

# NU FINMEN SWIMMING, INC

## 2024 41<sup>ST</sup> ANNUAL DR. MARTIN LUTHER KING JR. SWIM INVITATIONAL

JANUARY 12, 13, 14 2024



**Invited Teams:** the following Metro teams are invited, APEX, BKR, CSDC, ENAC, FA, HAUP, HS, IA, KBM, LGAC, LIAC, MCBY, NDAC, NYAC, RED, SSC, TRI, WISC, YMID, GFA (NE), WW(NJ), ASTS, DELMAR DOLPHINS

Any other team interested please reach out for availability – dawn diaz(djdiazdd@aol.com)

**2024 41<sup>st</sup> Annual Dr. Martin Luther King Jr. Swim Invitational**  
**January, 12, 13, 14, 2024**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,  
Sanction # 240103, time trial sanction #240152
- 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, 1/12, warmup: 5:00PM, start, 5:45pm, (9/10), (11/12) (13/14) (15 & Over)  
Session 2: Saturday, 1/13 warmup: 7:00AM, start, 8:15am (8&UN) (13/14) (15&Over)  
Session 3: Saturday, 1/13, warmup: 1:00PM, start, 2:00pm (9/10) (11/12)  
Session 4: Sunday, 1/14, warmup: 7:00am, 8:00am (8&UN) (13/14) (15&Over)  
Session 5: Sunday, 1/14, warmup: 1:00pm, start 2:00pm (9/10) (11/12)
- FORMAT:** Timed Finals Events,  
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 12, 2024 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 are by invitation and on a first-come, first-served basis.  
If the meet is oversubscribed the relays will be the first to go and we'll notify the teams  
NTS are not accepted. Email entries on HY-TEK  
  
An email will confirm receipt of entries  
Contact the Meet Director if you have not received confirmation within 2 days of your email  
Payment to: Nu Finmen Swimming, 3 Church Street, Hempstead, NY 11550  
Email Entries/Confirm Entry Receipt: [djdiazdd@aol.com](mailto:djdiazdd@aol.com)
- DEADLINE:** The final Entries must be received by: **Friday, December 29, 2023**  
**or until the 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 email.
- ENTRY FEE:** An entry fee of **\$8.00** per individual event, \$15.00 per relay, and \$15.00 per swimmer facility fees must accompany the entries.  
Time Trials, if time permits, is \$10.00 per event. cash  
Make check payable to: Nu Finmen Swimming, or payment can be made by Zelle  
Payment must be received by January 12, 2024 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 sheet 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 1<sup>st</sup>- 3<sup>rd</sup> place, 4<sup>th</sup> – 10<sup>th</sup> ribbons,  
Relays: 1<sup>st</sup> place Custom Ribbons, 2<sup>nd</sup> – 3<sup>rd</sup> ribbons  
Awards not picked up will not be mailed
- OFFICIALS:** Meet Referee: Todd Trotman, kingfishtodd@aol.com  
Officials wishing to volunteer should contact the Meet Referee by Jan 2<sup>nd</sup> , 2024
- ADMIN. OFFICIAL:** Administrative Official: Karima Tonge, Dawn Diaz
- MEET DIRECTOR:** Jenn Trotman, coachjenntrotman@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:** 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 with AED devices are available. Nassau County EMTs 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:** 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:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Nassau County Aquatic Center, Nu Finmen Swimming, 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 Center 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 completion, you voluntarily assume all risks associated with exposure to COVID-19 and forever release and hold harmless Nu Finmen Swimming, Nassau County, Nassau County Aquatic Center, Metropolitan Swimming Inc., USA 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 and 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.

**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, 10&under is \$2, (NO charge 3&Under)  
a limited number of programs will be sold - \$2 each per session, cash only  
heat sheets will be on meet mobile

**MERCHANTS:** Food is available in a designated area.  
A concession stand operated by a vendor contracted by the Nassau County Aquatic Center maybe available,  
The event host has no responsibility for the concession stand  
No glass bottles allowed on the pool deck  
A Swim vendor maybe available throughout the meet

**PARKING:** Ample free parking is available in designated areas

**DIRECTIONS:** From Verrazano Narrows Bridge & Kennedy Airport

Follow signs to Belt Parkway/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) E.

