



**Hosted By:**



**March 8-10, 2024**

**Friday, Saturday, Sunday**

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number - 240300

General Chairmen:	David Rodriguez	Meet Director: Alexis Skelos
Age Group Chairman:	Keith Green & Ethan Fergus	
Coach Representative:	John Yearwood	
Athlete Representative:	Joseph Apat	
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 to [entries.liac@gmail.com](mailto:entries.liac@gmail.com).**

# Junior Metropolitan Championships

March 8 -10, 2024

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc. **Sanction #240300**
- LOCATION:** Nassau County Aquatic Center  
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. Prelims: Warm-up: 7:00 am Meet: 8:30 am Finals: Warm-up: 5:30 pm Meet: 6:30 pm  
**Warm-up times are tentative and subject to adjustment following the acceptance of the last entry. Final warm-up times will be sent to each club attending no later than the Tuesday before the event**
- FORMAT:**
- Short Course Yards
  - Age Groups: 10 & Under, 11-12, 13-14
  - **10 & Under Format –**
    - 10 & Under individual events and relays will be swum as Timed Final events as part of preliminary sessions.
    - 10 & Under Boys & 10 & Under Girls will compete in two separate East and West pools (alternating days).
    - All events will be swum as a combined age group of 10 & under. Scoring will be separated for the 10 and under events; 10-year-olds will score separately from the 9 and unders.
  - **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 a combined age group (11-12 or 13-14).
    - 13-14 500 Free will swim Fast to slow in Prelims  
*Except for 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 2024 USA Swimming/Metropolitan Swimming Inc. registered swimmers. Any swimmer who is entered and is unregistered will be scratched from the meet. Registrations will not be processed at the meet. No swimmer will be permitted to compete unless the swimmer is a member, as provided in Article 302.
- Age on **March 8, 2024**, will determine the 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 before 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 the official entry form and 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. 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, 2023, and the meet entry deadline.

A swimmer may enter any number of events but swim no more than three (3) individual events per day for nine (9) individual events. If scratched from the 1000 because of the two-heat limit, a 4<sup>th</sup> event may be selected instead of the distance event.

Swimming exhibition or Deck entries (including relay-only swimmers will not be permitted.)

**Each relay must consist of at least 2 athletes entered in individual events.**

Relay-only Swimmers must be entered through your team file to be eligible to swim.

Email questions to [entries.liac@gmail.com](mailto:entries.liac@gmail.com).

**DEADLINE:**

Entry file must be emailed to [entries.liac@gmail.com](mailto:entries.liac@gmail.com) between February 1st and February 27, 2024. For swimmers qualifying for the first time between February 28 and March 3, coaches must send an email with information on new entries no later than 11:59 AM Monday, March 4<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:**

**\$9.00** per individual Prelim/Final Event / **\$7.50** per individual Timed Final Event

**\$15.00** per Relay Event

**\$5.00** per swimmer for Metro Surcharge (including relay-only swimmers).

**\$4.00** per swimmer Athlete Surcharge

Payment through Zelle is appreciated - Long Island Swimming, LTD

[gnessbaum@longislandswimming.com](mailto: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 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 2:00 pm on Thursday, March 1, 2024, 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 2:00 pm Thursday, March 1, 2024, will be considered a **late correction**. These **late corrections** will be accepted by email only from 2:01 pm Thursday, March 1, 2024, to 11:59 am Monday, March 4, 2024. \$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 before 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/server 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 when 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.

**SCRATCH:** Scratches for All 14 & Under Prelim and Timed Final Events are due 6:00 pm the night before the competition.

Friday events are due by email to [scratch.liac@gmail.com](mailto:scratch.liac@gmail.com) Thursday, 3/7/24, 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, 3/8/24, 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, 3/9/24, 6:00 pm.

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 qualifying for any finals swim, based upon the results of the prelims, must notify the Clerk of Course within 30 minutes after the announcement of the qualifiers for that event that they may not intend to compete, and further must declare their intention within 30 minutes following their last preliminary event.

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.

It is the coaches' responsibility to check and make sure their athletes are properly scratched out of finals and that they have not been moved into the final session. Coaches should not leave the competition deck until their swimmers' events are closed.

