



**July 10-11, 2021  
2 Day Summer Event  
Sanction #210700**

**Invited Team: AQUA, BAC, BAD, BGNW, Condors, HAA, SAC, TS, TVSC, other teams interested please contact Ginny Nussbaum at [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com)**

# A 2 DAY SUMMER EVENT

July 10-11, 2021

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **210700**
- LOCATION:** Nassau County Aquatic Center  
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 10 Lane 50-meter 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 July 10 warm-up 7:00 am Start 8:00 am  
Session Two – 10 & under – Saturday July 10 warm-up 11:30 am-Start 12:15 pm  
Session Three – Open – Saturday July 10 warm-up 3:30 pm Start 4:30pm  
Session Four – Open – Sunday July 11 warm-up 7:00 am Start 8:00 am  
Session Five – 11-12 – Sunday July 11 warm-up 1:00 pm Start 2:00 pm  
Session Six – 10 & under – Sunday July 11 warm-up 5:30-pm Start 6:15pm  
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.
- FORMAT:** The meet is a Timed Final Event  
The meet will be Pre-Seeded. Capacity will be a total of 300 (athletes / coaches / officials and volunteer)/session  
Sessions may be flighted if space is needed due to Covid restrictions.
- ELIGIBILITY:** Open to all USA Swimming Inc. registered swimmers.  
All swimmers participating in this meet must be registered by the first day of the meet.  
Age on July 10, 2021 will determine age for the entire meet.
- ENTRIES:** All Athletes are limited to enter 3 events per session.  
Deck entries will not be accepted. NT's will not be accepted  
Invited Teams entries only. 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 June 29, 2021 Athletes' entries will be entered on a first come / first serve basis**
- ENTRY FEE:** An entry fee of \$7.00 per individual event must accompany the entries.  
There is a \$15.00 facility fee/athlete  
Make check payable to: **Long Island Swimming**  
Payment must be received by July 10, 2021 for email entries.  
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:** Athletes will be assigned specific lane and space in accordance with our COVID policies.  
  
General warm up for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes.
- SCRATCHES:** All scratches will be emailed to [entries.liac@gmail.com](mailto:entries.liac@gmail.com) by Friday, July 9 at 12:00 pm.
- 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> – 10th place awards will be given to the 12&U athletes.

- OFFICIALS:** **Meet Referee:** Darryl Strabuk, [meetofficials@longislandswimming.com](mailto:meetofficials@longislandswimming.com)  
**Meet Admin:** Danielle Baldwin  
Officials wishing to volunteer should contact Meet Referee by July 10, 2021
- MEET DIRECTOR:** **Dom Boccio**, [dboccio@longislandswimming.com](mailto:dboccio@longislandswimming.com) 516.378.8467 – **Questions concerning the meet will only be entertained when communicated via a certified coach on an invited team.**
- 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
- ADMISSION:** There will be NO admission without a pre-sale discounted ticket – You will be turned away without a ticket - \$10.45/session – A Pre-sale discounted admission tickets will be available on <http://www.longislandswimming.com/hosted-meets.html>  
Ticket sales will close Thursday, May 13 @ 8:00pm or 400 tickets/ session – whichever comes first.  
The event will be streamed live.
- MERCHANTS:** There is no concession at this event.
- 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.

- 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?

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.

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.

**FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:**

**DIRECTIONS:**

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.

**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

A 2 Day Event Invitational

July 10-11, 2021

To be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York

**SESSION I**

**SATURDAY, July 10, 2021**

**11-12-year-old Warmup 7:00am Start 8:00 am**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>1</b>	<b>200 m Freestyle</b>	<b>2</b>
<b>3</b>	<b>50 m Butterfly</b>	<b>4</b>
<b>5</b>	<b>200 m Backstroke</b>	<b>6</b>
<b>7</b>	<b>50 m Breaststroke</b>	<b>8</b>
<b>9</b>	<b>50 m Freestyle</b>	<b>10</b>
<b>11</b>	<b>200 m IM</b>	<b>12</b>

**SESSION II**

**SATURDAY, July 10, 2021**

**10 & Under Warmup 11:30 am Start 12:15 pm**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>13</b>	<b>100 m Freestyle</b>	<b>14</b>
<b>15</b>	<b>100 m Butterfly</b>	<b>16</b>
<b>17</b>	<b>50 m Backstroke</b>	<b>18</b>
<b>19</b>	<b>50 m Breaststroke</b>	<b>20</b>
<b>21</b>	<b>200 m IM</b>	<b>22</b>

**SESSION III**

**SATURDAY, July 10, 2021**

**OPEN Warmup 3:30 pm Start 4:30 pm**

<b>MIXED</b>	<b>Event</b>
<b>23</b>	<b>200 M Freestyle</b>
<b>24</b>	<b>100 M Butterfly</b>
<b>25</b>	<b>200 M Breaststroke</b>
<b>26</b>	<b>100 M Backstroke</b>
<b>27</b>	<b>200 M IM</b>
<b>28</b>	<b>800 Freestyle * limited to the top 30</b>



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**SESSION IV**

**SUNDAY, JULY 11, 2021**

**Open Warmup 7:00am Start 8:00 am**

Mixed	Event
29	100 M Freestyle
30	100 M Breaststroke
31	200 M Butterfly
32	200 M Backstroke
33	50 M Freestyle
34	400 Freestyle limited to the top 30

**SESSION V**

**SUNDAY, JULY 11, 2021**

**11-12-year-old Warmup 1:00 pm Start 2:00 pm**

Girls	Event	Boys
35	100 m Freestyle	36
37	100 m Butterfly	38
39	50 m Backstroke	40
41	100 m Breaststroke	42
MIXED 43	400 m Freestyle	

**SESSION VI**

**SUNDAY, JULY 11, 2021**

**10 & Under Warmup 5:30 pm Start 6:15 pm**

Girls	Event	Boys
44	50 m Freestyle	45
46	50 m Butterfly	47
48	100 m Backstroke	49
50	100 m Breaststroke	51
52	200 m Freestyle	53