



**Chappy's Invite**  
**October 17-18, 2020**  
**Sanction #-201000**

**Invited Team: TS, TVSC, any other club interested please contact Ginny Nussbaum @ [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com)**

# Chappy's Invite

October 17-18, 2020

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 201000
- 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 October 17 warm-up 7:30- 8:20am Start 8:30am**  
**Session Two – 10&U – Saturday October 17 warm-up 10:30-11:20am Start 11:30am**  
**Session Three – 13-25 – Saturday October 17 warm-up 1:30-2:20pm Start 2:30pm**  
**Session Four – 13-25 – Saturday October 17 warm-up 5:00-5:50pm Start 6:00pm**  
**Session Five – 11-12 – Sunday October 18 warm-up 7:30- 8:20am Start 8:30am**  
**Session Six – 10&U – Sunday October 18 warm-up 10:30-11:20am Start 11:30am**  
**Session Seven – 13-25 – Sunday October 18 warm-up 1:30-2:20pm Start 2:30pm**  
**Session Eight – 13-25 – Sunday October 18 warm-up 5:00-5:50pm Start 6:00pm**
- 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 October 17, 2020 will determine age for the entire meet.
- ENTRIES:** **Deck entries will not be accepted.**  
**NT's will not be accepted.**  
**The 1:30 session each day must have achieved 'AA' 2017-2020 National Age Group Motivational Times Qualifying Time**  
**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](mailto: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 : October 8, 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 October 17, 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:** 1<sup>st</sup> – 10<sup>th</sup> place awards will be given to the 12&U athletes. Events 19 & 20 will be awarded for 1<sup>st</sup>-10<sup>th</sup> 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](mailto:meetofficials@longislandswimming.com)  
**Meet Admin:** Dom Boccio  
Officials wishing to volunteer should contact Meet Referee by October 16, 2020

<b>MEET DIRECTOR:</b>	Ginny Nussbaum, <a href="mailto:gnessbaum@longislandswimming.com">gnessbaum@longislandswimming.com</a> 516.378.8467
<b>DISABILITY SWIMMERS:</b>	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.
<b>AUDIO/VISUAL STATEMENT:</b>	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
<b>DRONES:</b>	<b>“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.”</b>
<b>POLICY:</b>	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.
<b>RULES:</b>	All COVID Policies will be in effect during this event. The current USA Swimming Rules and Regulations will apply. <b>The USA Swimming Code of Conduct is in effect for the duration of the meet.</b> The overhead start procedure may be used at the discretion of the meet Referee.
<b>SAFETY:</b>	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.
<b>MEET DECORUM:</b>	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.
<b>DISCLAIMER:</b>	Upon acceptance of his/her entries, the participant waives all claims against <b>Nassau County Aquatic Center, Long Island Aquatic Club, Long Island Swimming,,</b> 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.
<b>DECK CHANGING:</b>	Is Prohibited
<b>OPERATIONS PROCEDURE:</b>	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"> <li>• Do they have a fever?</li> <li>• Do they have a cough?</li> <li>• Do they have shortness of breath or difficulty breathing?</li> <li>• Have they had the chills, headaches, sore throat in the last 24 hours?</li> <li>• Do they have new loss of taste or smell or other symptoms listed by the CDC?</li> <li>• Have they traveled or been with anyone who has traveled to a state on the NY quarantine list?</li> </ul> <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.</p>

There will be no locker room use. Athletes will come and leave the pool in suits and sweats. Showering will be done at home.

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

Chappy's Invite

October 17-18, 2020

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

**SESSION 1 warm-up 7:30am Start 8:30am 11-12 year old's**

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

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

MIXED	EVENT DESCRIPTION
13	10&U 50 Backstroke
14	8&U 25 Backstroke
15	10&U 100 IM
16	10&U 100 Freestyle
17	9-10 100 Breaststroke
18	8&U 25 Breaststroke
19	10&U 50 Butterfly

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

MIXED	EVENT DESCRIPTION
20	200 IM
21	100 Freestyle
22	200 Breaststroke
23	200 Butterfly
24	100 Backstroke
25	1650 Freestyle

**SESSION 4 warm-up 5:00 Start 6:00pm 13& Overs**

MIXED	EVENT DESCRIPTION
26	200 IM
27	100 Freestyle
28	200 Breaststroke
29	200 Butterfly
30	100 Backstroke
31	1650 Freestyle

**SESSION 5 warm-up 7:30am Start 8:30am 11-12 year old's**

MIXED 11	EVENT DESCRIPTION	MIXED 12
32	11-12 200 Breaststroke	
33	100 Freestyle	34
35	100 Backstroke	36
37	100 Butterfly	38
39	50 Breaststroke	40
41	11-12 200 Freestyle	

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

<b>MIXED</b>	<b>EVENT DESCRIPTION</b>
<b>42</b>	<b>8&amp;U 25 Butterfly</b>
<b>43</b>	<b>9-10 50 Freestyle</b>
<b>44</b>	<b>9-10 100 Backstroke</b>
<b>45</b>	<b>10&amp;U 50 Breaststroke</b>
<b>46</b>	<b>9-10 100 Butterfly</b>
<b>47</b>	<b>8&amp;U 25 Freestyle</b>
<b>48</b>	<b>9-10 200 Freestyle</b>

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

<b>MIXED</b>	<b>EVENT DESCRIPTION</b>
<b>49</b>	<b>200 Backstroke</b>
<b>50</b>	<b>100 Breaststroke</b>
<b>51</b>	<b>50 Freestyle</b>
<b>52</b>	<b>100 Butterfly</b>
<b>53</b>	<b>500 Freestyle</b>

**SESSION 8 warm-up 5:00pm Start 6:00pm 13& Overs**

<b>MIXED</b>	<b>EVENT DESCRIPTION</b>
<b>54</b>	<b>200 Backstroke</b>
<b>55</b>	<b>100 Breaststroke</b>
<b>56</b>	<b>50 Freestyle</b>
<b>57</b>	<b>100 Butterfly</b>
<b>58</b>	<b>500 Freestyle</b>