



**Hosted By:**



**March 11-13, 2022**

**Friday, Saturday, Sunday**

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number - 220300

General Chairmen:  
Age Group Chairman:  
Coach Representative:  
Athlete Representative:  
Meet Jury:

Eric Fisher  
Kate Hallex  
Edgar Perez / John Yearwood  
Thomas Cho / Francis Andersen  
Metro Age Group Chairmen, A Metro Athlete, A Metro Coach, Meet Referee,  
Meet Director / Metro Board Member (5 people min. – different each day)

Meet Director: Alexis Skelos

# Metropolitan Junior Olympics

March 11<sup>th</sup> – 13<sup>th</sup>, 220300

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc. **Sanction #220300**
- LOCATION:** Nassau County Aquatic Center & Freedom Pool  
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 2 X 10 Lane by 25-yard competition pool w/ 2-meter min depth  
6 Lane by 25-meter warm up pool w/ 2-meter min depth  
Colorado Timing System, scoreboard readouts, Hy-Tek meet manager  
The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Fri., Sat., Sun. 11–14-year-olds Prelims: Warm-up: 7:00 am Meet: 8:00 am  
Fri. 10 & Under's Timed Final Warm-up 11:30 AM Start 12:00 PM  
Sat. 10 & Under Timed Final Warm-up 10:45 AM Start 11:30 AM  
Sun. 10 & Under Timed Final Warm-up 11:15 AM Start 12:00 PM  
Finals: Warm-up: 5:30 pm Meet: 6:30pm  
**All 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:**
- Short Course Yards
  - Age Groups: 10 & Under, 11-12, 13-14 Swimmers may swim up to 3 individual events per day. Each Relay must be made of at least 2 swimmers entered in individual events.
  - **10 & Under Format –**
    - 10 & Under individual events and relays will be swum as Timed Final events in the EAST POOL alternating Girls & Boys.
    - All events will be swum as combined age group 10 & under. Scoring will be separated 10-year old's and 9 & Under separately for those entered in JO's
    - The JO 10 & Under and 8 year old session each day will be run as follows;
    - Friday –
    - 10 & Under Girls and 10 & Under Boys entered in JOs with the time standard or faster will compete In the East Pool alternation girl / boy events.
    - Saturday & Sunday will both follow the procedure below. The Genders will alternate Pools each day.
    - 10 & Under Girls entered in JO's will swim in the East Pool alternating events with the 8-YEAR-OLD GIRLS entered in the 8-YEAR-OLD CHAMPIONSHIP.
    - 10 & Under Boys entered in the JO's will swim in the East Pool alternating events with the 8-YEAR-OLD BOYS entered in the 8-YEAR-OLD CHAMPIONSHIP.
    - All JO events will be swum as combined age group 10 & under. Scoring will be separated 10-year old's and 9 & Under separately for those entered in JO's.
    - The finalized pool setup will be sent with the finalized warmup times.
  - **11-14 Format –**
    - 11-12 will swim as an age group in all preliminary sessions.
    - 13-14 will swim as an age group in all preliminary sessions.
    - Age groups and genders will be split between two separate East and West pools (alternating days) for preliminaries only.
    - 11 & 12 400 IM and 500 Free, 13-14 1000/1650 Free and all relays will be swum as Timed Finals as part of the preliminary sessions.
    - Timed Final events will be swum as combined age group (11-12 or 13-14).
    - Athletes are permitted to swim a Max of 3 individual events/ preliminary session. A total of 9 individual events for the Meet.
    - 13-14 500 Free will be swum Fast to slow in Prelim
    - With the exception of the Timed Final events and all relays, swimmers will advance to finals using the following format:
      - A1 Final: The Top 10 even age athletes (12 or 14) from the preliminaries.
      - A2 Final: The Top 10 odd age athletes (11 or 13) from the preliminaries.
  - *At Finals the A2 Final (11 or 13) will swim first, followed by the A1 Final (12 or 14).*

