

NU FINMEN SWIMMING, INC.

2025 42nd ANNUAL DR. MARTIN LUTHER KING JR. SWIM INVITATIONAL

January 17, 18, 19, 2025



**Nassau County Aquatic Center, Eisenhower Park
East Meadow, NY**

January 17, 18,19, 2025

Sanction #250102 and Time Trial#250150-TT

Invited Teams: The following Metro teams are invited, APEX, BKR, CSDC, ENAC, FA, HAUP, HES, HS, JCHB, KBM, LIFE, LGAC, LIAC, MCBY, NDAC, NRSS, NJRC (NJS), NYAC, QNS, RED, SSC, TRI, WISC, YMID, ASSC (AD), GRENFINS (NE), WW(NJ), ASTS (PVS), DELMAR DOLPHINS

Any other team interested please reach out for availability.

******* Dawn Diaz(djdiazdd@aol.com) *******

2025 42nd Annual Dr. Martin Luther King Jr. Swim Invitational
January 17, 18, 19, 2025

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction Number, # Time Trials
- LOCATION:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York, 11554
- FACILITY:** Aquatic Center 10 lane, 25 yd pool with 2-meter minimum depth
CTS 6 Timing and Alphanumeric Scoreboard
The competition course **Has NOT been** certified in accordance with Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.
- SESSIONS:** Session 1: Friday, 1/17/25, warm-up: 5:00 pm, start, 5:45 pm, 9-10, 11-12, 13-14, 15 & Over
Session 2: Saturday, 1/18/25, warm-up: 7:00 am, start, 8:10 am, 8 & U, 13-14, 15 & Over
Session 3: Saturday, 1/18/25, warmup: 1:00 pm, start, 2:00 pm, 9-10, 11-12
Session 4: Sunday, 1/19, warmup: 7:00 am, start, 8:00 am, 8 & U, 13-14, 15 & Over
Session 5: Sunday, 1/19, warmup: 1:00 pm, start, 2:00 pm, 9-10, 11-12
Warm-up times are tentative and subject to adjustment following the acceptances of the last entry. Final Warm-up times will be sent to each club attending no later than the Tuesday prior to the event.
- FORMAT:** The meet is a Timed Final Event
The meet will be Deck Seeded
- 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. 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 **January 17, 2025** will determine 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 prior to the competition.
- ENTRIES:** **Swimmers are limited to 3 events & 1 relay per session.**
Entries are by invitation only and on a first come, first serve basis
If the meet is oversubscribed the relays will be the first to go and we'll notify the teams
NT'S are NOT accepted,
Hy-Tek email entries will be accepted
Email entries/Confirm Entry Receipt: djdiazdd@aol.com.
An email will confirm 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.
- DEADLINE:** Entries must be received by: **January 3, 2025** or until sessions are full

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.

- ENTRY FEE:** An entry fee of **\$8.00** per individual event, \$15.00 per relay, and \$10.00 per swimmer facility surcharge must accompany the entries.
Time Trials, if time permits, are \$10.00 per event, cash
Make check payable to: **Nu Finmen Swimming or**
Payment by Zelle- a phone number and email associated with a Zelle account must be included in the email when entries are submitted. A Zelle request will be sent when your final entry report is sent back to you.
Email Entries/Confirm entry Receipt: Djdiazdd@aol.com
- Payment must be received by **1/17/2025**. 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 with assigned lanes will be distributed each session along with scratch sheets. Sprint lanes and General lanes will be available for the remaining 10 minutes of warmup. Lane assignments will be distributed along with the scratch sheets each session.**
- 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 be required to leave the deck area.
- AWARDS:** **Individual Awards: Custom Ribbons for 1st- 3rd place, and 4th -10th place ribbons**
Relays: 1st place Custom Ribbons, 2nd – 3rd place ribbons
Awards not picked up will not be mailed
- OFFICIALS:** **Meet Referee: Todd Trotman- kingfishtodd@aol.com**
Officials wishing to volunteer should contact the Meet Referee by **1/6/2025**
- ADMIN. OFFICIAL:** **Administrative Official: Karima Tonge, coachkarimat@aol.com, Dawn Diaz,**
- MEET DIRECTOR:** **Jenn Trotman, coachjenntrtman@aol.com, Karima Tonge coachkarimat@aol.com. Questions concerning the meet will only be responded to when communicating with a certified coach from an invited team.**
- 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 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 with AED devices are on site, EMTs are available by 911.**

