



**Spring Kickoff
May 11-12, 2024
Sanction #240505**

**Invited Team: AQUA, BAD, BGNW, Condors, HAA, SAC, TS, TVSC, other teams
interested please contact Ginny Nussbaum at
gnussbaum@longislandswimming.com**

Spring Kickoff

May 11-12, 2024

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **240505**
- 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
Freedom Pool 1 X 9 Lane by 50-meter competition pool w/ 2-meter min depth
The competition course Has Not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session One – 11-12 & 15 & O – Saturday May 11 warm-up 8:00 am Start 9:00 am
Session Two – 10 & under & 13-14 – Saturday May 11 warm-up 1:30 pm-Start 2:30 pm
Session Three – 10 & under & 13-14 – Sunday May 12 warm-up 8:00 am Start 9:00am
Session Four – 11-12 & 15 & O – Sunday May 12 warm-up 1:30 pm-Start 2:30 pm
10 & Under & 11-12 events will be contested in the Aquatic Center – Paid admission for spectators
13 – 14 and 15 & O events will be contested in the Freedom Pool – No spectators – streamed live
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 prior to the event.
- FORMAT:** The meet is a Timed Final Event.
Events will be Deck-Seeded.
- ELIGIBILITY:** Open to all 2024 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 May 11, 2024 will determine age for the entire meet.
- ENTRIES:** All Athletes are limited to enter 3 events per session.
Deck entries will not be accepted. NT's will not be accepted
Invited Teams entries only. Hy-Tek Email entries will be accepted
Zelle payment is preferred – gnessbaum@longislandswimming.com Long Island Swimming, LTD
U.S. Mail Payment to: Ginny Nussbaum , **750F Stewart Ave., Garden City, NY 11530**
Email Entries/Confirm Entry Receipt: entries.liac@gmail.com
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.
- DEADLINE:** **Entries must be received by: April 30th, 2024 Athletes' entries will be entered on a first come / first serve basis**
- 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**
Payment must be received by **May 11, 2024** for email entries.
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:** Athletes will be assigned specific lane and time. Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet
- 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:** Individual Events will be awarded as 1st – 10th Place for all 12&U athletes. Medals for 1st through 3rd, Ribbons 4th-10th.
- OFFICIALS:** **Meet Referee:** Darryl Strabuk, meetofficial@longislandswimming.com
Meet Admin: Natalie Morse and Ginny Nussbaum
Officials wishing to volunteer should contact Meet Referee by **May 11, 2024**
- 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.**
- 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, restrooms, or locker rooms**
- 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.
- 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.
- 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 Swimming 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.
- 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

DECK CHANGING:

Deck Changes are prohibited.

ADMISSION:

Events in the Freedom Pool will be streamed live there are No Spectators in the Freedom Pool Pre-sale discounted admission tickets will be available on <http://www.longislandswimming.com/hosted-meets.html>

\$45.00/ All Sessions = 4 sessions.

The original ticket must be presented each session along with the wristband, 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 \$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:

The Nassau County Aquatic Center operates a concession stand. No glass will be permitted on the deck.

Hobbieswim 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.

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 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.



LONG ISLAND AQUATIC CLUB

Presents

The Spring Kickoff Invitational

May 11-12, 2024

To be held at Nassau County Aquatic Center & The Freedom Pool, Eisenhower Park, East Meadow, New York

SESSION I

SATURDAY, MAY 11, 2024

11 & 12, 15 & Over, Girls & Boys Warmup 8:00am Start 9:00 am

15 & Over Events will be contested in the Freedom Pool*

Girls	Event	Boys
1	11 & 12 200 m Freestyle	2
3	15 & Over 100 m Freestyle	4
5	11 & 12 50 m Butterfly	6
7	15 & Over 200 m Butterfly	8
9	11 & 12 100 m Backstroke	10
11	15 & Over 100 m Breaststroke	12
13	11 & 12 50 m Breaststroke	14
15	15 & Over 200 m Backstroke	16
17	11 & 12 200 m Butterfly	18
19	15 & Over 200 m IM	20
21	11 & 12 50 m Freestyle	22
*23	*15 & Over 400 m Free	24
25	11 & 12 200 m Breaststroke	26

Athletes must provide their own timer and counter for the 400 m freestyle

*Event 23 Girls 400 will be swum fast to slow in the Aquatic Center

*Event 24 Boys 400 will be swum fast to slow in the Freedom Pool

SESSION II

SATURDAY, MAY 11, 2024

10 & Under, 13 & 14, Girls & Boys Warmup 2:00 pm Start 3:00 pm

13 - 14 Events will be contested in the Freedom Pool*

Women	Event	Mixed
27	13 - 14 200 m Freestyle	28
29	10 & Under 100 m Freestyle	30
31	13 - 14 100 m Butterfly	32
33	10 & Under 100 m Butterfly	34
35	13 - 14 200 m Breaststroke	36
37	10 & Under 50 m Breaststroke	38
39	13 - 14 100 m Backstroke	40
41	10 & Under 50 m Backstroke	42
43	13 - 14 200 m IM	44
45	10 & Under 200 m IM	46
*47	*13 & 14 800 m Freestyle	48

Athletes must provide their own timer and counter for the 800 m freestyle

*Event 47 Girls 800 will be swum fast to slow in the Aquatic Center

Event 48 Boys 800 will be swum fast to slow in the Freedom Pool



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SESSION III

SUNDAY, MAY 12, 2024

10 & Under, 13 & 14, Girls & Warmup 8:00am Start 9:00 am

13 & 14 Events will be contested in the Freedom Pool*

Women	Event	Mixed
49	13 – 14 100 m Freestyle	50
51	10 & Under 50 m Freestyle	52
53	13 – 14 200 m Butterfly	54
55	10 & Under 50 m Butterfly	56
57	13 – 14 100 m Breaststroke	58
59	10 & Under 100 m Backstroke	60
61	13 – 14 200 m Backstroke	62
63	10 & Under 100 m Breaststroke	64
65	13 – 14 50 m Freestyle	66
67	10 & Under 200 m Freestyle	68
69	*13 – 14 400 m Freestyle	*70

Athletes must provide their own timer and counter for the 400 m freestyle

Event 69 Girls 400 will be contested fast to slow in the Freedom Pool

*Event 70 Boys 400 will be contested fast to slow in the Aquatic Center

SESSION IV

SUNDAY, MAY 12, 2024

11 & 12, 15 & Over Girls & Boys Warmup 2:00 pm Start 3:00 pm

15 & Over Events may be contested in the Aquatic Center and the Freedom Pool

Girls	Event	Boys
71	15 & Over 200 m Freestyle	72
73	11 & 12 100 m Freestyle	74
75	15 & Over 100 m Butterfly	76
77	11 & 12 100 m Butterfly	78
79	15 & Over 200 m Breaststroke	80
81	11 & 12 50 m Backstroke	82
83	15 & Over 100 m Backstroke	84
85	11 & 12 100 m Breaststroke	86
87	15 & Over 50 m Freestyle	88
89	11 & 12 200 m Backstroke	90
91	*15 & Over 800 m Freestyle	*92
93	11 & 12 200 m IM	94

Athletes must provide their own timer and counter for the 800 m freestyle

Event 91 Girls 800 will be contested fast to slow in the Freedom Pool

*Event 92 Boys 800 will be contested fast to slow in the Aquatic Center

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.