- ELIGIBILITY:** Open to all 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 **March 11, 2022** will determine age for the entire meet.
- DISABILITY SWIMMER:** 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. The qualification standards for the meet will be USA swimming LSC Para times.  
<https://www.usaswimming.org/docs/default-source/disabilitydocuments/lsc-para-times-ndc-official.pdf?sfvrsn=6>
- ENTRIES:** Entry times must equal or better the qualifying standards. Short course yards time will be the conforming standard and can only be used for entries. Entry times may NOT be converted. Times must have been achieved between January 1, 2020 and the meet entry deadline.
- A swimmer may enter any number of events but may swim no more than three (3) individual events per day for a total of nine (9) individual events. If scratched from the 1000 or 1650 because of two-heat limit, a 4<sup>th</sup> event may be selected in place of the distance event.
- All entries, individual and relay, must be submitted through the USA Swimming OME System (no exceptions) between February 1st and March 1, 2022. This is the only accepted way to enter this meet.  
Swimming exhibition or Deck entries (including relay only swimmers will not be permitted.)
- Each relay must be made of at least 2 athletes entered in individual events.**  
Relay only Swimmers must be entered through the OME System to be eligible to swim.
- Reminder – please wait until your athletes have exhausted all of their chances to qualify or improve seed times before finalizing your entry and “check-out”. The OME System does not allow for swimmers to change or delete after closing on March 1, 2022.**
- Entries' Report must be printed directly from OME after check out as a confirmation of entries. Screen shots or emails will not be accepted as proof of entries!
- Email questions to: [entries.liac@gmail.com](mailto:entries.liac@gmail.com)
- DEADLINE:** Entries must be submitted through the USA Swimming OME System between February 1st and March 1, 2022. This entry date allows any swims achieved through Tuesday March 1 to be submitted prior to the deadline. The OME System will close at 11:59pm on March 1, 2022. Entries will no longer be accepted on OME after the deadline. **For swimmers qualifying for the first time between March 2 and March 6, coaches must send an email with information on new entries only no later than 11:59am Monday, March 7<sup>th</sup> to Leanne at [entries.liac@gmail.com](mailto:entries.liac@gmail.com)**  
**New cuts only. No time updates.**
- You must submit a working email address to receive an email confirming receipt of entries. Contact Leanne at [entries.liac@gmail.com](mailto:entries.liac@gmail.com) if you do not receive such a report within 2 days of your OME checkout.
- ENTRY FEE:** **\$6.30** per individual Prelim/Final Event / **\$5.25** per individual Timed Final Event  
**\$10.50** per Relay Event  
**\$5.25** per swimmer for Metro Surcharge (including relay only swimmers).  
Credit Card only at OME checkout.  
Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact the meet director and identify registered swimmers whom they wish Considered for waiver of fees when submitting meet entries.
- Corrections:** The psych sheets will be posted on <http://www.longislandswimming.com/hosted-meets.html> Clubs will be given until 2:00pm on Thursday, March 3, 2022, to email corrections to [entries.liac@gmail.com](mailto:entries.liac@gmail.com). No exceptions will be made to this deadline. No improvements in seed time will be accepted.  
**Any corrections submitted after 2:00pm Thursday, March 3, 2022, will be considered a late**

**correction.** These **late corrections** will be accepted by email only from 2:01pm Thursday, March 3, 2022 – 11:59 am Monday March 7, 2022.

**\$10.00 will be billed for each correction made during this timeframe. Payment for these Corrections and late entries will be payable at the head table by CREDIT CARD or CASH ONLY.**

Long Island Aquatic Club is not responsible for entry errors based on incorrect meet files, computer/servers' errors, software bugs, etc.

**TIME TRIALS:**

If time permits. A separate sanction number will be used for time trial purposes.

Time trials will be open only to swimmers who are entered in individual events in the meet.

