



# SPEEDO

**Long Island Challenge  
April 28-30, 2023  
Sanction #2304**

**Invited Teams: AGUA, BAC(NJ), BAD, BGNW, ABF(NE), CAT(NJ), CONDORS, CPAC(CT), NJW(NJ), UDAC(PA), SAKA(MA), SCAR(NJ), SMAC(ME), SSC(MA), TS, TVSC, , other teams interested please contact Ginny Nussbaum at [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com)**

# SPEEDO

## Long Island Challenge

April 28- 30, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #23040
- LOCATION:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY 11554  
Freedom Pool, Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 2 X 10 Lane by 50 meter competition pools w/ 2 meter min depth  
The competition course Has Not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session One Timed Finals- Friday April 28 warm-up 4:30pm Start 5:30pm  
Session Two – Prelims– Saturday April 29 warm-up 8:00am Start 9:00am  
Session Three – 14&Unders timed finals – Saturday April 29 warm-up 12:30pm Start 1:30pm  
Session Four – Finals – Saturday April 29 warm-up 5:00pm Start 6:00pm  
Session Five – Prelims – Sunday April 30 warm-up 8:00am Start 9:00am  
Session Six – 14&Unders timed finals Sunday April 30 warm-up 12:30pm Start 1:30pm  
Session Seven – Finals – Sunday April 30 warm-up 5:00pm Start 6:00pm  
**All 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:** This meet will be run in accordance with 2023 USA Swimming Rules.
- All 10&U, 11-12, 13-14 events will be swum as timed finals. Senior events, with the exception of the 800/1500 will be a trials and finals format, with consolation and championship finals (fastest 20 swimmers from preliminaries) held in the evening session.
- The Event will be deck seeded.
- Swimmers in the 800 and 1500 will need to provide their own timer and counter.
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.  
No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302  
All swimmers participating in this meet must be registered by the first day of the meet.  
Age on **April 28, 2023** will determine age for the entire meet.
- ENTRIES:** All invited swimmers must meet the attached time standards. NT's and Deck entries will not be accepted. Hy-Tek or Team Unify time conversions are acceptable.  
Swimmers may compete in a maximum of 3 individual events per day. Swimmers entered in more than three (3) individual events in a preliminary or timed final session who fail to scratch down to this number before the check-in/scratch deadline established for the session will only be eligible to swim in the first three (3) events in the chronological, not event order, for which the swimmer was entered in that session.
- Hy-Tek Email entries only/Confirm Entry Receipt: [entries.liac@gmail.com](mailto:entries.liac@gmail.com)  
Payment to: Ginny Nussbaum, **750F Stewart Ave., Garden City, NY 11530**
- An email confirming receipt of entries will be sent to the address the entries are received from. If the sender does not receive an email confirming entry within 48 hours your entry has not been received. Please contact Meet Director if you do not receive such a report within 48 hours of your original email.
- DEADLINE:** Entries must be received by: **April 17, 2023**
- ENTRY FEE:** \$15.00 per individual Senior event; \$10.00 per 14&U individual event; \$20.00 athlete surcharge for all athletes  
Zelle payment is preferred – [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com) Long Island Swimming, LTD  
Make check payable to: **Long Island Swimming**  
Payment must be received by **April 28, 2023**, 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.  
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 for the first 30 minutes. 20 minutes with Pace, Sprint, and General lanes. 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 draw a line through an individual event to indicate clearly that the 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.
- There will be positive check in for the 800/1500 free at the head table. Athletes not positively checked will not be seeded.
- For Senior Finals, the Scratch Rule for Championship Finals, as specified in the Metropolitan Swimming Policy Handbook, will be followed. In addition, a \$50 fine per swimmer will be imposed for those failing to show up for Sunday night finals.
- 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
- SCORING:** Scoring for the team title will be through 20 places for Senior events as follows: (24,20,19,18,17,16,15,14,13,12,11,9,8,7,6,5,4,3,2,1) for individual events and for relay events (48,40,38,36,34,32,30,28,26,24,22,18,16,14,12,10,8,6,4,2). Scoring for the team title will be through 10 places for Age Group Individual events as follows: (11, 9, 8, 7, 6, 5, 4, 3, 2, and 1).
- AWARDS:** 1<sup>st</sup> – 10th place awards will be given to the 12&U athletes.
- OFFICIALS:** **Meet Referee:** Darryl Strabuk, [meetofficial@longislandswimming.com](mailto:meetofficial@longislandswimming.com)  
**Meet Admin:** Ginny Nussbaum  
Officials wishing to volunteer should contact Meet Referee by **April 28, 2023**
- MEET DIRECTOR:** **DISABILITY SWIMMERS:** **MEET DIRECTOR:** Ginny Nussbaum, [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com) 516.378.8467 – Questions concerning the meet will only be entertained when communicated via a certified coach on an invited team. 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, rest rooms, or locker rooms. Use of Audio or visual recording devices, including a cell phone, is not permitted behind the blocks.
- 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.
- 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 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

**ADMISSION:**

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

\$60.00/ 6 Sessions = 2 prelim/ 2 final ticket, & 2 Age Group timed final 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.