MAAPP POLICY:	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.
WATER DEPTH:	Competition pools w/ 2-meter min depth from wall to wall.
DISCLAIMER:	Upon acceptance of his/her entries, the participant waives all claims against Nassau County Aquatic Center, Nu Finmen Swimming Inc., 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 Center 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 completion, you voluntarily assume all risks associated with exposure to COVID-19 and forever release and hold harmless Nu Finmen 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 liabilities or claims including for personal injuries, death, disease, or property losses and 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
AUDIO/VISUAL STATEMENT:	Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms and or locker rooms. 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.
DECK CHANGING:	Deck changes are prohibited.
ADMISSION:	\$10 per person, per session cash only. Children 10 & under are \$2, per session, cash only. A limited number of programs will be sold - \$2 per program per session, cash only Heat sheets will be available on Meet Mobile.
MERCHANTS:	A concession stand operated by a vendor contracted with the Nassau County Aquatic Center may be available. No glass will be permitted on the pool deck. A swim vendor may be available throughout the meet.
PARKING:	Ample free parking is available in designated areas.

DIRECTIONS:**From Verrazano Narrows Bridge & Kennedy Airport:**

Follow signs to Belt Parkway/Long Island East. Take Belt Pkwy eastbound past Kennedy Airport. After Kennedy Airport stay in left lane and look for signs to the Southern State Pkwy East. Take Southern State Pkwy E. to the Meadowbrook Pkwy North to NY-24 Hempstead Turnpike (exit M4) East. On Hempstead Turnpike get in left lane and make left at the first light (Merrick Ave). At the first traffic light make a right into Eisenhower Park. See entrance to pool in front.

From Whitestone & Throgs Neck Bridges:

Take Cross Island Pkwy South to exit 29, Grand Central Pkwy East. Follow Grand Central Pkwy to Meadowbrook Pkwy South (Jones Beach). Get off at Meadowbrook Pkwy at NY-24 Hempstead Tpke (exit M4) East. On Hempstead Turnpike get in left lane and make left at the first light (Merrick Ave). At the first traffic light make a right into Eisenhower Park. See entrance to pool in front.

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Session 1: Friday, 1/17/25**Warmup: 5:00pm Start, 5:45pm**

(Nu Finmen Swimming reserves the right to limit the heats
 in this session to keep within the 3 hour time limit. NO 8&UN)

Session 2: Saturday 1/18/25**W.U. 7:00 am Start 8:10 am**

Women's Event No.	Event	Men's Event No.	Women's Event No.	Event	Men's Event No.
1	9-10 Mixed 200 Free	2	9	13-14 Mixed 200 IM	10
3	11-12 Mixed 200 Free	4	11	15 & Over 200 Free	12
5	13-14 Mixed 500 Free	6	13	8 & Under Mixed 50 Free	14
7	15 & Over Mixed 500 Free	8	15	13-14 100 Breast	16
	Swimmers must supply their own counter for 500 Free		17	15 & Over 100 Breast	18
			19	8 & Under Mixed 25 Fly	20
			21	13-14 100 Free	22
			23	15 & Over Mixed 200 IM	24
			25	8 & Under Mixed 25 Back	26
			27	13-14 100 Fly	28
			29	15 & Over 50 Free	30
			31	8 & Under Mixed 100 Medley Relay	
			33	13-14 200 Mixed Medley Relay	
			35	15 & Over 200 Mixed Medley Relay	

