



**2019 MR SSC Summer Mad Dash**

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

**Sunday, July 7, 2019**

**Sanctioned by USA Swimming thru Metropolitan Swimming, Inc.  
Sanction #190700 / Time Trial Sanction #190750-T**

Invited Teams: All Metropolitan Swimming LSC Teams. Other LSC Teams, please contact: [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com) to request an invitation.

# 2019 MR SSC Summer Mad Dash

Sunday, July 7, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **190700**  
Time Trial # **190750-T**  
**Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY**
- LOCATION:** **10 Lane by 50 meter competition pool w/ 2 meter min depth**
- FACILITY:** **Colorado Timing System, with Alphanumeric Scoreboard**  
The pool **Has NOT been** certified in accordance with Article 104.2.2C(4)
- SESSIONS:** **Session 1 – Ages 12 and Under/Open Sunday 7/7/19 8:00am Warm Up, 9:05am Start Time**  
**Session 2 – Ages 13 and Over/Open Sunday 7/7/19 1:45pm Warm Up, 2:50pm Start Time**  
**\* Time Trials may be available – At the discretion of Meet Referee - \$10 per event, cash only**
- FORMAT:** **This is a Timed Finals Meet.**  
**This meet will be Deck Seeded; Scratch sheets are due to the Administrative Table 30 mins prior to the start of the session.**
- 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 “Deck Registrations” will be accepted  
Age on **July 7, 2019** 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:** All Athletes are limited to enter 4 events per session.  
400IM/400 Free – 2 Heats Each – Only the top 20 Entries for the 400IM/400 Free will be accepted.  
200IM/400IM/400 Free – See order of events for Entry Time Standards  
**Deck entries will not be accepted.**  
**NT’s will not be accepted. Host team reserves the right to enter NT’s.**  
Entries are by invited teams only. Hy-Tek Email entries will be accepted.  
U.S. Mail Entries/Payment to: **Sachem Swim Club, PO Box 191, Ronkonkoma, NY 11779**  
Email Entries/Confirm Entry Receipt: **ssc.meetentries@gmail.com**  
Express Mail Entries – please waive signature
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro team’s entries must be received by **June 21, 2019**  
2: The final entry deadline for this meet is **July 1, 2019**  
3: Metro entries received between **June 1, 2019** and **June 20, 2019**  
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.  
A Facility Surcharge of **\$5.00** per swimmer must accompany the entries.  
Make check payable to: **Sachem Swim Club of Long Island, Inc.**  
Payment must be received by **July 7, 2019** 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 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.
- 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 events 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:** **12 and Under Events will receive Awards – Medals 1<sup>st</sup>-3<sup>rd</sup> Place Ribbons 4<sup>th</sup>-10<sup>th</sup>**
- OFFICIALS:** **Meet Referee: Allen Wone [ssc.allenwone@gmail.com](mailto:ssc.allenwone@gmail.com)**  
Officials wishing to volunteer should contact Meet Referee by **July 1, 2019**
- ADMIN. OFFICIAL:** **Conroy Lee - [conroymd@gmail.com](mailto:conroymd@gmail.com)**
- MEET DIRECTOR:** **Conroy Lee - [conroymd@gmail.com](mailto:conroymd@gmail.com) and Jeff Ely – [coachely44@verizon.net](mailto:coachely44@verizon.net)**
- 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:** **All swimmers must wear footwear upon leaving the pool area.**  
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. 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”**
- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."  
**1 Meter – 15 Feet, 5 Meter – 12 Feet**
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Sachem Swim Club of Long Island, Nassau County, Nassau County Aquatic 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."
- AUDIO/VISUAL STATEMENT:** **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks.**
- DRONE OPERATION:** **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:** **Admission \$8.00 per session**  
**Programs \$2.00 per session**
- MERCHANTS:** A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.  
A Swim Vendor may be available throughout the entire meet
- PARKING:** Free Parking available in Lots 1 and 1A of Eisenhower Park

**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 Southern 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.

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## Order of Events

Session 1 - 12 and Under/Open:  
Warm-Up: 8:00 AM / Meet Starts: 9:05 AM

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
1 Faster than 3:00LCM/2:30SCY	12 and Under 200 IM (2 Heats each - Top 20 Entries Only)	2 Faster than 3:00LCM/2:30SCY
3	Open 100 Freestyle	4
5	12 and Under 50 Backstroke	6
7	Open 100 Backstroke	8
9	12 and Under 50 Breaststroke	10
11	Open 100 Breaststroke	12
13	12 and Under 100 Butterfly	14
15	Open 100 Butterfly	16
17	12 and Under 50 Freestyle	18
19	Open 50 Freestyle	20
21 Faster than 2:30LCM/2:20SCY	Open 200 IM	22 Faster than 2:30LCM/2:20SCY
23	Open 200 Freestyle	24

Session 2 – 13 and Over/Open:  
Warm-Up: 1:45PM / Meet Starts: 2:50PM

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
25 Faster than 6:10LCM/5:20SCY	13 and Over 400 IM (2 Heats each - Top 20 Entries Only)	26 Faster than 5:40LCM/5:00SCY
27	Open 100 Freestyle	28
29	13 and Over 100 Freestyle	30
31	Open 100 Backstroke	32
33	13 and Over 200 Backstroke	34
35	Open 100 Breaststroke	36
37	13 and Over 200 Breaststroke	38
39	Open 100 Butterfly	40
41	13 and Over 200 Butterfly	42
43	13 and Over 200 IM	44
45	Open 50 Freestyle	46
47	13 and Over 200 Freestyle	48
49 Faster than 5:30LCM/6:12SCY	13 and Over 400 Freestyle (2 Heats each - Top 20 Entries Only)	50 Faster than 5:10LCM/5:45SCY



## 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 \_\_\_\_\_