



2021 MR SSC Summer Mad Dash

Nassau County Aquatic Center
Eisenhower Park, East Meadow, NY

Sunday, June 6, 2021

Sanctioned by USA Swimming through Metropolitan Swimming
Sanction # 210602

The following Metropolitan LSC Teams are invited:

SSC, IA, CSDC, EHY, FA, HYB, TS, TVSC, WISC, HAA

Other teams as space allows and permitted by facility regulations.

Please email ssc.meetentries@gmail.com for information.

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Sunday, June 6, 2021

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **210602**
- LOCATION:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY
- FACILITY:** 10 Lane by 50 meter competition pool w/ 2 meter min depth
Colorado Timing System, with Alphanumeric Scoreboard
The pool **has NOT been** certified in accordance with Article 104.2.2C(4)
The Start End of the competition pool is in the diving well.
The Meet Referee reserves the right to run any session in less than 10 lanes.
- SESSIONS:** Session 1 11-12 - Sunday 7:15AM-7:8:10AM Warm-up 8:15 AM Start (**3 1/2 Hour Session**)
Session 2 10 & Under- Sunday 12:00PM-12:25PM Warm-up 12:30PM Start (**2 Hour Session**)
Session 3 13 & Over Sunday 2:45PM-3:40PM Warm-up 3:45PM Start (**4 Hour Session**)
Please note session timelines. NYS Guidance has changed effective June 1, 2021.
- FORMAT:** **This is a Timed Finals Meet.**
This meet will be Pre-Seeded. NO CHANGES PERMITTED.
- 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 **June 6, 2021** 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.
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 **May 28, 2021**
2: The final entry deadline for this meet is **May 28, 2021**
- ENTRY FEE:** An entry fee of **\$10.00** per individual event must accompany the entries.
A Facility Surcharge of **\$12.00** per swimmer must accompany the entries.
Make check payable to: **Sachem Swim Club of Long Island, Inc.**
Payment must be received by **June 6, 2021** 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 meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.
- WARM-UP:** General warm up with assigned lanes. Lane assignments will be posted at the administrative table
- SCRATCHES:** Meet is Pre-Seeded. **NO CHANGES PERMITTED.**

- 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 1st-3rd Place Ribbons 4th-10th**
- OFFICIALS:** Meet Referee: **Allen Wone ssc.allenwone@gmail.com**
Officials wishing to volunteer should contact Meet Referee by **June 1, 2021**
- ADMIN. OFFICIAL:** Chris Orner - Please use ssc.meetentries@gmail.com for all Meet inquires
- MEET DIRECTOR:** Chris Orner - Please use ssc.meetentries@gmail.com for all Meet inquires
- 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."

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 individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., 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 Sachem Swim Club of Long Island, Nassau County, Nassau County Aquatic Center, Metropolitan Swimming Inc., USA Swimming Inc., AND EACH OF 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, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
- 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**. **LOCKER ROOMS ARE BATHROOM ONLY**.

ADMISSION: Admission **\$8.00** per session - **MAXIMUM 2 Spectators per session, per swimmer**.
Programs **\$2.00** per session.
Cash and Venmo accepted.

MERCHANTS: A concession stand may be operated by a vendor contracted by the Nassau County Aquatic Center. The event host has no responsibility for the concession stand and its operation and hours.
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

CAPACITY: In compliance with Federal, CDC, NYS Regulations, Facility Regulations and USA Swimming Guidelines, capacity is limited as follows:

Pool Deck – 350 maximum inclusive of athletes, coaches, officials, volunteers, lifeguards, etc. Meet Session maximum will be 300 swimmers, max 2 coaches per team.

Spectator Stands – 440 maximum capacity. (50%)

Sachem Swim Club is limiting capacity to 2 spectators per session, per swimmer, in accordance with NYS Regulations.

All people in the event venue will be required to wear a face covering that covers the nose and mouth when appropriate social distance guidelines of 6 feet of separation cannot be maintained.

All swimmers will be required to wear a face covering at all times. Face coverings may be removed immediately before a race or warm up poolside as the swimmer steps on block or enters the pool (backstroke).

Face Coverings – as defined by NYS Regulations, a face covering can be any of the following, but must cover the nose and mouth:

- Medical grade mask/respirator (N95)
- Surgical mask
- Cloth face covering (bandana or other similar cloth)

Team Locker Rooms are for BATHROOM USE ONLY. Swimmers must come and go from the meet in their swimsuits.

The attached waiver of liability must be filled out by each person who enters the pool deck (swimmers, coaches, officials, volunteers). Persons under the age of 18 must have the legal guardian sign the waiver. Waivers for swimmers must be submitted with their team's entries. Entries will NOT BE accepted without the waiver!

