



# SPEEDO

**Long Island Challenge  
April 8-11, 2021  
Sanction #210401**

**Invited Teams: AQUA, EHY, HAA, HYB, NYAC, QNS, SSC, TS, TVSC, other teams interested please contact Ginny Nussbaum at [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com)**

# **SPEEDO**

## **Long Island Challenge**

**April 8- 11, 2021**

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #210401

**LOCATION:** Freedom Pool, Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY 11554  
**FACILITY:** 10 Lane by 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 Timed Finals- Thursday April 8 warm-up 4:00pm Start 5:00pm  
Session Two – Prelims– Friday April 9 warm-up 9:00am Start 10:00am  
Session Three – Finals – Friday April 9 warm-up 5:00pm Start 6:00pm  
Session Four – Prelims-Saturday April 10 warm-up 9:00am Start 10:00am  
Session Five – Finals – Saturday April 10 warm-up 5:00pm Start 6:0pm  
Session Six – Prelims - Sunday April 11 warm-up 9:00am Start 10:00am  
Session Seven – Finals – Sunday April 11 warm-up 5:00pm Start 6:00pm

**FORMAT:** This meet will be run in accordance with 2021 USA Swimming Rules.

All events, with the exception of the 800 and 1500 will be a trials and finals format, with consolation and championship finals (fastest 16 swimmers from preliminaries) held in the evening session.

The Event will be pre-seeded. Sessions will be flighted to accommodate the COVID numbers in each session. Capacity will be a total of 150 (athletes / coaches / officials and volunteer) for the Freedom Pool – spectators will not be permitted – the event will be live streamed for parental/spectator viewing

**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.  
Age on **April 8, 2021** will determine age for the entire meet.

**ENTRIES:** All invited swimmers must meet the attached time standards. NT's and Deck entries will not be accepted. Times converted from Short Course times are allowed. Swimmers may compete in a maximum of 3 individual events per day. Swimmers entered in more than three (3) individual events in a preliminary or timed final session who fail to scratch down to this number before the check-in/scratch deadline established for the session will only be eligible to swim in the first three (3) events in the chronological, not event order, for which the swimmer was entered in that session.

**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 only/Confirm Entry Receipt: [entries.liac@gmail.com](mailto:entries.liac@gmail.com)  
Payment to: **Leanne Herrera, 750F Stewart Ave., Garden City, NY 11530**

An email confirming receipt of entries will be sent to the address the entries are received from. If the sender does not hear from Leanne within 48 hours your entry has not been received. Please contact Meet Director if you do not receive such a report within 48 hours of your original email.

**DEADLINE:** Entries must be received by: **April 1, 2021**

**ENTRY FEE:** \$10.00 per individual event, \$15.00 athlete surcharge for all athletes  
Make check payable to: **Long Island Swimming**  
Payment must be received by **April 8, 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:** 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 for preliminary events are due WEDNESDAY, APRIL 7 via email to [entries.liac@gmail.com](mailto:entries.liac@gmail.com) by 12:00pm.  
For finals, the Scratch Rule for Championship Finals, as specified in the Metropolitan Swimming Policy Handbook, will be followed.
- 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
- SCORING:** This years event will not be scored.
- RELAYS:** There are no relays in the 2021 LI Challenge
- AWARDS:** There are no awards for the 2021 LI Challenge
- OFFICIALS:** **Meet Referee:** Darryl Strabuk, [meetofficials@longislandswimming.com](mailto:meetofficials@longislandswimming.com) **Meet Admin:** Carolyn McNulty  
Officials wishing to volunteer should contact Meet Referee by **April 7, 2021**
- MEET DIRECTOR:** **Ginny Nussbaum,** [gnussbaum@longislandswimming.com](mailto:gnussbaum@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.”
- 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
- 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.
- 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” All swimmers must wear footwear upon leaving the pool area.
- 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.

**ADMISSION:** **There are no spectators at the 2021 LI Challenge. The event will be streamed live.**

**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.

- 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 Count, 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 parking.

**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 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

**The SPEEDO Long Island Challenge**

April 8-11, 2021

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

SCY	LCM	EVENT	LCM	SCY
24.39	27.69	50 Free	25.19	21.69
52.69	59.99	100 Free	54.39	46.99
1:53.79	2:09.09	200 Free	1:59.29	1:42.89
5:06.59	4:31.49	400 Free	4:12.49	4:39.89
10:26.69	9:19.39	800 Free	8:45.99	9:40.09
17:24.79	17:50.79	1650 Free	16:48.99	16:15.19
58.69	1:07.59	100 Back	1:01.49	52.69
2:06.29	2:25.49	200 Back	2:13.29	1:53.99
1:06.69	1:16.79	100 Breast	1:09.39	59.29
2:24.19	2:45.09	200 Breast	2:30.59	2:09.89
58.09	1:05.39	100 Fly	58.99	51.69
2:06.69	2:23.39	200 Fly	2:11.49	1:54.89
2:09.59	2:27.89	200 IM	2:14.19	1:56.29
4:33.49	5:10.39	400 IM	4:45.29	4:10.09

**SESSION I**

Thursday, April 8, 2021

4:00 pm warmup 5:00 pm start

	<b>MIXED</b>
<b>1</b>	<b>800 Freestyle</b>

**SESSION II**

Friday, April 9, 2021

Prelims 9:00 am warmup 10:00 am start

**SESSION III**

Finals 5:00 pm warmup 6:00 pm start

<b>2</b>	<b>100 Free</b>
<b>3</b>	<b>100 Breast</b>
<b>4</b>	<b>200 Fly</b>
<b>5</b>	<b>400 Free</b>

**SESSION IV**

Saturday, April 10, 2021

Prelims 9:00 am warmup 10:00 am start

**SESSION V**

Finals 5:00 pm warmup 6:00 pm start

<b>6</b>	<b>200 Free</b>
<b>7</b>	<b>200 Back</b>
<b>8</b>	<b>400 IM</b>
<b>9</b>	<b>100 Fly</b>



**LONG ISLAND AQUATIC CLUB**

**Presents**

**The Long Island Challenge**

**April 24-26, 2020**

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

**SESSION IV**

**Saturday, April 10, 2021**

**Prelims 9:00 am warmup 10:00 am start**

**SESSION V**

**Finals 5:00 pm warmup 6:00 pm start**

<b>10</b>	<b>100 Back</b>
<b>11</b>	<b>200 Breast</b>
<b>12</b>	<b>50 Free</b>
<b>13</b>	<b>200 IM</b>
<b>14</b>	<b>1500 Free</b>