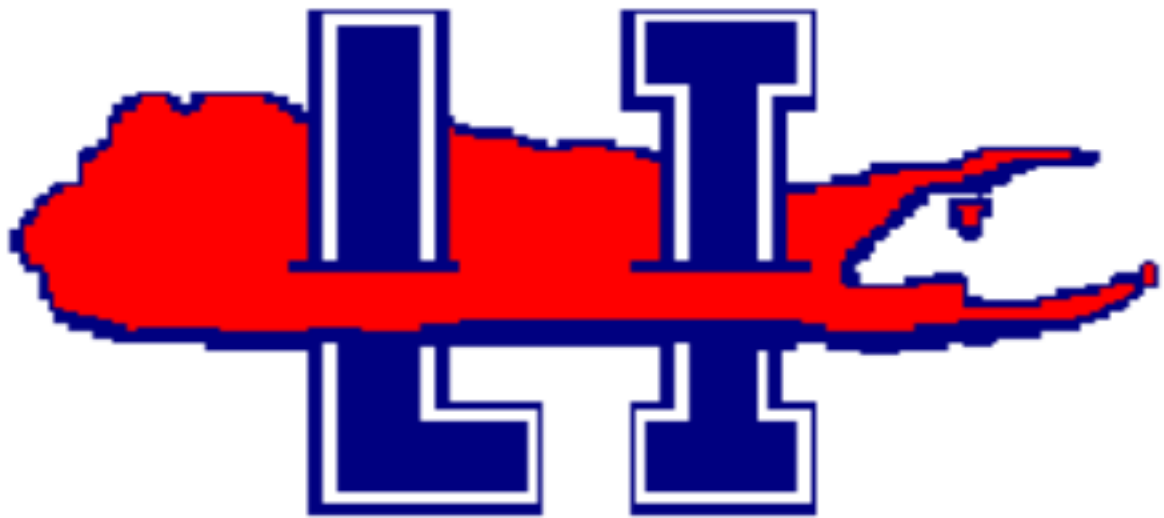




SPEEDO

Long Island Challenge

April 25-27, 2025

Sanction #250402

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 25-27, 2025

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #250402
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 25 Warm-Up 4:30 PM / Start 5:30 PM Session Two – Prelims– Saturday April 26 Warm-Up 8:00 AM / Start 9:00 AM Session Three – 13 & Over - Freedom Pool - Saturday April 26 Warm-Up 12:30 PM / Start 1:30 PM Session Four – 12 & Under - Aquatic Center Saturday April 26 Warm-Up 12:30 PM / Start 1:30 PM Session Five – Finals – Saturday April 26 Warm-Up 5:30 PM / Start 6:30 PM Session Six – Prelims – Sunday April 27 Warm-Up 8:00 AM / Start 9:00 AM Session Seven – 13 & Over - Freedom Pool - Sunday April 27 Warm-Up 12:30 PM / Start 1:30 PM Session Eight – 12 & Under- Aquatic Center – Sunday April 27 Warm-Up 12:30 PM / Start 1:30 PM Session Nine – Finals – Sunday April 27 Warm-Up 5:30 PM / Start 6:30 PM 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 before the event
FORMAT:	This meet will be run in accordance with 2025 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 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 25, 2025, will determine the 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 before the competition. The qualification standards for the meet will be USA swimming LSC Para times.

ENTRIES:	All invited swimmers must meet the attached time standards. NTs and Deck entries will not be accepted. Hy-Tek or Team Unify time conversions are acceptable. Hy-Tek Email entries only/Confirm Entry Receipt: entries.liac@gmail.com 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.
DEADLINE:	Entries must be received by: April 15, 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. Hy-Tek Email entries only/Confirm Entry Receipt: entries.liac@gmail.com
ENTRY FEE:	An entry fee of \$15.00 per individual Senior event, and \$10.00 per 14&U individual event must accompany the entries. There is a \$20.00 athlete surcharge for all athletes. Payment must be received by April 25, 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 to be considered for waiver of fees when submitting meet entries. Zelle payment is preferred – gnussbaum@longislandswimming.com Long Island Swimming, LTD Make checks payable to: Long Island Swimming
WARM-UP:	For all Prelim/Finals sessions, there will be a general warm-up for the first 30 minutes. 20 minutes with Pace, Sprint, and General lanes. For all midday sessions, there will be assigned warm-ups. Warm-up assignments will be posted for these sessions at the Head Table. 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 indicate clearly individual event scratches and which swimmers 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:	Individual Events will be awarded as 1st – 10th Place for all 12&U athletes. Medals for 1st through 3rd, Ribbons 4th-10th.
OFFICIALS:	Meet Referee: Darryl Strabuk, liacofficials@longislandswimming.com Meet Admin: Ginny Nussbaum Officials wishing to volunteer should contact Meet Referee by April 25, 2025
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.
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 event.
ADMISSION:	<u>NO TICKETS FOR EVENTS IN THE FREEDOM POOL – THOSE SESSIONS WILL BE STREAMED.</u> Pre-sale discounted admission tickets will be available on http://www.longislandswimming.com/hosted-meets.html. The original ticket must be presented each session along with the wrist band which will be given upon entering the facility the first session. \$60.00/ 7 Sessions = 2 prelim/ 2 final ticket, & 2 Age Group timed final sessions \$10.00 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. \$42.00/ 4 Sessions = Saturday prelims, Saturday finals, Sunday prelims, & Sunday finals \$22.50 / 2 Age Group Sessions = Saturday Age Group & Sunday Age Group \$15/session =1 prelim session, 1 final session, or 1 timed final session/day 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. \$25.00/session Cash only at Door Programs and heat sheets will be available on Meet Mobile.
DECK CHANGING:	Deck Changes are prohibited.
CONCESSION:	A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.
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. There is ample parking.
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.
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	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.
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LONG ISLAND AQUATIC CLUB

Presents

The SPEEDO Long Island Challenge

April 25-27, 2025

To be held at Nassau County Aquatic Center (NCAC) & Freedom Pool (FP), Eisenhower Park, East Meadow, New York

FRIDAY APRIL 25, 2025

SESSION I

Mixed Distance Timed Finals

11-18 year old events will compete in the Freedom Pool, there are no Spectators – the events will be streamed live.

