



**July 9, 2022  
Heat Wave  
Sanction #2207**

**Invited Teams: AGUA, BAC, BAD, BGNW, CAT(NJ), CONDORS, HAA, TS, TVSC,  
other teams interested please contact Ginny Nussbaum at  
[gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com)**

# Heat Wave

July 9, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 2207
- LOCATION:** Nassau County Aquatic Center & Freedom Pool  
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 2 X 10 Lane by 50 meter competition pool w/ 2 meter min depth  
The pools **Have Not been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session One – Saturday July 9 warm-up 2:00 pm Start 3:00 pm**  
**13 & Over events will be swum in the Freedom Pool. 12 & Under events will be swum in the Aquatic Center Pool.**
- 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 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 **July 9, 2022** 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**
- U.S. Mail Payment to: Leanne Herrera, **750F Stewart Ave., Garden City, NY 11530**  
Email Entries/Confirm Entry Receipt: [entries.liac@gmail.com](mailto: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: June 28, 2022 Invited clubs' qualifying athletes will be entered on a first come / first serve basis**
- ENTRY FEE:** An entry fee of \$3.00 per individual event must accompany the entries.  
There is a \$30.00 facility fee/athlete  
Make check payable to: **Long Island Swimming**  
Payment must be received by **July 9, 2022** 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 swimmer's 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:** 1<sup>st</sup> – 10th place awards will be given to the 12&U athletes. Both 9-10 and 8&U awards will be given in the 10&U events.

- OFFICIALS:** **Meet Referee:** Darryl Strabuk [meetofficials@longislandswimming.com](mailto:meetofficials@longislandswimming.com)  
Meet Admin: Leanne Herrera  
Officials wishing to volunteer should contact Meet Referee by **July 9, 2022**
- MEET DIRECTOR:** **Leanne Herrera, [herrera@longislandswimmnig.com](mailto:herrera@longislandswimmnig.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. 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, 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:** 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 applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.
- 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:** 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:**

Is Prohibited

**ADMISSION:**

\$20/session Cash only  
\$10.45/session – A Pre-sale discounted admission tickets will be available on <http://www.longislandswimming.com/hosted-meets.html>

**MERCHANTS:**

No Spectators for the 13 & over Pool -Events being swum in the Freedom Pool will be streamed live. A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.

**PARKING:**

Hobieswim will be available throughout the entire meet  
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  
Heat Wave  
July 9, 2022**

**To be held at Nassau County Aquatic Center, and the Freedom Pool, Eisenhower Park, East Meadow, New York**

**SESSION I**

**SATURDAY July 9, 2022**

**WARM-UP 2 PM START 3 PM**

<b>WOMEN</b>	<b>EVENT</b>	<b>MEN</b>
<b>1</b>	<b>11 &amp; 12 100m Freestyle</b>	<b>2</b>
<b>3</b>	<b>13 &amp; O 100m Freestyle</b>	<b>4</b>
<b>5</b>	<b>10 &amp; Under 200m Freestyle</b>	<b>6</b>
<b>7</b>	<b>11-12 100m Breaststroke</b>	<b>8</b>
<b>9</b>	<b>13 &amp; O 100m Breaststroke</b>	<b>10</b>
<b>11</b>	<b>10&amp;Under 50m Breaststroke</b>	<b>12</b>
<b>13</b>	<b>11-12 50m Butterfly</b>	<b>14</b>
<b>15</b>	<b>13 &amp; O 100m Backstroke</b>	<b>16</b>
<b>17</b>	<b>10&amp;Under 100m Butterfly</b>	<b>18</b>
<b>19</b>	<b>11-12 50m Backstroke</b>	<b>20</b>
<b>21</b>	<b>13 &amp; O 100m Butterfly</b>	<b>22</b>
<b>23</b>	<b>10&amp;Under 100m Backstroke</b>	<b>24</b>
<b>25</b>	<b>11 -12 200m Freestyle</b>	<b>26</b>
<b>27</b>	<b>13 &amp; O 400 Freestyle</b>	<b>28</b>
<b>29</b>	<b>10&amp;Under 50m Freestyle</b>	<b>30</b>