

Long Island Express Swim Team
Summer Sizzler LCM Invitational
July 12, 13 2025



Sanction 250701 250750-TT

Invited Teams: Agua, Empire, Farmingdale, HYB, LGAC, Phoenix, QNS, SIAC, SSC, WEST, WISC, YFD

Long Island Express May Extravaganza

July 12 and 13, 2025

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction 250701 250750-TT
LOCATION:	Hofstra Swim Center
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:	Saturday / Sunday AM - 11/12 and 13/14 8:00 warm up 9:00 start Saturday / Sunday PM - 10/ under and OPEN 2:00 warm up 3:00 start
FORMAT:	LCM events. . Timed finals format. No Deck entries allowed. The meet will be deck seeded. See scratch procedure below. NO ATHLETE WITH A SENIOR MET CUT MAY SWIM THAT EVENT IN THIS MEET. CUT TIMES ARE LISTED 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 <u>Swimmers who have achieved a SENIOR MET cut will be ineligible to swim that event.</u> Age on July 12, 2025 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 3 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: Richard Stern - longislandexpressswimming@gmail.com Signature waiver for Express mail entries. NO ATHLETE WITH A SENIOR MET CUT MAY SWIM THAT EVENT IN THIS MEET. CUT TIMES ARE LISTED BELOW.

DEADLINE:	Entries must be received by: July 1, 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 \$10 of must accompany the entries. Make check payable to: Long Island Express LTD Payment must be received by July 12, 2025 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: Andrew Schnappauf officials.expressswimming@gmail.com Officials wishing to volunteer should contact the Meet Referee by July 6, 2025	
ADMIN. OFFICIAL:	Administrative Official: Rick Ferriola LIECOACH@AOL.COM and Richard Stern richard.c.stern@gmail.com	
MEET DIRECTOR:	Rob Ortof rortof@gmail.com 718-352-2136 and Richard Stern longislandexpressswimming@gmail.com 516-637-0100	
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. NO ATHLETE WITH A SENIOR MET CUT MAY SWIM THAT EVENT IN THIS MEET. CUT TIMES ARE LISTED BELOW.	

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.

No swimmer who has achieved a Sr Met Standard will not be allowed to swim that event in this meet. The standards are listed below.

Eligibility period: from May 1, 2024 to meet entry deadline

WOMEN				MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
25.19	27.99	28.79	50 FREE	26.19	25.39	22.79
54.69	1:00.79	1:02.29	100 FREE	55.69	54.89	49.49
1:58.29	2:11.29	2:14.49	200 FREE	2:03.89	2:00.69	1:48.69
5:15.99	4:36.99	4:42.99	500 FREE	4:22.79	4:16.79	4:52.99
10:59.99	9:36.99	9:49.99	1000 FREE	9:04.49	8:51.69	10:09.99
18:40.99	18:38.99	19:02.99	1650 FREE	17:40.79	17:16.79	17:19.99
1:00.69	1:07.39	1:08.59	100 BACK	1:03.39	1:02.19	55.99
2:11.49	2:25.99	2:28.39	200 BACK	2:17.79	2:15.39	2:01.99
1:10.29	1:18.09	1:20.09	100 BREAST	1:12.49	1:10.49	1:03.49
2:31.99	2:48.68	2:52.69	200 BREAST	2:38.69	2:34.29	2:18.99
59.99	1:06.79	1:07.79	100 FLY	1:01.99	1:00.59	54.59
2:15.99	2:30.99	2:33.79	200 FLY	2:20.49	2:17.69	2:03.99
2:11.99	2:26.49	2:30.49	200 IM	2:17.99	2:14.79	2:01.39
4:41.99	5:12.99	5:21.89	400 IM	4:57.19	4:40.79	4:21.99

Long Island Express Swim Team

Saturday July 12, 2025
8:00 warm up 9:00 start

Girls	Event	Boys
1	11/12 100 free	2
3	13/14 100 free	4
5	11/12 50 fly	6
7	13/14 200 fly	8
9	11/12 100 breast	10
11	13/14 100 breast	12
13	11/12 50 back	14
15	13/14 100 back	16

Saturday July 12, 2025
2:00 warm up 3:00 start

Girls	Event	Boys
17	10 / u 100 free	18
19	Open 100 free	20
21	10 /u 50 fly	22
23	Open 200 fly	24
25	10/u 100 breast	26
27	Open 100 breast	28
29	10/u 50 back	30
31	Open 100 back	32

Sunday July 13, 2025
8:00 warm up 9:00 start

Girls	Event	Boys
33	11/12 50 free	34
35	13/14 50 free	36
37	11/12 100 fly	38
39	13/14 100 fly	40
41	11/12 50 breast	42
43	13-14 200 breast	44
45	11/12 100 back	46
47	13/14 200 back	48

Sunday July 13. 2025
2:00 warm up 3:00 start

Girls	Event	Boys
49	10/u 50 free	50
51	Open 50 free	52
53	10/u 100 fly	54
55	Open 100 fly	56
57	10/u 50 breast	58
59	Open 200 breast	60
61	10/u 100 back	62
63	Open 200 back	64



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_____