

2023 Metropolitan Long Course Age Group Championships July 21 – July 23, 2023

Sanction #230701

General Chair: David Rodriguez Meet Director: Alexis Skelos
Age Group Chair: Keith Green & Ethan Fergus
Coach Representative: John Yearwood
Athlete Representative: Dylan Gallub
Meet Jury: Metro Age Group Chairmen, A Metro Athlete, A Metro Coach, Meet Referee,
Meet Director / Metro Board Member (3 people min. – different each day)

OME will not be used this season. All entries must be emailed to entries.liac@gmail.com

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 230701

LOCATION: Nassau County Aquatic Center
Eisenhower Park, East Meadow, NY 11554

FACILITY: 10 Lane by 50 meter competition pool w/ 2 meter min depth. 6 lane by 25 meter warm up pool w/ 2 meter min depth
The competition course **Has Not** been certified in accordance with Article 104.2.2C (4)

SESSIONS:

Session 1: Friday, July 21	Warm-ups 7:45 AM	Session Starts at 9:00 AM
Session 2: Friday, July 21	Warm-ups 1:30 PM	Session Starts at 2:45 PM
Session 3: Saturday, July 22	Warm-ups 7:45 AM	Session Starts at 9:00 AM
Session 4: Saturday, July 22	Warm-ups 2:00 PM	Session Starts at 3:15 PM
Session 5: Sunday, July 23	Warm-ups 7:45 AM	Session Starts at 9:00 AM
Session 6: Sunday, July 23	Warm-ups 2:00 PM	Session Starts at 3:15 PM

Warm-up/Start times may be adjusted after all entries are received. Teams will be notified of any change.

ADMISSION: Pre-sale discounted admission tickets will be available on <http://www.longislandswimming.com/hosted-meets.html>

\$60.00/ 6 Sessions = 3 AM Sessions & 3 PM Sessions

The original ticket must be presented each session along with the wrist band which will be given upon entering the facility the first session.

\$22.50 / 2 Sessions on the same day – a different wrist band will be distributed each day for this band.

There is a \$10 CASH fee for a lost/removed wrist band. No exceptions. \$15.00 CASH fee will be charged if the original ticket is not presented.

\$15/session = 1 session

A ticket must be purchased for the Friday evening distance session. If you time for your athlete your ticket will be refunded when you check in to time.

\$25.00/session Cash only at Door

Programs and heat sheets will be available on Meet Mobile.

FORMAT:

All Events are Timed Final.

The event will be deck seeded.

This meet will be run in accordance with 2023 USA Swimming Rules

The Meet seeded following the scratch procedure listed below. Long course meter times will be the conforming standards and will be seeded first, followed by SCM & SCY.

Additional breaks may be added to the meet format at the discretion of the Meet Referee. Break lengths may be modified at the discretion of the Meet Referee to manage the meet timeline.

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. There will be no on deck registration at this meet.

Age on **July 21, 2023** will determine age for the entire meet.

Times must have been achieved in either Long Course Meters, Short Course Yards or Short Course Meters, between May 1, 2022 and the entry deadline.

ENTRIES:

All entries will be submitted via a file, Hy-Tek &/or TU, to 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 with proof of times must accompany all entries in the entry email.

A swimmer may enter any number of individual events for which he/she has met the qualifying time, but may not swim more than three (3) individual events per any one-day excluding relays. Failure to scratch will result in the swimmer swimming the first three events they are entered in on that day. Entry times must equal or better the qualifying standards.

Relay only Swimmers must be entered on the original entry file to be eligible to swim.

Email questions to: Natalie - entries.liac@gmail.com

DEADLINE:

Entries must be submitted via email to entries.liac@gmail.com between June 26th and July 11th, 2023. This entry date allows any swims reported through Tuesday, July 11th to be submitted prior to the deadline. **For swimmers qualifying for the first time between July 12 and July 16, coaches must send an email with information on new entries only no later than 11:59AM Monday, July 17th** to Natalie at entries.liac@gmail.com
New cuts only. No time updates.

ENTRY FEE:

An entry fee of \$7.50 per individual event

\$15.00 per Relay event

\$9.00 per Swimmer (**\$5.00** Metropolitan surcharge per swimmer + \$4.00 Facility Fee per swimmer (including RELAY ONLY SWIMMERS) must accompany the entries.