**RELAYS:** All relays must be checked in before the scratch deadline in order to be seeded. Relay forms can be picked up at the Clerk of Course. Names of eligible relay swimmers and order of swimming shall be submitted to the clerk of course on the Relay Form. Any changes in names of the competing swimmers or their order of swimming must be declared to the Clerk of Course prior to the start of the heat in which such relay team is entered. No changes will be permitted thereafter.

**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 register and receive a Wristband at the check-in table next to the Aquatic Center's Front Desk before coming onto the pool deck. Coaches arriving on Sunday for the first time must register and receive a Wristband at the Head Table. The wristbands must be always worn visibly during the competition. A Marshall / LIAC volunteer reserves the right to remove anyone without a Wristband.**

- 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 (1<sup>st</sup> – 3<sup>rd</sup> Place): 10 & Under, 11-12, 13-14  
Overall 14 & Under Team Award
- OFFICIALS:** **Meet Referee:** Darryl Strabuk  
**Meet Admin:** Alexis Skelos,  
Officials wishing to volunteer should contact Meet Referee by email at [Meetofficial@longislandswimming.com](mailto:Meetofficial@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. LIAC's Official Meet photographer will be available for photos during the event. They will be the sole photographer on Deck and will complete and submit a Photographer Registration Form before the event commences activity.
- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
- ADMISSION:** Pre-sale discounted admission tickets will be available on <http://www.longislandswimming.com/hosted-meets.html>
- \$70.00/ All Junior Metro Champ Sessions = 3 prelim/3 final ticket/weekend.
- \$14/session Junior Metro Champs = 1 prelim or 1 final session/day.
- The original ticket must be presented each session along with the wrist band which will be given upon entering the facility for the first session.
- There is a \$10 CASH fee for a lost/removed wristband. No exceptions. A \$25.00/session CASH fee will be charged if the original ticket is not presented.
- \$25.00/session Cash only at Door  
Programs and heat sheets will be available on Meet Mobile.
- 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 Change:** Deck Changes are 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.



**Friday 3/8/24 8:30 AM \*Pool location will be finalized and posted after the entry has closed\***  
**EAST POOL: 10&U Boys Timed Finals. 11-12 Girls, 13-14 Boys Preliminaries & Timed Finals.**

**Session #1**

Event	Odd Year QT	Even Year QT	Event
1	5:29.99	5:20.19	GIRLS 11-12 400 Individual Medley – TIMED FINAL
4	4:47.09	4:39.79	BOYS 13-14 400 Individual Medley
6	2:59.99	2:52.39	BOYS 10 & U 200 Individual Medley
7	NQT	NQT	GIRLS 11-12 400 Freestyle Relay – TIMED FINAL
10	NQT	NQT	BOYS 13-14 400 Freestyle Relay – TIMED FINAL
12	NQT	NQT	BOYS 10-U 400 Freestyle Relay – TIMED FINAL
13	32.09	30.29	GIRLS 11-12 50 Butterfly
16	1:03.19	1:01.19	BOYS 13-14 100 Backstroke
18	1:26.99	1:20.79	BOYS 10&U 100 Backstroke
19	1:11.99	1:08.49	GIRLS 11-12 100 Backstroke
22	2:33.39	2:29.39	BOYS 13-14 200 Breaststroke
24	1:39.99	1:34.19	BOYS 10&U 100 Breaststroke
25	2:59.99	2:52.69	GIRLS 11-12 200 Breaststroke
28	55.19	52.99	BOYS 13-14 100 Freestyle
30	1:16.99	1:10.19	BOYS 10&U 100 Freestyle
31	1:03.19	1:00.29	GIRLS 11-12 100 Freestyle
34	10:55.99	10:40.99	BOYS 13-14 1000 Freestyle - TIMED FINAL*

Limit 2 heats\*

**Friday 3/8/24 8:30 AM \*Pool location will be finalized and posted after the entry has closed\***  
**WEST POOL: 10&U Girls Timed Finals. 11-12 Boys, 13-14 Girls Preliminaries & Timed Finals.**