**Time Trials count as one of the 3 individual events limit per day.**

**Fee for time trials is \$10.00 per event, payable at sign-up.**

**Please note that there is a limit of two (2) time trials over the course of the weekend.**

**PROTESTS:**

All competition-related protests, including protests concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred. Protests will be handled at the time they are presented to the Meet Director, by the Meet Committee.

**WARM-UP:**

Warm-up lanes and times will be assigned to each team. Following the general warm-up, the competition pool will be open to all teams for a 10-minute dive and pace session: lanes 3-8 will be open for one-way sprints; lanes 2 & 9 will remain as general warm up and lanes 1 & 10 will be designated for pace. The diving pool will remain open for general warm-up. No diving will be permitted except in designated sprint lanes. All swimmers must be supervised by a coach. If needed, the Freedom Pool will be assigned during warmup. All athletes assigned to the Freedom Pool must wear shoes to and from the pool.

**SCRATCH:**

**All 10 & Under sessions will be pre-seeded based on the final meet entry.**

**NEW  
PROCEDURES  
FOR 2022!!!**

**Scratches for ALL 11 – 14 Prelim and Timed Final Events are due 6:00 pm the night prior to the competition.**

**Friday events are due by email to [scratch.liac@gmail.com](mailto:scratch.liac@gmail.com) Thursday 3/10/22 6:00 pm.**

**Saturday Events are due to the Clerk of Course Table and / or emailed to [scratch.liac@gmail.com](mailto:scratch.liac@gmail.com) by Friday 3/11/22 6:00 pm.**

**Sunday Events are due to the Clerk of Course Table and / or emailed to [scratch.liac@gmail.com](mailto:scratch.liac@gmail.com) by Saturday 3/12/22 6:00 pm.**

**Relay names are due to the Head Table 30 minutes prior to the start of the session. Names on the relay may be changed until the whistle signaling the call of the relay event.**

**Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.**

Coaches must make sure that their swimmers understand that once they are scratched, they will not be re-entered in the session. Coaches should inform their swimmers to leave plenty of time for traffic etc.

**Failure to scratch a swimmer entered in more than three events in a day will result in that swimmer having to swim the first three events for which he/she is entered. No exceptions.**

**Scratches and or Intent to Scratch for Finals are due to the Clerk of Course 30 minutes from the announcement of the Preliminary Heat Results.**

**A swimmer who misses a final will be barred from the rest of the meet. If this occurs on the last session of the meet the swimmer's club will be fined \$150.00 per occurrence as per Metropolitan Swimming Policy and Procedures.**

A relay swimmer who fails to report will be barred from his/her first individual event of the next day. The other three swimmers will not be penalized provided they appeared.

**RELAYS:**

Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. As per National Format names from OME will not be uploaded into the MM database. Each coach must pick up relay entry forms from the Clerk of Course on which he/she shall list the competing

relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation 30 minutes prior to the start of the session. However, relay order may be changed, with the Clerk of Course, up to the time of the swim. Relay swimmers' names must be submitted **in the order in which they will swim**.

**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:** Individual Events Points (1<sup>st</sup> – 10<sup>th</sup> Place) – 11-9-8-7-6-5-4-3-2-1  
▪ Scored by following Ages: 9 & Under, 10, 11, 12, 13, and 14  
Relay Events Points (1<sup>st</sup> – 20<sup>th</sup> Place) –  
▪ 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2  
▪ Only two (2) relays per club may score

**AWARDS:** Individual Events (1<sup>st</sup> – 10<sup>th</sup> Place), Medals for 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons for 4<sup>th</sup> – 10<sup>th</sup>  
▪ Awarded by following Ages: 9 & Under, 10, 11, 12, 13, and 14  
Relay Events (1<sup>st</sup> – 10<sup>th</sup> Place) – Medals for 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons for 4<sup>th</sup> – 10<sup>th</sup>.  
Individual High Point Awards: 1<sup>st</sup> – 3<sup>rd</sup> for 9 & Under, 10, 11, 12, 13, and 14.  
Combined Team Awards: 10 & Under, 11-12, 13-14  
Overall 14 & Under Team Award