Payment through Zelle is appreciated – Long Island Swimming, LTD

gnessbaum@longislandswimming.com

Clubs not set up with Zelle please submit a check payment made payable to Long Island Swimming.

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.

SCRATCHES: **Scratches for All Events are due 6:00 pm the night prior to the competition.**

Friday events are due by email to scratch.liac@gmail.com Thursday 7/20/23 6:00 pm.

Saturday Events are due to the Clerk of Course Table and / or emailed to scratach.liac@gmail.com by Friday 7/21/23 6:00 pm.

Sunday Events are due to the Clerk of Course Table and / or emailed to scratch.liac@gmail.com by Saturday 7/22/23 6:00 pm.

Any swimmer, who is seeded, must swim the event unless he/she declares his/her intention not to swim in the following manner;

Go to the Referee, before the event and state you do not wish to swim.

The swimmer is then disqualified from THAT EVENT for the delay of the meet.

This counts as an event against the total-per-day allowance.

RELAYS:

Relay Entries must be submitted with Individual Entries on either a HY-Tek or TU file. 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 start of the relay event. Relay swimmers' names must be submitted in the order in which they will swim.

Each relay must be made of at least 2 athletes entered in individual events.

Relay only Swimmers must be entered on the final accepted entry file to be eligible to swim

CORRECTIONS:

The psych sheets will be posted on

<http://www.longislandswimming.com/hosted-meets.html>

Clubs will be given until 9:00pm on Thursday, July 13, 2023, to email corrections to Natalie entries.liac@gmail.com. No exceptions will be made to this deadline.

No improvements in seed time will be accepted. Corrections will be accepted by email only.

Any corrections submitted after 9pm Thursday, July 13, 2023, will be considered a **late correction. These **late corrections** will be accepted by email only from 9:01pm Thursday, July 13, 2023 – 11:59 am Monday July 17, 2023.**

\$50.00 will be billed for each correction made during this timeframe. Payment for these corrections will be payable by CREDIT CARD ONLY when Natalie calls to confirm the correction.

In order for your athlete to compete in the additional **late corrected entries, this payment **Must be made, No payment, No swim. Plan accordingly.****

WARM-UP:

Times and assignments will be emailed Wednesday, July 19, 2023. Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet.

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.

Coaches must check in and present credentials at table to receive deck pass and/or bracelet.

The pass and/or bracelet must be visible throughout the meet.

AWARDS:

Medals for 1st through 3rd places, and ribbons for 4th through 10th places in 12 & Under Individual Events.

Medals for 1st through 3rd, and ribbons for 4th through 10th places in 12&Under Relays Events.

Medals for 1st through 3rd places in 13-14 & 15-18 Individual and Relay Events.
Top 3 places win Individual High Point Awards in each Age Group 10&Under, 11-12, 13-14, & 15-18.

Combined Team Awards for 1st through 3rd 10&Under, 11-12, 13-14, and Overall 14&Under Team Award.

Awards must be picked up at the end of the meet. No awards will be mailed.

SCORING:

Individual Events: (1st-16th Place) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Events: (1st-16th Place) 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

NOTE: Only two relays per club may score.

OFFICIALS:

Meet Referee: Darryl Strabuk, meetofficial@longislandswimming.com **Meet Admin:** Danielle Baldwin, Kerry O'Hagan and Delayne Somma

Officials wishing to volunteer should contact Meet Referee by **Thursday, July 20, 2023.**

MEET DIRECTOR:

Alexis Skelos, phone: 516-378-8467, email: askelos@longislandswimming.com

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.

The overhead start procedure 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 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.

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.

DISABILITY SWIMMERS:

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>

AUDIO/VISUAL STATEMENT:

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Use of Audio or visual recording devices, including a cell phone, is not permitted behind the blocks.

DECK CHANGING:

Deck changes are prohibited.

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.

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

MERCHANT: A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.
Hobieswim will be available virtually throughout the entire meet

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.

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.

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 Tpk.(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 Long Course Age Group Championships

July 21- July 23, 2023

SESSION # 1.

