



# **2023 ASCSC Suffolk County Championships**

**Saturday & Sunday – April 22-23, 2023**  
**Nassau County Aquatics Center – Eisenhower Park**  
**East Meadow, NY**

**Sanctioned by USA Swimming through Metropolitan Swimming, Inc.**  
**Sanction #230470-AP**

We have taken enhanced health and safety measures – for you, our guests, volunteers and employees. Everyone must follow all posted instructions while attending this event. 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 attending this event, you voluntarily assume all risks related to exposure to COVID-19.

Invited Teams: Closed Meet to ASCSC Members:  
SSC, TVSC, HAA, HYB, CSDC, WISC, TS

# 2023 ASCSC County Championships

April 22-23, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 230470-AP
- LOCATION:** Nassau County Aquatic Center- Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 10 Lane by 25-yard competition pool w/ 2-meter min depth  
CTS6 Timing System, with Alphanumeric Scoreboard  
The pool **Has NOT been** certified in accordance with Article 104.2.2C(4)
- SESSIONS:** Day 1 Prelims – Saturday April 22, 2023 8am warm up 9am Start  
Day 1 Finals – Saturday April 22, 2023 - 3pm warm up 4pm Start  
Day 2 Prelims – Sunday April 23, 2023 8am warm up 9am Start  
Day 2 Finals – Sunday April 23, 2023 - 3pm warmup Start 10 Mins after Senior Parade
- FORMAT:** Prelims/Finals Format – A/B Finals, Top 20 swimmers
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers of invited ASCSC Member Teams.  
All swimmers participating in this meet must be registered by the first day of the meet.  
No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.  
No Deck Registrations will be accepted  
Age on **April 22, 2023** 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 2 events per session.  
Email Entries/Confirm Entry Receipt: [ssc.allenwone@gmail.com](mailto:ssc.allenwone@gmail.com)
- ENTRY FEE:** An entry fee of **\$8.00** per individual event must accompany the entries.  
An entry fee of **\$16.00** per relay must accompany the entries.  
A Facility Surcharge of **\$10.00** per swimmer must accompany the entries.  
Make check payable to: **ASCSC**
- WARM-UP:** General warm up with assigned lanes for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 5 minutes. Lane assignments will be distributed along with the heat sheet for each session.
- SCRATCHES:** Metro Scratch Policy is in effect. Meet may be pre-seeded if required by COVID protocols.
- 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:** **3 TOP TEAMS**  
10&U AND 11-12 MEDALS 1-10  
HIGH POINT FOR EACH AGE GROUP AND GENDER
- OFFICIALS:** **Meet Referee: Allen Wone**
- ADMIN. OFFICIAL:** Stephanie Hall, Brian Pfisterer & Amanda Orner

**MEET DIRECTOR:** Brian Pfisterer, Stephanie Hall & Amanda Orner

**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(“fly-overs”) may be used.

**SAFETY:** **All swimmers must wear footwear upon leaving the pool area.**  
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 without the use of the backstroke ledge. 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.

**WATER DEPTH:** USA 2011 - 202.3.7 "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."  
**1 Meter – 15 Feet, 5 Meter – 12 Feet**

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **ASCSC, The ASCSC Member Clubs, Nassau County, Nassau County Aquatic Center, 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 liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

**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 **ASCSC, The ASCSC Member Clubs, Nassau County, Nassau County Aquatic Center, Metropolitan Swimming Inc., USA****

**Swimming Inc, 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, locker rooms or behind the starting blocks.

**DRONE OPERATION:** 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.

**DECK CHANGING:** Deck changes are prohibited.

**ADMISSION:** Admission \$5.00 per session  
Programs \$2.00 per session

**MERCHANTS:** A concession stand may be available. No glass will be permitted on the deck.  
A Swim Vendor may be available throughout the entire meet.

### **Warm UP Assignments & Timing assignments**

<b>Lane 1</b>	TBD
<b>Lane 2</b>	TBD
<b>Lane 3</b>	TBD
<b>Lane 4</b>	TBD
<b>Lane 5</b>	TBD
<b>Lane 6</b>	TBD
<b>Lane 7</b>	TBD
<b>Lane 8</b>	TBD
<b>Lane 9</b>	TBD
<b>Lane 10</b>	TBD

**Teams will time in their assigned warm up lanes Teams will provide 2 timers in the lane listed above for prelims and finals each day**

