



**July 5-6, 2025
Summer Splash
Sanction #250700**

**Invited Teams: AGUA, BAD, BGNW, CONDORS, HAA, TS, TVSC, WISC, and
other teams interested, please contact Ginny Nussbaum at
gnussbaum@longislandswimming.com**

Summer Splash

July 5-6, 2025

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 250700
LOCATION:	Nassau County Aquatic Center & Freedom Pool Eisenhower Park, East Meadow, NY 11554
FACILITY:	Aquatic Center 1 X 10 Lane by 50-meter competition pool w/ 2-meter min depth Freedom Pool 1 X 9 Lane by 50-meter competition pool w/ 2-meter min depth The competition course Has Not been certified in accordance with Article 104.2.2C (4)
SESSIONS:	Session One – 12 & Unders Aquatic Center & Freedom Pool – Saturday, July 5 warm-up 8:00 am Start 9:00 am Session Two – 13 & Overs Aquatic Center & Freedom Pool – Saturday, July 5 warm-up 12:00 am Start 9:00 am Session Three – 13 & Overs Aquatic Center & Freedom Pool – Sunday, July 6 warm-up 8:00 am Start 1:00 pm Session Four – 12 & Unders Aquatic Center & Freedom Pool – Sunday, July 6 warm-up 12:00 am Start 1:00 pm Warm-up times are tentative and subject to adjustment following the acceptance of the last entry. Final warm-up times will be sent to each club attending before the event no later than Tuesday.
FORMAT:	The meet is a Timed Final Event and will be Deck-Seeded. The Freedom Pool and the Aquatic Center will be used if needed. Location of events will be announced no later than the Tuesday prior to the start of the event.
ELIGIBILITY:	Open to all invited USA Swimming/Metropolitan Swimming Inc. registered swimmers. No swimmer will be permitted to compete unless the swimmer is a member, as provided in Article 302. All swimmers participating in this meet must be registered by the first day of the meet. No Deck Registrations will be accepted. Age on July 5, 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 prior to the competition.
ENTRIES:	All Athletes are limited to enter 3 events per session. Deck entries will not be accepted. NT's will not be accepted Invited Teams entries only. Hy-Tek Email entries will be accepted U.S. Mail Payment to: Ginny Nussbaum, 750 Stewart Ave Unit F, Garden City, NY 11530 Email Entries/Confirm Entry Receipt: entries.liac@gmail.com
DEADLINE:	Entries must be received by June 25, 2025. Invited clubs' athletes will be entered on a first come / first serve basis. 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 \$10.00 per individual event must accompany the entries. There is a \$20.00 facility fee/athlete. Make checks payable to Long Island Swimming . Payment must be received by July 5, 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 considered for

	waiver fees when submitting meet entries. Zelle payment is preferred – gnussbaum@longislandswimming.com Long Island Swimming, LTD U.S. Mail Payment to: Ginny Nussbaum , 750 Stewart Ave Unit F, Garden City, NY 11530
WARM-UP:	General warm-up with assigned lanes for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be distributed along with the scratch sheet each session. 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 before 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 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: Natalie Morse Officials wishing to volunteer should contact Meet Referee by July 5, 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, rest rooms, or locker rooms. Use of Audio or visual recording devices, including a cell phone, is not permitted behind the blocks.
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. Forms are available on the Metropolitan Swimming website as well as from the Meet Director.
RULES:	Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. 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.. The overhead start procedure may be used at the discretion of the meet Referee.
SAFETY:	All swimmers must wear footwear upon leaving the pool area. Metropolitan Safety Guidelines 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" Nassau County Lifeguards and an AED are on site.
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.
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 meet.
DECK CHANGING:	Deck Changes are prohibited.
ADMISSION:	Spectators will be permitted in the Aquatic Center ONLY. Events in the Freedom Pool will be Live Streamed ONLY. Pre-Sale Admission Tickets are available here: http://www.longislandswimming.com/hosted-meets.html \$45.00/ All Sessions = 4 sessions. The original ticket must be presented each session along with the wristband, which will be given upon entering the facility for the first session. There is a \$10 CASH fee for a lost/removed wristband. No exceptions. A \$15.00 CASH fee will be charged if the original ticket is not presented. \$15/session \$25.00/session Cash only at Door Programs and heat sheets will be available on Meet Mobile.
Concession:	A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.
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. 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.



LONG ISLAND AQUATIC CLUB

**Presents
Summer Splash
July 5-6, 2025**

To be held at Nassau County Aquatic Center, and the Freedom Pool, Eisenhower Park, East Meadow, New York

SESSION I

SATURDAY July 5, 2025

12&U Events will be contested in the Aquatic Center and the Freedom Pool

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

GIRLS	EVENT	BOYS
1	11-12 200m Freestyle	2
3	10&U 100m Freestyle	4
5	11-12 100m Backstroke	6
7	10&U 100m Backstroke	8
9	11-12 100m Breaststroke	10
11	10&U 50m Breaststroke	12
13	11-12 50m Freestyle	14
15	10&U 50m Freestyle	16
17	11-12 100m Butterfly	18
19	10&U 100m Butterfly	20



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SESSION II

SATURDAY July 5, 2025

13&O Events will be contested in the Aquatic Center and the Freedom Pool

WARM-UP 12:00 PM START 1:00 PM

GIRLS	EVENT	BOYS
21	13 & O 200m Freestyle	22
23	13 & O 100 m Backstroke	24
25	13 & O 100m Breaststroke	26
27	13 & O 50m Freestyle	28
29	13 & O 200 m Butterfly	30

SESSION III

SUNDAY July 6, 2025

13&O Events will be contested in the Aquatic Center and the Freedom Pool

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

GIRLS	EVENT	BOYS
31	13 & O 100 m Freestyle	32
33	13 & O 200 m Backstroke	34
35	13 & O 100m Butterfly	36
37	13 & O 200m Breaststroke	38

39	13 & O 200m IM	40
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**SESSION IV
SUNDAY July 6, 2025**

**12& U Events will be contested in the Aquatic Center and the Freedom Pool
WARM-UP 12:00 PM START 1:00 PM**

GIRLS	EVENT	BOYS
41	11-12 100m Freestyle	42
43	10&U 200m Freestyle	44
45	11-12 50m Backstroke	46
47	10&U 50m Backstroke	48
49	11-12 50m Butterfly	50
51	10&U 50m Butterfly	52
53	11-12 50m Breaststroke	54
55	10&U 100m Breaststroke	56
57	11-12 200m IM	58
59	10&U 200m IM	60

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 profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.
- No food or beverages are permitted on the 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 end 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 headphones. 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: There is no parking on any grassy areas 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

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_____