



**Fall of COVID
September 19-20, 2020
Sanction #200901**

Invited Team: TS, TVSC, any other club interested please contact Ginny Nussbaum @ gnussbaum@longislandswimming.com

FALL OF COVID

September 19-20, 2020

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **200901**
- LOCATION:** **Freedom Pool**
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** **20 Lane 25 yard competition pool w/ 2 meter min depth**
The pool **Has Not been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session One – 11-12 – Saturday September 19 warm-up 7:00- 7:50am Start 8:00am**
Session Two – 10&U – Saturday September 19 warm-up 10:30-11:20am Start 11:30am
Session Three – 13-25 – Saturday September 19 warm-up 12:30pm Start 1:30pm
Session Four – 13-25 – Saturday September 19 warm-up 4:15-5:05pm Start 5:15pm
Session Five – 11-12 – Sunday September 20 warm-up 7:00- 7:50am Start 8:00am
Session Six – 10&U – Sunday September 20 warm-up 10:30-11:20am Start 11:30am
Session Seven – 13-25 – Sunday September 20 warm-up 12:30pm Start 1:30pm
Session Eight – 13-25 – Sunday September 20 warm-up 4:15-5:05pm Start 5:15pm
- FORMAT:** **The meet is a Timed Final Event**
The meet will be Pre Seeded – Meet Capacity will be a total of 180 (athletes / coaches / officials and volunteer) – spectators will not be permitted – the event will be live streamed for parental/spectator viewing
- ELIGIBILITY:** Open to all USA / Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on September 19, **2020** will determine age for the entire meet.
- ENTRIES:** **Deck entries will not be accepted.**
NT's will not be accepted
Invited Teams entries only. Entries will be accepted on a first come first serve basis – scratches will be made in accordance with our COVID numbers
Hy-Tek Email entries will be accepted
- U.S. Mail Payment to: Leanne Herrera, **750F Stewart Ave., Garden City, NY 11530**
Email Entries/Confirm Entry Receipt: entries.liac@gmail.com
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.
- DEADLINE:** **Entries must be received by : September 10, 2020**
- ENTRY FEE:** An entry fee of \$7.00 per individual event must accompany the entries.
There is a \$10.00 facility fee/athlete
Make check payable to: **Long Island Swimming**
Payment must be received by September 19, **2020** for email entries.
- WARM-UP:** Athletes will be assigned specific lane and space in accordance with our COVID policies.
- 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:** 1st – 10th place awards will be given to the 12&U athletes. Events 19 & 20 will be awarded for 1st-10th for both 10&U and 11-12. Both 9-10 and 8&U awards will be given in the 10&U events.
- OFFICIALS:** **Meet Referee:** Dave Lam, meetofficials@longislandswimming.com
Meet Admin: Dom Boccio
Officials wishing to volunteer should contact Meet Referee by September 19, **2020**
- MEET DIRECTOR:** **Ginny Nussbaum, gnussbaum@longislandswimming.com 516.378.8467**

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.
AUDIO/VISUAL STATEMENT:	Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, behind the starting blocks or locker rooms
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:	All COVID Policies will be in effect during this event. 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. “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.
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:	Is Prohibited
OPERATIONS PROCEDURE:	Athletes, Coaches, Officials and Volunteers will enter the Freedom Pool through the North Gate with face masks covering mouth and nose on. PPE Masks are always required to be worn out of the pool. Athletes, Coaches, Officials and Volunteers will only be permitted to enter area 5 minutes before scheduled warm-up. Athletes, Coaches, Officials and Volunteers will leave the Freedom Pool immediately at the completion of their warm-down. Athletes, Coaches, Officials and Volunteers will observe social distancing waiting in the check-in line to undergo a temperature check and informational screening. <ul style="list-style-type: none"> • Do they have a fever? • Do they have a cough? • Do they have shortness of breath or difficulty breathing? • Have they had the chills, headaches, sore throat in the last 24 hours? • Do they have new loss of taste or smell or other symptoms listed by the CDC? • Have they traveled or been with anyone who has traveled to a state on the NY quarantine list? <p>Any person with temperature above 100.4 will be sent home. Athletes, Coaches, Officials and Volunteers who are experiencing any symptoms of COVID-19 should remain home and see their physician. There will be no locker room use. Athletes will come and leave the pool in suits and sweats. Showering will be done at home.</p>

Athletes will bring their own labeled water bottles and healthy snacks.