**OFFICIALS:** **Meet Referee:** Darryl Strabuk  
**Meet Admin:** Leanne Herrera,  
Officials wishing to volunteer should contact Meet Referee by email at  
[Meetofficials@longislandswimming.com](mailto:Meetofficials@longislandswimming.com)

**MEET DIRECTOR:** Alexis Skelos, contact information phone: 516-378-8467,  
Email [askelos@longislandswimming.com](mailto:askelos@longislandswimming.com) , **only Metropolitan Swimming certified USA Swimming Coaches questions will be entertained. All parents are to speak with their individual team's coach regarding their specific needs.**

**RULES:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.  
**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.  
**MAAPP:** All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

**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.

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 Long Island Aquatic Club, Long Island Swimming, 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

- 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.
- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, behind the blocks or locker rooms
- ADMISSION** \$25.00/session Cash only at Door  
\$14/session – A Pre-sale discounted admission tickets will be available on <http://www.longislandswimming.com/hosted-meets.html>  
Programs and heat sheets will be available on Meet Mobile.  
**Due to our fluid environment, please note that if we need the spectator seating for athletes, we will have to prohibit spectators at this event. If this is the case the event will be live streamed for a fee TBD.**
- MERCHANT:** A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck. Hobieswim will be available with swimming merchandise throughout the meet.
- 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”**
- DECK Change:** **Is Prohibited**
- NO 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.
- 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.

**3/11/22 Friday 8:00 A.M. Preliminaries 11 – 14 year-old BOYS EAST POOL**

Event	Odd Yr Qual	Even Yr Qual	Event
2	5:25.79	5:17.79	BOYS 11-12 400 Individual Medley – TIMED FINAL
4	4:47.79	4:39.79	BOYS 13-14 400 Individual Medley
8	NQT	NQT	BOYS 11-12 400 Freestyle Relay – TIMED FINAL
10	NQT	NQT	BOYS 13-14 400 Freestyle Relay – TIMED FINAL
14	31.59	30.59	BOYS 11-12 50 Butterfly
16	1:03.19	1:01.19	BOYS 13-14 100 Backstroke
20	1:10.19	1:08.19	BOYS 11-12 100 Backstroke
22	2:33.39	2:29.39	BOYS 13-14 200 Breaststroke
26	2:56.39	2:52.39	BOYS 11-12 200 Breaststroke
28	55.19	52.99	BOYS 13-14 100 Freestyle
32	1:01.19	59.49	BOYS 11-12 100 Freestyle
34	18:31.99	18:11.99	BOYS 13-14 1650 Freestyle - TIMED FINAL*

Limit 2 heats\*

**3/11/22 Friday 8:00 A.M. Preliminaries 11 - 14 GIRLS WEST POOL**

Event	Odd Yr Qual	Even Yr Qual	Event
1	5:25.79	5:17.79	GIRLS 11-12 400 Individual Medley – TIMED FINAL
3	5:02.39	4:57.59	GIRLS 13-14 400 Individual Medley
7	NQT	NQT	GIRLS 11-12 400 Freestyle Relay – TIMED FINAL
9	NQT	NQT	GIRLS 13-14 400 Freestyle Relay – TIMED FINAL
13	31.29	29.99	GIRLS 11-12 50 Butterfly
15	1:05.19	1:03.99	GIRLS 13-14 100 Backstroke
19	1:09.89	1:07.89	GIRLS 11-12 100 Backstroke
21	2:41.19	2:38.79	GIRLS 13-14 200 Breaststroke
25	2:56.39	2:52.39	GIRLS 11-12 200 Breaststroke
27	57.69	56.39	GIRLS 13-14 100 Freestyle
31	1:01.69	59.69	GIRLS 11-12 100 Freestyle
33	11:15.99	11:03.99	GIRLS 13-14 1000 Freestyle - TIMED FINAL*

