

NU FINMEN SWIMMING, INC

2023 40th ANNUAL DR. MARTIN LUTHER KING JR. SWIM INVITATIONAL

JANUARY 14, 15, 2023

Sanction #230106

TIME TRIALS SANCTION #230152

Invited Teams: the following Metro Teams are invited until each session has met the timeline

APEX, BCSC(MD), FSC, HAA, HS, IA, KBM, LGAC, LIAC, LIFE (NJ), NCAC, NYCA, NYCP, RED, SS, SSC, ST, TS, WAC, YMID, WATER WARRIORS(NJ) WISC

Any other team interested please reach out for availability - DJDIAZDD@AOL.COM- dawn diaz

2023 40TH ANNUAL DR. MARTIN LUTHER KING, JR. SWIM INVITATIONAL

JANUARY 14, 15, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #230106, TT#230152
- LOCATION:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York 11554
- FACILITY:** 10 lane, 25 yd pool with 2 meter minimum depth. Colorado Timing System, scoreboard readouts, Hy-Tec Meet Manager.
The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1:** Saturday AM: (8&Un), (13/14), (15 & Over), Warmup: 7:00am, Start, 8:15am
Session 2: Saturday PM: (9/10), (11/12), Warmup: 1:00pm, Start, 2:00pm
Session 3: Sunday AM: (8&UN), (13/14), (15 & Over), warmup: 7:00am, start, 8:00am
Session 4: Sunday PM: (9/10) (11/12) Warmup: 1:00pm, Start 2:00pm
- FORMAT:** Timed finals Events, the meet will be deck seeded. Entries are run using HY-Tec MM,
- 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. "No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302"
NO "Deck Registrations" accepted
Age on **January 14, 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:** Swimmers are limited to 3 events and 1 relay per session, entries will be entered in the order they are received. If meet is oversubscribed entries will be cut by time, and you will be notified by email, NTS not accepted, email entries on Hy-Tek, Teams are limited to 2 relay entries per session.
An email will confirm receipt of entries.
Contact Meet Director if you have not received report within 2 days of original email.

Mail Payment – Nu Finmen Swimming, 3 Church Street, Hempstead, NY 11550
Email Entries/Confirm Entry Receipt: djdiazdd@aol.com
- DEADLINE:** 1: The final deadline for this meet is Friday, **January 6, 2023**.
2: Teams will be entered on a first come, first serve basis
3: Metro entries will be given priority if entered by 12/30/2022.
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.
- ENTRY FEES:** An entry fee of \$8.00 per individual event and \$15.00 per relay, \$10 per swimmer facility fee must accompany the entries. Time Trials if time permits, cost is \$10 per event.
Make check payable to Nu Finmen Swimming. Payment can be made by Zelle also
Payment must be received by January 14, 2023. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

Host Club may waive meet entry fees 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 warmup 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.

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 individual 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, 4th – 10th ribbons relays: 1st place custom ribbons, 2nd – 3rd ribbons Awards not picked up will not be mailed.
OFFICIALS:	Meet Referee: Todd Trotman, kingfishtodd@aol.com Officials wishing to volunteer should contact Meet Referee by January 12, 2023.
ADMIN. OFFICIAL:	Administrative Official: Karima Tonge, Dawn Diaz
MEET DIRECTOR:	Jennifer Trotman, coachjenntrotman@aol.com, Karima Tonge, coachkarimat@aol.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:	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”
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 the MAAPP policy 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:	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., and 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 meet." 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 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 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, USA Swimming Inc., Eisenhower Aquatic Center, Nu Finmen Swimming, Inc., Metropolitan Swimming, Inc., and each of their officers, Directors, agents, employees, or other representatives from any liabilities or claims, including for personal injuries, death, disease or property losses, or any other loss, including to but not limited to claims or negligence and give up any claims you may have to seek damages, whether known or unknown or unforeseen in connection with exposure, infection, and/or spread of COVID-19 related to participation in this meet

**AUDIO/VISUAL
STATEMENT:**

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting block's

“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:

**\$10.00 per person, per day, (9&over), limited number of programs will be sold - \$2.00 each per session, heat sheets will be on meet mobile
We will send out the link to purchase tickets - TBA -**

MERCHANTS:

**Food is available in designated areas operated by Nassau County Aquatic Center.
No glass bottles allowed on pool deck.**

PARKING:

Ample free parking is available in designated areas.

CAPACITY:

NYS Guidance Applies

DIRECTIONS:

From Verrazano Narrows Bridge & Kennedy Airport:

**Follow signs to Belt Pkwy/Long Island E. Take Belt Pkwy E. past Kennedy Airport. After Kennedy Airport stay in left lane and look for signs to the Southern State Pkwy E.
Take Southern State Pkwy E. to the Meadowbrook Pkwy N. to NY-24 Hempstead Turnpike (exit M4) East. On Hempstead Turnpike get in left lane & make left at 1st light (Merrick Ave) And right into Eisenhower Park. See entrance to pool.**

From Whitestone & Throgs Neck Bridges:

**Take Cross Island Pkwy S to exit 29, Grand Central Pkwy E to Meadowbrook Pkwy S. (Jones Beach)
Get off Meadowbrook Pkwy at NY-24 and follow directions above to Eisenhower Park.**

NU FINMEN SWIMMING**2023 40TH Annual Dr. Martin Luther King, Jr. Swim Invitational****SESSION 1, Saturday, January 14, 2023**