\$42.00/ 4 Sessions = Saturday prelims, Saturday finals, Sunday prelims, & Sunday finals

\$22.50 / 2 Age Group Sessions = Saturday Age Group & Sunday Age Group

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 =1 prelim session, 1 final session, or 1 timed final session/day

\$10/Friday distance session

A ticket must be purchased for the Friday evening distance session. If you time for your athlete your ticket will be refunded when you check in to time.

\$25.00/session Cash only at Door

Programs and heat sheets will be available on Meet Mobile..

Deck Changes are prohibited.

**DECK**

**CHANGING:**

**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

**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 SPEEDO Long Island Challenge**

April 28-30, 2023

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

**FRIDAY APRIL 28, 2023**

**SESSION I**

**Mixed Distance Timed Finals**

**WARM-UP 4:30 PM START 5:30PM**

MIXED	Women STANDARD	EVENT	Men STANDARD	MIXED
1	9:44.09	*800 Free	9:04.79	1
2	18:44.89	*1500 Free	17:40.29	2
3	11:02.19	14 & Under 800 Free	10:17.19	3
4	21:13.59	14 & Under 1500 Free	19:32.39	4

\*800/1500 Free Limited to 4 Heats of each. Events 1 & 2 will swim fast to slow alternating 800/1500 in the Aquatic Center. Events 3 & 4 will swim fast to slow alternating 800/1500 in the Freedom Pool

**SESSION II**

**SATURDAY APRIL 29, 2023**

**WARM-UP 8:00AM START 9:00AM**

WOMEN	Standard	SENIOR EVENTS	Standard	Men
5	2:30.89	200 Fly	2:20.59	6
7	1:10.49	100 Back	1:05.49	8
9	2:52.49	200 Breast	2:41.89	10
11	1:05.49	100 Free	58.69	12
13	2:34.79	200 IM	2:22.79	14
15	4:45.19	400 Free	4:32.19	16

**SESSION V**

**SUNDAY APRIL 30, 2023**

**WARM-UP 8:00AM START 9:00AM**

WOMEN	Standard	EVENT	Standard	Men
47	1:08.19	100 Fly	1:03.79	48
49	2:16.39	200 Free	2:07.29	50
51	1:21.89	100 Breast	1:14.49	52
53	29.69	50 Free	26.89	54
55	2:32.89	200 Back	2:21.99	56
57	5:26.79	400 IM	5:03.39	58

**SESSION III 14&Under Timed Final**

**SATURDAY April 29, 2023**

**WARM-UP 12:30PM START 1:30PM**

WOMEN	Standard	EVENT	Standard	Men
17	2:29.29	13-14 200 Free	2:21.99	18
19	1:21.89	11-12 100 fly	1:22.49	20
21	2:58.39	10&U 200 Free	2:51.89	22
23	1:28.19	13-14 100 breast	1:21.29	24
25	1:33.79	11-12 100 breast	1:31.69	26
27	1:46.49	10&U 100 breast	1:44.69	28
29	32.19	13-14 50 free	29.49	30
31	33.39	11-12 50 free	32.49	32
33	36.29	10&U 50 free	35.69	34
35	2:45.69	13-14 200 fly	2:36.59	36
37	38.49	11-12 50 back	37.99	38

**SESSION VI 14&U Timed Final**

**SUNDAY April 30, 2023**

**WARM-UP 12:30PM START 1:30PM**

WOMEN	Standard	EVENT	Standard	Men
59	2:58.89	11-12 200 IM	2:55.89	60
61	1:21.19	10&U 100 Free	1:20.39	62
63	3:10.89	13-14 200 breast	2:59.49	64
65	35.79	11-12 50 Fly	35.89	66
67	41.49	10&U 50 Fly	40.89	68
69	1:15.69	13-14 100 Fly	1:10.39	70
71	1:23.29	11-12 100 Back	1:22.39	72
73	1:34.79	10&U 100 Back	1:31.69	74
75	2:50.99	13-14 200 IM	2:40.39	76
77	2:37.59	11-12 200 Free	2:33.39	78
79	1:17.19	13-14 100 back	1:12.89	80

39	43.49	10&U 50 back	43.29	40		81	48.09	10&U 50Breast	48.19	82
41	2:45.59	13-14 200 back	2:37.69	42		83	42.09	11-12 50Breast	41.99	84
43	1:12.89	11-12 100 Free	1:10.49	44		85	1:09.69	13-14 100 Free	1:05.29	86
45	3:17.59	10&U 200 IM	3:16.89	46		87	1:37.00	10&U 100 Fly	1:37.00	88



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**SESSION IV Senior Finals**  
**SATURDAY APRIL 29, 2023**  
**WARM-UP 5:00PM START 6:00PM**

**SESSION VII Senior Finals**  
**SUNDAY APRIL 30, 2023**  
**WARM-UP 5:00PM START 6:00PM**

<b>WOMEN</b>	<b>EVENT</b>	<b>Men</b>		<b>WOMEN</b>	<b>EVENT</b>	<b>Men</b>
5	Senior 200 Fly	6		47	Senior 100 Fly	48
7	Senior 100 Back	8		49	Senior 200 Free	50
9	Senior 200 Breast	10		51	Senior 100 Breast	52
11	Senior 100 Free	12		53	Senior 50 Free	54
13	Senior 200 IM	14		55	Senior 200 Back	56
15	Senior 400 Free	16		57	Senior 400 IM	58

Finals will be swum in the following order: B, A.