Limit 2 heats\*

**3/11/22 Friday 12:00 P.M. Timed Final 10 & U GIRLS & BOYS EAST POOL**

Event	Odd Yr Qual	Even Yr Qual	Event
5	2:52.39	2:47.59	GIRLS 10 & U 200 Individual Medley
6	2:54.39	2:49.59	BOYS 10 & U 200 Individual Medley
11	NQT	NQT	GIRLS 10-U 400 Freestyle Relay – TIMED FINAL
12	NQT	NQT	BOYS 10-U 400 Freestyle Relay – TIMED FINAL
17	1:20.69	1:18.29	GIRLS 10&U 100 Backstroke
18	1:21.79	1:19.39	BOYS 10&U 100 Backstroke
23	1:33.19	1:30.79	GIRLS 10&U 100 Breaststroke
24	1:35.19	1:32.79	BOYS 10&U 100 Breaststroke
29	1:11.19	1:08.79	GIRLS 10&U 100 Freestyle
30	1:11.19	1:08.79	BOYS 10&U 100 Freestyle

**3/11/22 Friday Finals Warm up and Start TBD after final entry**

**GIRLS**

3  
13  
15  
19  
21  
25  
27  
31

**EVENT**

13-14 400 Individual Medley  
11-12 50 Butterfly  
13-14 100 Backstroke  
11-12 100 Backstroke  
13-14 200 Breaststroke  
11-12 200 Breaststroke  
13-14 100 Freestyle  
11-12 100 Freestyle

**BOYS**

4  
14  
16  
20  
22  
26  
28  
32

**3/12/22 Saturday 8:00 A.M. Preliminaries 11 - 14 GIRLS EAST POOL**

Event	Odd Yr Qual	Even Yr Qual	Event
35	NQT	NQT	GIRLS 11-12 200 Freestyle Relay – TIMED FINAL
37	NQT	NQT	GIRLS 13-14 200 Freestyle Relay – TIMED FINAL
41	2:30.39	2:26.39	GIRLS 11-12 200 Individual Medley
43	2:21.19	2:18.79	GIRLS 13-14 200 Individual Medley
47	32.59	31.59	GIRLS 11-12 50 Backstroke
49	1:14.59	1:13.39	GIRLS 13-14 100 Breaststroke
53	1:20.19	1:18.19	GIRLS 11-12 100 Breaststroke
55	2:27.19	2:24.79	GIRLS 13-14 200 Butterfly
59	2:42.39	2:38.39	GIRLS 11-12 200 Butterfly
61	2:05.19	2:02.79	GIRLS 13-14 200 Freestyle
63	2:14.29	2:10.29	GIRLS 11-12 200 Freestyle
65	NQT	NQT	GIRLS 13-14 200 Medley Relay – TIMED FINAL
67	NQT	NQT	GIRLS 11-12 200 Medley Relay – TIMED FINAL

**3/12/22 Saturday 8:00 A.M. Preliminaries 11 & 14 BOYS WEST POOL**

Event	Odd Yr Qual	Even Yr Qual	Event
36	NQT	NQT	BOYS 11-12 200 Freestyle Relay – TIMED FINAL
38	NQT	NQT	BOYS 13-14 200 Freestyle Relay – TIMED FINAL
42	2:30.39	2:26.39	BOYS 11-12 200 Individual Medley
44	2:15.39	2:10.99	BOYS 13-14 200 Individual Medley
48	32.59	31.59	BOYS 11-12 50 Backstroke
50	1:10.69	1:08.69	BOYS 13-14 100 Breaststroke
54	1:20.19	1:18.19	BOYS 11-12 100 Breaststroke
56	2:20.39	2:16.39	BOYS 13-14 200 Butterfly
60	2:42.39	2:38.39	BOYS 11-12 200 Butterfly
62	2:00.39	1:55.99	BOYS 13-14 200 Freestyle
64	2:13.39	2:09.39	BOYS 11-12 200 Freestyle
66	NQT	NQT	BOYS 13-14 200 Medley Relay – TIMED FINAL
68	NQT	NQT	BOYS 11-12 200 Medley Relay – TIMED FINAL

