



**METROPOLITAN**  
**15-18 TEAM CHALLENGE**  
**SWIMMING CHAMPIONSHIPS**  
MARCH 10-12, 2023

**Hosted By:**



**March 10-12, 2023**  
**Friday, Saturday, Sunday**

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.  
Sanction Number - 230301

General Chairmen: Dom Boccio                      Meet Director: Alexis Skelos  
Age Group Chairman: Kate Hallex  
Coach Representative: John Yearwood  
Athlete Representative: Francis Andersen  
Meet Jury: Metro Age Group Chairmen, A Metro Athlete, A Metro Coach, Meet Referee, Meet Director /  
Metro Board Member (5 people min. – different each day)

**OME will not be used this season. ALL entries must be emailed via file to  
[entries.liac@gmail.com](mailto:entries.liac@gmail.com)**

# Metropolitan 15-18 Age Group Team Challenge

March 10<sup>th</sup>-12<sup>th</sup>, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction #230301**
- LOCATION:** Nassau County Aquatic Center  
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 1 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)
- FORMAT:** All individual and all relays are run as timed final.
- SESSION:** 12:30 Warm-up – 1:30 Start  
**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**
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.  
All swimmers participating in this meet must be registered by the first day of the meet.  
Age on **March 10, 2023**, will determine age for the entire meet.
- DISABILITY SWIMMER:** Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. 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:** All entries will be submitted via a file, Hy-Tek &/or TU, to [entries.liac@gmail.com](mailto:entries.liac@gmail.com).  
All swimmers, including relay only swimmers, must be listed on official entry form and included in the export file. Swimming exhibition or Deck entries (including relay only swimmers will not be permitted.)  
  
A Master Sheet must accompany all entries in the entry email.  
  
Entry times must equal or better the qualifying standards but not faster than the MAX Time. 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, 2022, 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 because of two-heat limit, an additional event may be selected.  
  
All entries, individual and relay, must be submitted between February 1st and February 28, 2023, to [entries.liac@gmail.com](mailto:entries.liac@gmail.com)  
Swimming exhibition or Deck entries (including relay only swimmers) will not be permitted.  
  
Relay only Swimmers must be entered on the original entry file to be eligible to swim.  
  
Email questions to: [entries.liac@gmail.com](mailto:entries.liac@gmail.com)

**DEADLINE:** Entries must be submitted between February 1st and February 28, 2023.

For swimmers qualifying for the first time between March 1 and March 5, coaches must send an email with information on new entries only no later than 11:59am Monday, March 6<sup>th</sup> to [entries.liac@gmail.com](mailto:entries.liac@gmail.com)  
**New cuts only. No time updates.**

An email confirmation will be sent to the address the entries were received from. Contact [entries.liac@gmail.com](mailto:entries.liac@gmail.com) if you do not receive such a report within 2 days.

**ENTRY FEE:** **\$7.50** per individual Timed Final Event / **\$15.00** per Relay Event  
**\$5.00** Metropolitan Swimming surcharge per swimmer (including relay only swimmers).  
**\$4.00 Facility surcharge**  
Check payable to Long Island Swimming prior to receiving the first session's scratch sheet.

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 2, 2023, 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 2, 2023, will be considered a late correction. These late corrections will be accepted by email only from 2:01pm Thursday, March 2, 2023 – 11:59 am Monday March 6, 2023.**  
**\$50.00 will be billed for each correction made during this timeframe. Payment for these corrections will be payable at the head table by CREDIT CARD or CASH ONLY prior to receiving your scratch sheet on Friday morning or the first day your team is entered.**  
**For your athlete to compete in the additional late corrected entries, this payment must be made, No payment, No swim. Plan accordingly.**  
Long Island Aquatic Club is not responsible for entry errors based on incorrect meet files, computer/servers' errors, software bugs, etc.

**Time Trials:** Will Not Be Contested

**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 15-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 the 14&U meet is running late Warm-up for this event will begin in the diving pool.**

**SCRATCH:** **Scratches will be due thirty (30) minutes prior to the session start time. 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.  
The coach of a swimmer that was seeded in an event, and is a **No-Show (NS)** in the event, must positively check the swimmer for the next days' events in order for that swimmer to be eligible to compete in the rest of the meet.

Athletes who miss a race in which they were seeded and did not properly deck scratch **will be barred from their next individual event of the day.** If they miss their last event of the day, they

will be barred from their first event of the next day.

