**June 2, 2018**
**SUMMER IS COMING**
**Sanction #1**

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**June 2, 2018**

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **# 1**

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

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

**SESSIONS:** **Session One – 12&U – Sunday June 2 warm-up 8-8:50am Start 9am**
**Session Two – Open – Sunday June 2 warm-up 1:30pm Start 2:30pm**

**FORMAT:** **The meet is a Timed Final Event. The meet will be Deck Seeded**

**ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on **June 2, 2018** 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. Hy-Tek Email entries will be accepted**

U.S. Mail Payment to: Leanne Herrera**, 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 Meet Director if you do not receive such a report within 2 days of your original email.

**DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro team entries must be received by **4/15/18**.
2: The final entry deadline for this meet is **May 20, 2018**
3: Metro entries received between **4/15/18** and **5/20/17 along with**
Entries from other LSC's will be entered in the order they were received, as space allows.
An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive within 2 days of your original email.

**ENTRY FEE:** An entry fee of $6.00 per individual event must accompany the entries.
Make check payable to: **Long Island Swimming**
Payment must be received by **June 2, 2018** for email entries. Payment must be included with all mail entries.
Failure to pay entry fees by this deadline could result in teams being barred from the meet.

**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 draw a line through an individual event to indicate clearly that individual event is a scratch or when an athlete is out of the session completely draw a line through the swimmers name who 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 athletes. Events 17 & 18 will be awarded for 1st-10th for both 10&U and 11-12. Both 9-10 and 8&U awards will be given in the 10&U events.

**OFFICIALS:** **Meet Referee**: Rich Brown rmbrown173@icloud.com
Meet Admin: Mrs Kamor
Officials wishing to volunteer should contact Meet Referee by **June 2, 2018**

**MEET DIRECTOR:** **Karla Spiegel, kspiegel@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 attend. Contact the meet director if you need special consideration. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.

**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

**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:** 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 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. 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.

**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.

**DECK CHANGING:** Is Prohibited

**ADMISSION:** All tickets will be sold online - http://www.longislandswimming.com/hosted-meets.html
$8.35 Adult / Session -
All children over the age of 3 require a ticket
Meet heat sheets will be available on meet mobile / No programs will be sold
AT DOOR ADMISSION:
$10.00 per session cash only

**MERCHANTS:** A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.
Hobieswim will be available 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 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**
**Summer Is Coming**
**June 2, 2018**
**To be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York**

**SESSION I**
**SUNDAY JUNE 2, 2018**
**WARM-UP 8AM START 9AM**

| WOMEN | EVENT | MEN | |
|---|---|---|---|
| 1 | 11-12 100m free | 2 | |
| 3 | 10&U 50m free | 4 | |
| 5 | 11-12 50m Breast | 6 | |
| 7 | 10&U 100m Breast | 8 | |
| 9 | 11-12 100m back | 10 | |
| 11 | 10&U 50m back | 12 | |
| 13 | 11-12 50m fly | 14 | |
| 15 | 10&U 50m fly | 16 | |
| 17 | 12&U 200m free | 18 | |
| | | | |

**SESSION II**
**SUNDAY JUNE 2, 2018**
**WARM-UP 1:30PM START 2:30PM**

| WOMEN | EVENT | MEN |
|---|---|---|
| 19 | 13-14 200m free | 20 |
| 21 | 15-18 200m IM | 22 |
| 23 | 13-14 100m fly | 24 |
| 25 | 15-18 200m fly | 26 |
| 27 | 13-14 200m back | 28 |
| 29 | 15-18 100m back | 30 |
| 31 | 13-14 200m breast | 32 |
| 33 | 15-18 100m breast | 34 |
| 35 | 13-14 50m free | 36 |
| 37 | 15-18 100m free | 38 |