

2024

Metropolitan Swimming 15-18 Team Challenge

Hosted By:



March 8-10, 2024

Friday, Saturday, Sunday

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number - 240301

General Chairmen: David Rodriguez Meet Director: Alexis Skelos
Age Group Chairman: Keith Green & Ethan Fergus
Coach Representative: John Yearwood
Athlete Representative: 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)

**OME will not be used this season. ALL entries must be emailed via file to
entries.liac@gmail.com**

Metropolitan 15-18 Age Group Team Challenge

March 8 -10, 2024

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc. **Sanction #240301**

LOCATION: Nassau County Aquatic Center
Eisenhower Park, East Meadow, NY 11554

FACILITY: 1 X 10 Lane by 25-yard competition pool w/2-meter min depth
6 Lane by 25 meter warm-up pool w/ 2 meter min depth
Colorado Timing System, scoreboard readouts, Hy-Tek meet manager
The pool has not been certified in accordance with Article 104.2.2C (4)

FORMAT: All individual and all relays are run as timed finals.

SESSION: 12:30 pm Warm-up – 1:30 pm Start

Warm-up times are tentative and subject to adjustment following the acceptance of the last entry. Final warm-up times will be sent to each club attending no later than the Tuesday before the event.

ELIGIBILITY: Open to all 2024 USA Swimming/Metropolitan Swimming Inc. registered swimmers. Any swimmer who is entered and is unregistered will be scratched from the meet. Registrations will not be processed at the meet. No swimmer will be permitted to compete unless the swimmer is a member, as provided in Article 302.

Age on **March 8, 2024**, will determine the age for the entire meet.

DISABILITY SWIMMER: Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability before 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>.

ENTRIES: All entries will be submitted via a file, Hy-Tek &/or TU, to entries.liac@gmail.com.
All swimmers, including relay-only swimmers, must be listed on the official entry form and in the export file. Swimming exhibition or Deck entries (including relay-only swimmers will not be permitted.)

A Master Sheet must accompany all entries in the entry email.

Entry times must equal or better the qualifying standards but not faster than the MAX Time. Short course yards time will be the conforming standard and can only be used for entries. Entry times may NOT be converted. Times must have been achieved between January 1, 2023, and the meet entry deadline.

A swimmer may enter any number of events but swim no more than three (3) individual events per day for nine (9) individual events. An additional event may be selected if scratched from the 1000 because of the two-heat limit.

Swimming exhibition or Deck entries (including relay-only swimmers) will not be permitted.

Relay-only Swimmers must be entered on the original entry file to be eligible to swim.

Email questions to entries.liac@gmail.com.

DEADLINE: Entry file must be emailed to entries.liac@gmail.com between February 1st and February 27, 2024. For swimmers qualifying for the first time between February 28 and March 3, coaches must send an email with information on new entries no later than 11:59 AM Monday, March 4th, to entries.liac@gmail.com.

New cuts only. No time updates.

An email confirmation will be sent to the address the entries were received from. Contact entries.liac@gmail.com if you do not receive such a report within 2 days.

ENTRY FEE: **\$7.50** per individual Timed Final Event / **\$15.00** per Relay Event
\$5.00 Metropolitan Swimming surcharge per swimmer (including relay-only swimmers).
\$4.00 Facility surcharge

Payment through Zelle is appreciated - Long Island Swimming, LTD
gnussbaum@longislandswimming.com

Clubs not set up with Zelle, please submit a check payment made payable to Long Island Swimming.

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.

Corrections: The psych sheets will be posted on <http://www.longislandswimming.com/hosted-meets.html>. Clubs will be given until 2:00 pm on Thursday, March 1, 2024, to email corrections to entries.liac@gmail.com.

No exceptions will be made to this deadline. No improvements in seed time will be accepted.

Any corrections submitted after 2:00 pm Thursday, March 1, 2024, will be considered late. These **late corrections** will be accepted by email only from 2:01 pm Thursday, March 1, 2024, to 11:59 am Monday, March 4, 2024.

\$50.00 will be billed for each correction made during this timeframe.

Payment for these corrections should be made through Zelle or at the head table by CREDIT CARD or CASH ONLY before receiving your scratch sheet on Friday morning or the first day your team is entered. For your athlete to compete in the additional **late corrected** entries, this payment must be made: No payment, No swim. Plan accordingly.

Long Island Aquatic Club is not responsible for entry errors based on incorrect meet files, computer/server errors, software bugs, etc.

Time Trials: Will Not Be Contested

PROTESTS: All competition-related protests, including protests concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred. Protests will be handled by the Meet Committee when they are presented to the Meet Director.

WARM-UP: General Warm-up first 35 minutes of warm-up.
The competition pool, 25-yard warm-up pool, and diving well are open on a first-come, first-served basis for these first 35 minutes. Clubs may share lanes with other clubs.
Designated sprint and pace lanes will open during the last 15 minutes of the warm-up.
No diving will be permitted except in the designated sprint lanes. Pace lanes will be reserved for swimmers who are being timed by their coaches.
Following the general warm-up, the competition pool will be open for a 15-minute dive and pace session: lanes 3-8 will be open for one-way sprints; lanes 1, 2, 9, & 10 will be designated for pace. The 25-yard warm-up pool and diving pool will remain open for general warm-up during the competition. **If the 14&U meet runs late, Warm-up for this event will begin in the diving pool.**

SCRATCH: Scratches will be due thirty (30) minutes before the session start time. Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.

Coaches must ensure their swimmers understand they will not be re-entered in the session once they are scratched. Coaches should inform their swimmers to leave plenty of time for traffic, etc.