Friday July 21, 2023, Warm-up 7:45am Start 9:00am

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
1	NCT	NCT	NCT	13-14	200 m	Medley Relay	NCT	NCT	NCT	2
3	1:16.99	1:09.99	1:20.09	10&U	100 m	Freestyle	1:19.49	1:09.99	1:16.89	4
5	1:02.69	56.99	1:03.99	13-14	100 m	Freestyle	1:01.59	53.99	59.59	6
7	47.49	42.59	49.49	10&U	50 m	Breaststroke	47.59	42.99	45.39	8
9	1:20.99	1:13.99	1:27.99	13-14	100 m	Breaststroke	1:20.09	1:09.49	1:18.09	10
11	40.99	36.79	42.79	10&U	50 m	Backstroke	42.59	37.19	40.99	12
13	1:10.39	1:03.49	1:11.09	13-14	100 m	Butterfly	1:07.49	1:00.49	1:06.79	14
15	5:49.99	6:39.99	5:59.99	10&U	400 m	Freestyle	5:57.99	6:44.99	5:52.09	16
17	4:48.39	5:29.99	4:53.09	13-14	400 m	Freestyle	4:45.19	5:17.99	4:40.09	18

SESSION # 2.

Friday July 21, 2023 Warm-up 1:30pm Start 2:45pm

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
19	NCT	NCT	NCT	11-12	200 m	Medley Relay	NCT	NCT	NCT	20
21	NCT	NCT	NCT	15-18	200 m	Medley Relay	NCT	NCT	NCT	22
23	1:06.59	1:00.49	1:07.19	11-12	100 m	Freestyle	1:06.39	:59.99	1:05.79	24
25	1:03.89	57.79	1:05.19	15-18	100 m	Freestyle	59.99	51.99	57.09	26
27	1:27.09	1:18.99	1:28.69	11-12	100 m	Breaststroke	1:30.89	1:18.99	1:27.09	28
29	1:22.39	1:15.19	1:27.99	15-18	100 m	Breaststroke	1:20.99	1:06.49	1:13.79	30
31	35.19	31.99	35.99	11-12	50 m	Backstroke	35.99	31.99	35.29	32
33	1:12.59	1:04.99	1:13.99	15-18	100 m	Butterfly	1:07.49	57.99	1:03.59	34
35	2:56.79	2:39.99	2:59.99	11-12	200 m	Butterfly	2:59.99	2:39.99	2:56.79	36
37	4:49.39	5:30.99	5:03.99	15-18	400 m	Freestyle	4:44.99	5:10.99	4:33.69	38
39	5:11.49	5:55.99	5:15.49	11-12	400 m	Freestyle	5:14.29	5:55.99	5:12.79	40

SESSION # 3.**Saturday July 22, 2023, Warm-up 7:45am Start 9:00am**

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
41	39.39	35.69	40.69	10&U	50 m	Butterfly	40.19	35.69	39.49	42
43	2:16.79	2:03.99	2:19.59	13-14	200 m	Freestyle	2:15.59	1:57.99	2:11.79	44
45	2:44.69	2:29.99	2:51.29	10&U	200 m	Freestyle	2:49.99	2:31.99	2:47.89	46
47	2:40.29	2:25.99	2:43.79	13-14	200 m	Butterfly	2:34.99	2:17.99	2:32.79	48
49	1:41.59	1:31.99	1:45.09	10&U	100 m	Breaststroke	1:44.29	1:33.99	1:41.09	50
51	1:11.59	1:04.59	1:13.99	13-14	100 m	Backstroke	1:10.29	1:01.99	1:08.19	52
53	1:28.19	1:19.49	1:33.19	10&U	100 m	Backstroke	1:31.29	1:20.59	1:29.09	54
55	5:30.29	4:59.99	5:38.09	13-14	400 m	Individual Medley	5:21.09	4:42.99	5:12.39	56
57	NCT	NCT	NCT	10&U	200 m	Freestyle Relay	NCT	NCT	NCT	58
59	NCT	NCT	NCT	13-14	400 m	Freestyle Relay	NCT	NCT	NCT	60

