



2019 Metropolitan Long Course Junior Olympic Championships July 26 – July 28, 2019

Sanction #190709

Important notice!

The 2019 LC Junior Olympics must be entered through the USA Swimming OME (on-line meet entry) system only. Entries will be accepted online at USA-S OME between June 17 & July 16, 2019 The MM events file is available on the Metro Web site for swimmers eligibility purposes only. Exported Entries from Team Manager - or any other program - will not be accepted.

General Chairmen:	Eric Fisher
Meet Director:	Ginny Nussbaum
Age Group Chairman:	BJ Reynoso & Kate Hallex
Coach Representative:	John Yearwood
Athlete Representative:	Mark Owens & Sydney Boals
Meet Jury:	Metro Age Group Chair, A Metro Athlete, A Metro Coach, Meet Referee, Meet Director / Metro Board Member (5 people min. – different each day)

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 190709 & #190753-T

LOCATION: Nassau County Aquatic Center
Eisenhower Park, East Meadow, NY 11554

FACILITY: 10 Lane by 50 meter competition pool w/ 2 meter min depth. 6 lane by 25 meter warm up pool w/ 2 meter min depth
The pool **Has Not** been certified in accordance with Article 104.2.2C (4)

SESSIONS:

Session 1: Friday, July 26	Warm-ups 7:45 AM	Session Starts at 9:00 AM
Session 2: Friday, July 26	Warm-ups 1:30 PM	Session Starts at 2:45 PM
Session 3: Saturday, July 27	Warm-ups 7:45 AM	Session Starts at 9:00 AM
Session 4: Saturday, July 27	Warm-ups 2:00 PM	Session Starts at 3:15 PM
Session 5: Sunday, July 28	Warm-ups 7:45 AM	Session Starts at 9:00 AM
Session 6: Sunday, July 28	Warm-ups 2:00 PM	Session Starts at 3:15 PM

Warm-up/Start times may be adjusted after all entries are received. Teams will be notified of any change.

ADMISSION: Pre-sale admission tickets will be available on <http://www.longislandswimming.com/hosted-meets.html> – once the facility is sold out no daily admission tickets will be sold.
\$10.45 per JO session
\$16.75 2 session same day pass – This discounted ticket is only valid for 2 sessions on the same day.
AT DOOR CASH ONLY: \$20.00/session Meet Mobile will be live

FORMAT: All Events are Timed Finals
The meet will be Deck Seeded. Long course meter times will be the conforming standards and will be seeded first, followed by SCM & SCY. All scratch sheets are due back 45 minutes prior to the end of warm-ups.

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 26, 2019** will determine age for the entire meet.
Times must have been achieved in either Long Course Meters, Short Course Yards or Short Course Meters, between May 1, 2018 and the entry deadline.

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/VISUALS STATEMENT: Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks.

DECK CHANGING: Deck Changes are prohibited.

ENTRIES: A swimmer may enter any number of individual events for which he/she has met the qualifying time, but may not swim more than three (3) individual events per any one-day excluding relays. Failure to scratch will result in the swimmer swimming the first three events they are entered in on that day. Entry times must equal or better the qualifying standards.

All entries, individual and relay, must be submitted through the USA Swimming OME System (no exceptions) between June 17th and July 16th, 2019. This is the only accepted way to enter this meet. Swimming exhibition or Deck entries (including relay only swimmers) will not be permitted.
Relay only Swimmers must be entered through the OME System to be eligible to swim.

Reminder – please wait until your athletes have exhausted all of their chances to qualify or improve seed times before finalizing your entry and “check-out”. The OME System does not allow for swimmers to change or delete after closing on July 16, 2019

Entries’ Report must be printed directly from OME after check out as a confirmation of entries. Screen shots or emails will not be accepted as proof of entries!

Email questions to : entries.liac@gmail.com

DEADLINE: Entries must be submitted through the USA Swimming OME System between June 17th and July 16th, 2019. This entry date allows any swims reported through Tuesday, July 16th to be submitted prior to the deadline. The OME System will close at 11:59pm on July 16, 2019. Entries will no longer be accepted on OME after the deadline. **For swimmers qualifying for the first time between July 16 and July 21 , coaches must send an email with information on new entries only no later than 11:59AM Monday, July 22nd** to Leanne at entries.liac@gmail.com
New cuts only. No time updates.

TIME TRIALS: A separate sanction number will be used for time trial purposes. Swimmers must be entered in the meet in individual events to participate in time trials. Time trials will be held at the discretion of the Meet Director if time permits. Time trials count as one of the 3 individual events limit per day. Fee for time trials is **\$15.00 per event**, payable at sign-up. Please note that there is a limit of two (2) time trials over the course of the weekend.

