

**Long Island Express
2023 Winterfest Invitational
SCY Swim Meet
January 20th, 21st, and 22nd**

Sanction # 230107 230153-T



Metro Invited Teams: AGUA, Connetquot, Cross Island, Farmingdale, Hauppauge, HYB, Islanders, Matchpoint
QNS, SSC, Twisters, WISC, WEST, YMID, 92nd Street Y

All other teams interested please contact the meet director: Rob Ortof rortof@gmail.com

Long Island Express 2023 January Winterfest Invitational

January 20, 21, 22, 2023

- SANCTION** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction #230107 230153-T
- LOCATION** Hofstra University Swim Center
- FACILITY** 8 Lane 50 meter pool. Colorado timing system 6000 will be used. Colorado timing scoreboard will be used. Hy-Tek Meet Manager will be used to conduct the meet.
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS** Friday Session 1: all ages Warm-up 4:00 PM Start 5:00 PM
Friday Session 2: Warm-up 7:00 Start 7:30
Saturday Session 3: Ages: 11-12 and 13-14 Warm-up 8:00 AM Start 9:00 AM
Saturday Session 4: Ages 10 and under / OPEN Warm – up 2:00 PM Start 3:00 PM
Sunday Session 5: Ages 11-12 and 13-14 Warm-up 8:00 AM Start 9:00A
Sunday Session 6: Ages 10 and under / OPEN Warm – up 2:00 PM Start 3:00 PM
- FORMAT** SCY events. Timed finals format. No Deck entries allowed. The meet will be deck seeded. See scratch procedure below.
- 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.
Age on January 20, 2023 will determine age for the entire meet.
No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- 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 limited to 4 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: **ROrtof@gmail.com**

Signature waiver for Express mail entries.

DEADLINE

1: Metro LSC teams will be given priority on a first come/first served basis.

2: The final entry deadline for this meet is **January 10, 2023**

3: Metro entries received between **December 31, 2022** and **January 10, 2023** and all entries from other LSC's will be entered in the order they were received, as space allows.

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 \$8.00 per individual event must accompany the entries. There will be a \$10.00 Facility surcharge for each athlete
Make check payable to: **Long Island Express LTD.**
Payment must be received by **January 20, 2023** 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.
Time trial fees \$10.00 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

MAAP

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 condition of participation in the conduct of this competition.

WARM-UP

General warm-up will be in place.

SCRATCHES

Coaches will be given scratch sheets upon arrival. Scratches are due 30 minutes prior to the start of the session. NO DECK ENTRIES ALLOWED.

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 wishing to volunteer should contact Meet Referee by December 30, 2022 .
MEET DIRECTOR	Robert Ortof 28-01 202 Street Bayside NY 11360 Phone – 718-352-2136 Email Rortof@gmail.com
ADMIN OFFICIALS	Rick Ferriola Liecoach@aol.com Richard Stern richard.c.stern@gmail.com Gil Smith papabear122346@aol.com
WATER DEPTH	Pool is measured at a depth of 4ft (1.2m) to 16 feet (4.8m)
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. 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.

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.
ADMISSION	\$5.00 per person
DECK CHANGES	Deck changing is prohibited !!
MERCHANTS	No food or beverages will be served by host team. A merchandise concession will be available by outside vendor.
PARKING	Free parking on campus.
DIRECTIONS	Meadowbrook Parkway to exit M4, (route 24 west) Hempstead Turnpike West to Dunkin Donuts. Turn right on to entrance of campus. Go to second stop sign and turn right. Go to past field to first stop sign. Swim Center will be on the right.
AUDIO	Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the blocks. - Art. - 202.3 and 202.4

Friday, January 20, Session 1**Warm-up 4:00 PM – Start 5:00 PM**

Girls	Event	Boys
1	10 & under 200 Free	2
3	11/12 200 Free	4
5	13-14 400 IM	6
7	Open 400 IM	8
9	10 and under 200 IM	10
11	11/12 200 IM	12

Friday, January 20, Session 2**Warm-up 7:00 PM – Start 7:30 PM**

13	13-14 500 Free	14
15	Open 500 Free	16

Saturday January 21, Session 3**Warm-up 8:00 AM – Start 9:00 AM**

Girls	Event	Boys
17	13-14 100 Free	18
19	11/12 50 Free	20
21	13-14 200 Back	22
23	11/12 100 Back	24
25	13-14 100 Fly	26
27	11/12 50 Fly	28
29	13-14 100 Breast	30
31	11/12 100 Breast	32
33	13-14 200 IM*	34

Limited to 6 heats*Saturday, January 21, Session 4****Warm-up 2:00 PM – Start 3:00 PM**

Girls	Event	Boys
35	Open 100 Free	36
37	10 and under 50 Free	38
39	Open 200 Back	40
41	10 and under 100 Back	42
43	Open 100 Fly	44
45	10 and under 50 Fly	46
47	Open 100 Breast	48
49	10 and under 100 breast	50
51	Open 200 IM *	52

***limited to 6 heats**

Sunday, January 22, Session 5
Warm-up 8:00 AM – Start 9:00 AM

Girls	Event	Boys
53	13-14 200 free*	54
55	11-12 100 Free	56
57	13-14 100 Back	58
59	11-12 50 Back	60
61	13-14 200 Fly	62
63	11-12 100 Fly	64
65	13-14 200 Breast	66
67	11-12 50 Breast	68
69	13-14 50 Free	70
71*	11-12 500 Free	72*

***Limited to 6 heats**

***Cut off time for event 71 & 72 is 6:10**

Sunday, January 22, Session 6
Warm-up 2:00 PM – Start 3:00 PM

Girls	Event	Boys
73	Open 200 free*	74
75	10 and under 100 Free	76
77	Open 100 Back	78
79	10 and under 50 Back	80
81	Open 200 Fly	82
83	10 and under 100 Fly	84
85	Open 200 Breast	86
87	10 and under 50 Breast	88
89	Open 50 Free	90
91	10 and under 500 Free	92*

***Limited to 6 heats**

***Cut off time for event 91 & 92 is 7:00**



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 _____