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

All Events are in LCM

Session 1

Warm Up 7:15AM-8:10AM – Start Time 8:15AM

Girls Event #	Event	Boys Event #
101	11-12 200 Meter IM	102
103	11-12 100 Meter Freestyle	104
105	11-12 50 Meter Butterfly	106
107	11-12 100 Meter Breaststroke	108
109	11-12 50 Meter Backstroke	110
111	11-12 200 Meter Freestyle	112
113	11-12 100 Meter Butterfly	114
115	11-12 50 Meter Breaststroke	116
117	11-12 100 Meter Backstroke	118
119	11-12 50 Meter Freestyle	120

Session 2

Warm Up 12:00PM-12:25PM – Start Time 12:30PM

Girls Event #	Event	Boys Event #
201	10 & Under 200 Meter Freestyle	202
203	10 & Under 50 Meter Butterfly	204
205	10 & Under 50 Meter Backstroke	206
207	10 & Under 200 Meter IM	208
209	10 & Under 50 Meter Freestyle	210
211	10 & Under 50 Meter Breaststroke	212
213	10 & Under 100 Meter Freestyle	214

Session 3

Warm Up 2:45PM-3:40PM – Start Time 3:45PM

	Event	Event #
	13-14 200 Meter IM	301
	15 & Over 200 Meter IM	302
	13-14 100 Meter Freestyle	303
	15 & Over 100 Meter Freestyle	304
	13-14 100 Meter Butterfly	305
	15 & Over 100 Meter Butterfly	306
	13-14 200 Meter Freestyle	307
	15 & Over 200 Meter Freestyle	308
	13-14 100 Meter Breaststroke	309
	15 & Over 100 Meter Breaststroke	310
	13-14 100 Meter Backstroke	311
	15 & Over 100 Meter Backstroke	312
	13-14 50 Freestyle	313
	15 & Over 50 Freestyle	314



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 _____

INFORMED CONSENT/HOLD HARMLESS WAIVER FOR PARTICIPATION

MEET DATE: June 6, 2021

Sachem Swim Club of LI, Swim Meet @ Nassau County Aquatic Center

PURPOSE AND EXPLANATION OF PROCEDURE

I hereby consent to voluntarily engage in the Swim Meet at Nassau County Aquatic Center on June 6, 2021. I have been informed that during my participation in the above described Aquatic program, I will be asked to stop if any symptoms such as fatigue, shortness of breath, chest discomfort or similar occurrences appear. At this point, I have been advised that it is my complete right to decrease or stop exercise and that it is my obligation to inform the Instructor/Program/Coach personnel of my symptoms, should they develop.

It is my understanding and I have been informed that there exists the remote possibility that during exercise and or competition of adverse changes including, but not limited to, abnormal blood pressure, fainting, dizziness, disorders of heart rhythm, and in very rare instances heart attack, stroke, or even death. I further understand and I have been informed that there exists the risk of bodily injury including, but not limited to injurers to the muscles, ligaments, tendons, and joints of the body. Every effort will be made to minimize these occurrences by proper staff assessment of my condition before each session, staff supervision during exercise and by my own careful control of exercise efforts. I fully understand the risks associated with exercise, including the risk of bodily injury, heat attack, stroke or even death, but knowing these risks, it is my desire to participate as herein indicated.

We (I), the undersigned, agree to release, hold harmless, and indemnify the Sachem Swim Club of Long Island, Metropolitan Swimming, USA Swimming, Nassau County, Nassau County Aquatic Center, its trustees, officers, agents, representatives and employees from and against any and all liability, lawsuits, claims, damages, or claims of injuries to my (our) child or children, including any negligent act or omission by the named above or its agents, representatives or employees, which are not the result of gross negligence, intentional neglect, or willful or wanton conduct by the named above.

We have put in place preventative measures, as required by the CDC and the State of New York, to reduce the spread of COVID-19 and other communicable diseases; however, we cannot guarantee that you or your child(ren) will not become infected with COVID-19 or other communicable disease. Further, participating in this swim meet could increase your risk and your child(ren)'s risk of contracting COVID-19 or other communicable disease. I am aware of risks as described by the current outbreak of COVID-19, and agree to release and hold harmless the Sachem Swim Club of Long Island, Metropolitan Swimming, USA Swimming, Nassau County, Nassau County Aquatic Center, its trustees, officers, agents, representatives and employees from and against any and all liability lawsuits, claims or damages arising from the transmission of any communicable diseases, including but not limited to COVID-19(SARS-COV2), before, during or after participation in this swim meet on June 6, 2021

The undersigned Participant acknowledges that participation in this swim meet are subject to certain inherent risks and accepts all risks on land or water while participating in these activities.

I have been given an opportunity to ask questions as to the procedures.

I have read this Informed Consent/Hold Harmless Waiver form, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily, without inducement.

Participant's Name (Printed): _____

Participant's Signature: _____ Date: _____

Guardian Signature if under 18 years old : _____ Date: _____

Emergency Contact Information:

Name: _____

Cell Phone: _____