



**Spring Kickoff  
May 13-14, 2023  
Sanction #2305**

**Invited Team: AQUA, BAC, BAD, BGNW, Condors, HAA, SAC, TS, TVSC, other teams interested please contact Ginny Nussbaum at [gnessbaum@longislandswimming.com](mailto:gnessbaum@longislandswimming.com)**

# Spring Kickoff

May 13-14, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 2305
- 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 13 warm-up 8:00 am Start 9:00 am  
Session Two – 10 & under & 13-14 – Saturday May 13 warm-up 1:30 pm-Start 2:30 pm  
Session Three – 10 & under & 13-14 – Sunday May 14 warm-up 8:00 am Start 9:00am  
Session Four – 11-12 & 15 & O – Sunday May 14 warm-up 1:30 pm-Start 2:30 pm
- 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  
Events will be Deck-Seeded.  
The Freedom Pool and the Aquatic Center will be used if needed Location of events will be announced no later than the Tuesday, May 9.
- ELIGIBILITY:** Open to all USA 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 **May 13, 2023** 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](mailto: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](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: May 2, 2023 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 13, 2023** for email entries.  
Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers.  
Coaches should contact 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:** All scratches are due 30 minutes prior to the start of 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.

- OFFICIALS:** **Meet Referee:** Darryl Strabuk, [meetofficial@longislandswimming.com](mailto:meetofficial@longislandswimming.com)  
**Meet Admin:** Danielle Baldwin  
Officials wishing to volunteer should contact Meet Referee by **May 13, 2023**
- 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.**
- 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, 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..  
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 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:**

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

\$45.10/ All Sessions = 4 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.

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

\$25.00/session Cash only at Door

Programs and heat sheets will be available on Meet Mobile.

**MERCHANTS:**

A concession stand is operated by the Nassau County Aquatic Center. 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 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.



**LONG ISLAND AQUATIC CLUB**

Presents

**The Spring Kickoff Invitational**

**May 13-14, 2023**

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

**SESSION I**

**SATURDAY, MAY 13, 2023**

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

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
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 & 12 200 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 50 m Freestyle	18
19	15 & Over 200 m IM	20
21	11 & 12 200 m IM	22
23	Open 400 m Freestyle	24

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 13, 2023**

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

**13 - 14 Events may be contested in the Aquatic Center and the Freedom Pool**

<b>Women</b>	<b>Event</b>	<b>Mixed</b>
25	13 - 14 200 m Freestyle	26
27	10 & Under 100 m Freestyle	28
29	13 - 14 100 m Butterfly	30
31	10 & Under 100 m Butterfly	32
33	13 - 14 200 m Breaststroke	34
35	10 & Under 50 m Breaststroke	36
37	13 - 14 100 m Backstroke	38
39	10 & Under 50 m Backstroke	40
41	13 - 14 200 m IM	42
43	10 & Under 200 m IM	44
45	13 & 14 800 m Freestyle	46

Event 43 Girls 800 will be swum fast to slow in the Aquatic Center

Event 44 Boys 800 will be swum fast to slow in the Freedom Pool



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**SESSION III**

**SUNDAY, MAY 14, 2023**

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

**13 & 14 Events may be contested in the Aquatic Center and the Freedom Pool**

<b>Women</b>	<b>Event</b>	<b>Mixed</b>
47	13 – 14 100 m Freestyle	48
49	10 & Under 50 m Freestyle	50
51	13 – 14 100 m Breaststroke	52
53	10 & Under 50 m Butterfly	54
55	13 – 14 200 m Butterfly	56
57	10 & Under 100 m Backstroke	58
59	13 – 14 200 m Backstroke	60
61	10 & Under 100 m Breaststroke	62
63	13 – 14 50 m Freestyle	64
65	10 & Under 200 m Freestyle	66
67	13 – 14 400 m Freestyle	68

Event 65 Girls 400 will be contested fast to slow in the Freedom Pool

Event 66 Boys 400 will be contested fast to slow in the Aquatic Center

**SESSION IV**

**SUNDAY, MAY 14, 2023**

**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**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
69	15 & Over 200 m Freestyle	70
71	11 & 12 100 m Freestyle	72
73	15 & Over 200 m Breaststroke	74
75	11 & 12 100 m Butterfly	76
77	15 & Over 100 m Butterfly	78
79	11 & 12 50 m Backstroke	80
81	15 & Over 100 m Backstroke	82
83	11 & 12 100 m Breaststroke	84
85	Open 800 m Freestyle	86

Event 83 Girls 800 will be contested fast to slow in the Freedom Pool

Event 84 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.