The coach of a swimmer who was seeded in an event and is a No-Show (NS) in the event must positively check the swimmer for the next days' events for that swimmer to be eligible to compete in the rest of the meet.

Failure to scratch a swimmer entered in more than three events in a day will result in that swimmer having to swim the first three events for which he/she is entered. No exceptions.

RELAYS: All relays must be checked in before the scratch deadline in order to be seeded. Relay forms can be picked up at the Clerk of Course. Names of eligible relay swimmers and order of swimming shall be submitted to the clerk of course. Any changes in the names of the competing swimmers or their order of swimming must be declared to the Clerk of Course prior to the start of the heat in which such relay team is entered. No changes will be permitted thereafter.

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 register and receive a Wristband at the check-in table next to the Aquatic Center's Front Desk before coming onto the pool deck. Coaches arriving on Sunday for the first time must register and receive a Wristband at the Head Table. The wristbands must be worn visibly at all times during the competition. A Marshall / LIAC volunteer reserves the right to remove anyone without a Wristband.**

SCORING: Individual Events (1st – 16th Pl.) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events (1st – 8th Pl.) 40-34-32-30-28-26-24-22
Only two relays per club may score

AWARDS: Individual Events: Medals for 1st through 8th places, Ribbons for 9th through 16th places.
Relay Events: Medals for 1st through 3rd places and ribbons for 4th through 8th places.
Individual High Point Awards: 1st through 3rd for Men and Women
Team Awards: Women, Men, Combined

OFFICIALS: **Meet Referee:** Darryl Strabuk
Meet Admin: Alexis Skelos
Officials wishing to volunteer should contact Meet Referee by email at meetofficials@longislandswimming.com

MEET DIRECTOR: Alexis Skelos, contact information phone: 516-378-8467,
Email askelos@longislandswimming.com, **only Metropolitan Swimming certified USA Swimming Coaches questions will be entertained. All parents are to speak with their individual team's coach regarding their specific needs.**

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 during the meet.
The overhead start procedure may be used at the discretion of the Meet Referee.
MAAPP: All 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 MAAPP 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.

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

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. LIAC's Official Meet photographer will be available for photos during the event. They will be the sole photographer on Deck and will complete and submit a Photographer Registration Form before the event commences activity.

AUDIO/VISUAL STATEMENT: The use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms.

ADMISSION: Pre-sale discounted admission tickets will be available on <http://www.longislandswimming.com/hosted-meets.html>

\$14/session Age Group Challenge = 1 Timed final session.

The original ticket must be presented each session along with the wrist band which will be given upon entering the facility for the first session.

There is a \$10 CASH fee for a lost/removed wristband. No exceptions. A \$25.00/session CASH fee will be charged if the original ticket is not presented.

\$25.00/session Cash only at Door
Programs and heat sheets will be available on Meet Mobile.

The stands from the 14&U Junior Championships Must be CLEARED before ANYONE is permitted in the stands.

MERCHANT : A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.
Hobbieswim will be available with swimming merchandise throughout the meet.

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 competitions 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."

Nassau County Lifeguards and an AED are on site.

DECK

CHANGING: Deck Changes are prohibited.

PARKING: Ample free parking is available in the park.

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) when athletes, coaches, officials, and/or spectators are present.

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 the 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 the first traffic light, make a right. This is the entrance to the pool.

**2024 Metropolitan 15-18 Age Group Team Challenge
Nassau County Aquatic Center
March 8 - 10, 2024**

Friday MARCH 8

Warm up 12:30pm Start 1:30pm

Session #1

EVENT #	Min	Max	EVENT	Min	Max	EVENT#
1	5:29.99	5:08.80	500 Freestyle	5:07.99	4:47.40	2
3	1:13.99	1:08.20	100 Breaststroke	1:05.69	1:01.50	4
5	:26.29	:24.80	50 Freestyle	:23.69	:22.40	6
7	2:18.99	2:10.70	200 IM	2:06.99	1:59.40	8
9	2:26.99	2:12.10	200 Butterfly	2:11.99	2:01.20	10
11			200 Medley Relay			12

Saturday March 9

Warm up 12:30pm Start 1:30pm

Session #2

EVENT #	Min	Max	EVENT	Min	Max	EVENT#
13	4:59.99	4:38.40	400 IM	4:35.99	4:15.10	14
15	1:02.99	:58.50	100 Butterfly	:56.99	:53.20	16
17	2:19.99	2:08.90	200 Backstroke	2:08.99	1:58.60	18
19	2:02.49	1:55.00	200 Freestyle	1:52.49	1:46.30	20
21			400 Freestyle Relay			22

Sunday March 10

Warm up 12:30pm Start 1:30pm

Session # 3

EVENT #	Min	Max	EVENT	Min	Max	EVENT#
23			200 Freestyle Relay			24
25	:56.99	:53.10	100 Freestyle	:51.49	:48.50	26
27	2:40.99	2:29.40	200 Breaststroke	2:25.99	2:15.00	28
29	1:04.49	59.30	100 Backstroke	:58.79	:54.50	30
31*	10:59.99	10:39.00	1000 Freestyle	10:23.99	9:59.90	32*
33			400 Medley Relay			34

***MAY BE LIMITED TO 2 female heats and 2 male heats**

Swimmers cut from the distance event may enter a 3rd event on that day providing they have a qualifying time in an additional event.

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 the 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 the 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.

A waiver to certain rules/guidelines may be granted upon written request to the facility manager.

If a waiver to any of these rules has been granted, you will be notified in advance.