

Long Island Express

July 9th and 10th

Summer Sizzler Invitational Swim Meet

#220702

TT - #220751-T



Invited Teams: AGUA, Connectquot, Cross Island, Empire, Farmingdale, Flushing, Huntington, Islander, Matchpoint, QNS, Sachem, Shorefront, Twisters, West Islip, Empire, Westchester

LIE July Summer Sizzler

July 9 and 10

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
#220702 TT - #220751-T

LOCATION: Hofstra University

FACILITY: 8 Lane 50 meter facility with Colorado timing system

The pool has been certified in accordance with Article 104.2.2C (4). Depth is 4.8 ft deep in shallow end and 15.6 feet in the deep end.

SESSIONS: Saturday and Sunday 11-12, 13-14 8:00 Warm-up 9:00 Start
Saturday and Sunday 10 and under , Open 2:00 Warm-up 3:00 Start

FORMAT: Timed finals Deck seeding will be in place

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.
Age on July 9, 2022 will determine age for the entire meet.

DISABILITY SWIMMERS: Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.

ENTRIES: 4 Entries per day will be permitted
Entries will be cut on a first come first serve basis. Hy-Tek entries only.
U.S. Mail Entries/Payment to: Robert Ortof
28-01 202 Street
Bayside NY 11360
Email Entries/Confirm Entry Receipt: Rortof@gmail.com
Signature waiver for express mailed entries

DEADLINE: Entries must be received by : July 2, 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 of your original email.

ENTRY FEE: An entry fee of \$10 per individual event must accompany the entries. Make check payable to: Long Island Express LTD. A \$10 surcharge per athlete will be in place. Time trial fees will be \$15.00 per event. Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries
Payment must be received by July 8, 2022 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: 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 events 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 will be given 1-3 and ribbons 4-8

OFFICIALS : Meet Referee: Allen Wone and Andrew Schnappauf
Officials wishing to volunteer should contact Meet Referee by July 5, 2021 Rick Ferriola,
Admin Referee: Rick Ferriola and Gil Smith

MEET DIRECTOR: Robert Ortof – Rortof@gmail.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 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. **All athletes will wear masks while on pool deck, All Coaches and officials who are vaccinated will not be required to wear a mask.**

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Hofstra University and Long Island Express, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. It shall be understood that USA swimming.Inc and Metropolitan Swimming.Inc shall be free of any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event

Photographer 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.

**OPERATIONS
PROCEDURE:**

Athletes, Coaches, Officials and Volunteers will enter /with face masks covering mouth and nose on. PPE Masks are always required to be worn out of the pool.
Athletes, Coaches, Officials and Volunteers will observe social distancing waiting in the check-in line to undergo a temperature check and informational screening.

- Do they have a fever?
- Do they have a cough?
- Do they have shortness of breath or difficulty breathing?
- Have they had the chills, headaches, sore throat in the last 24 hours?
- Do they have new loss of taste or smell or other symptoms listed by the CDC?
- Have they traveled or been with anyone who has traveled to a state on the NY quarantine list?

Any person with temperature above 100.4 will be sent home. Athletes, Coaches, Officials and Volunteers who are experiencing any symptoms of COVID-19 should remain home and see their physician.

There will be no locker room use. Athletes will come and leave the pool in suits and sweats. Showering will be done at home.

Athletes will bring their own labeled water bottles and healthy snacks.

Upon entrance to pool deck athletes will place belongings in grid space and head to assigned lane.

No sharing equipment, food and/or drinks.

No congregation after swimming

ATTESTATION STATEMENT: In applying for this sanction, LIE, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Metropolitan Swimming, the State of New York, and local jurisdictions.

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 USA SWIMMING AND [THE LSC] 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: \$5.00 per person. All heat and lanes will be on Meet Mobile.

MERCHANT Metro Swim Shop will be present at the meet. No food or drink allowed in the building.

PARKING: Parking immediately adjacent to the facility.

DIRECTIONS:

LIE (495) to Exit 38 (Northern State Parkway) East, to the Meadowbrook Parkway Exit 31 A. Stay on Meadowbrook Parkway until Exit M4 (sign reads Hempstead and Coliseum (travel west) to Main gate (opposite Dunkin Donuts) – enter main gate and turn right at the stop sign at first major intersection – pool facility will be directly in front of you at first stop sign.

AUDIO Use of Audio or visual recording devices including cell phones is not permitted in changing areas, rest rooms or locker rooms or behind the blocks. – Art - 202.3 and 202.4

Deck Change

Changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is prohibited. DECK changes are Prohibited !!!!

Drones “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.”

STARTING RULE COMPLIANCE

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. 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.

Saturday July 10

Warm up 8:00 AM

Start 9:00 AM

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 10

Warm up 2:00 PM

Start 3:00 PM

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

Sunday July 11

Warm up 8:00 AM

Start 9:00 AM

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 11

Warm up 2:00 pm

Start 3:00 PM

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

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 _____