ENTRY FEE: An entry fee of **\$6.30** per individual event, **\$10.50** per Relay event, and **\$5.25** Metropolitan surcharge per swimmer (including RELAY ONLY SWIMMERS) must accompany the entries.
Credit Card only at OME checkout.
Payments owed after OME has closed must be paid prior to the start of warmup of your teams first session. This payment will be accepted via check, cash or credit card. If a team check is made out prior to the coach arriving and it is payable to the incorrect balance the remainder of the balance must be paid via cash or a credit card. The coach attending and planning on receiving the scratch sheet must be prepared to pay any balance due. No team will receive a scratch sheet with an open balance.

CORRECTIONS: The psych sheets will be posted on <http://www.longislandswimming.com/hosted-meets.html> Clubs will be given until 9:00pm on Friday, July 19, 2019 to email corrections to entries.liac@gmail.com. No exceptions will be made to this deadline.
No improvements in seed time will be accepted. Corrections will be accepted by email only.
Any corrections submitted after 9pm Friday, July 19, 2019 will be considered a late correction. These late corrections will be accepted by email only from 9:01pm Friday, July 19, 2019 – 11:59 am Monday July 22, 2019.
\$10.00 will be billed for each correction made during this timeframe. Payment for these corrections will be payable at the head table by CREDIT CARD or CASH ONLY prior to receiving your scratch sheet on Friday morning.
In order for your athlete to compete in the additional late corrected entries, this payment must be made, No payment, No swim. Plan accordingly.

WARM-UP: General warm up with assigned lanes for the first 60 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be emailed to each club by Tuesday 7/23. No diving will be allowed except in designated sprint lanes. Swimmers must enter the pool from the diving board end of the pool. No swimmer is permitted to enter from the bulkhead. All swimmers must be supervised by a coach.

SCRATCHES: Coaches will be given scratch sheets upon check-in for each session. All scratches are due 45 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.
Metropolitan Scratch Procedure for Timed Final Meets is as follows;
Any swimmer, who is seeded, must swim the event unless he/she declares his/her intention not to swim in the following manner;
Go to the Referee, before the event and state you do not wish to swim.

The swimmer is then disqualified from THAT EVENT for the delay of the meet.
This counts as an event against the total-per-day allowance.

- RELAYS:** Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation one (1) hour prior to the start of the relays. However, relay order may be changed, with the Clerk of Course, up to the start of the relay event. Relay swimmers' names must be submitted in the order in which they will swim.
- 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. Coaches must check in and present credentials at table to receive deck pass and/or bracelet. The pass and/or bracelet must be visible throughout the meet.
- AWARDS:** Medals for 1st through 10th places, and ribbons for 11th through 20th places in Individual Events. Medals for 1st through 3rd, and ribbons for 4th through 10th places in Relays Events. Top 3 places win Individual High Point Awards in each Age Group 10&Under, 11-12, 13-14, & 15-18. Combined Team Awards for 10&Under, 11-12, 13-14, and Overall 14&Under Team Award. **Awards must be picked up at the end of the meet. No awards will be mailed.**
- SCORING:** Individual Events: (1st-16th Place) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: (1st-16th Place) 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
NOTE: Only two relays per club may score.
- OFFICIALS:** **Meet Referee: Christine Pette, meetofficial@longislandswimming.com** **Meet Admin:** Carolyn McNulty, Danielle Baldwin, Kerry O'Hagan and Delayne Somma
Officials wishing to volunteer should contact Meet Referee by **Thursday, July 25, 2019.**
- MEET DIRECTOR:** **Ginny Nussbaum , phone: 516-378-8467, email: gnussbaum@longislandswimming.com**
- 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.
- 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.
- PROTESTS:** All competition-related protests, including protest concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred. Protest will be handled at the time the meet jury determines.
- 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"
- 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 liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

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.

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 presents.

MERCHANT: 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

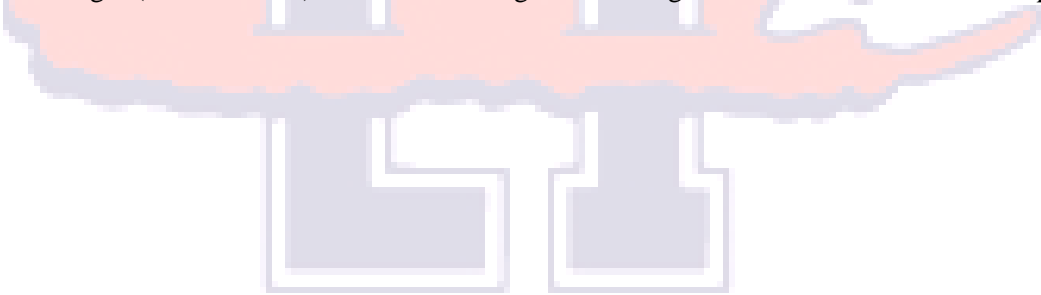
PARKING: There is ample parking.