**3/12/22 Saturday 11:30 A.M. Timed Final 10 & U GIRLS & BOYS EAST POOL**

Event	Odd Yr Qual	Even Yr Qual	Event
39	NQT	NQT	GIRLS 10&U 200 Freestyle Relay – TIMED FINAL
40	NQT	NQT	BOYS 10&U 200 Freestyle Relay – TIMED FINAL
45	1:21.99	1:18.79	GIRLS 10& U 100 Individual Medley
46	1:21.99	1:18.79	BOYS 10& U 100 Individual Medley
51	32.69	31.19	GIRLS 10 &U 50 Freestyle
52	32.69	31.09	BOYS 10 &U 50 Freestyle
57	1:26.79	1:23.79	GIRLS 10 & U 100 Butterfly
58	1:26.79	1:24.39	BOYS 10 & U 100 Butterfly
69	6:50.99	6:33.99	GIRLS 10 & U 500 Freestyle
70	6:50.99	6:38.99	BOYS 10 & U 500 Freestyle

**3/12/22 Saturday Finals Warm up and Start TBD after final entry**

**GIRLS**

41  
43  
47  
49  
53  
55  
59  
61  
63

**EVENT**

11-12 200 Individual Medley  
13-14 200 Individual Medley  
11-12 50 Backstroke  
13-14 100 Breaststroke  
11-12 100 Breaststroke  
13-14 200 Butterfly  
11-12 200 Butterfly  
13-14 200 Freestyle  
11-12 200 Freestyle

**BOYS**

42  
44  
48  
50  
54  
56  
60  
62  
64



### 3/13/22 Sunday 8:00 A.M. Preliminaries 11 – 14 BOYS EAST POOL

Event	Odd Yr Qual	Even Yr Qual	Event
72	1:11.19	1:09.19	BOYS 11-12 100 Individual Medley
76	NQT	NQT	BOYS 13-14 400 Medley Relay – TIMED FINAL
78	NQT	NQT	BOYS 11-12 400 Medley Relay – TIMED FINAL
82	37.19	36.19	BOYS 11-12 50 Breaststroke
84	1:01.69	59.49	BOYS 13-14 100 Butterfly
88	1:11.89	1:09.89	BOYS 11-12 100 Butterfly
92	2:35.39	2:31.39	BOYS 11-12 200 Backstroke
90	2:15.89	2:11.89	BOYS 13-14 200 Backstroke
98	28.49	27.49	BOYS 11-12 50 Freestyle
96	25.39	24.39	BOYS 13-14 50 Freestyle
102	6:01.99	5:51.99	BOYS 11-12 500 Freestyle – TIMED FINAL
104	5:23.99	5:13.99	BOYS 13-14 500 Freestyle – Swum Fast to Slow

### 3/13/22 Sunday 8:00 A.M. Preliminaries 11 - 14 GIRLS WEST POOL

Event	Odd Yr Qual	Even Yr Qual	Event
71	1:11.19	1:09.19	GIRLS 11-12 100 Individual Medley
75	NQT	NQT	GIRLS 13-14 400 Medley Relay – TIMED FINAL
77	NQT	NQT	GIRLS 11-12 400 Medley Relay – TIMED FINAL
81	37.29	36.29	GIRLS 11-12 50 Breaststroke
83	1:04.09	1:02.89	GIRLS 13-14 100 Butterfly
87	1:10.69	1:07.99	GIRLS 11-12 100 Butterfly
91	2:32.39	2:28.39	GIRLS 11-12 200 Backstroke
89	2:19.49	2:17.09	GIRLS 13-14 200 Backstroke
97	28.59	27.59	GIRLS 11-12 50 Freestyle
95	26.49	26.09	GIRLS 13-14 50 Freestyle
101	6:01.99	5:51.99	GIRLS 11-12 500 Freestyle – TIMED FINAL
103	5:32.99	5:26.99	GIRLS 13-14 500 Freestyle – Swum Fast to Slow

