



SPEEDO

**Long Island Challenge
April 26-28, 2024
Sanction #240401**

Invited Teams: AGUA, BAD, BGNW, ABF(NE), CONDORS, CPAC(CT), NJW(NJ), UDAC(PA), SAKA(MA), SCAR(NJ), SMAC(ME), SSC(MA), TS, TVSC, other teams interested please contact Ginny Nussbaum at gnussbaum@longislandswimming.com

SPEEDO

Long Island Challenge

April 26- 28, 2024

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #240401
- LOCATION:** Nassau County Aquatic Center (NCAC), Eisenhower Park, East Meadow, NY 11554
Freedom Pool (FP), Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 2 X 10 Lane by 50 meter competition pools w/ 2 meter min depth
1 X 6 Lane by 25 meter warm up / warm down pool w/ 2 meter min depth
The competition course Has Not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session One Timed Finals- Friday April 26 warm-up 4:30pm Start 5:30pm
Session Two – Prelims– Saturday April 27 warm-up 8:00am Start 9:00am
Session Three – 13 & Over - Freedom Pool - Saturday April 27 warm-up 12:30pm Start 1:30pm
Session Four – 12 & Under - Aquatic Center Saturday April 27 warm-up 12:30pm Start 1:30pm
Session Five – Finals – Saturday April 27 warm-up 5:30pm Start 6:30pm
Session Six – Prelims – Sunday April 28 warm-up 8:00am Start 9:00am
Session Seven – 13 & Over - Freedom Pool - Sunday April 28 warm-up 12:30pm Start 1:30pm
Session Eight – 12 & Under- Aquatic Center – Sunday April 28 warm-up 12:30pm Start 1:30pm
Session Nine – Finals – Sunday April 28 warm-up 5:30pm Start 6:30pm
All Warm-up times are tentative and subject to adjustment following the acceptance of the last entry. Final warmup times will be sent to each club attending no later than the Tuesday prior to the event
- FORMAT:** This meet will be run in accordance with 2024 USA Swimming Rules.
All 10&U, 11-12, 13-14, 15&O events will be swum as timed finals. OPEN events, except for the 800/1500 will be a trials and finals format, with consolation and championship finals (fastest 20 swimmers from preliminaries) held in the evening session.
The Event will be deck seeded.
Swimmers in the 800 and 1500 will need to provide their own timer and counter.
- ELIGIBILITY:** Open to all 2024 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 **April 26, 2024**, will determine the age for the entire meet.
- ENTRIES:** All invited swimmers must meet the attached time standards. NT's and Deck entries will not be accepted. Hy-Tek or Team Unify time conversions are acceptable.
Swimmers in the Open Prelim sessions may compete in a maximum of three (3) individual events per day. Swimmers entered in more than three (3) individual events in a preliminary session who fail to scratch down to this number before the check-in/scratch deadline established for the session will only be eligible to swim in the first three (3) events in the chronological, not event order, for which the swimmer was entered in that session.
Swimmers in the Timed Final session may compete in a maximum of five (5) individual events per day.
- Hy-Tek Email entries only/Confirm Entry Receipt: entries.liac@gmail.com
An email confirming receipt of entries will be sent to the address the entries are received from. If the sender does not receive an email confirming entry within 48 hours your entry has not been received. Please contact Meet Director if you do not receive such a report within 48 hours of your original email.
- DEADLINE:** Entries must be received by: **April 16, 2024**
- ENTRY FEE:** \$15.00 per individual Senior event; \$10.00 per 14&U individual event; \$20.00 athlete surcharge for all athletes
Zelle payment is preferred – gnussbaum@longislandswimming.com Long Island Swimming, LTD
Make check payable to: **Long Island Swimming**
Ginny Nussbaum, 750 F Stewart Ave, Garden City, NY 11530
Payment must be received by **April 26, 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 for the first 30 minutes. 20 minutes with Pace, Sprint, and General lanes. Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet
- 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 draw a line through an individual event to indicate clearly that the individual event is a scratch or when an athlete is out of the session completely draw a line through the swimmer's name who will not be participating in the session.
- There will be positive check in for the 800/1500 free at the head table. Athletes not positively checked will not be seeded.
- For Senior Finals, the Scratch Rule for Championship Finals, as specified in the Metropolitan Swimming Policy Handbook, will be followed. In addition, a \$50 fine per swimmer will be imposed for those failing to show up for Sunday night finals.
- 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. **Coaches must register and receive a Wristband at the check-in table next to the Aquatic Center's Front Desk.**
- SCORING:** Scoring for the team title will be through 20 places for Senior events as follows: (24,20,19,18,17,16,15,14,13,12,11,9,8,7,6,5,4,3,2,1) for individual events and for relay events (48,40,38,36,34,32,30,28,26,24,22,18,16,14,12,10,8,6,4,2). The Age Group is not scored.
- AWARDS:** 1st – 10th place awards will be given to the 12&U athletes.
- OFFICIALS:** **Meet Referee:** Darryl Strabuk, meetofficial@longislandswimming.com
Meet Admin: Ginny Nussbaum
Officials wishing to volunteer should contact Meet Referee by **April 26, 2024**
- MEET DIRECTOR:** **Ginny Nussbaum**, gnussbaum@longislandswimming.com 516.378.8467 – Questions concerning the meet will only be entertained when communicated via a certified coach on an invited team.
- 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 before the competition. The qualification standards for the meet will be USA swimming LSC Para times.
<https://www.usaswimming.org/docs/default-source/disabilitydocuments/lsc-para-times-ndc-official.pdf?sfvrsn=6>
- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
- NO 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.
- POLICY:** Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. LIAC's Official Meet photographer will be available for photos during the event. They will be the sole photographer on Deck and will complete and submit a Photographer Registration Form before the event commences activity.
- 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.
MAAPP: 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.