	Session 3: Saturday 1/18/25 W.U. 1:00 pm Start 2:00 pm			Session 4: Sunday 1/19/25 W.U. 7:00 am Start 8:00 am	
Women's Event No.	Event	Men's Event No.	Women's Event No.	Event	Men's Event No.
37	9-10 100 IM	38	57	15 & Over 100 Free	58
39	11-12 100 Back	40	59	13-14 200 Free	60
41	9-10 50 Back	42	61	8 & Under Mixed 50 Back	62
43	11-12 100 Breast	44	63	15 & Over 100 Back	64
45	9-10 50 Breast	46	65	13-14 100 Back	66
47	11-12 50 Fly	48	67	8 & Under Mixed 25 Breast	68
49	9-10 100 Free	50	69	15 & Over Mixed 200 Breast	70
51	11-12 100 Free	52	71	13-14 Mixed 200 Breast	72
53	9-10 200 Mixed Medley Relay		73	8 & Under Mixed 25 Free	74
55	11-12 200 Mixed Medley Relay		75	15 & Over 100 Fly	76
			77	13-14 50 Free	78
			79	8 & Under Mixed 100 Free Relay	
			81	15 & Over 200 Mixed Free Relay	
			83	13-14 Mixed 200 Free Relay	
	Session 5: Sunday 1/19/25 W.U. 1:00 pm Start 2:00 pm				
Women's Event No.	Event	Men's Event No.			
85	11-12 200 Free	86			
87	9-10 100 Back	88			
89	11-12 50 Back	90			
91	9-10 50 free	92			
93	11-12 50 Free	94			
95	9-10 50 Fly	96			
97	11-12 100 Fly	98			
99	9-10 100 Breast	100			
101	11-12 50 Breast	102			
103	9-10 200 Mixed Free Relay				
105	11-12 200 Mixed Free Relay				

NASSAU COUNTY AQUATIC CENTER

Facility Rules/Guidelines for Teams/Participants

General Facility Rules:

Meet Marshals shall have full authority to warn or order to cease and desist, and, with the concurrence of the Referee, to remove, or have removed from the swimming venue anyone behaving in an unsafe manner or using profanity or abusive language, or whose actions are disrupting the orderly conduct of the meet.

No food or beverages are permitted on pool deck or locker room. Sports drinks and water are allowed. Food and/or beverages are permitted in designated areas – the lower level lobby, lower level rooms, upper level lobby and upper level hallway.

All debris should be discarded in receptacles.

****Anything posted on walls must be posted using colored painters tape. No other kind of tape can be used at all.**

****Nothing can be posted on any windows anywhere in the facility.**

****No balloons are permitted in facility.**

It's the Swim Club's responsibility to provide adequate adult supervision of all team members throughout the facility, including locker rooms.

Use of Pool Rules

Event participants and coaches are not permitted in the locker rooms or pool deck until 15 minutes prior to the meet start/warm-up time (start time listed on permit) or a specified practice time.

Sitting or hanging on lane lines or safety ropes is prohibited.

Only certain areas of the pool will be reserved for an event. Participants are restricted only to the reserved pool space. You should ask the meet director for clarification on what space is reserved.

Swim teams are NOT permitted on the dive boards and/or dive platform tower.

Bulkheads (start/turn ends): maximum load per bulkhead is 50 people, 2 or 3 bulkheads together will allow 70 people.

Athlete Seating

Team seating should be assigned by the Meet Director in advance of arrival.

There is no team seating outside the pool edge extended at both the dive pool and the shallow pool end.

No outside folding chairs/seating are permitted on the pool deck.

Teams, athletes are not permitted to bring in portable music systems unless used with head phones.

Teams/athletes shall not obstruct any exits with equipment and/or athletes.

No team banners can be erected unless they are self-standing; use magnetic hooks or temporarily hang in approved locations. They cannot be attached to any walls/windows or bleachers.

Food Vendors/Catering

Events and its participating teams or individuals must use the food service company specified by the facility. Events and its participating teams (or individuals) are not permitted to bring in any outside catering companies, food or beverages into the facility. "Donated" food and beverages are not permitted.

Parking

No parking on any grassy area at all. Illegally parked cars are subject to ticketing and/or towing.

At the discretion of the facility manager, we reserve the right to prevent any particular swim team or individual from using the facility for any current or future event(s). Violations of rules/guidelines would be grounds for such action.

These rules/guidelines are included in all event permits. The permittee (meet organizer) has agreed to the terms of these rules/guidelines. Additional requirements/restrictions may be included in the event permit.



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 _____