



**2022 SSC TYR  
SEPTEMBER SPRINT**

**Nassau County Aquatic Center Eisenhower Park  
East Meadow, NY**

**Sunday – September 25, 2022**

**Sanctioned by USA Swimming Thru Metropolitan Swimming, Inc.**

**Sanction #220900 & #220950-T**

We have taken enhanced health and safety measures – for you, our guests, volunteers and employees. Everyone must follow all posted instructions while attending this 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 guests with underlying medical conditions are especially vulnerable. By attending this event, you voluntarily assume all risks related to exposure to COVID-19.

Invited Teams: **SSC, IA, FA, TVSC, HAA, TS, WISC, HYB, EHY, TRI, CSDC, LIFE-NJ, WAVE-NJ, YFD, VIP, RIST**

Other Teams: Please contact [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com) for an invite based on availability.

# 2022 MR SSC TYR September Sprint

Sunday, September 25, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 220900  
Time Trial # 220950-T
- LOCATION:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY
- FACILITY:** 10 Lane by 25-yard 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 Meet Referee reserves the right to run any session in less than 10 lanes.
- SESSIONS:** Session 1 – Ages 13-14/10U Boys Sunday 9/25/22 7:15am Warm Up, 8:15am Start  
Session 2 – Ages 11-12/10U Girls Sunday 9/25/22 11:30am Warm Up, 12:30pm Start  
Session 3 – Ages 15 & Over Sunday 9/25/22 4:00 pm Warm Up, 5:00pm Start  
**3 hour sessions maximum time line- ALL SESSIONS**  
Time Trials may be available, time permitting and at the discretion of the Meet Referee.  
\$10 Cash per time trial.
- FORMAT:** **This is a Timed Finals Meet.**
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers from invited teams. All swimmers participating in this meet must be registered by the first day of the meet.  
No “Deck Registrations” will be accepted  
Age on **September 25, 2022** 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. Maximum 2 relays per team per event  
**Deck entries will not be accepted.**  
**NT’s will not be accepted. NTs will be REJECTED.**  
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  
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.  
**SEE IMPORTANT INFORMATION AT THE END FOR MEET ENTRY PROCEDURE AND REQUIRED WAIVER 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 **September 10, 2022**  
2: The final entry deadline for this meet is **September 19, 2022**  
3: Metro entries received between **August 18, 2022** and **September 10, 2022** will be entered first. An email confirming receipt of entries will be sent if you provide an email contact.  
Please contact Meet Director if you do not receive such a report within 2 days
- ENTRY FEE:** An entry fee of **\$8.00** per individual event must accompany the entries.  
An entry fee of **\$32.00** per relay must accompany the entries.  
A Facility Surcharge of **\$10.00** per swimmer must accompany the entries.  
Make check payable to: **Sachem Swim Club of Long Island, Inc.**  
Payment must be received by **September 25, 2022** 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.

- WARM-UP:** General warm up with assigned lanes for the first 55 minutes. Starts are during your warmup. Please see the administrative table for lane assignments will be distributed along with the scratch sheet for each session.
- SCRATCHES:** **Metropolitan Scratch Procedures are in effect. Scratches are due 30 mins before session start.**
- 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:** **All age groups (10u, 11-12, 13-14, 15+) will receive Awards – Medals 1<sup>st</sup>-3<sup>rd</sup> Place Ribbons 4<sup>th</sup>-10<sup>th</sup>**
- OFFICIALS:** **Meet Referee: Allen Wone [ssc.allenwone@gmail.com](mailto:ssc.allenwone@gmail.com) & Dana Wone [dwone@optonline.net](mailto:dwone@optonline.net)** Officials wishing to volunteer should contact Meet Referee by **September 22, 2022.**
- ADMIN. OFFICIAL:** **Brian Pfisterer – [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com)**
- MEET DIRECTOR:** **Brian Pfisterer**  
**Please use [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com) for all correspondence regarding entries and/or the meet.**
- 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 (“fly-overs”) 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:** 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.**
- ADMISSION:** **Admission \$8.00 per session. Cash or Venmo accepted. Children under 12 are free. Programs \$2.00 per session.**
- 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:** **Pool Deck – Capacity dependent on current NYS Regulations**

