



Long Island Express Thanksgiving Meet

November 25-27, 2022

Sanction #221103 #221151-t

The following Metro teams are invited:

Asphalt Green, , Condors, Connetquot, Empire, Farmingdale, HYB, Match Point Islanders, Queens, Sachem, Twisters, Westchester, West Islip, YFD. All other interested teams please contact meet director at rortof@gmail.com

LIE Thanksgiving Meet

November 25-27, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction #221103 #221151-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)
The depth is 5.0 feet in the shallow end and 15.0 feet in the deep end.
- SESSIONS:** **Friday 13-14 15-18 Warm-up 4:00 Start 5:00**
Friday Session 2 – Start 15 minutes after the end of event 12
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
- Admission** **\$5.00 per person.**
- FORMAT:** **This is a Timed Finals Meet. 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 November 25, 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 for 12 and unders 3 Entries per day for 13 and overs will be
permitted. The 500's will be cut by time**
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 : November 14, 2022 For Metro teams and
November 17 for non Metro teams**

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.

- 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 condition of participation in the conduct of this competition
- ENTRY FEE:** An entry fee of \$8.00 per individual event must accompany the entries
A facility surcharge of \$10.00 per swimmer must accompany entry
Time trial fees \$10.00
Make check payable to: Long Island Express LTD
Payment must be received by November 20, 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 event 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 required to leave the deck area.
- AWARDS:** Medals will be given 1-3 and ribbons 4-8
- OFFICIALS:** **Meet Referee:** Andrew Schnappauf - A.schnappauf@verizon.net
Officials wishing to volunteer should contact Meet Referee by November 18, 2022
- MEET DIRECTOR:** Robert Ortof – rortof@gmail.com
- ADMIN REF** Rick Ferriola and Gil Smith
- Disclaimer:** Upon acceptance of his/her entries, the participant waives all claims against Long Island Express LTD, Hofstra Swim Center,, 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."

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. AUDIO/VISUAL STATEMENT: DRONE OPERATION: DECK CHANGING: ADMISSION: 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 Express LTD, Hofstra Swim** 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.

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.
Drones	<u>"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."</u>
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.
Deck Changing	Deck changes are prohibited !!
Audio	Use of Audio and visual recording devices, including a cell phone is not permitted behind the blocks, in changing area, rest rooms or lockers. - Art 202.3 and 202.4

MERCHANTS: 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.

Friday Nov 25th 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	10 and under 200 IM	6
7	11/12 200 IM	8

Friday Nov 25th Session 2

9	13-14 1000 Free	10
11	Open 1000 Free	12

Saturday Nov 26th

Warm-up 8:00 AM Start 9:00 AM

Girls	Event	Boys
13	13-14 100 Free	14
15	11/12 50 Free	16
17	13-14 200 Back	18
19	11/12 100 Back	20
21	13-14 100 Fly	22
23	11/12 50 Fly	24
25	13-14 100 Breast	26
27	11/12 100 Breast	28
29*	13-14 200 IM	*30
31	11/12 100 IM	32

*Cut off time 3:15

Saturday Nov 26th

Warm-up 2:00 PM Start 3:00 PM

Girls	Event	Boys
33	Open 100 Free	34
35	10 and under 50 Free	36
37	Open 200 Back	38
39	10 and under 100 Back	40
41	Open 100 Fly	42
43	10 and under 50 Fly	44
45	Open 100 Breast	46
47	10 and under 100 breast	48
49*	Open 200 IM	*50
51	10 and under 100 IM	52

*Cut off time 3:15

Sunday Nov 27th

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*

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

Sunday Nov 27th

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*

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

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 _____