**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.**

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

- RELAYS:** Entries for all relays require a positive check in prior to be seeded. The positive Check will be located at the Clerk of Course. Each coach shall 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 one (1) hour prior to the start of the relays. 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 (1<sup>st</sup> – 16<sup>th</sup> Pl.) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relay Events (1<sup>st</sup> – 8<sup>th</sup> Pl.) 40-34-32-30-28-26-24-22  
**Only two relays per club may score**
- AWARDS:** Individual Events: Medals for 1<sup>st</sup> through 8<sup>th</sup> places, Ribbons for 9<sup>th</sup> through 16<sup>th</sup> places.  
Relay Events: Medals for 1<sup>st</sup> through 3<sup>rd</sup> places, and ribbons for 4<sup>th</sup> through 8<sup>th</sup> places.  
Individual High Point Awards: 1<sup>st</sup> through 3<sup>rd</sup> for Men and Women  
Team Awards: Women, Men, Combined
- OFFICIALS:** **Meet Referee:** Christine Pette      Admin: Alexis Skelos  
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 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 MAAPP 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** Pre-sale discounted admission tickets will be available on <http://www.longislandswimming.com/hosted-meets.html>

\$14/session Age Group Challenge = 1 Timed final session

\$25.00/session Cash only at Door

**The gate for this event will open no later than 10 minutes before to the start of each session. The stands from the 14&U Junior Championships Must be CLEARED PRIOR TO ANYONE being permitted in the stands.**

**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 without the use of the backstroke ledge. 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”**  
Nassau County Lifeguards and an AED are on site.

**DECK CHANGING:** Is prohibited

**PARKING:** There is ample free parking available in the park

**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.

**2023 Metropolitan 15-18 Age Group Team Challenge  
sanction #230301  
Nassau County Aquatic Center  
March 10 - 12, 2023**

**Friday MARCH 10**

**Warm up 12:30pm Start 1:30pm**

**Session #1**

<b>EVENT #</b>	<b>Min</b>	<b>Max</b>	<b>EVENT</b>	<b>Min</b>	<b>Max</b>	<b>EVENT#</b>
1	5:29.99	5:11.00	500 Freestyle	5:07.99	4:53.00	2
3	1:13.99	1:10.30	100 Breaststroke	1:05.69	1:03.50	4
5	:26.29	:25.20	50 Freestyle	:23.69	:22.80	6
7	2:18.99	2:12.00	200 IM	2:06.99	2:01.40	8
9	2:26.99	2:16.00	200 Butterfly	2:11.99	2:04.00	10
11			200 Medley Relay			12

**Saturday March 11**

**Warm up 12:30pm Start 1:30pm**

**Session #2**

<b>EVENT #</b>	<b>Min</b>	<b>Max</b>	<b>EVENT</b>	<b>Min</b>	<b>Max</b>	<b>EVENT#</b>
13	4:59.99	4:42.00	400 IM	4:35.99	4:22.00	14
15	1:02.99	1:00.00	100 Butterfly	:56.99	:54.60	16
17	2:19.99	2:11.50	200 Backstroke	2:08.99	2:02.00	18
19	2:02.49	1:58.30	200 Freestyle	1:52.49	1:48.70	20
21			400 Freestyle Relay			22

**Sunday March 12**

**Warm up 12:30pm Start 1:30pm**

**Session # 3**

<b>EVENT #</b>	<b>Min</b>	<b>Max</b>	<b>EVENT</b>	<b>Min</b>	<b>Max</b>	<b>EVENT#</b>
23			200 Freestyle Relay			24
25	:56.99	:54.70	100 Freestyle	:51.49	:49.50	26
27	2:40.99	2:32.00	200 Breaststroke	2:25.99	2:19.00	28
29	1:04.49	1:00.70	100 Backstroke	:58.79	:56.00	30
31*	10:59.99	10:45.00	1000 Freestyle	10:23.00	10:09.99	32*
33			400 Medley Relay			34

**\*MAY BE LIMITED TO 2 female heats and 2 male heats**

**Swimmers cut from the distance event may enter a 3<sup>rd</sup> event on that day providing they have a qualifying time in an additional event.**

# **NASSAU COUNTY AQUATIC CENTER**

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

### **General Facility rules:**

- Meet Marshals shall have full authority to warn or order to cease and desist, and, with the concurrence of the Referee, to remove, or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.
- 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:**

- Events and its participating teams or individuals must use the food service company specified by the facility. Events and its participating teams (or individuals) are not permitted to bring in any outside catering companies, food or beverages into the facility. "Donated" food and beverages are not permitted.

### **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.***