

OCTOBER 20-21, 2018

Sanction #

Invited Teams: AGUA, BAC(NJ), BAD, BBSC, BGNW, CAT(NJ), Condors, FA, GAEL, HAA, LGAC, NFS, NYSA, SAC(NJ),SSC, TS, TVSC, WYW(CT), other teams interested please contact Ginny Nussbaum at <u>gnussbaum@longislandswimming.com</u>

Chappy's Big Race

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # LOCATION: Nassau County Aquatic Center Eisenhower Park, East Meadow, NY 11554 FACILITY: 10 Lane by 25 yard 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 & Under - Saturday Oct. 20 warm-up 8-8:50am Start 9 am Session Two – Open - Saturday Oct. 20 warm-up 2-2:50 pm Start 3pm Session Three – Open Distance Event Saturday Oct. 20 warm-up 7-7:25 pm Start 7:30 pm Session Four – 12 & Under - Sunday Oct. 21 warm-up 8-8:50am Start 9 am Session Five – Open - Sunday Oct. 21 warm-up 2-2:50 pm Start 3 pm The meet is a Timed Final Event FORMAT: The meet will be Deck Seeded Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers. ELIGIBILITY: All swimmers participating in this meet must be registered by the first day of the meet. Age on Oct 20, 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 Entries are by invite only. Hy-Tek Email entries will be accepted U.S. Mail Payment to: L I Swimming Att. L. 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. QUALIFYING Times must be achieved between January 1, 2017, and Oct 9, 2018, dates inclusive. Short Course TIMES: Yards (SCY) gualifying times will be seeded first, followed by Long Course Meters (LCM) gualifying times, followed by Short Course Meters (SCM) qualifying times. All qualifying individual times must be provable at the meet. There are no Upper Time Limits for this meet. Times not provable will be scratched and not be seeded into the event. The qualifying standards for 12 & under events will be the 2017 B national age group time standards and for 13 & over events the standard will be the 2017 BB national age group time standards by age group which can be found at www.usaswimming.org/ Rainbow/Documents/19cf506c-9519-45c1-af94f835a1e4529/2020MotivationalTimes-Top16.pdf DEADLINE: Entries must be received by : Oct. 9, 2018 Invited clubs' gualifying athletes will be entered on a first come / first serve basis ENTRY FEE: An entry fee of \$7.00 per individual event and \$15.00 per relay eventmust accompany the entries. There is a \$10.00 facility fee/athlete Make check payable to: Long Island Swimming Payment must be received by Oct 20, 2018 for email entries. A credit Card will be charged on 10/20 prior to the team receiving their scratch sheet for payment not received. If the attending coach does not have a card and the payment has not been received the team will not be able to compete. 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, 18,47 & 48 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: Danielle Baldwin
 Officials wishing to volunteer should contact Meet Referee by Oct 19, 2018

 MEET
 Ginny Nussbaum, gnussbaum@longislandswimming.com
 516.378.8467 – Questions

 DIRECTOR:
 concerning the meet will only be entertained when communicated via a certified coach on an invited team.

DISABILITY 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/VISUALUse of Audio or visual recording devices, including a cell phone, is not permitted in changing
areas, rest rooms, behind the starting blocks or locker roomsDrone:"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** 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 Is Prohibited

CHANGING:

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: \$20.00 per session cash only - Please use the online system

- **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.

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 <u>colored painters tape</u>. 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.

<u>Use of pool rules</u>

• 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 shellow 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.



presents Chappy's Big Race October 20-21, 2018 to be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, Long Island Sanctioned by Metropolitan Swimming sanction

Session One Session Two Saturday 10/20 12 & Under Saturday 10/20 Open W.U. 2:00pm Start 3pm W.U. 8:00 am Start 9:00am Women's Event Men's Women's Event Men's Event Event Event Event No. No. No. No. Open mixed 200 Free Relay # 1 11 & 12 mixed 200 Free 21 Relay # 2 10 & U mixed 200 Free 22 13 & Over mixed 50yd Relay # Breaststroke 11-12 50yd Freestyle 23 Open 200yd Freestyle 24 3 4 6 26 10 & U 100yd Freestyle 25 Open 100yd Backstroke 5 Open 200yd Breaststroke 7 11-12 100yd Backstroke 8 27 28 29 9 10 & U 50yd Backstroke 10 Open 100vd Butterfly 30 11 11-12 50vd Breaststroke 12 31 Open 50vd Freestvle 32 10&U 100vd Breaststroke 14 13 15 11-12 100yd Butterfly 16 Session Three 10/20 17 10&U 50yd Butterfly 18 W.U. 7pm Start 7:30p 19* 12&U 200yd Freestyle 20* 33* 13&Over 1000yd Free 34* May be limited to 2 heats Session Four **Session Five Open** Sunday 10/21 12&U Saturday 10/21 W.U. 8am Start 9:00am W.U. 2:00pm Start 3:00pm 35 11 & 12 mixed 200 Medley Open mixed 200 Medley Relay # 55 Relay # 36 10 & U mixed 200 Medley 56 13 & over mixed 50yd Butterfly Relay # 37 11 – 12 100vd Freestyle 38 57 Open 100yd Freestyle 58 Open 200yd Backstroke 10& Under 50yd Freestyle 40 59 60 39 41 11 – 12 50yd Backstroke 42 61 Open 100yd Breaststroke 62 Open 200yd Butterfly 43 10& U 100vd Backstroke 44 63 64 45 11-12 100yd Breaststroke 46 65 Open 200yd IM 66 Times must be achieved between January 1, 2017, and Oct 47 10&Under 50vd 48 Breaststroke 10, 2018, dates inclusive. Short Course Yards (SCY) 11-12 50yd Butterfly 50 qualifying times will be seeded first, followed by Long 49 Course Meters (LCM) qualifying times, followed by Short 51 10 &U 100vd Butterfly 52 Course Meters (SCM) qualifying times. All qualifying 53 12&U 200yd IM 54 individual times must be provable at the meet. There are no Upper Time Limits for this meet. Times not provable will be scratched and not be seeded into the event. The qualifying # A mixed Gender Relay standards for 12 & under events will be the 2017 B national must consist of two (2) age group time standards and for 13 & over events the females and two (2) males standard will be the 2017 BB national age group time standards by age group which can be found at www.usaswimming.org/ Rainbow/Documents/19cf506c-9519-45c1-af94-f835a1e4529/2020MotivationalTimes-Top16.pdf