SAFETY:

All swimmers must wear footwear upon leaving the pool area.

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"

Nassau County Lifeguards and an AED are on site.

MEET**DECORUM:**

Each club is requested to handle its own team and discipline problems. Anyone found vandalizing county property; stealing or displacing disorderly conduct will be subject to disqualification, ejection from the meet and possible criminal prosecution.

DISCLAIMER:

Upon acceptance of his/her entries, the participant waives all claims against **Nassau County Aquatic Center, Long Island Aquatic Club, Long Island 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 any 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 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 Long Island Aquatic Club, Long Island 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 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:

Pre-sale discounted admission tickets will be available on

<http://www.longislandswimming.com/hosted-meets.html>

**NO TICKETS
FOR EVENTS
IN THE
FREEDOM
POOL – THOSE
SESSIONS
WILL BE
STREAMED.**

\$60.00/ 7 Sessions = 2 prelim/ 2 final ticket, & 2 Age Group timed final sessions

The original ticket must be presented each session along with the wrist band which will be given upon entering the facility the first session.

\$42.00/ 4 Sessions = Saturday prelims, Saturday finals, Sunday prelims, & Sunday finals

\$22.50 / 2 Age Group Sessions = Saturday Age Group & Sunday Age Group

There is a \$10 CASH fee for a lost/removed wrist band. No exceptions. \$15.00 CASH fee will be charged if the original ticket is not presented.

\$15/session = 1 prelim session, 1 final session, or 1 timed final session/day

\$10/Friday distance session

A ticket must be purchased for the Friday evening distance session. If you time for your athlete your ticket will be refunded when you check in to time.

\$25.00/session Cash only at Door

Programs and heat sheets will be available on Meet Mobile..

**DECK
CHANGING:**

Deck Changes are prohibited.

MERCHANTS:

A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.

Hobieswim will be available virtually throughout the entire meet

**ATTESTATION
STATEMENT:**

In applying for this sanction, LIAC, 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.

PARKING:

There is ample parking.

DIRECTIONS:

FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take So.State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.

FROM WHITESTONE AND THROGS NECK BRIDGES

Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead Tpke.(exit M4). On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.

SESSION IV 12&U Timed Final -NCAC**SESSION VIII 12&U Timed Final-NCAC**

*13-14 and 15 & Over events will compete in the Freedom Pool, there are no Spectators – the events will be streamed live.

10&U and 11-12 events will be contested in the Aquatic Center. A spectator ticket must be purchased.

SATURDAY April 27, 2024

SUNDAY April 28, 2024

WARM-UP 12:30PM START 1:30PM

WARM-UP 12:30PM START 1:30PM

| Women | EVENT | Men | | Women | EVENT | Men |
|-------|------------------|-----|--|-------|------------------|-----|
| 41 | 11-12 100 fly | 42 | | 99 | 11-12 200 IM | 100 |
| 43 | 10&U 200 Free | 44 | | 101 | 10&U 100 Free | 102 |
| 45 | 11-12 100 breast | 46 | | 103 | 11-12 50 Fly | 104 |
| 47 | 10&U 100 breast | 48 | | 105 | 10&U 50 Fly | 106 |
| 49 | 11-12 50 free | 50 | | 107 | 11-12 100 Back | 108 |
| 51 | 10&U 50 free | 52 | | 109 | 10&U 100 Back | 110 |
| 53 | 11-12 50 back | 54 | | 111 | 11-12 200 Free | 112 |
| 55 | 10&U 50 back | 56 | | 113 | 10&U 50Breast | 114 |
| 57 | 11-12 100 Free | 58 | | 115 | 11-12 50Breast | 116 |
| 59 | 10&U 200 IM | 60 | | 117 | 10&U 100 Fly | 118 |
| 61 | 11 – 12 400 IM | 62 | | 119 | 11 – 12 400 Free | 120 |

SESSION V Senior Finals - NCAC**SESSION IX Senior Finals - NCAC**

SATURDAY APRIL 27, 2024

SUNDAY APRIL 28, 2024

WARM-UP 5:30PM START 6:30PM

WARM-UP 5:30PM START 6:30PM

| WOMEN | EVENT | Men | | WOMEN | EVENT | Men |
|-------|-------------------|-----|--|-------|-------------------|-----|
| 5 | Senior 200 Fly | 6 | | 63 | Senior 100 Fly | 64 |
| 7 | Senior 100 Back | 8 | | 65 | Senior 200 Free | 66 |
| 9 | Senior 200 Breast | 10 | | 67 | Senior 100 Breast | 68 |
| 11 | Senior 100 Free | 12 | | 69 | Senior 50 Free | 70 |
| 13 | Senior 200 IM | 14 | | 71 | Senior 200 Back | 72 |
| 15 | Senior 400 Free | 16 | | 73 | Senior 400 IM | 74 |

Finals will be swum in the following order: B, A.