



June 1, 2019
Sizzling Summer Starter
Sanction #190602

SIZZLING SUMMER STARTER

June 1, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 190602
- LOCATION:** Nassau County Aquatic Center
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 10 Lane by 50 meter 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&U – Saturday June 1 warm-up 8-8:50am Start 9am
Session Two – Open – Saturday June 1 warm-up 1:00pm Start 2:00pm
- 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 **June 1, 2019** 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
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 21, 2019 Invited clubs' qualifying athletes will be entered on a first come / first serve basis
- ENTRY FEE:** An entry fee of \$7.00 per individual event must accompany the entries.
There is a \$5.00 facility fee/athlete
Make check payable to: Long Island Swimming
Payment must be received by June 1, 2019 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 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. Both 9-10 and 8&U awards will be given in the 10&U events. 1st – 3rd place awards in individual events will be given to the 13 & 14 athletes
- OFFICIALS:** Meet Referee: Rich Brown rmbrown173@icloud.com
Meet Admin: Laura Kamor
Officials wishing to volunteer should contact Meet Referee by June 1, 2019
- MEET DIRECTOR:** Alexis Skelos, Askelos@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 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, 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:** 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 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.
- DECK CHANGING:** Is Prohibited
- 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
- 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.



LONG ISLAND AQUATIC CLUB

Presents

SIZZLING SUMMER STARTER

June 1, 2019

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

SESSION I

SATURDAY JUNE 1, 2019

WARM-UP 8AM START 9AM

SESSION II

SATURDAY JUNE 1, 2019

WARM-UP 1:00PM START 2:00PM

WOMEN	EVENT	MEN		WOMEN	EVENT	MEN
1	11-12 100m free	2		19	13 & O 200m IM	20
3	10&U 50m free	4		21	13 & O 100m free	22
5	11-12 50m Breast	6		23	13 & O 100m fly	24
7	10&U 100m Breast	8		25	13 & O 200m fly	26
9	11-12 100m back	10		27	13 & O 100m back	28
11	10&U 50m back	12		29	13 & O 200m back	30
13	11-12 50m fly	14		31	13 & O 100m breast	32
15	10&U 50m fly	16		33	13 & O 200m breast	34
17	12&U 200m free	18		35	13 & O 50m free	36