WARM-UP 4:30 PM START 5:30PM

MIXED	Women STANDARD	EVENT	Men STANDARD	MIXED
1	9:44.09	*800 Free	9:04.79	1
2	18:44.89	*1500 Free	17:40.29	2
3		11 - 18 800 Free		3
4		11 - 18 1500 Free		4

*800/1500 Free Limited to 4 Heats of each. Events 1 & 2 will swim fast to slow alternating 800/1500 in the Aquatic Center. Events 3 & 4 will swim fast to slow alternating 800/1500 in the Freedom Pool. Athletes must provide their own timer.

SESSION II

SATURDAY APRIL 26, 2025

WARM-UP 8:00AM START 9:00AM

SESSION VI

SUNDAY APRIL 27, 2025

WARM-UP 8:00AM START 9:00AM

WOMEN	Standard	SENIOR EVENTS	Standard	Men		WOMEN	Standard	EVENT	Standard	Men
5	2:30.89	200 Fly	2:20.59	6		63	1:08.19	100 Fly	1:03.79	64
7	1:10.49	100 Back	1:05.49	8		65	2:16.39	200 Free	2:07.29	66
9	2:52.49	200 Breast	2:41.89	10		67	1:21.89	100 Breast	1:14.49	68
11	1:05.49	100 Free	58.69	12		69	29.69	50 Free	26.89	70
13	2:34.79	200 IM	2:22.79	14		71	2:32.89	200 Back	2:21.99	72
15	4:45.19	400 Free	4:32.19	16		73	5:26.79	400 IM	5:03.39	74

SESSION III 13&Over Timed Final - FP
SATURDAY April 26, 2025
WARM-UP 12:30PM START 1:30PM

SESSION VII 13&O Timed Final - FP
SUNDAY April 27, 2025
WARM-UP 12:30PM START 1:30PM

Women	EVENT	Men		Women	EVENT	Men
17	13-14 200 Free	18		75	13-14 200 Breast	76
19	15 & O 200 Free	20		77	15&O 200 Breast	78
21	13-14 100 Breast	22		79	13-14 100 Fly	80
23	15&O 100 Breast	24		81	15&O 100 Fly	82
25	13-14 50 Free	26		83	13-14 200 IM	84
27	15&O 50 Free	28		85	15&O 200 IM	86
29	13-14 200 Fly	30		87	13-14 100 Back	88
31	15&O 200 Fly	32		89	15&O 100 Back	90
33	13-14 200 Back	34		91	13-14 100 Free	92
35	15&O 200 Back	36		93	15&O 100 Free	94
37	13-14 400 IM	38		95	13-14 400 Free	96
39	15&O 400 IM	40		97	15&O 400 Free	98

SESSION IV 12&U Timed Final -NCAC**SATURDAY April 26, 2025****WARM-UP 12:30PM START 1:30PM**

Women	EVENT	Men	
41	11-12 100 fly	42	
43	10&U 200 Free	44	
45	11-12 100 Breast	46	
47	10&U 100 Breast	48	
49	11-12 50 Free	50	
51	10&U 50 Free	52	
53	11-12 50 Back	54	
55	10&U 50 Back	56	
57	11-12 100 Free	58	
59	10&U 200 IM	60	
61	11 – 12 400 IM	62	

SESSION VIII 12&U Timed Final-NCAC**SUNDAY April 27, 2025****WARM-UP 12:30PM START 1:30PM**

Women	EVENT	Men
99	11-12 200 IM	100
101	10&U 100 Free	102
103	11-12 50 Fly	104
105	10&U 50 Fly	106
107	11-12 100 Back	108
109	10&U 100 Back	110
111	11-12 200 Free	112
113	10&U 50 Breast	114
115	11-12 50 Breast	116
117	10&U 100 Fly	118
119	12&Under 400 Free	120

SESSION V Senior Finals - NCAC**SATURDAY APRIL 26, 2025****WARM-UP 5:30PM START 6:30PM**

WOMEN	EVENT	Men	
5	Senior 200 Fly	6	
7	Senior 100 Back	8	
9	Senior 200 Breast	10	
11	Senior 100 Free	12	
13	Senior 200 IM	14	
15	Senior 400 Free	16	

SESSION IX Senior Finals - NCAC**SUNDAY APRIL 27, 2025****WARM-UP 5:30PM START 6:30PM**

WOMEN	EVENT	Men
63	Senior 100 Fly	64
65	Senior 200 Free	66
67	Senior 100 Breast	68
69	Senior 50 Free	70
71	Senior 200 Back	72
73	Senior 400 IM	74



Metropolitan Swimming Photographer Registration Form

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.

FLASH PHOTOGRAPHY IS NOT 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 the Meet Referee. They must adhere to the following guidelines:

Do not stand on the starting end of the pool or in the starter's box. The 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 _____