**Session #1**

Event	Odd Year QT	Even Year QT	Event
2	5:29.99	5:18.09	BOYS 11-12 400 Individual Medley – TIMED FINAL
3	5:02.39	4:57.59	GIRLS 13-14 400 Individual Medley
5	2:59.99	2:50.39	GIRLS 10 & U 200 Individual Medley
8	NQT	NQT	BOYS 11-12 400 Freestyle Relay – TIMED FINAL
9	NQT	NQT	GIRLS 13-14 400 Freestyle Relay – TIMED FINAL
11	NQT	NQT	GIRLS 10-U 400 Freestyle Relay – TIMED FINAL
14	32.49	30.89	BOYS 11-12 50 Butterfly
15	1:05.19	1:03.99	GIRLS 13-14 100 Backstroke
17	1:25.99	1:19.99	GIRLS 10&U 100 Backstroke
20	1:11.99	1:08.79	BOYS 11-12 100 Backstroke
21	2:41.19	2:38.79	GIRLS 13-14 200 Breaststroke
23	1:39.99	1:34.99	GIRLS 10&U 100 Breaststroke
26	2:59.99	2:53.59	BOYS 11-12 200 Breaststroke
27	57.69	56.39	GIRLS 13-14 100 Freestyle
29	1:15.49	1:10.19	GIRLS 10&U 100 Freestyle
32	1:03.19	1:00.09	BOYS 11-12 100 Freestyle
33	11:15.99	11:03.99	GIRLS 13-14 1000 Freestyle - TIMED FINAL*

Limit 2 heats\*

**Friday 3/8/24 Finals Session #2**

**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

Saturday 3/9/24 8:30 AM \*Pool location will be finalized and posted after the entry has closed\*

**WEST POOL: 10&U Boys Timed Final. 11-12 Girls, 13-14 Boys Preliminaries & Timed Finals.  
Session #3**

Event	Odd Year QT	Even Year QT	Event
35	NQT	NQT	GIRLS 11-12 200 Freestyle Relay – TIMED FINAL
38	NQT	NQT	BOYS 13-14 200 Freestyle Relay – TIMED FINAL
40	NQT	NQT	BOYS 10&U 200 Freestyle Relay – TIMED FINAL
41	2:34.49	2:27.59	GIRLS 11-12 200 Individual Medley
44	2:14.79	2:09.99	BOYS 13-14 200 Individual Medley
46	1:27.99	1:20.99	BOYS 10& U 100 Individual Medley
47	33.79	31.89	GIRLS 11-12 50 Backstroke
50	1:10.69	1:08.69	BOYS 13-14 100 Breaststroke
52	33.69	31.79	BOYS 10 &U 50 Freestyle
53	1:23.49	1:19.49	GIRLS 11-12 100 Breaststroke
56	2:20.39	2:16.39	BOYS 13-14 200 Butterfly
58	1:34.99	1:27.19	BOYS 10 & U 100 Butterfly
59	2:45.99	2:39.59	GIRLS 11-12 200 Butterfly
62	1:59.99	1:55.99	BOYS 13-14 200 Freestyle
63	2:18.99	2:11.49	GIRLS 11-12 200 Freestyle
66	NQT	NQT	BOYS 13-14 200 Medley Relay – TIMED FINAL
67	NQT	NQT	GIRLS 11-12 200 Medley Relay – TIMED FINAL
70	7:14.99	6:45.99	BOYS 10 & U 500 Freestyle

Saturday 3/9/24 8:30 AM \*pool location will be finalized and posted after the entry has closed\*

**EAST POOL: 10&U Girls Timed Final. 11-12 Boys, 13-14 Girls Preliminaries & Timed Finals.  
Session #3**

Event	Odd Year QT	Even Year QT	Event
36	NQT	NQT	BOYS 11-12 200 Freestyle Relay – TIMED FINAL
37	NQT	NQT	GIRLS 13-14 200 Freestyle Relay – TIMED FINAL
39	NQT	NQT	GIRLS 10&U 200 Freestyle Relay – TIMED FINAL
42	2:34.49	2:27.59	BOYS 11-12 200 Individual Medley
43	2:21.19	2:18.79	GIRLS 13-14 200 Individual Medley
45	1:25.99	1:20.99	GIRLS 10& U 100 Individual Medley
48	33.79	31.89	BOYS 11-12 50 Backstroke
49	1:14.59	1:13.39	GIRLS 13-14 100 Breaststroke
51	33.49	31.89	GIRLS 10 &U 50 Freestyle
54	1:24.59	1:18.79	BOYS 11-12 100 Breaststroke
55	2:27.19	2:24.79	GIRLS 13-14 200 Butterfly
57	1:32.99	1:26.99	GIRLS 10 & U 100 Butterfly
60	2:45.99	2:39.59	BOYS 11-12 200 Butterfly
61	2:05.19	2:02.79	GIRLS 13-14 200 Freestyle
64	2:18.99	2:09.59	BOYS 11-12 200 Freestyle
65	NQT	NQT	GIRLS 13-14 200 Medley Relay – TIMED FINAL
68	NQT	NQT	BOYS 11-12 200 Medley Relay – TIMED FINAL
69	7:14.99	6:44.99	GIRLS 10 & U 500 Freestyle

