

**Winter Wonderland Invitational  
January 14-16, 2021**

Sanction #220103

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

# Winter Wonderland

January 14-16, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **220103**
- LOCATION:** Nassau County Aquatic Center & The Freedom Pool  
Eisenhower Park, East Meadow, NY 11554
- FACILITY & WATER DEPTH:** 10 Lane by 25 yard competition pool w/ 2 meter min depth  
The pools Have Not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session One Friday – All Ages - warm-up 4:00 pm Start 5:00 pm  
Session Two Friday – 13 & 14 and Open – warm-up 7:00 pm Start 7:30 pm  
Session Three Saturday– 11 & 12 and 13 & 14 - warm-up -8:00 am Start 9:00 am  
Session Four Saturday – 10 & under and Open - warm-up 1:30 pm Start 2:30 pm  
Session Five Sunday – 11 & 12 and 13 & 14 - warm-up 8:00 am Start 9:00 am  
Session Six Sunday– 10 & under and Open- 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  
Meet will be deck seeded no deck entries or changes USA Swimming COVID protocols are in effect
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.  
All swimmers participating in this meet must be registered by the first day of the meet.  
No “Deck Registrations” will be accepted  
Age on **Jan 14, 2022**, will determine age for the entire meet.
- 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.
- ENTRIES:** All Athletes are limited to enter 3 events per session.  
Meet will be pre-seeded, no deck entries or changes and no scratches as per USA Swimming COVID protocols.  
NT’s will not be accepted  
Entries are by invite only on a first come first serve basis.  
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](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: Jan. 4, 2022, Invited clubs’ athletes will be entered on a first come / first serve basis**
- ENTRY FEE:** An entry fee of \$5.00 per individual event must accompany the entries.  
There is a \$15.00 facility fee/athlete  
Make check payable to: **Long Island Swimming**  
Payment must be received by **Jan 14, 2022** for email entries. A credit Card will be charged on 1/14 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.  
Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers.  
Coaches should contact the meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.
- WARM-UP:** General warm up with assigned lanes. Sprints will be conducted in the teams assigned lane. 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:** Athletes competing in a 12 & Under event who place 1<sup>st</sup> – 10th place will be awarded awards.

**OFFICIALS:** **Meet Referee:** Darryl Strabuk, [meetofficial@longislandswimming.com](mailto:meetofficial@longislandswimming.com)  
**Meet Admin:** Danielle Baldwin [meetofficial@longislandswimming.com](mailto:meetofficial@longislandswimming.com)  
Officials wishing to volunteer should contact Meet Referee by **Jan 14, 2022**

**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.**

**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.

**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.”

All swimmers must wear footwear upon leaving the pool deck.

**MAAPP POLICY:** 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 they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

**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

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

- DRONE:** "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.
- 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.
- DECK CHANGING:** Is Prohibited
- ADMISSION:** If the environment permits admission is Included with your Athlete Surcharge  
In the unfortunate situation there are no spectators due to Covid the event will be streamed live for a fee TBD –  
This is subj  
Meet heat sheets will be available on meet mobile / No programs will be sold
- MERCHANTS:** A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.
- 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:**

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- 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:**

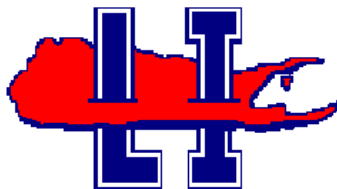
Team seating should be assigned by the meet director in advance of arrival.  
There is no team seating outside the pool edge extended at both the dive pool end and the shallow pool end. No outside folding chairs/seating are permitted on the pool deck.  
Teams/athletes are not permitted to bring in portable 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:**

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- 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.



**LONG ISLAND AQUATIC CLUB**  
**Winter Wonderland**  
**January 14-16, 2022**

to be held at Nassau County Aquatic Center & Freedom Pool, Eisenhower Park, East Meadow, Long Island  
 Sanctioned by Metropolitan Swimming sanction #220103

Warm-up times are tentative and subject to adjustment following the acceptance of the last entry.

