



**Spring Kickoff  
May 14-15, 2022  
Sanction #220502**

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

# Spring Kickoff

May 14-15, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **220502**
- LOCATION:** Nassau County Aquatic Center & The Freedom Pool  
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 2 X 10 Lane 50-meter competition pool w/ 2 meter min depth  
The pools HAVE Not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session One – 11-12 – Saturday May 14 warm-up 8:00 am Start 9:00 am  
Session Two – 10 & under – Saturday May 14 warm-up 12:00 pm-Start 12:30 pm  
Session Three – 13 & Over – Saturday May 14 warm-up 3:00 pm Start 4:00pm  
Session Four – 13 & Over – Sunday May 15 warm-up 8:00 am Start 9:00 am  
Session Five – 11-12 – Sunday May 15 warm-up 1:00 pm Start 2:00 pm  
Session Six – 10 & under – Sunday May 15 warm-up 5:00-pm Start 5:30pm  
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  
11 & over events will be Deck-Seeded. All 10 & Under events will be pre-seeded.  
Open Session's Three and Four will be run in the Freedom Pool and the Aquatic Center. Each event will be split and run concurrently in each pool.
- ELIGIBILITY:** Open to all USA Swimming Inc. registered swimmers.  
All swimmers participating in this meet must be registered by the first day of the meet.  
Age on **May 14, 2022** 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](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: May 3, 2022 Athletes' entries will be entered on a first come / first serve basis**
- ENTRY FEE:** An entry fee of \$3.00 per individual event must accompany the entries.  
There is a \$30.00 facility fee/athlete  
Make check payable to: **Long Island Swimming**  
Payment must be received by **May 14, 2022** for email entries.  
Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers.  
Coaches should contact meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.
- WARM-UP:** Athletes will be assigned specific lane and time.
- SCRATCHES:** All scratches are due 30 minutes prior to the start of the session. All 10 & under events will be pre-seeded.
- 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:** 1<sup>st</sup> – 10th place awards will be given to the 12&U athletes.

- OFFICIALS:** **Meet Referee:** Darryl Strabuk, [meetofficial@longislandswimming.com](mailto:meetofficial@longislandswimming.com)  
**Meet Admin:** Danielle Baldwin  
Officials wishing to volunteer should contact Meet Referee by **May 14, 2022**
- MEET DIRECTOR:** **Leanne Herrera** [lherrera@longislandswimming.com](mailto:lherrera@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 starting 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:** All COVID Policies will be in effect during this event.  
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:** This event will be live streamed for the 13 & over sessions.  
11 & 12 and the 10 & Under Sessions;  
\$25/session Cash only  
\$10.45/session – A Pre-sale discounted admission tickets will be available on <http://www.longislandswimming.com/hosted-meets.html>
- 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

**ATTESTATION  
STATEMENT:**

In applying for this sanction, LIAC, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Metropolitan Swimming, the State of New York, and local jurisdictions.

**ASSUMPTION  
OF RISK  
DISCLAIMER:**

We have taken enhanced health and safety measures – for our staff, volunteers, family members and all guests. You must follow all posted instructions while visiting the Freedom Pool. 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 guests with underlying medical conditions are especially vulnerable. By visiting the Freedom Pool, you voluntarily assume all risks related to exposure to COVID-19.

USA Swimming, Metropolitan Swimming, Long Island Swimming, Long Island Aquatic Club, Nassau Count, Nassau County Aquatic Center 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 USA SWIMMING, METROPOLIAN SWIMMING, LONG ISLAND SWIMMING, LONG ISLAND AQUATIC CLUB, NASSAU COUNTY, NASSAU COUNTY AQUATIC CENTER AND EACH OFF 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, FORSEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND / OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:**

**DIRECTIONS:**

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

The Spring Kickoff Invitational

May 14-15, 2022

To be held at Nassau County Aquatic Center & The Freedom Pool, Eisenhower Park, East Meadow, New York

**SESSION I**

**SATURDAY, MAY 14, 2022**

11-12-year-old Girls & Boys Warmup 8:00am Start 9:00 am

Girls	Event	Boys
1	200 m Freestyle	2
3	50 m Butterfly	4
5	200 m Backstroke	6
7	50 m Breaststroke	8
9	50 m Freestyle	10
11	200 m IM	12

**SESSION II**

**SATURDAY, MAY 14, 2022**

10 & Under Girls & Boys Warmup 12:00 pm Start 12:30 pm

Girls	Event	Boys
13	100 m Freestyle	14
15	100 m Butterfly	16
17	50 m Backstroke	18
19	50 m Breaststroke	20
21	200 m IM	22

**SESSION III**

**SATURDAY, MAY 14, 2022**

13 & Over Warmup 3:00 pm Start 4:00 pm will be swum in the Aquatic Center and Freedom Pool

Women	Event	Mixed
23	13 - 14 200 M Freestyle	24
25	15 & Over 100 M Freestyle	26
27	13 - 14 100 M Butterfly	28
29	15 & Over 200 M Butterfly	30
31	13 - 14 200 M Breaststroke	32
33	15 & Over 100 M Breaststroke	34
35	13 - 14 100 M Backstroke	36
37	15 & Over 200 M Backstroke	38
39	13 - 14 200 M IM	40
41	15 & Over 200 M IM	42
43	13 & Over 800 Freestyle	44

800 will be swum fast to slow with the faster heats swum in the Freedom Pool



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**SESSION IV**

**SUNDAY, MAY 15, 2022**

Open Warmup 8:00am Start 9:00 am will be swum in the Aquatic Center and the Freedom Pool

Women	Event	Mixed
45	13 – 14 100 M Freestyle	46
47	15 & Over 200 M Freestyle	48
49	13 – 14 100 M Breaststroke	50
51	15 & Over 200 M Breaststroke	52
53	13 – 14 200 M Butterfly	54
55	15 & Over 100 M Butterfly	56
57	13 – 14 200 M Backstroke	58
59	15 & Over 200 M Backstroke	60
61	13 – 14 50 M Freestyle	62
63	13 – 14 400 M Freestyle	64

400 will be swum fast to slow with the faster heats swum in the Freedom Pool

**SESSION V**

**SUNDAY, MAY 15, 2022**

11–12-year-old Girls & Boys Warmup 1:00 pm Start 2:00 pm

Girls	Event	Boys
65	100 m Freestyle	66
67	100 m Butterfly	68
69	50 m Backstroke	70
71	100 m Breaststroke	72
73	400 m Freestyle	74

**SESSION VI**

**SUNDAY, MAY 15, 2022**

10 & Under Girls & Boys Warmup 5:00 pm Start 5:30 pm

Girls	Event	Boys
75	50 m Freestyle	76
77	50 m Butterfly	78
79	100 m Backstroke	80
81	100 m Breaststroke	82
83	200 m Freestyle	84

# **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 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:**

- 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.