



2020 Sprint Championship - March 27 - 29, 2020

Hosted By Long Island Swim League

[www.liswimleague.com](http://www.liswimleague.com)

**SANCTION** Held under the sanction of USA Swimming / Metropolitan Swimming, Inc. #200371-AP

**LOCATION** Suffolk County Community College - Grant Campus - Health, Sports and Education Center On Crooked Hill Rd Brentwood 11717.

**FACILITY** Colorado electronic timing system. Electronic scoreboard. 8 lane 25 yard pool

**VOLUNTEER** Teams are required to provide volunteers. Volunteers receive free admission. Check in at the volunteer table on the pool deck.

**APPAREL** Pre order apparel [www.liswimleague.com/march-2020-sprint](http://www.liswimleague.com/march-2020-sprint)

**RESULTS** Heat sheets and results [www.liswimleague.com/march-2020-sprint](http://www.liswimleague.com/march-2020-sprint)

**FORMAT** This is a timed finals meet. Sessions will be split by team. This meet will be pre seeded or seeded at the meet using the scratch sheet procedure based on the size of the meet. Results from all sessions will be combined for awards (1st - 6th) for these age groups 10 & Under, 11 - 12, 13 - 14 and 15 & Over.

**SESSIONS** **Friday Session 1:** 4 PM warm up and 4:45 PM start (CSDC, HAA, SSC, TS, TVSC)  
**Friday Session 2:** 6:30 PM warm up and 7:15 PM start (EH, FA, HYB, IA, LBA, WISC)

**Saturday & Sunday Session 1:** 7 AM warm up and 7:45 AM start (SSC, TS, TVSC)  
**Saturday & Sunday Session 2:** 11 AM warm up and 11:45 AM start (CSDC, EH, HAA, IA)  
**Saturday & Sunday Session 3:** 3 PM warm up and 3:15 PM start (FA, HYB, LBA, WISC)

Sessions could be modified after all entries are in to fit within the timeline.

**ELIGIBILITY** Open to all USA Swimming registered swimmers. No "Deck Registrations" accepted. Age on March 27th, 2020 determines age for the entire meet.

**DISABILITY** Swimmers with disabilities are encouraged to attend.

**ENTRIES** Email Entries to: [swim@liswimleague.com](mailto:swim@liswimleague.com)  
Make check payable to: Long Island Swim League  
Teams pay for their entries. Parents do not bring payment for entries at the meet.

Swimmers can compete in all events per session. 2 events on Friday. 5 events on Saturday and Sunday. Submit an emailed Hy-Tek entry file. Entries will be cut on first come first serve basis to finish the sessions according to the timeline.

**DEADLINE** Entries must be received by March 20, 2020. First come, first served.

**FEES** Swimmers \$6.00 per event and \$10.00 facility surcharge.  
Adults \$7.00 for admissions and \$3 for the meet program.

**WARM UP** Warm up assignments will be at the coaches table and on our website.

**COACHES** Only coaches who display valid USA Swimming credentials will be permitted to act in a coaching capacity. Invalid coaches will be required to leave the deck.

- OFFICIALS** Officials receive a meet polo. [www.liswimleague.com/march-2020-sprint](http://www.liswimleague.com/march-2020-sprint)  
Contact Meet Director Brandon Modrov [swim@liswimleague.com](mailto:swim@liswimleague.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. Deck changes are prohibited.
- SAFETY** All swimmers must wear footwear upon leaving the pool area. Metropolitan Safety and war 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 Long Island Swim League, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. It is understood that Long Island Swim League, 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.
- MAAP** All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.
- DEPTH** Water Depth measurement The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
- AUDIO & VISUAL** 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. 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 spectators are present.
- FOOD** The college has food and drinks available for sale.
- PARKING** Parking is free. Park in the spaces with the white lines.

<b><u>GIRLS</u></b>	<b><u>FRIDAY</u></b>	<b><u>BOYS</u></b>
1	12 & Under 100 IM	2
3	13 & Over 100 IM	4
5	12 & Under 200 Free	6
7	13 & Over 200 Free	8

<b><u>GIRLS</u></b>	<b><u>SATURDAY</u></b>	<b><u>BOYS</u></b>
9	12 & Under 25 Free	10
11	13 & Over 25 Free	12
13	12 & Under 100 Fly	14
15	13 & Over 100 Fly	16
17	12 & Under 50 Back	18
19	13 & Over 50 Back	20
21	12 & Under 100 Breast	22
23	13 & Over 100 Breast	24
25	12 & Under 50 Free	26
27	13 & Over 50 Free	28
29	12 & Under 200 IM	Sunday
30	13 & Over 200 IM	Sunday

<b><u>GIRLS</u></b>	<b><u>SUNDAY</u></b>	<b><u>BOYS</u></b>
31	12 & Under 25 Breast	32
33	13 & Over 25 Breast	34
35	12 & Under 50 Fly	36
37	13 & Over 50 Fly	38
39	12 & Under 100 Back	40
41	13 & Over 100 Back	42
43	12 & Under 50 Breast	44
45	13 & Over 50 Breast	46
47	12 & Under 100 Free	48
49	13 & Over 100 Free	50
Saturday	12 & Under 200 IM	51
Saturday	13 & Over 200 IM	52

**Metropolitan Swimming  
Photographer Registration Form**

**As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.**

This form must be completed by any photographer (video or still) who intends to take pictures at a Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

**THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.**

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID \_\_\_\_\_ ID # \_\_\_\_\_

Taking photos of \_\_\_\_\_ On behalf of \_\_\_\_\_

Purpose of \_\_\_\_\_

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

1. Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.
2. Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).
3. Leave the deck when not actively photographing.
4. Respond immediately to direction from the Meet Referee.

Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

Meet Name \_\_\_\_\_ Date(s) of meet \_\_\_\_\_

Location \_\_\_\_\_