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.



2019 Metropolitan Long Course Summer Junior Olympics

July 26- July 28, 2019

SESSION # 1.

Friday July 26, 2019 Warm-up 7:45am Start 9:00am

Girls	Qualifying Times				Event	Qualifying Times			Boys	
	SCM	SCY	LCM			LCM	SCY	SCM		
1	NCT	NCT	NCT	13-14	200 m	Medley Relay	NCT	NCT	NCT	2
3	1:16.99	1:09.99	1:20.09	10&U	100 m	Freestyle	1:19.49	1:09.99	1:16.89	4
5	1:02.69	56.99	1:03.99	13-14	100 m	Freestyle	1:01.59	53.99	59.59	6
7	47.49	42.59	49.49	10&U	50 m	Breaststroke	47.59	42.99	45.39	8
9	1:20.99	1:13.99	1:27.99	13-14	100 m	Breaststroke	1:20.09	1:09.49	1:18.09	10
11	40.99	36.79	42.79	10&U	50 m	Backstroke	42.59	37.19	40.99	12
13	1:10.39	1:03.49	1:11.09	13-14	100 m	Butterfly	1:07.49	1:00.49	1:06.79	14
15	5:49.99	6:39.99	5:59.99	10&U	400 m	Freestyle	5:57.99	6:44.99	5:52.09	16
17	4:48.39	5:29.99	4:53.09	13-14	400 m	Freestyle	4:45.19	5:17.99	4:40.09	18

SESSION # 2.

Friday July 26, 2019 Warm-up 1:30pm Start 2:45pm

Girls	Qualifying Times				Event	Qualifying Times			Boys	
	SCM	SCY	LCM			LCM	SCY	SCM		
19	NCT	NCT	NCT	11-12	200 m	Medley Relay	NCT	NCT	NCT	20
21	NCT	NCT	NCT	15-18	200 m	Medley Relay	NCT	NCT	NCT	22
23	1:06.59	1:00.49	1:07.19	11-12	100 m	Freestyle	1:06.39	:59.99	1:05.79	24
25	1:03.89	57.79	1:05.19	15-18	100 m	Freestyle	59.99	51.99	57.09	26
27	1:27.09	1:18.99	1:28.69	11-12	100 m	Breaststroke	1:30.89	1:18.99	1:27.09	28
29	1:22.39	1:15.19	1:27.99	15-18	100 m	Breaststroke	1:20.99	1:06.49	1:13.79	30
31	35.19	31.99	35.99	11-12	50 m	Backstroke	35.99	31.99	35.29	32
33	1:12.59	1:04.99	1:13.99	15-18	100 m	Butterfly	1:07.49	57.99	1:03.59	34
35	2:56.79	2:39.99	2:59.99	11-12	200 m	Butterfly	2:59.99	2:39.99	2:56.79	36
37	4:49.39	5:30.99	5:03.99	15-18	400 m	Freestyle	4:44.99	5:10.99	4:33.69	38
39	5:11.49	5:55.99	5:15.49	11-12	400 m	Freestyle	5:14.29	5:55.99	5:12.79	40

SESSION # 3.**Saturday July 27, 2019 Warm-up 7:45am Start 9:00am**

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
41	39.39	35.69	40.69	10&U	50 m	Butterfly	40.19	35.69	39.49	42
43	2:16.79	2:03.99	2:19.59	13-14	200 m	Freestyle	2:15.59	1:57.99	2:11.79	44
45	2:44.69	2:29.99	2:51.29	10&U	200 m	Freestyle	2:49.99	2:31.99	2:47.89	46
47	2:40.29	2:25.99	2:43.79	13-14	200 m	Butterfly	2:34.99	2:17.99	2:32.79	48
49	1:41.59	1:31.99	1:45.09	10&U	100 m	Breaststroke	1:44.29	1:33.99	1:41.09	50
51	1:11.59	1:04.59	1:13.99	13-14	100 m	Backstroke	1:10.29	1:01.99	1:08.19	52
53	1:28.19	1:19.49	1:33.19	10&U	100 m	Backstroke	1:31.29	1:20.59	1:29.09	54
55	5:30.29	4:59.99	5:38.09	13-14	400 m	Individual Medley	5:21.09	4:42.99	5:12.39	56
57	NCT	NCT	NCT	10&U	200 m	Freestyle Relay	NCT	NCT	NCT	58
59	NCT	NCT	NCT	13-14	400 m	Freestyle Relay	NCT	NCT	NCT	60

