



**Long Island Aquatic Club's Thanksgiving Invitational**  
**November 20-21, 2015**  
Sanction #151101

**Invited Teams: AQUA, BAC(NJ), BAD, BBSC, BGNW, CAT(NJ), Condors, GATE, HAA, LGAC, NFS, NS, TS, TVSC, WISC, WYW(CT), other teams interested please contact Ginny Nussbaum at [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com)**

# Long Island Aquatic Club's Thanksgiving Invite

November 20-21, 2015

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 151101
- LOCATION:** Nassau County Aquatic Center  
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 10 Lane by 25 yard competition 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:** Session One – Friday 11/20/15 12&U warm-up 4:30-5:20pm start 5:30pm  
Session Two – Saturday 11/21/15 13&14 and Open warm-up 7-7:50am start 8am  
Session Three – Saturday 11/21/15 12&U warm-up 12-12:50pm start 1:00pm  
Session Four – Saturday 11/21/15 13&14 and Open warm-up 5:30pm start 6:20pm
- FORMAT:** This is a Time 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.  
Age on **Nov. 20 2015** will determine age for the entire meet.
- 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 or locker rooms  
**Deck Change:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited
- 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. If needed entries will be cut by time with the exception of the host team.  
Hy-Tek Email entries will be accepted. An Entry Summary with a signed waiver must be sent to the office for entries to be considered by Nov. 13, 2015
- U.S. Mail Entries/Payment to: Karla Leite, **750F Stewart Ave., Garden City, NY 11530**  
Email Entries/Confirm Entry Receipt: [entries.liac@gmail.com](mailto:entries.liac@gmail.com)  
**If sending express mail, please sign the waiver on the front.**  
An email confirming receipt of entries will be sent back 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 : **Nov. 3, 2015**
- ENTRY FEE:** An entry fee of **\$4.00** per individual event must accompany the entries.  
Make check payable to: **Long Island Swimming**  
Payment must be received by **Nov. 20, 2015** 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. Sprint lanes and General lanes will be available. 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 events 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:** 1<sup>st</sup> – 10<sup>th</sup> place awards will be given to the 12&U athletes. 1<sup>st</sup> – 3<sup>rd</sup> for 13&Over events. Both 10&U and 8&U awards will be given in the 10&U events. Awards must be picked up by the end of the meet. Awards left will not be mailed to the club or individual at the conclusion of the event.

**OFFICIALS:** **Meet Referee:** Rich Brown, [richbrown4@verizon.net](mailto:richbrown4@verizon.net) **Meet Admin:** Ginny Nussbaum & Karla Leite  
Officials wishing to volunteer should contact Meet Referee by **Nov 21, 2015**

**MEET DIRECTOR:** **Dom Boccio**, [Dboccio@longislandswimming.com](mailto:Dboccio@longislandswimming.com) 516.378.8467 – **Questions concerning the meet will only be entertained when communicated via a certified coach on the 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.  
“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.”

**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. 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:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Long Island Aquatic Club, Long Island Swimming, Nassau County**, 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 liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

**ADMISSION:** All tickets will be sold online - <http://www.liswimming.com/hosted-meets.html>  
\$8.35 Adult / Session - \$7.00 plus \$1.35 online fees / All children over the age of 3 require a ticket  
Meet heat sheets will be available on meet mobile / No programs will be sold

**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 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.

# 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 20– 21, 2015**

to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island

**Order of Events**

**All events are Timed Finals**

**Friday 11/20 12 & Under**

**W.U. 4:30 pm Start 5:20pm**

**Saturday 11/21 13 & Over**

**W.U. 7:00am Start 8am**

Women's Event No.	Event	Men's Event No.		Women's Event No.	Event	Men's Event No.
1	11-12 100yd Butterfly	2		19	13 – 14 100yd Freestyle	20
3	10 & Under 50yd Butterfly	4		21	Senior 200yd Freestyle	22
5	11 – 12 50 yd Backstroke	6		23	13 – 14 200 yd Butterfly	24
7	10 & Under 100yd Backstroke	8		25	Senior 100yd Butterfly	26
9	11 – 12 100yd Breaststroke	10		27	13 – 14 100yd Backstroke	28
11	10 & Under 50yd Breaststroke	12		29	Senior 200yd Backstroke	30
13	11 – 12 50yd Freestyle	14		31	13 –14 200yd Breaststroke	32
15	10 &Under 50yd Freestyle	16		33	Senior 100yd Breaststroke	34
17*	11 – 12 500yd Freestyle	18*		35	13 – 14 200yd Freestyle	36
	*may be limited to top 10			37	Senior 100yd Freestyle	38
				39*	15 – 18 400yd IM *may be limited to top 10	40*
	<b>Saturday 11/21 12&amp;U W.U. 12pm Start 1:00pm</b>				<b>Saturday 11/21 Afternoon 13&amp;Over W.U. 5:30pm Start 6:20pm</b>	
41	11 – 12 100yd Freestyle	42		59	13 – 14 200yd IM	60
43	10& Under 100yd Freestyle	44		61	Senior 200yd IM	62
45	11 – 12 50yd Butterfly	46		63	13 – 14 100yd Butterfly	64
47	10 & Under 100yd Butterfly	48		65	Senior 200yd Butterfly	66
49	11 – 12 100yd Backstroke	50		67	13 – 14 200yd Backstroke	68
51	10 & Under 50yd Backstroke	52		69	Senior 100yd Backstroke	70
53	11 – 12 50yd Breaststroke	54		71	13 – 14 100yd Breaststroke	72
55	10 &Under 100yd Breaststroke	56		73	Senior 200yd Breaststroke	74
57*	11 – 12 1000yd Freestyle	58*		75	13 – 14 50yd Freestyle	76
	*may be limited to top 10			77	Senior 50yd Freestyle	77
				79*	13 – 14 400yd IM *may be limited to top 10	80*



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Sanctioned by Metropolitan Swimming

sanction #151101

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ENTRY SUMMARY

Team \_\_\_\_\_ Club Code \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Contact Name \_\_\_\_\_ E-Mail \_\_\_\_\_

Phone \_\_\_\_\_

# 10 & UNDER WOMEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

# 11-12 WOMEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

# 13-14 WOMEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

# SENIOR WOMEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

# 10 & UNDER MEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

# 11-12 MEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

# 13-14 MEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

# SENIOR MEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

Waiver of all claims for injury and acceptance of all meet rules are conditions for acceptance of entries.

\_\_\_\_\_  
Coach