

Long Island Express Swim Team  
May Extravaganza LCM Invitational  
May 9-11, 2025



Sanction # 250500 and 250551-TT

**Invited Teams:** Agua, Connetquot, Cross Island, Empire, Farmingdale, Flushing, HYB, Matchpoint, QNS, Sachem, Shorefront, Twisters, West Islip, Yfd

# Long Island Express May Extravaganza

May 9-11, 2025

|                             |                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SANCTION:</b>            | Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., sanction # 250500 and 250551-TT                                                                                                                                                                                                                                                                                                                       |
| <b>LOCATION:</b>            | <b>Hofstra Swim Center</b>                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>FACILITY:</b>            | <p><b>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.</b></p> <p>The competition course <b>has been</b> certified in accordance with Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.</p>                                                                          |
| <b>SESSIONS:</b>            | <p><b>Friday – 13-14 and OPEN warmup 4:00 Start 5:00</b><br/> <b>Saturday and Sunday 11 - 12, 9 - 10 8:00 warm up 9:00 start</b><br/> <b>Saturday and Sunday 13-14, Open 1:30 warm up 2:30 start</b><br/> <b>Saturday and Sunday 400 free and 400IM will begin 30minutes after the session ends.</b><br/> <b><u>These events will be swum fastest to slowest alternating women and men</u></b></p>                         |
| <b>FORMAT:</b>              | LCM events. . Timed finals format. No Deck entries allowed. The meet will be deck seeded. See scratch procedure below.                                                                                                                                                                                                                                                                                                     |
| <b>ELIGIBILITY:</b>         | <p>Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.</p> <p>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.</p> <p>No Deck Registrations will be accepted</p> <p>Age on <b>May 9, 2025</b> will determine age for the entire meet.</p>          |
| <b>DISABILITY SWIMMERS:</b> | 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.                                                                                                                                           |
| <b>ENTRIES:</b>             | <p><b>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</b></p> <p>U.S. Mail Entries/Payment to: <b>Robert Ortof</b><br/> <b>28-01 202 Street</b><br/> <b>Bayside NY, 11360</b></p> <p>Email Entries/Confirm Entry Receipt: <a href="mailto:Rortof@gmail.com">Rortof@gmail.com</a><br/> <b>Signature waiver for Express mail entries.</b></p> |
| <b>DEADLINE:</b>            | <p><b>Entries must be received by: May 1, 2025</b></p> <p>.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.</p>                                                                                                                                                                          |

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| <b>ENTRY FEE:</b>       | <p>An entry fee of <b>\$10</b> per individual event and an athlete surcharge of <b>\$10</b> of must accompany the entries.</p> <p>Make check payable to: <b>Long Island Express LTD</b></p> <p>Payment must be received by <b>May 9, 2025</b> 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.</p> <p>Host Club may waive meet entry fees &amp; 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.</p>                                                                                                                                                            |  |
| <b>WARM-UP:</b>         | <b>General warm-up will be in place</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
|                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
| <b>SCRATCHES:</b>       | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  |
|                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
| <b>COACHES:</b>         | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
|                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
| <b>AWARDS:</b>          | <b>Medals 1st – 3rd place and Ribbons 4th – 8th place</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
|                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
| <b>OFFICIALS:</b>       | <p><b>Meet Referee:</b> <b>Andrew Schnappauf</b> <a href="mailto:officials.expressswimming@gmail.com">officials.expressswimming@gmail.com</a></p> <p>Officials wishing to volunteer should contact the Meet Referee by <b>May 5, 2025</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| <b>ADMIN. OFFICIAL:</b> | <b>Administrative Official:</b> Rick Ferriola <a href="mailto:LIECOACH@AOL.COM">LIECOACH@AOL.COM</a> and Richard Stern <a href="mailto:richard.c.stern@gmail.com">richard.c.stern@gmail.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
|                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
| <b>MEET DIRECTOR:</b>   | <b>Rob Ortof</b> <a href="mailto:rortof@gmail.com">rortof@gmail.com</a> <b>718-352-2136</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |
|                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
| <b>RULES:</b>           | <p>The current USA Swimming Rules and Regulations will apply.</p> <p>The USA Swimming Code of Conduct is in effect for the duration of the meet.</p> <p>The overhead start procedure may be used at the discretion of the meet Referee.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |
|                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
| <b>SAFETY:</b>          | <p>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.</p> <p>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.</p> <p><b>Lifeguards will be on duty supervising the pool. An AED is located at the lifeguard main desk.</b></p> |  |

