

**Long Island Aquatic Club's Thanksgiving Invitational**  
**November 18-19, 2022**  
Sanction #221100

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

# Long Island Aquatic Club's Thanksgiving Invite

November 18-19, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #221100
- LOCATION:** Nassau County Aquatic Center and  
The Freedom Pool  
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 10 Lane by 25 yard competition pool w/ 2 meter min depth  
The pool **Has Not been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session One – Friday 11/18/22 12&U warm-up 4:00 pm start 5:00 pm  
Session Two – Saturday 11/19/22 13&14 and Open warm-up 7:00 am start 8:00 am  
Session Three – Saturday 11/19/22 11-12 warm-up 11:30 am start 12:30 pm  
Session Four – Saturday 11/19/22 13&14 & Open warm-up 3:30 pm start 4:30 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  
The meet will be Deck Seeded
- 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.  
Age on **Nov 18, 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.  
Deck entries will not be accepted.  
NT's will not be accepted  
Entries are by invite only.  
Hy-Tek Email entries will be accepted  
Check payable to Long Island Swimming or  
**Payment will be made via Zelle– a phone number and or email associated with a Zelle account must be included in the email that entries are submitted. A Zelle request will be sent when your final entry report is sent back to you. Payment must be completed by Nov 17, 2022**  
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: Nov 8, 2022 Invited clubs' athletes will be entered on a first come / first serve basis**
- ENTRY FEE:** An entry fee of \$10.00 per individual event must accompany the entries.  
There is a \$20.00 facility fee/athlete  
**Payment will be made via Zelle– a phone number and or email associated with a Zelle account must be included in the email that entries are submitted. A Zelle request will be sent when your final entry report is sent back to you. Payment must be completed by Nov 17, 2022 or check to Long Island Swimmign**
- 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 for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. 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 Nov 18, 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.
- 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.
- 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.
- DECKCHANGING:** Is Prohibited
- ADMISSION:** No Fee  
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.  
Hobieswim will be available throughout the entire meet

**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:**

- 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.

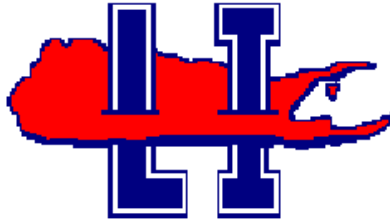
### **Food Vendors/Catering:**

- 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.



**LONG ISLAND AQUATIC CLUB**

presents

**its Annual THANKSGIVING INVITATIONAL**

**NOVEMBER 18– 19, 2022**

**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.**

**Friday 11/18 12 & Under  
W.U. 4:00 pm Start 5:00 pm**

**Saturday 11/19 13&O PM  
W.U. 7:00 am Start 8:00 am**

Women's Event No.	Event	Men's Event No.		Women's Event No.	Event	Men's Event No.
				19	13 – 14 100yd Freestyle	20
1	11-12 100 yd Butterfly	2		21	Open 200yd Freestyle	22
3	10 & Under 50 yd Butterfly	4		23	13 – 14 200 yd Butterfly	24
5	11 – 12 200 yd Backstroke	6		25	Open 100yd Butterfly	26
7	10 & Under 100 yd Backstroke	8		27	13 – 14 100yd Backstroke	28
9	11 – 12 100 yd Breaststroke	10		29	Open 200yd Backstroke	30
11	10 & Under 50 yd Breaststroke	12		31	13 –14 200yd Breaststroke	32
13	11 – 12 50 yd Freestyle	14		33	Open 100yd Breaststroke	34
15	10 &Under 50 yd Freestyle	16		35	13 – 14 200yd Freestyle	36
17	11 – 12 500 yd Freestyle	18		37	Open 100yd Freestyle	38
				39	13 & Over 400yd IM	40
	<b>Saturday 11/19 12&amp;U W.U. 11:30 am Start 12:30 pm</b>				<b>Saturday 11/19 Afternoon 13&amp;Over W.U. 3:30 pm Start 4:30 pm</b>	
41	11-12 MIXED 200 Butterfly			61	13 – 14 200yd IM	62
42	10& Under 100 yd Freestyle	43		63	Open 200yd IM	64
44	11 – 12 100 yd Freestyle	45		65	13 – 14 100yd Butterfly	66
46	10 & Under 100 yd Butterfly	47		67	Open 200yd Butterfly	68
48	11 – 12 50 yd Butterfly	49		69	13 – 14 200yd Backstroke	70
50	10 & Under 50 yd Backstroke	51		71	Open 100yd Backstroke	72
52	11 – 12 100 yd Backstroke	53		73	13 – 14 100yd Breaststroke	74
54	10 &Under 100 yd Breaststroke	55		75	Open 200yd Breaststroke	76
56	11 – 12 50 yd Breaststroke	57		77	13 & Over 50yd Freestyle	78
58	10-& Under 100 IM	59		79	13 & Over MIXED 500yd Freestyle	
60	11-12 MIXED 200 Breaststroke					