Warmup: 7:00am, start, 8:15am

FEMALE	EVENTS	MALE
1	13/14 200 IM	2
3	OPEN 200 IM	4
5	8 & UN 25 BACK	6
7	13/14 100 BACK	8
9	OPEN 50 FREE	10
11	8 & UN 25 FREE	12
13	13/14 100 FREE	14
15	OPEN 200 FREE	16
17	8 & UN 25 FLY	18
19	13/14 100 FLY	20
21	OPEN 100 FLY	22
23	8 & UN 100 MEDLEY RELAY MIXED	24
25	13 & 14 200 MEDLEY RELAY MIXED	26
27	OPEN 200 MEDLEY RELAY MIXED	28

SESSION 11, SATURDAY, JANUARY 14, 2023

Warmup: 1:00pm, start, 2:00pm

FEMALE	EVENTS	MALE
29	9/10 100 IM	30
31	11/12 100 BACK	32
33	9/10 50 BACK	34
35	11/12 100 BREAST	36
37	9/10 50 BREAST	38
39	11/12 50 FLY	40
41	9/10 100 FLY	42
43	11/12 100 FREE	44
45	9/10 100 FREE	46
47	11/12 200 MEDLEY RELAY MIXED	48
49	9/10 200 MEDLEY RELAY MIXED	50

NU FINMEN SWIMMING**2023 40TH Annual Dr. Martin Luther King, Jr. Swim Invitational****SESSION 111**, Sunday, January 15, 2023

Warmup: 7:00am, Start, 8:00am

FEMALE	EVENT	MALE
51	OPEN 100 BACK	52
53	13/14 50 FREE	54
55	8&UN 50 BACK	56
57	OPEN 100 BREAST	58
59	13/14 100 BREAST	60
61	8&UN 25 BREAST	62
63	OPEN 100 FREE	64
65	13/14 200 FREE	66
67	8&UN 50 FREE	68
69	OPEN 200 FLY MIXED	70
71	13/14 200 FLY MIXED	72
73	8&UN 100 FREE RELAY MIXED	74
75	OPEN 200 FREE RELAY MIXED	76
77	13/14 200 FREE MIXED RELAY	78

COACHES RELAY

SESSION 1V: Sunday, January 15, 2023

Warmup: 1:00pm, Start: 2:00pm

FEMALE	EVENT	MALE
79	11/12 200 FREE	80
81	9/10 100 BACK	82
83	11/12 50 BACK	84
85	9/10 50 FREE	86
87	11/12 50 FREE	88
89	9/10 50 FLY	90
91	11/12 100 FLY	92
93	9/10 100 BREAST	94
95	11/12 50 BREAST	96
97	9/10 200 FREE RELAY MIXED	98
99	11/12 200 FREE RELAY MIXED	100

NASSAU COUNTY AQUATIC CENTER
Facility Rules/Guidelines for Teams/Participants

General Facility Rules:

Meet Marshals shall have full authority to warn or order to cease and desist, and, with the concurrence of Referee, to remove, or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.

No food or beverages are permitted on pool deck or locker room. Sports drinks and water are allowed. Food and/or beverages are permitted in designated areas – the lower level lobby, lower level rooms, upper level lobby and upper level hallway. All debris should be discarded in receptacles.

Anything posted on walls must be posted using colored painters tape. No other kind of tape can be used at all.

Nothing can be posted on any windows anywhere in the facility

No balloons are permitted in facility

It's the swim club's responsibility to provide adequate adult supervision of all team members throughout the facility, including locker rooms.

Use of pool rules

Event participants and coaches are not permitted in the locker rooms or pool deck until 15 minutes prior to the meet start/warm-up time (start time listed on permit) or a specified practice time.

Sitting or hanging on lane lines or safety ropes is prohibited.

Only certain areas of the pool will be reserved for an event. Participants are restricted only to the reserved pool space. You should ask the meet director for clarification on what space is reserved.

Swim teams are not permitted on the dive boards and/or dive platform tower.

Bulkheads (start/turn ends): Maximum load per bulkhead is 50 people. 2 or 3 bulkheads together will allow 70 people.

Athlete Seating:

Team seating should be assigned by the meet director in advance of arrival.

There is no team seating outside the pool edge extended at both the dive pool end and the shallow pool end.

No outside folding chairs/seating are permitted on the pool deck.

Teams/athletes are not permitted to bring in portable music systems unless used with headphones Teams/athletes shall not obstruct any exits with equipment and/or athletes

No team banners can be erected unless they are self-standing; use magnetic hooks or temporarily hang in approved locations. They cannot be attached to any walls/windows or bleachers.

Food Vendors/Catering:

Events and its participating teams or individuals must use the food service company specified by the facility.

Event and its participating teams (or individuals) are not permitted to bring in any outside catering companies, food or beverages into the facility. "Donated" food and beverages are not permitted.

Parking:

There is no parking on any grassy areas at all. Illegally parked cars are subject to ticketing and/or towing.

At the discretion of the facility manager, we reserve the right to prevent any particular swim team or individual from using the facility for any current or future event(s). Violations of rules/guidelines would be grounds for such action.

These rules/guidelines are included in all event permits. The permittee (meet organizer) has agreed to the terms of these rules/guidelines. Additional requirements/restrictions may be included in the event permit.



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 _____