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| <b>MAAPP POLICY:</b>           | 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.                                                                                                                                                                               |
|                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>WATER DEPTH:</b>            | <b>Deep End water depth 15ft at 1 meter 12.5 at 5 meters</b><br><b>Shallow end water dept 5 feet at 1 meter 7feet at 5 meters</b>                                                                                                                                                                                                                                                                                                                                                       |
|                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>DISCLAIMER:</b>             | DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against <b>[Hofstra University or Long Island Express LTD</b> 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. |
| <b>AUDIO/VISUAL STATEMENT:</b> | Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms.<br><br>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.                                                                                                               |
|                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>DECK CHANGING:</b>          | Deck changes are prohibited.                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>ADMISSION:</b>              | <b>\$5.00 per person. Heat Sheets will be available on Meet Mobile</b>                                                                                                                                                                                                                                                                                                                                                                                                                  |
|                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>MERCHANTS:</b>              | <b>No food or beverages will be served by the host team. A merchandise concession will be available by outside vendors</b>                                                                                                                                                                                                                                                                                                                                                              |
|                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>PARKING:</b>                | <b>Free parking on campus.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>DIRECTIONS:</b>             | <b>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.</b>                                                                                                                                                                   |

# Long Island Express Swim Team

Friday May 9

| Girls | Event              | Boys |
|-------|--------------------|------|
| 1     | 13 - 14 200 IM     | 2    |
| 3     | OPEN 200 IM        | 4    |
| 5     | 13 - 14 100 BREAST | 6    |
| 7     | OPEN 100 BREAST    | 8    |
| 9     | 13 - 14 200 FLY    | 10   |
| 11    | OPEN 200 FLY       | 12   |
| 13    | 13 - 14 100 FREE   | 14   |
| 15    | OPEN 100 FREE      | 16   |

**Saturday May 10**  
**Warm-up 8:00 AM Start 9:00 AM**

| <b>Girls</b> | <b>Event</b>     | <b>Boys</b> |
|--------------|------------------|-------------|
| <b>17</b>    | 11/12 50 free    | <b>18</b>   |
| <b>19</b>    | 9/10 50 free     | <b>20</b>   |
| <b>21</b>    | 11/12 100 fly    | <b>22</b>   |
| <b>23</b>    | 9/10 100 fly     | <b>24</b>   |
| <b>25</b>    | 11/12 100 breast | <b>26</b>   |
| <b>27</b>    | 9/10 100 breast  | <b>28</b>   |
| <b>29</b>    | 11/12 50 back    | <b>30</b>   |
| <b>31</b>    | 9/10 50 back     | <b>32</b>   |

**Saturday May 10**  
**Warm-up 1:30 PM Start 2:30 PM**

| <b>Girls</b> | <b>Event</b>    | <b>Boys</b> |
|--------------|-----------------|-------------|
| <b>33</b>    | 13-14 200 free@ | <b>34</b>   |
| <b>35</b>    | Open 200 free@  | <b>36</b>   |
| <b>37</b>    | 13-14 100fly    | <b>38</b>   |
| <b>39</b>    | Open 100fly     | <b>40</b>   |
| <b>41</b>    | 13-14 100bk     | <b>42</b>   |
| <b>43</b>    | Open 100bk      | <b>44</b>   |

@Cut off time for these events is 2:45

**Saturday May 10**  
**Warm up will be for 30 minutes after the afternoon session ends.**

|           |                         |           |
|-----------|-------------------------|-----------|
| <b>45</b> | <b>***OPEN 400 free</b> | <b>46</b> |
|-----------|-------------------------|-----------|

\*\*\* This event will be limited to 7 heats of girls and 7 heats of boys and will be swum fastest to slowest alternating women and men

**Sunday May 11**  
**Warm-up 8:00 AM Start 9:00 AM**

| <b>Girls</b> | <b>Event</b>    | <b>Boys</b> |
|--------------|-----------------|-------------|
| <b>47</b>    | 11/12 100 free  | <b>48</b>   |
| <b>49</b>    | 9/10 100 free   | <b>50</b>   |
| <b>51</b>    | 11/12 50 fly    | <b>52</b>   |
| <b>53</b>    | 9/10 50 fly     | <b>54</b>   |
| <b>55</b>    | 11/12 50 breast | <b>56</b>   |
| <b>57</b>    | 9/10 50 breast  | <b>58</b>   |
| <b>59</b>    | 11/12 100 back  | <b>60</b>   |
| <b>61</b>    | 9/10 100 back   | <b>62</b>   |

**Sunday May 11**  
**Warm-up 1:30 PM Start 2:30 PM**

| <b>Girls</b> | <b>Event</b>      | <b>Boys</b> |
|--------------|-------------------|-------------|
| <b>63</b>    | 13-14 200 back    | <b>64</b>   |
| <b>65</b>    | OPEN 200 back     | <b>66</b>   |
| <b>67</b>    | 13-14 50 free     | <b>68</b>   |
| <b>69</b>    | OPEN 50 free      | <b>70</b>   |
| <b>71</b>    | 13 -14 200 breast | <b>72</b>   |
| <b>73</b>    | OPEN 200 breast   | <b>74</b>   |

**Sunday May 11**  
**Warm up is for 30 minutes after the afternoon session ends.**

|           |                                 |           |
|-----------|---------------------------------|-----------|
| <b>75</b> | *****Open 400 Individual Medley | <b>76</b> |
|-----------|---------------------------------|-----------|

\*\*\* This event will be limited to 7 heats of girls and 7 heats of boys and will be swum fastest to slowest alternating women and men



## 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\_\_\_\_\_