SESSION # 4.**Saturday July 27, 2019 Warm-up 2:00pm Start 3:15pm**

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
61	2:26.09	2:11.99	2:28.09	11-12	200 m	Freestyle	2:25.29	2:10.99	2:23.79	62
63	2:18.49	2:04.49	2:22.99	15-18	200 m	Freestyle	2:12.99	1:53.99	2:04.99	64
65	40.89	36.69	40.99	11-12	50 m	Breaststroke	40.39	36.59	40.29	66
67	3:00.49	2:42.99	3:13.59	15-18	200 m	Breaststroke	2:54.99	2:30.09	2:46.09	68
69	1:15.99	1:08.69	1:18.29	11-12	100 m	Backstroke	1:18.39	1:08.99	1:16.59	70
71	1:12.49	1:05.49	1:16.49	15-18	100 m	Backstroke	1:09.99	59.99	1:04.39	72
73	33.19	30.69	33.79	11-12	50 m	Butterfly	34.29	30.99	34.09	74
75	5:38.99	5:04.99	5:51.99	15-18	400 m	Individual Medley	5:24.99	4:41.99	5:08.09	76
77	3:12.39	2:53.99	3:21.09	11-12	200 m	Breaststroke	3:20.99	2:53.99	3:12.59	78
79	NCT	NCT	NCT	15-18	400 m	Freestyle Relay	NCT	NCT	NCT	80
81	NCT	NCT	NCT	11-12	400 m	Freestyle Relay	NCT	NCT	NCT	82
5 minutes warm-up										
83	5:54.79	5:20.99	6:00.49	11-12	400 m	Individual Medley	6:01.49	5:20.99	5:53.39	84

SESSION # 5.**Sunday July 28, 2019 Warm-up 7:45am Start 9:00am**

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
85	NCT	NCT	NCT	13-14	200 m	Freestyle Relay	NCT	NCT	NCT	86
87	NCT	NCT	NCT	10&U	200 m	Medley Relay	NCT	NCT	NCT	88
5 minutes Break warm-up/warm-down										
89	2:33.79	2:18.29	2:39.09	13-14	200 m	Backstroke	2:32.59	2:13.49	2:27.79	90
91	3:08.89	2:49.99	3:16.49	10&U	200 m	Individual Medley	3:16.29	2:51.99	3:09.39	92
93	2:35.29	2:19.99	2:38.59	13-14	200 m	Individual Medley	2:30.39	2:12.99	2:24.09	94
95	35.19	31.79	36.59	10&U	50 m	Freestyle	35.99	31.69	35.19	96
97	29.19	26.39	29.79	13-14	50 m	Freestyle	27.89	24.79	27.29	98
99	1:33.99	1:24.99	1:35.69	10&U	100 m	Butterfly	1:37.29	1:25.59	1:34.19	100
101	2:55.99	2:39.99	3:00.49	13-14	200 m	Breaststroke	2:54.89	2:30.99	2:49.69	102
103	NCT	NCT	NCT	10&U	400 m	Freestyle Relay	NCT	NCT	NCT	104
105	NCT	NCT	NCT	13-14	400 m	Medley Relay	NCT	NCT	NCT	106

SESSION # 6.**Sunday July 28, 2019 Warm-up 2:00pm Start 3:15pm**

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
107	NCT	NCT	NCT	11-12	200 m	Freestyle Relay	NCT	NCT	NCT	108
109	NCT	NCT	NCT	15-18	200 m	Freestyle Relay	NCT	NCT	NCT	110
5 minutes Break warm-up/warm-down										
111	2:44.89	2:29.99	2:54.99	11-12	200 m	Backstroke	2:54.99	2:32.99	2:48.99	112
113	2:35.29	2:20.99	2:44.99	15-18	200 m	Backstroke	2:32.99	2:10.99	2:24.99	114
115	2:43.79	2:27.99	2:45.39	11-12	200 m	Individual Medley	2:46.89	2:27.99	2:43.39	116
117	2:34.69	2:19.99	2:42.99	15-18	200 m	Individual Medley	2:31.99	2:07.99	2:21.09	118
119	30.69	27.99	30.99	11-12	50 m	Freestyle	30.79	27.89	30.59	120
121	29.49	26.59	30.29	15-18	50 m	Freestyle	27.99	23.79	26.29	122
123	1:16.59	1:09.49	1:15.69	11-12	100 m	Butterfly	1:19.99	1:10.69	1:18.09	124
125	2:44.19	2:29.99	2:49.99	15-18	200 m	Butterfly	2:33.99	2:12.49	2:26.39	126
5 minutes Break warm-up/warm-down										
127	NCT	NCT	NCT	11-12	400 m	Medley Relay	NCT	NCT	NCT	128
129	NCT	NCT	NCT	15-18	400 m	Medley Relay	NCT	NCT	NCT	130