### 3/13/22 Sunday 12:00 P.M. Timed Final 10 & U GIRLS & BOYS EAST POOL

Event	Odd Yr Qual	Even Yr Qual	Event
73	NQT	NQT	GIRLS 10&U 200 Medley Relay – TIMED FINAL
74	NQT	NQT	BOYS 10&U 200 Medley Relay – TIMED FINAL
79	36.29	35.09	GIRLS 10&U 50 Butterfly
80	36.29	35.09	BOYS 10&U 50 Butterfly
85	37.79	36.19	GIRLS 10 &U 50 Backstroke
86	37.79	36.59	BOYS 10 &U 50 Backstroke
93	43.59	41.99	GIRLS 10&U 50 Breaststroke
94	43.59	42.39	BOYS 10&U 50 Breaststroke
99	2:34.39	2:27.59	GIRLS 10&U 200 Freestyle
100	2:34.39	2:29.59	BOYS 10&U 200 Freestyle

### 3/13/22 Sunday Finals Session # 9

#### GIRLS

71  
103  
81  
83  
87  
89  
91  
95  
97

#### EVENT

11-12 100 Individual Medley  
13-14 500 Freestyle  
11-12 50 Breaststroke  
13-14 100 Butterfly  
11-12 100 Butterfly  
13-14 200 Backstroke  
11-12 200 Backstroke  
13-14 50 Freestyle  
11-12 50 Freestyle

#### BOYS

72  
104  
82  
84  
88  
90  
92  
96  
98

# **NASSAU COUNTY AQUATIC CENTER**

## **Facility Rules/Guidelines for teams/participants**

### **General Facility rules:**

- No food or beverages are permitted on pool deck or locker room. Sports drinks and water are allowed. Food and/or beverages are permitted in designated areas – the lower level lobby, lower level rooms, upper level lobby and upper level hallway.

All debris should be discarded in receptacles.

- Anything posted on walls must be posted using *colored painters tape*. *No other kind of tape can be used at all.* Nothing can be posted on any windows anywhere in the facility

No balloons are permitted in facility

It's the swim club's responsibility to provide adequate adult supervision of all team members throughout the facility, including locker rooms.

### **Use of pool rules**

- Event participants and coaches are not permitted in the locker rooms or pool deck until 15 minutes prior to the meet start/warm-up time (start time listed on permit) or a specified practice time.

Sitting or hanging on lane lines or safety ropes is prohibited.

Only certain areas of the pool will be reserved for an event. Participants are restricted only to the reserved pool space. You should ask the meet director for clarification on what space is reserved.

Swim teams are not permitted on the dive boards and/or dive platform tower.

Bulkheads (start/turn ends): Maximum load per bulkhead is 50 people. 2 or 3 bulkheads together will allow 70 people.

### **Athlete Seating:**

Team seating should be assigned by the meet director in advance of arrival.

There is no team seating outside the pool edge extended at both the dive pool end and the shallow pool end. No outside folding chairs/seating are permitted on the pool deck.

Teams/athletes are not permitted to bring in portable music systems unless used with headphones. Teams/athletes shall not obstruct any exits with equipment and/or athletes

No team banners can be erected unless they are self-standing; use magnetic hooks or temporarily hang in approved locations. They cannot be attached to any walls/windows or bleachers.

### **Food Vendors/Catering:**

### **Parking:**

- There is no parking on any grassy areas at all. Illegally parked cars are subject to ticketing and/or towing.

At the discretion of the facility manager, we reserve the right to prevent any particular swim team or individual from using the facility for any current or future event(s). Violations of rules/guidelines would be grounds for such action.

These rules/guidelines are included in all event permits. The permittee (meet organizer) has agreed to the terms of these rules/guidelines. Additional requirements/restrictions may be included in the event permit.

***A waiver to certain rules/guidelines may be granted upon written request to the facility manager.***

***If a waiver to any of these rules has been granted, you will be notified in advance.***