**Spectator Stands – Capacity dependent on current NYS Regulations**

**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.

# 2022 SSC TYR SEPTEMBER SPRINT INVITATIONAL

## Order of Events

**ALL SESSIONS – 3 HOUR MAXIMUM**

### Session 1

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

|     | Event   | Event # |
|-----|---|---------|
|     | <b>**13-14 Indiv. Events are mixed and will be seeded by time**</b> |         |
|     | Mixed 13-14 100 IM  | 101     |
|     | Boys 10 & Under 100 IM  | 102     |
|     | Mixed 13-14 50 Free   | 103     |
|     | Boys 10 & Under 50 Free   | 104     |
|     | Mixed 13-14 100 Back  | 105     |
|     | Boys 10 & Under 50 Back   | 106     |
|     | Mixed 13-14 50 Breast   | 107     |
|     | Boys 10 & Under 50 Breast   | 108     |
|     | Mixed 13-14 100 Fly   | 109     |
|     | Boys 10 & Under 50 Fly  | 110     |
|     | Mixed 13-14 50 Back   | 111     |
|     | Mixed 13-14 100 Breast  | 112     |
|     | Mixed 13-14 50 Fly  | 113     |
|     | Boys 10 & Under 100 Free  | 114     |
|     | Mixed 13-14 100 Free  | 115     |
|     | Boys 10 & Under 200 Free Relay                                      | 116     |
| 117 | 13-14 200 Free Relay  | 118     |
|     | Boys 10 & Under Medley Relay  | 119     |
| 120 | 13-14 200 Medley Relay  | 121     |

### Session 2

**Warm Up 11:30AM-12:30PM – Start Time 12:30PM**

|     | Event                           | Event # |
|-----|---------------------------------|---------|
| 201 | 11-12 100 IM                    | 202     |
| 203 | Girls 10 & Under 100 IM         |         |
| 204 | 11-12 50 Free                   | 205     |
| 206 | Girls 10 & Under 50 Free        |         |
| 207 | 11-12 50 Back                   | 208     |
| 209 | Girls 10 & Under 50 Back        |         |
| 210 | 11-12 50 Breast                 | 211     |
| 212 | Girls 10 & Under 50 Breast      |         |
| 213 | 11-12 50 Fly                    | 214     |
| 215 | Girls 10 & Under 50 Fly         |         |
| 216 | 11-12 100 Free                  | 217     |
| 218 | Girls 10 & Under 100 Free       |         |
| 219 | Girls 10 & Under 200 Free Relay |         |
| 220 | 11-12 200 Free Relay            | 221     |
| 222 | Girls 10 & Under Medley Relay   |         |
| 223 | 11-12 200 Medley Relay          | 224     |

**Session 3**  
**Warm Up 4:00PM-5:00PM – Start Time 5:00PM**

|  | Event  | Event # |
|--|--|---------|
|  | <b>**15+ Indiv Events are mixed and will be seeded by time**</b> |         |
|  | Mixed 15 & Over 100 IM   | 301     |
|  | Mixed 15 & Over 50 Free  | 302     |
|  | Mixed 15 & Over 100 Back   | 303     |
|  | Mixed 15 & Over 50 Breast  | 304     |
|  | Mixed 15 & Over 100 Fly  | 305     |
|  | Mixed 15 & Over 50 Back  | 306     |
|  | Mixed 15 & Over 100 Breast                                       | 307     |
|  | Mixed 15 & Over 50 Fly   | 308     |
|  | Mixed 15 & Over 100 Free   | 309     |
|  | Girls 15 & Over 200 Free Relay                                   | 310     |
|  | Boys 15 & Over 200 Free Relay                                    | 311     |
|  | Girls 15 & Over 200 Medley Relay                                 | 312     |
|  | Boys 15 & Over 200 Medley Relay                                  | 313     |



## 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 \_\_\_\_\_