



**2022 Metropolitan Long Course Junior Olympic
Championships
July 22 – July 24, 2022**

Sanction #220705

General Chairmen:	Eric Fisher	Meet Director:	Alexis Skelos
Age Group Chairman:	Kate Hallex		
Coach Representative:	Edgar Perez / John Yearwood		
Athlete Representative:	Francis Andersen / Joseph Apat		
Meet Jury:	Metro Age Group Chairmen, 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., # 220705

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 22	Warm-ups 7:45 AM	Session Starts at 9:00 AM
Session 2: Friday, July 22	Warm-ups 1:30 PM	Session Starts at 2:45 PM
Session 3: Saturday, July 23	Warm-ups 7:45 AM	Session Starts at 9:00 AM
Session 4: Saturday, July 23	Warm-ups 2:00 PM	Session Starts at 3:15 PM
Session 5: Sunday, July 24	Warm-ups 7:45 AM	Session Starts at 9:00 AM
Session 6: Sunday, July 24	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: \$25.00/session Cash only at Door
\$14/session – A Pre-sale discounted admission tickets will be available on <http://www.longislandswimming.com/hosted-meets.html>
Programs and heat sheets will be available on Meet Mobile.

FORMAT: All Events are Timed Finals
This meet will be run in accordance with 2021 USA Swimming Rules
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 22, 2022** 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, 2021 and the entry deadline.

DEADLINE: Entries must be submitted through the USA Swimming OME System between June 27th and July 12th, 2022. This entry date allows any swims reported through Tuesday, July 12th to be submitted prior to the deadline. The OME System will close at 11:59pm on July 12, 2022. Entries will no longer be accepted on OME after the deadline. **For swimmers qualifying for the first time between July 13 and July 17, coaches must send an email with information on new entries only no later than 11:59AM Monday, July 18th** to Karla at entries.liac@gmail.com
New cuts only. No time updates.

TIME TRIALS: Time trials will be offered each day, time permitting.

- Time trial fees: \$25.00 for individual events and \$35 for relay events
- Time trials will start 15 minutes after the conclusion of the session when time permits.
- Time trials are open to all swimmers entered into the meet.
- All time trials will be randomly seeded and may be seeded with mixed events and genders in heats with no open lanes between them.
- Each swimmer, Relay only swimmer included, is limited to a maximum of two (2) time trials swims during the meet. Also, please be aware that time trials count towards the daily maximum of three events and event maximum of nine events for the meet.

- Registration for time trials will close at 10:00am each day, unless otherwise announced at the General Meeting.

- Entry for Time Trials will be through OME and be paid by CREDIT CARD.

ENTRY FEE:

An entry fee of **\$6.30** per individual event

\$10.50 per Relay event

\$9.50 per Swimmer (\$5.25 Metropolitan surcharge per swimmer + \$4.25 Facility Fee per swimmer (including RELAY ONLY SWIMMERS) must accompany the entries.

Credit Card only at OME checkout.

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.

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 credit card.

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.

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 12, 2022

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

CORRECTIONS:

The psych sheets will be posted on

<http://www.longislandswimming.com/hosted-meets.html>

Clubs will be given until 9:00pm on Thursday, July 14, 2022, 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 Thursday, July 14, 2022, will be considered a **late correction. These **late corrections** will be accepted by email only from 9:01pm Thursday, July 14, 2022 – 11:59 am Monday July 18, 2022.**

\$10.00 will be billed for each correction made during this timeframe. Payment for these corrections will be payable by CREDIT CARD ONLY when Karla calls to confirm the correction.

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:

Times and assignments will be emailed Wednesday, July 20, 2022.

SCRATCHES:

Scratches for All Events are due 6:00 pm the night prior to the competition.

Friday events are due by email to scratch.liac@gmail.com Thursday 7/21/22 6:00 pm.

Saturday Events are due to the Clerk of Course Table and / or emailed to scratach.liac@gmail.com by Friday 7/22/22 6:00 pm.

Sunday Events are due to the Clerk of Course Table and / or emailed to scratch.liac@gmail.com by Saturday 7/23/22 6:00 pm.

RELAYS:

Relay Entries must be submitted through the OME process. 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.

Each relay must be made of at least 2 athletes entered in individual events.

Relay only Swimmers must be entered through the OME System to be eligible to 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 3rd places, and ribbons for 4th through 10th places in 12 & Under Individual Events.
Medals for 1st through 3rd, and ribbons for 4th through 10th places in 12&Under Relays Events.
Medals for 1st through 3rd places in 13-14 & 15-18 Individual and Relay 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:** Darryl Strabuk, meetofficial@longislandswimming.com **Meet Admin:** Danielle Baldwin, Kerry O'Hagan and Delayne Somma
Officials wishing to volunteer should contact Meet Referee by **Thursday, July 21, 2022.**

MEET DIRECTOR: **Alexis Skelos, phone: 516-378-8467, email: askelos@longislandswimming.com**

RULES: All Covid policies at the time of the event 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.

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

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.

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.

The qualification standards for the meet will be USA swimming LSC Para times.
<https://www.usaswimming.org/docs/default-source/disabilitydocuments/lsc-para-times-ndc-official.pdf?sfvrsn=6>

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.

DECK CHANGING: Is Prohibited

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.

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 Aquatic Center. 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 Aquatic Center, you voluntarily assume all risks related to exposure to COVID-19.

USA Swimming, Metropolitan Swimming, Long Island Swimming, Long Island Aquatic Club, Nassau County, 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.

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.

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 Tpkw.(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.

2022 Metropolitan Long Course Summer Junior Olympics

July 22- July 24, 2022

SESSION # 1.

Friday July 22, 2022, 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 22, 2022 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 23, 2022, 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 23, 2022 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 if needed										
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 24, 2022 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 if needed										
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 24, 2022 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 if needed										
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	26.99	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 if needed										
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