On Hempstead Turnpike get in left lane & make left at 1<sup>st</sup> light (Merrick Ave)

Then 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 at Meadowbrook Pkwy at NY-24 AND follow above directions

# **NU FINMEN SWIMMING**

## **2024 41<sup>st</sup> Annual Dr. Martin Luther King, Jr. Swim Invitational**

**Session 1: Friday, January 13, 2024**

**Warmup: 5:00pm, start, 5:45pm**

### **EVENTS**

<b>1</b>	<b>9/10 200 MIXED Free</b>
<b>3</b>	<b>11/12 200 MIXED Free</b>
<b>5</b>	<b>13/14 500 MIXED Free</b>
<b>7</b>	<b>15 &amp; Over MIXED Free</b>

(Nu Finmen Swimming reserves the right to limit the heats in this session to keep within the 3 hour time limit)

**Session 2: Saturday, January 13, 2024**

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

<b>FEMALE</b>	<b>EVENTS</b>	<b>MALE</b>
<b>09</b>	<b>13/14 200 MIXED IM</b>	
<b>11</b>	<b>15 &amp; Over 200 MIXED IM</b>	
<b>13</b>	<b>8 &amp; UN MIXED 25 Back</b>	
<b>15</b>	<b>13/14 100 Back</b>	<b>16</b>
<b>17</b>	<b>15 &amp; Over 50 Free</b>	<b>18</b>
<b>19</b>	<b>8 &amp; UN MIXED 25 Free</b>	
<b>21</b>	<b>13/14 100 Free</b>	<b>22</b>
<b>23</b>	<b>15 &amp; Over 200 Free</b>	<b>24</b>
<b>25</b>	<b>8 &amp; Under MIXED 25 Fly</b>	
<b>27</b>	<b>13/14 100 Fly</b>	<b>28</b>
<b>29</b>	<b>15 &amp; Over 100 Fly</b>	<b>30</b>
<b>31</b>	<b>8 &amp; UN 100 MIXED Medley Relay</b>	
<b>33</b>	<b>13/14 200 MIXED Medley Relay</b>	
<b>35</b>	<b>15 &amp; Over 200 MIXED Medley Relay</b>	

**Nu Finmen Swimming**  
**2024 41<sup>st</sup> Annual Martin Luther King Jr., Swim Invitational**

**Session 3, Saturday, January 13, 2024**  
**Warmup: 1:00pm, start, 2:00pm**

<b>FEMALE</b>	<b>EVENTS</b>	<b>MALE</b>
37	9/10 100 IM	38
39	11/12 100 Back	40
41	9/10 50 Back	42
43	11/12 100 Breast	44
45	9/10 50 Breast	46
47	11/12 50 Fly	48
49	9/10 100 Fly	50
51	11/12 100 Free	52
53	9/10 100 Free	54
55	11/12 200 MIXED Medley Relay	
57	9/10 200 MIXED Medley Relay	

**Session 4, Sunday, January 14, 2024**  
**Warmup: 7:00am, Start, 8:00am**

<b>FEMALE</b>	<b>EVENTS</b>	<b>MALE</b>
59	15& Over 100 Back	60
61	13/14 200 Free	62
63	8&UN 50 MIXED Back	
65	15 & Over 100 Breast	66
67	13/14 100 Breast	68
69	8&UN 25 MIXED Breast	
71	15 & Over 100 Free	72
73	13/14 50 Free	74
75	8&UN 50 MIXED Free	
77	15 & Over 200 MIXED Fly	
79	13/14 200 MIXED Fly	
81	8&UN 100 MIXED Free Relay	
83	15& Over 200 MIXED Free Relay	
85	13/14 200 MIXED Free Relay	

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# COACHES RELAY

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Session 5: Sunday, January 14, 2024

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

FEMALE	EVENTS	MALE
87	11/12 200 Free	88
89	9/10 100 Back	90
91	11/12 50 Back	92
93	9/10 50 Free	94
95	11/12 50 Free	96
97	9/10 50 Fly	98
99	11/12 100 Fly	100
101	9/10 100 Breast	102
103	11/12 50 Breast	104
105	9/10 200 MIXED Free Relay	
107	11/12 200 MIXED Free Relay	

## 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 the 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 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 head phones.

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. Events 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

No parking on any grassy area 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

**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 \_\_\_\_\_