Upon entrance to pool deck athletes will place belongings in grid space and head to assigned lane.

No sharing equipment, food and/or drinks.

No congregation after swimming – THIS INCLUDES IN FRONT OF AQUATIC CENTER AND PARKING LOT

Athletes, Coaches, Officials and Volunteers will leave through the North Gate under the direction of a monitor.

ATTESTATION STATEMENT: In applying for this sanction, LIAC, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Metropolitan Swimming, the State of New York, and local jurisdictions.

**ASSUMPTION OF RISK
DISCLAIMER:** We have taken enhanced health and safety measures – for our staff, volunteers, family members and all guests. You must follow all posted instructions while visiting the Freedom Pool. 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 guests with underlying medical conditions are especially vulnerable. By visiting the Freedom Pool, you voluntarily assume all risks related to exposure to COVID-19.

USA Swimming, Metropolitan Swimming, Long Island Swimming, Long Island Aquatic Club, Nassau County, Nassau County Aquatic Center 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 USA SWIMMING, METROPOLIAN SWIMMING, LONG ISLAND SWIMMING, LONG ISLAND AQUATIC CLUB, NASSAU COUNTY, NASSAU COUNTY AQUATIC CENTER AND EACH OFF 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, FORSEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND / OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

PARKING: There is ample free parking available in the park

MERCHANTS: Hobieswim will be available throughout the entire meet

PARKING: There is ample free parking available in the park



LONG ISLAND AQUATIC CLUB

Presents

FALL OF COVID

September 19-20, 2020

To be held at Freedom Pool, Eisenhower Park, East Meadow, New York

SESSION 1 warm-up 7:00am Start 8:00am 11-12 year old's

MIXED 11	EVENT DESCRIPTION	MIXED 12
1	50 Backstroke	2
3	200 IM	4
5	50 Freestyle	6
7	100 Breaststroke	8
9	50 Butterfly	10

SESSION 2 warm-up 10:30am Start 11:30am 10 & Under

MIXED	EVENT DESCRIPTION
11	50 Backstroke
12	200 IM
13	50 Freestyle
14	100 Breaststroke
15	50 Butterfly

SESSION 3 warm-up 1:30 Start 2:30pm 'AA' Time Standard Qualifying Times

MIXED	EVENT DESCRIPTION
16	200 Freestyle
17	200 Backstroke
18	50 Freestyle
19	100 Breaststroke
20	100 Butterfly

SESSION 4 warm-up 5:15 Start 6:15pm

MIXED	EVENT DESCRIPTION
21	200 Freestyle
22	200 Backstroke
23	50 Freestyle
24	100 Breaststroke
25	100 Butterfly

SESSION 5 warm-up 7:00am Start 8:00am 11-12 year old's

MIXED 11	EVENT DESCRIPTION	MIXED 12
26	100 Freestyle	27
28	50 Breaststroke	29
30	100 Butterfly	31
32	100 Backstroke	33
34	200 Freestyle	35

SESSION 6 warm-up 10:30am Start 11:30 10 & Under

MIXED	EVENT DESCRIPTION
36	100 Freestyle
37	50 Breaststroke
38	100 Butterfly
39	100 Backstroke
40	200 Freestyle

SESSION 7 warm-up 1:30 warm-up Start 2:30pm 'AA' Time Standard Qualifying Times

MIXED	EVENT DESCRIPTION
41	200 IM
42	100 Freestyle
43	200 Breaststroke
44	200 Butterfly
45	100 Backstroke

SESSION 8 warm-up 5:15pm Start 6:15pm

MIXED	EVENT DESCRIPTION
46	200 IM
47	100 Freestyle
48	200 Breaststroke
49	200 Butterfly
50	100 Backstroke