**3/9/24 Saturday Finals Session #4**

**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



**Sunday 3/10/24 8:30 AM** *\*pool location will be finalized and posted after the entry has closed\**  
**EAST POOL: Boys 10&U Timed Final. 11-12 Girls, 13-14 Boys Preliminaries & Timed Finals.**  
**Session # 5**

Event	Odd Year QT	Even Year QT	Event
71	1:12.99	1:09.79	GIRLS 11-12 100 Individual Medley
74	NQT	NQT	BOYS 10&U 200 Medley Relay – TIMED FINAL
76	NQT	NQT	BOYS 13-14 400 Medley Relay – TIMED FINAL
77	NQT	NQT	GIRLS 11-12 400 Medley Relay – TIMED FINAL
80	38.49	36.49	BOYS 10&U 50 Butterfly
81	38.69	36.59	GIRLS 11-12 50 Breaststroke
84	1:01.69	59.49	BOYS 13-14 100 Butterfly
86	39.49	37.09	BOYS 10 &U 50 Backstroke
87	1:13.09	1:08.59	GIRLS 11-12 100 Butterfly
90	2:15.89	2:11.89	BOYS 13-14 200 Backstroke
91	2:35.99	2:29.59	GIRLS 11-12 200 Backstroke
94	46.49	43.09	BOYS 10&U 50 Breaststroke
96	25.39	24.39	BOYS 13-14 50 Freestyle
97	29.29	27.89	GIRLS 11-12 50 Freestyle
100	2:42.49	2:32.39	BOYS 10&U 200 Freestyle
101	6:05.99	5:54.99	GIRLS 11-12 500 Freestyle – TIMED FINAL
104	5:21.79	5:13.99	BOYS 13-14 500 Freestyle – Swum Fast to Slow

**Sunday 3/10/24 8:30 AM** *\*pool location will be finalized and posted after the entry has closed\**  
**WEST POOL: Girls 10&U Timed Final. 11-12 Boys, 13-14 Girls Preliminaries & Timed Finals.**  
**Session # 5**

Event	Odd Year QT	Even Year QT	Event
72	1:12.99	1:09.79	BOYS 11-12 100 Individual Medley
73	NQT	NQT	GIRLS 10&U 200 Medley Relay – TIMED FINAL
75	NQT	NQT	GIRLS 13-14 400 Medley Relay – TIMED FINAL
78	NQT	NQT	BOYS 11-12 400 Medley Relay – TIMED FINAL
79	38.49	36.49	GIRLS 10&U 50 Butterfly
82	38.99	36.49	BOYS 11-12 50 Breaststroke
83	1:04.09	1:02.89	GIRLS 13-14 100 Butterfly
85	39.49	36.89	GIRLS 10 &U 50 Backstroke
88	1:13.49	1:09.99	BOYS 11-12 100 Butterfly
89	2:19.49	2:17.09	GIRLS 13-14 200 Backstroke
92	2:36.99	2:32.59	BOYS 11-12 200 Backstroke
93	45.89	42.69	GIRLS 10&U 50 Breaststroke
95	26.49	26.09	GIRLS 13-14 50 Freestyle
98	29.29	27.49	BOYS 11-12 50 Freestyle
99	2:39.99	2:31.19	GIRLS 10&U 200 Freestyle
102	6:05.99	5:51.99	BOYS 11-12 500 Freestyle – TIMED FINAL
103	5:32.99	5:26.99	GIRLS 13-14 500 Freestyle – Swum Fast to Slow

**3/10/24 Sunday Finals Session # 6**

**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:**

- 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 the 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.***