

Invitational Meet Announcement



**Thanksgiving Invitational
November 21st - 22nd, 2025
Sanction # 251101**

**Invited Teams: Invited Teams: Invited Teams: AGUA, BAD, BGNW, Condors,
FREE, HAA, MAKO, SAC(NJ), TS, TVSC other teams interested please contact
Ginny Nussbaum at gnussbaum@longislandswimming.com**

Thanksgiving Invite

November 21st-22nd, 2025

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 251101
LOCATION:	Nassau County Aquatic Center & The Freedom Pool Eisenhower Park, East Meadow, NY 11554
FACILITY:	Aquatic Center 1 X 10 Lane by 25 Yard competition pool w/ 2-meter min depth The competition course Has been certified in accordance with Article 104.2.2C (4). The copy of such certification is on file with USA Swimming. Freedom Pool 1 X 20 Lane by 25-Yard 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&U – in Aquatic Center & Freedom Pool Warm-up 4:00 PM Start 5:00 PM Session Two – 13&O – in Aquatic Center & Freedom Pool Warm-up 7:00 AM Start 8:00 AM Session Three – 12&U – in Aquatic Center & Freedom Pool Warm-up 12:00 PM Start 1:00 PM Session Four – 13&O – in Aquatic Center & Freedom Pool Warm-up 4:00 PM Start 5:00 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 no later than the Tuesday prior to the event.
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 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 November 21, 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:	All Athletes are limited to entering 3 events per session. Deck entries will not be accepted. NTs will not be accepted. U.S. Mail Payment to: Ginny Nussbaum, 750 Stewart Ave Unit F, Garden City, NY 11530 Invited Teams entries only. Hy-Tek Email entries will be accepted. Email Entries/Confirm Entry Receipt: entries.liac@gmail.com
DEADLINE:	Entries must be received by: November 11th, 2025 A confirmation email will be sent to the email contact that submitted the entries. If you do not receive this confirmation within two days of your original submission, please contact the Meet Director.
ENTRY FEE:	An entry fee of \$10.00 per individual event must accompany the entries. There is a \$20.00 facility fee/athlete. Make check payable to: Long Island Swimming or Payment via Zelle gnussbaum@longislandswimming.com – a phone number and or email associated with a Zelle account must be included in the email that entries are submitted.

	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 For email entries, payment must be received by October 25, 2025. 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 to be considered for a waiver of fees when submitting meet entries.
WARM-UP:	Athletes will be assigned specific lanes and times. 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 prior to the start of the session. Coaches are asked to draw a line through an individual's name to indicate that the swimmer will not participate in the session, or a line through the individual event the athlete will not compete in for 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 Officials wishing to volunteer should contact Meet Referee by November 20, 2025
ADMIN. OFFICIAL:	Administrative Official: Ginny Nussbaum, gnussbaum@longislandswimming.com
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.
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.
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.
AUDIO/VISUAL STATEMENT:	Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms
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.
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.
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 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.
MERCHANTS:	The Nassau County Aquatic Center operates a concession stand. 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.
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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 its Annual
THANKSGIVING INVITATIONAL
NOVEMBER 21-22, 2025

Warm-up times are tentative and subject to adjustment following the acceptance of the last entry. Final warmup times will be sent to each club attending no later than the Tuesday prior to the event.

Friday 11/21 12 & Under
W.U. 4:00 pm Start 5:00 pm

Saturday AM 11/22 13&O PM
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.
1	Mixed 11-12 200 yd Backstroke		22	13 – 14 100yd Freestyle	23
2	10 & Under 100 yd IM	3	24	Open 200yd Freestyle	25
4	11-12 100 yd Butterfly	5	26	13 – 14 200 yd Butterfly	27
6	10 & Under 50 yd Butterfly	7	28	Open 100yd Butterfly	29
8	11 – 12 50 yd Backstroke	9	30	13 – 14 100yd Backstroke	31
10	10 & Under 100 yd Backstroke	11	32	Open 200yd Backstroke	33
12	11 – 12 100 yd Breaststroke	13	34	13 –14 200yd Breaststroke	35
14	10 & Under 50 yd Breaststroke	15	36	Open 100yd Breaststroke	37
16	11 – 12 50 yd Freestyle	17	38	13 – 14 200yd Freestyle	39
18	10 & Under 50 yd Freestyle	19	40	Open 100yd Freestyle	41
20	11 – 12 500 yd Freestyle	21	42	13 & Over 400yd IM	43
Women's Event No.	Saturday 11/22 12&U W.U. 12:00 pm Start 1:00 pm	Men's Event No.	Women's Event No.	Saturday PM 11/22 13&Over W.U. 4:00 pm Start 5:00 pm	Men's Event No.
44	Mixed 11-12 200 Butterfly		66	13 – 14 200yd IM	67
45	10 & Under 200 yd Freestyle	46	68	Open 200 yd IM	69
47	11 -12 100 yd Freestyle	48	70	13 – 14 100 yd Butterfly	71
49	10 & Under 100 yd Butterfly	50	72	Open 200 yd Butterfly	73
51	11 – 12 50 yd Butterfly	52	74	13 -14 200 yd Backstroke	75
53	10 & Under 50 yd Backstroke	54	76	Open 100 yd Backstroke	77
55	11 – 12 100 yd Backstroke	56	78	13 -14 100 yd Breaststroke	79
57	10 & Under 100yd Breaststroke	58	80	Open 200 yd Breaststroke	81
59	11 – 12 50 yd Breaststroke	60	82	13 – 14 50 yd Freestyle	83
61	10 & Under 100 yd Freestyle	62	84	Open 50 yd Freestyle	85
63	Mixed 11 - 12 200 yd Breaststroke		86	Mixed 13 & Over 500 yd Freestyle	
64	10 & Under 200 yd IM	65			

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 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

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_____