**Session One**  
**Friday 1/14 All Ages**  
**Warmup in AC & Freedom Pool**  
**W.U. 4:00 pm Start 5:00 pm**

**Session Four**  
**Saturday 1/15 10&under and Open**  
**Warmup in AC & Freedom Pool**  
**W.U. 1:30 pm Start 2:30 pm**

Mixed Event No.	Event	Mixed Event No.	Event
1	10 & under 200 yd Freestyle	28	Open 100 yd Freestyle
2	11-year-old 200 yd Freestyle	29	10 & under-old 50 yd Freestyle
3	12-year-old 200 yd Freestyle	30	Open 200 yd Backstroke
4	13-year-old 400 yd Individual Medley	31	10 & under 100 yd Backstroke
5	14-year-old 400 yd Individual Medley	32	Open 100 yd Butterfly
6	10 & under 200yd Individual Medley	33	10 & under 50 yd Butterfly
7	11-year-old 200yd Individual Medley	34	Open 100 yd Breaststroke
8	12-year-old 200yd Individual Medley	35	10 & under 100 yd Breaststroke
		36	Open 200 yd Individual Medley
	<b>Session Two</b> <b>Friday 1/14 13&amp;14 and Open</b> <b>Warmup in the Freedom Pool</b> <b>W.U. 7:00 pm Start 7:30 pm</b>		<b>Session Five</b> <b>Sunday 1/15 11&amp;12 and 13&amp;14</b> <b>Warmup in AC &amp; Freedom Pool</b> <b>W.U. 8:00 am Start 9:00 am</b>
9	11-13-year-old 500 yd Freestyle	37	13-year-old 200 yd Freestyle
10	14 & over -year-old 500 yd Freestyle	38	14 -year-old 200 yd Freestyle
	<b>Session Three</b> <b>Saturday 1/15 11&amp;12 and 13&amp;14</b> <b>Warmup in AC &amp; Freedom Pool</b> <b>W.U. 8:00 am Start 9:00 am</b>	39	11-year-old 100 yd Freestyle
11	13-year-old 100 yd Freestyle	40	12-year-old 100 yd Freestyle
12	14 -year-old 100 yd Freestyle	41	13-year-old 100 yd Backstroke
13	11-year-old 50 yd Freestyle	42	14 -year-old 100 yd Backstroke
14	12-year-old 50 yd Freestyle	43	11-year-old 50 yd Backstroke
15	13-year-old 200 yd Backstroke	44	12-year-old 50 yd Backstroke
16	14 -year-old 200 yd Backstroke	45	13-year-old 200 yd Butterfly
17	11-year-old 100 yd Backstroke	46	14 -year-old 200 yd Butterfly
18	12-year-old 100 yd Backstroke	47	11-year-old 100 yd Butterfly
19	13-year-old 100 yd Butterfly	48	12-year-old 100 yd Butterfly
20	14 -year-old 100 yd Butterfly	49	13-year-old 200 yd Breaststroke
21	11-year-old 50 yd Butterfly	50	14 -year-old 200 yd Breaststroke
22	12-year-old 50 yd Butterfly	51	11-year-old 50 yd Breaststroke
23	13-year-old 100 yd Breaststroke	52	12-year-old 50 yd Breaststroke
24	14 -year-old 100 yd Breaststroke	53	13 & 14 50 yd Freestyle
25	11-year-old 100 yd Breaststroke		<b>Session Six</b> <b>Sunday 1/15 10&amp;under and Open</b> <b>Warmup in AC &amp; Freedom Pool</b> <b>W.U. 1:30 pm Start 2:30 pm</b>
26	12-year-old 100 yd Breaststroke	54	Open 200 yd Freestyle
27	13 & 14 200 yd Individual Medley	55	10 & under-old 100 yd Freestyle
		56	Open 100 yd Backstroke
		57	10 & under 50 yd Backstroke
		58	Open 200 yd Butterfly
		59	10 & under 100 yd Butterfly
		60	Open 200 yd Breaststroke
		61	10 & under 50 yd Breaststroke
		62	Open 50 yd Freestyle
	*may be limited to 4 heats	63*	10 & Under 500 Freestyle