SESSION # 4.**Saturday July 22, 2023 Warm-up 2:00pm Start 3:15pm**

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
61	2:26.09	2:11.99	2:28.09	11-12	200 m	Freestyle	2:25.29	2:10.99	2:23.79	62
63	2:18.49	2:04.49	2:22.99	15-18	200 m	Freestyle	2:12.99	1:53.99	2:04.99	64
65	40.89	36.69	40.99	11-12	50 m	Breaststroke	40.39	36.59	40.29	66
67	3:00.49	2:42.99	3:13.59	15-18	200 m	Breaststroke	2:54.99	2:30.09	2:46.09	68
69	1:15.99	1:08.69	1:18.29	11-12	100 m	Backstroke	1:18.39	1:08.99	1:16.59	70
71	1:12.49	1:05.49	1:16.49	15-18	100 m	Backstroke	1:09.99	59.99	1:04.39	72
73	33.19	30.69	33.79	11-12	50 m	Butterfly	34.29	30.99	34.09	74
75	5:38.99	5:04.99	5:51.99	15-18	400 m	Individual Medley	5:24.99	4:41.99	5:08.09	76
77	3:12.39	2:53.99	3:21.09	11-12	200 m	Breaststroke	3:20.99	2:53.99	3:12.59	78
79	NCT	NCT	NCT	15-18	400 m	Freestyle Relay	NCT	NCT	NCT	80
81	NCT	NCT	NCT	11-12	400 m	Freestyle Relay	NCT	NCT	NCT	82
5 minutes warm-up if needed										
83	5:54.79	5:20.99	6:00.49	11-12	400 m	Individual Medley	6:01.49	5:20.99	5:53.39	84

SESSION # 5.**Sunday July 23, 2023 Warm-up 7:45am Start 9:00am**

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
85	NCT	NCT	NCT	13-14	200 m	Freestyle Relay	NCT	NCT	NCT	86
87	NCT	NCT	NCT	10&U	200 m	Medley Relay	NCT	NCT	NCT	88
5 minutes Break warm-up/warm-down if needed										
89	2:33.79	2:18.29	2:39.09	13-14	200 m	Backstroke	2:32.59	2:13.49	2:27.79	90
91	3:08.89	2:49.99	3:16.49	10&U	200 m	Individual Medley	3:16.29	2:51.99	3:09.39	92
93	2:35.29	2:19.99	2:38.59	13-14	200 m	Individual Medley	2:30.39	2:12.99	2:24.09	94
95	35.19	31.79	36.59	10&U	50 m	Freestyle	35.99	31.69	35.19	96
97	29.19	26.39	29.79	13-14	50 m	Freestyle	27.89	24.79	27.29	98
99	1:33.99	1:24.99	1:35.69	10&U	100 m	Butterfly	1:37.29	1:25.59	1:34.19	100
101	2:55.99	2:39.99	3:00.49	13-14	200 m	Breaststroke	2:54.89	2:30.99	2:49.69	102
103	NCT	NCT	NCT	10&U	400 m	Freestyle Relay	NCT	NCT	NCT	104
105	NCT	NCT	NCT	13-14	400 m	Medley Relay	NCT	NCT	NCT	106

SESSION # 6.**Sunday July 23, 2023 Warm-up 2:00pm Start 3:15pm**

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
107	NCT	NCT	NCT	11-12	200 m	Freestyle Relay	NCT	NCT	NCT	108
109	NCT	NCT	NCT	15-18	200 m	Freestyle Relay	NCT	NCT	NCT	110
5 minutes Break warm-up/warm-down if needed										
111	2:44.89	2:29.99	2:54.99	11-12	200 m	Backstroke	2:54.99	2:32.99	2:48.99	112
113	2:35.29	2:20.99	2:44.99	15-18	200 m	Backstroke	2:32.99	2:10.99	2:24.99	114
115	2:43.79	2:27.99	2:45.39	11-12	200 m	Individual Medley	2:46.89	2:27.99	2:43.39	116
117	2:34.69	2:19.99	2:42.99	15-18	200 m	Individual Medley	2:31.99	2:07.99	2:21.09	118
119	30.69	27.99	30.99	11-12	50 m	Freestyle	30.79	27.89	30.59	120
121	29.49	26.59	30.29	15-18	50 m	Freestyle	26.99	23.79	26.29	122
123	1:16.59	1:09.49	1:15.69	11-12	100 m	Butterfly	1:19.99	1:10.69	1:18.09	124
125	2:44.19	2:29.99	2:49.99	15-18	200 m	Butterfly	2:33.99	2:12.49	2:26.39	126
5 minutes Break warm-up/warm-down if needed										
127	NCT	NCT	NCT	11-12	400 m	Medley Relay	NCT	NCT	NCT	128
129	NCT	NCT	NCT	15-18	400 m	Medley Relay	NCT	NCT	NCT	130