



**Long Island Aquatic Club
Thanksgiving Invite
November 17 - 18, 2023
Sanction #231100**

Invited Teams: Invited Teams: AGUA, BAC(NJ), BAD, BGNW, Condors, FREE, HAA, SAC(NJ), TS, TVSC other teams interested please contact Ginny Nussbaum at gnussbaum@longislandswimming.com

Thanksgiving Invite

November 17 - 18, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 231100
- LOCATION:** Nassau County Aquatic Center & The Freedom Pool
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** Aquatic Center 1 X 10 Lane by 50-meter competition pool w/ 2-meter min depth
CTS 6 Timing and Alphanumeric Scoreboard
Freedom Pool 1 X 9 Lane by 50-meter competition pool w/ 2-meter min depth
CTS 6 Timing and a 9 lane LED Scoreboard
The competition course Has Not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session One – Friday 11/17/23 12&U warm-up 4:00 pm start 5:00 pm
Session Two – Saturday 11/18/23 13&14 and Open warm-up 7:00 am start 8:00 am
Session Three – Saturday 11/18/23 12&U warm-up 11:30 am start 12:30 pm
Session Four – Saturday 11/18/23 13&14 & Open warm-up 3:30 pm start 4:30 pm
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:** The meet is a Timed Final Event
The meet will be Deck Seeded
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
No Deck Registrations will be accepted
Age on **November 17, 2023** will determine age for the entire meet.
- 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.
- ENTRIES:** All Athletes are limited to enter 3 events per session.
Deck entries will not be accepted.
NT's will not be accepted
Entries are by invite only on a first come first-serve basis.
Hy-Tek Email entries will be accepted
Email Entries/Confirm Entry Receipt: entries.liac@gmail.com
An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- DEADLINE:** **Entries must be received by: November 7, 2023**
An email confirming receipt of entries if you provide an email contact. Please contact the Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of \$10.00 per individual event must accompany the entries.
There is a \$20.00 facility fee/athlete
Make check payable to: Long Island Swimming or
Payment via Zelle– a phone number and or email associated with a Zelle account must be included in the email that entries are submitted. A Zelle request will be sent when your final entry report is sent back to you.
Email Entries/Confirm Entry Receipt: entries.liac@gmail.com

Payment must be received by **November 17, 2023** for email entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

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.

- WARM-UP:** General warm up with assigned lanes for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be distributed along with the scratch sheet each session.
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual event scratches and which swimmers will not be participating in the session.
- 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:** 1st – 10th place awards will be given to the 12&U (11-12 and 10&Under) athletes in individual events.
- OFFICIALS:** **Meet Referee: Meet Referee:** Darryl Strabuk, meetofficial@longislandswimming.com
Officials wishing to volunteer should contact Meet Referee by **Nov 17, 2023**
- ADMIN. OFFICIAL:** **Administrative Official:** Ginny Nussbaum, gnussbaum@longislandswimming.com
- MEET DIRECTOR:** Ginny Nussbaum, gnussbaum@longislandswimming.com, 516.378.8467. **Questions concerning the meet will only be entertained when communicated via a certified coach on an invited team.**
- RULES:** The current USA Swimming Rules and Regulations will apply.
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.
- SAFETY:** Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. 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.**
- MAAPP POLICY:** 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.
- WATER DEPTH:** Competition pools w/ 2-meter min depth from wall to wall

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

AUDIO/VISUAL STATEMENT: Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms.

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

\$45.10 / All Sessions = 4 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.

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

\$25.00/session Cash only at Door

Programs and heat sheets will be available on Meet Mobile.

MERCHANTS: 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

PARKING: There is ample free parking available in the park

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 NY24 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.

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. \



**LONG ISLAND AQUATIC CLUB presents
its Annual THANKSGIVING INVITATIONAL
NOVEMBER 17– 18, 2023**

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.

**Friday 11/17 12 & Under
W.U. 4:00 pm Start 5:00 pm**

**Saturday 11/18 13&O Morning
W.U. 7:00 am Start 8:00 am**

Women's Event No.	Event	Men's Event No.		Women's Event No.	Event	Men's Event No.
1	11-12 100 yd Butterfly	2		19	13 – 14 100yd Freestyle	20
3	10 & Under 50 yd Butterfly	4		21	Open 200yd Freestyle	22
5	11 – 12 200 yd Backstroke	6		23	13 – 14 200 yd Butterfly	24
7	10 & Under 100 yd Backstroke	8		25	Open 100yd Butterfly	26
9	11 – 12 100 yd Breaststroke	10		27	13 – 14 100yd Backstroke	28
11	10 & Under 50 yd Breaststroke	12		29	Open 200yd Backstroke	30
13	11 – 12 50 yd Freestyle	14		31	13 –14 200yd Breaststroke	32
15	10 &Under 50 yd Freestyle	16		33	Open 100yd Breaststroke	34
17	11 – 12 500 yd Freestyle	18		35	13 – 14 200yd Freestyle	36
				37	Open 100yd Freestyle	38
	Saturday 11/18 12&U W.U. 11:30 am Start 12:30 pm			39	13 & Over 400yd IM	40
41	11-12 MIXED 200 Butterfly				Saturday 11/18 Afternoon 13&Over W.U. 3:30 pm Start 4:30 pm	
42	10& Under 100 yd Freestyle	43		61	13 – 14 200yd IM	62
44	11 – 12 100 yd Freestyle	45		63	Open 200yd IM	64
46	10 & Under 100 yd Butterfly	47		65	13 – 14 100yd Butterfly	66
48	11 – 12 50 yd Butterfly	49		67	Open 200yd Butterfly	68
50	10 & Under 50 yd Backstroke	51		69	13 – 14 200yd Backstroke	70
52	11 – 12 100 yd Backstroke	53		71	Open 100yd Backstroke	72
54	10 &Under 100 yd Breaststroke	55		73	13 – 14 100yd Breaststroke	74
56	11 – 12 50 yd Breaststroke	57		75	Open 200yd Breaststroke	76
58	10-& Under 200 IM	59		77	13 & Over 50yd Freestyle	78
60	11-12 MIXED 200 Breaststroke			79	13 & Over MIXED 500yd Freestyle	



**Metropolitan Swimming
Photographer Registration Form**

All Metropolitan Swimming Teams need to include this in the meet information packet. Please file this form with the Safety 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 a 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 _____