check payable to: **Three Village Swim Club**

Payment must be received by **March 1st, 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.

- WARM-UP:** First 45 minutes will be general warm-up. Lane assignments will be given at meet.
Last 10 minutes: lanes 2 or more lanes will be open for one-way sprint. All other lanes will remain open for general warm-up. For sessions that have less than 55 minute warm-ups, the schedule will be modified.
- 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 events scratches and which swimmers will not be participating in the session.
- DECK CHANGING:** Deck changes are prohibited.
- 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:** **12 & Under** – Individual awards will be medals 1st through 3rd, and ribbons 4th through 6th.

Awards can only be picked up by a coach during the meet.
- OFFICIALS:**
MEET REFEREE: **Jacky Spierer** - email: musi0939@aol.com
Officials wishing to volunteer should contact Meet Referee by **February 15, 2026**.
- ADMIN. OFFICIAL:** **Annie Cheng-Chu** - email: annie.chengchu@tvsc.org
- MEET DIRECTOR:** **Jonathan Brockman** - email: jon.brockman@tvsc.org
- 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:** **All swimmers must wear footwear upon leaving the pool area.**
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 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 with AED available. Stony Brook University EMT 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 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."
Shallow End 4 ft. to Deep End 13 ft.
- AUDIO / VISUAL STATEMENT:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. The same devices are also not permitted behind the starting blocks. 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.

DISCLAIMER:

Upon acceptance of his/her entries, the participant waives all claims against Three Village Swim Club, Stony Brook University, 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 Three Village Swim Club, Three Village Central School District, 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

ADMISSION:

\$10 per person (children 12 & Under are free) – Cash or Venmo only

Programs are available at no charge via Meet Mobile.

MERCHANTS:

A snack bar will be available in the lobby. For the Sunday Afternoon Session, it will be limited selections. We will have vendors selling swim items as well.

PARKING:

Parking is located in the Kenneth P. LaValle Stadium parking lot.

DIRECTIONS:

Take the Long Island Expressway (I-495) to exit 62N; follow Nicolls Road (Route 97) North for 9 miles. Enter campus via the West Campus Main Entrance. Make Right turn onto Circle Road. Make Left onto Stadium Rd and follow around to the stadium parking lot. The Pool is located to the left of the stadium - **Follow Signs to Pool.**

For GPS: Enter the address "100 Nicolls Road, Stony Brook, NY 11790"

GIRLS	SESSION 1 - SUNDAY AM Warm-up 7:30 AM Start 8:35 AM	BOYS
101	Mixed 9-10 200 Free Relay	101
102	Mixed 13-14 200 Free Relay	102
103	9-10 200 Freestyle	104
105	13-14 Freestyle	106
107	9-10 100 Freestyle	108
109	13-14 100 Freestyle	110
111	9-10 50 Freestyle	112
113	13-14 50 Freestyle	114
115	9-10 200 Breaststroke	116
117	13-14 200 Breaststroke	118
119	9-10 100 Breaststroke	120
121	13-14 100 Breaststroke	122
123	9-10 50 Breaststroke	124
125	13-14 50 Breaststroke	126
127	9-10 200 Backstroke	128
129	13-14 200 Backstroke	130
131	9-10 100 Backstroke	132
133	13-14 100 Backstroke	134
135	9-10 50 Backstroke	136
137	13-14 50 Backstroke	138
139	9-10 200 Butterfly	140
141	13-14 200 Butterfly	142
143	9-10 100 Butterfly	144
145	13-14 100 Butterfly	146
147	9-10 50 Butterfly	148
149	13-14 50 Butterfly	150
151	9-10 100 IM	152
153	13-14 200 IM	154

GIRLS	SESSION 2 - SUNDAY PM Warm-up 1:00 PM Start 2:05 PM	BOYS
201	Mixed 11-12 200 Free Relay	201
202	Mixed 15-18 200 Free Relay	202
203	11-12 200 Freestyle	204
205	15-18 200 Freestyle	206
207	11-12 100 Freestyle	208
209	15-18 100 Freestyle	210
211	11-12 50 Freestyle	212
213	15-18 50 Freestyle	214
215	11-12 200 Breaststroke	216
217	15-18 200 Breaststroke	218
219	11-12 100 Breaststroke	220
221	15-18 100 Breaststroke	222
223	11-12 50 Breaststroke	224
225	15-18 50 Breaststroke	226
227	11-12 200 Backstroke	228
229	15-18 200 Backstroke	230
231	11-12 100 Backstroke	232
233	15-18 100 Backstroke	234
235	11-12 50 Backstroke	236
237	15-18 50 Backstroke	238
239	11-12 200 Butterfly	240
241	15-18 200 Butterfly	242
243	11-12 100 Butterfly	244
245	15-18 100 Butterfly	246
247	11-12 50 Butterfly	248
249	15-18 50 Butterfly	250
251	11-12 100 IM	252
253	15-18 200 IM	254



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 _____