**<TBD> - 1 Meet Marshall each session**

**<TBD> - will work Gate**

**Saturday April 22, 2023**  
**Prelims: 8am Warm up 9am Start**  
**Finals: 3pm Warm up 4pm Start**  
**All relays swim in Finals Session**

1	<b>10 &amp; Under 100 IM</b>	2
3	<b>11-12 100 IM</b>	4
5	<b>15-18 100 Fly</b>	6
7	<b>13-14 100 Fly</b>	8
9	<b>11-12 100 Fly</b>	10
11	<b>10 &amp; Under 50 Fly</b>	12
13	<b>15-18 100 Back</b>	14
15	<b>13-14 100 Back</b>	16
17	<b>11-12 100 Back</b>	18
19	<b>10 &amp; Under 50 Back</b>	20
21	<b>15-18 200 Medley Relay</b>	22
23	<b>13-14 200 Medley Relay</b>	24
25	<b>11-12 200 Medley Relay</b>	26
27	<b>10 &amp; Under 200 Medley Relay</b>	28

**Sunday April 23, 2023**  
**Prelims: 8am Warm up 9am Start**  
**Finals: 4pm Warm up 10 mins after Parade - Start**  
**All relays swim in Finals Session**  
**Senior Parade Ceremony Promptly at 4pm**

29	<b>13-14 100 IM</b>	30
31	<b>15-18 100 IM</b>	32
33	<b>10 and under 50 Breast</b>	34
35	<b>11-12 100 Breast</b>	36
37	<b>13-14 100 Breast</b>	38
39	<b>15-18 100 Breast</b>	40
41	<b>10 and Under 50 Free</b>	42
43	<b>11-12 100 Free</b>	44
45	<b>13-14 100 Free</b>	46
47	<b>15-18 100 Free</b>	48
49	<b>10 and Under 200 Free Relay</b>	50
51	<b>11-12 200 Free Relay</b>	52
53	<b>13-14 200 Free Relay</b>	54
55	<b>15-18 200 Free Relay</b>	56

# ASCSC County Championships Qualifying Times

GIRLS	EVENT	BOYS
<b>36.99</b>	<b>10 &amp; Under 50 Free</b>	<b>36.99</b>
<b>44.99</b>	<b>10 &amp; Under 50 Back</b>	<b>44.99</b>
<b>51.99</b>	<b>10 &amp; Under 50 Breast</b>	<b>53.99</b>
<b>48.99</b>	<b>10 &amp; Under 50 Fly</b>	<b>48.99</b>
<b>1:37.99</b>	<b>10 &amp; Under 100 IM</b>	<b>1:37.99</b>
<b>1:07.99</b>	<b>11&amp;12 100 Free</b>	<b>1:10.99</b>
<b>1:19.09</b>	<b>11&amp;12 100 Back</b>	<b>1:18.99</b>
<b>1:31.99</b>	<b>11&amp;12 100 Breast</b>	<b>1:35.99</b>
<b>1:27.99</b>	<b>11&amp;12 100 Fly</b>	<b>1:28.99</b>
<b>1:17.69</b>	<b>11&amp;12 100 IM</b>	<b>1:16.19</b>
<b>1:01.99</b>	<b>13 &amp; 14 100 Free</b>	<b>58.99</b>
<b>1:09.99</b>	<b>13 &amp; 14 100 Back</b>	<b>1:13.59</b>
<b>1:23.99</b>	<b>13 &amp; 14 100 Breast</b>	<b>1:24.99</b>
<b>1:15.99</b>	<b>13 &amp; 14 100 Fly</b>	<b>1:16.59</b>
<b>2:32.99</b>	<b>13 &amp; 14 200 IM</b>	<b>2:34.59</b>
<b>58.99</b>	<b>15 – 18 100 Free</b>	<b>53.99</b>
<b>1:07.99</b>	<b>15 – 18 100 Back</b>	<b>1:03.99</b>
<b>1:19.99</b>	<b>15 – 18 100 Breast</b>	<b>1:13.99</b>
<b>1:07.99</b>	<b>15 – 18 100 Fly</b>	<b>1:01.99</b>
<b>2:20.99</b>	<b>15 – 18 200 IM</b>	<b>2:13.99</b>

*\* For 13 & Over, swimmers will qualify to compete in the 100 IM using their 200 IM time*



## 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 an 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 \_\_\_\_\_ # \_\_\_\_\_

Taking photos of \_\_\_\_\_

On behalf of \_\_\_\_\_

Purpose \_\_\_\_\_

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:

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.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

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

Meet \_\_\_\_\_ Location \_\_\_\_\_

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