



## **2024 SSC A-MAY-ZING RACES**

**Timed Finals 10U/ Prelims & Finals 11 & Up**

**May 18-19, 2024**

**Nassau County Aquatic Center - Eisenhower Park  
East Meadow, NY**

**Sanctioned by USA Swimming Through**

**Metropolitan Swimming:**

**Sanction #240502 & 240552-TT**

**Invited Teams: All Metro Teams**

**Outside LSC: LIFE-NJ, JFAC-NJ, CAC-CT, YNS-NE**

**All other teams, please email**

**[ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com) for an invitation.**

# 2024 MR SSC A-MAY-ZING RACES

May 18-19, 2024

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 2405002  
Time Trial #240552-TT
- LOCATION:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY
- FACILITY:** 10 Lane 50 Meter Course with CTS 6 Timing and Alphanumeric Scoreboard  
The competition course **Has NOT** been certified in accordance with Article 104.2.2C (4).
- SESSIONS:**
- Session 1 – Saturday 5/18/24 Warm Up 7:00AM – 8:00AM Competition Start (3 Hours)  
11-12 Preliminaries & 10U Girls Timed Finals
  - Session 2 – Saturday 5/18/24 Warm Up 11:30AM – 12:35PM Competition Start (3 Hours)  
13-14 Preliminaries & 10U Boys Timed Finals
  - Session 3 – Saturday 5/18/24 Warm Up 4:00PM – 5:05PM Competition Start (3 Hours)  
15+ Preliminaries
  - Session 4 – Sunday 5/19/24 Warm Up 8:00AM– 8:35AM Competition Start (1.5 Hours)  
Distance Events – Session must end by 10:00AM  
**SESSION 4 - SWIMMERS MUST PROVIDE THEIR OWN COUNTER**
  - Session 5 – Sunday 5/19/24 10:15AM Warm Up 11:20AM Competition Start (3.5 Hours)  
11-12, 13-14, 15+ Finals
- Time Trials may be available after preliminary sessions at \$10 each CASH.
- FORMAT:** Preliminary & Finals Format for 50/100/200IM Events 11 and Over.  
Prelims on Saturday/Finals Sunday Late Morning  
Timed Finals for 10U Events, 11+ 200 Freestyle, 400IM, & 800 FR  
Meet will be Deck Seeded.  
Swimmers/Coaches will have 30 minutes to declare their intent to scratches for finals at the conclusion of that event and finalists are posted and announced.  
There will be 2 (TWO) Finals (B/A) for 11+ Events, Top 20 swimmers from Prelims will make finals.  
**A swimmer who misses a final will be barred from the rest of that finals session. (Excludes Alternates)**
- 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. 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 **May 18, 2024** will determine age for the entire meet.
- DISABILITY SWIMMERS:** 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 prior to the competition.
- ENTRIES:** **3 Events per day**  
U.S. Mail Entries/Payment to: **Sachem Swim Club, PO Box 191, Ronkonkoma, NY 11779**  
Email Entries/Confirm Entry Receipt: [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com)  
**Signature waiver required for Express Mailed Entries/Payment**
- DEADLINE:** **Entries must be received by: May 10, 2024**  
An email confirming receipt of entries if you provide an email contact. Please contact the Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$12.50** per individual Prelim/Final event must accompany the entries.  
An entry fee of **\$15.00** per individual DISTANCE Event (400IM, 800FR, 1500FR) must accompany the entries.  
An entry fee of **\$10.00** per individual Timed Final event must accompany the entries.  
An entry fee of **\$32.00** per relay event must accompany the entries.

A **\$12.00** per swimmer facility surcharge must accompany the entries.  
Make check payable to: **Sachem Swim Club of Long Island, Inc.**  
Payment must be received by **May 18, 2024** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

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:** **Warm Up Lanes will be Assigned.**

**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 indicate clearly individual event scratches and which swimmers 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:** **Medals all ages Places 1-3, Ribbons 4-10 for Timed Finals and Finals**

**OFFICIALS:** **Meet Referees:** Allen Wone [ssc.allenwone@gmail.com](mailto:ssc.allenwone@gmail.com) 516-330-4229  
Dana Wone [dwone@optonline.net](mailto:dwone@optonline.net) 516-680-8268  
Officials wishing to volunteer should contact the Meet Referee(s) by **May 15, 2024.**

**ADMIN. OFFICIAL:** **Administrative Official:** **Amanda Orner** [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com)

**MEET DIRECTOR:** **Amanda Orner** [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com)

**RULES:** 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 Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. 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.

**Lifeguards, AED device available to athletes participating in the meet.**

**MAAPP POLICY:** 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.

**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:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims **Sachem Swim Club of Long Island, 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 Sachem Swim Club of Long Island, 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.**

**AUDIO/VISUAL STATEMENT:**

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms.

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:**

**\$8.00 Per Person/Per Session (Under 12 FREE) CASH OR VENMO ONLY. NO CARDS.  
\$2.00 Programs Per Session**

**MERCHANTS:**

A concession stand may be operated by a vendor contracted by the Nassau County Aquatic Center. The event host has no responsibility for the concession stand and its operation and hours. No glass will be permitted on the deck. A Swim Vendor may be available throughout the entire meet

**PARKING:**

Free Parking available in Lots 1 and 1A of Eisenhower 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 Southern 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.

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## Order of Events

### Session 1 - 11-12 Prelims/10U Girls Timed Finals

Saturday 5/18/24 7:00AM Warm Up  
8:05AM Start - 3 Hour Session

Girls Event #	Event	Boys Event #
101	11-12 100 Freestyle	102
103	10 & Under 100 Freestyle	
104	11-12 50 Backstroke	105
106	10 & Under 50 Backstroke	
107	11-12 50 Breaststroke	108
109	10 & Under 50 Breaststroke	
110	11-12 100 Butterfly	111
112	10 & Under 100 Butterfly	
113	11-12 100 Backstroke	114
115	10 & Under 100 Backstroke	
116	11-12 100 Breaststroke	117
118	10 & Under 100 Breaststroke	
119	11-12 50 Butterfly	120
121	10 & Under 50 Butterfly	
122	11-12 50 Freestyle	123
124	10 & Under 50 Freestyle	

### Session 2 - 13-14 Prelims/10U Boys Timed Finals

Saturday 5/18/24 11:30AM Warm Up  
12:35PM Start - 3 Hour Session

Girls Event #	Event	Boys Event #
201	13-14 200 Freestyle (Timed Final)	202
	10 & Under 100 Freestyle	203
204	13-14 100 Backstroke	205
	10 & Under 50 Backstroke	206
207	13-14 100 Breaststroke	208
	10 & Under 50 Breaststroke	209
210	13-14 100 Butterfly	211
	10 & Under 50 Butterfly	212
213	13-14 200 IM	214
	10 & Under 200 IM	215
216	13-14 100 Freestyle	217
	10 & Under 50 Freestyle	218
219	13-14 50 Freestyle	220

**Session 3 - 15+ Prelims**  
 Saturday 5/18/24 4:00PM Warm Up  
 5:05PM Start - 3 Hour Session

Girls Event #	Event	Boys Event #
301	15 & Over 200 Freestyle (Timed Final)	302
303	15 & Over 100 Backstroke	304
305	15 & Over 100 Breaststroke	306
307	15 & Over 100 Butterfly	308
309	15 & Over 200 IM	310
311	15 & Over 100 Freestyle	312
313	15 & Over 50 Freestyle	314

**Session 4 – Distance**  
 Sunday 5/19/24 8:00AM Warm Up 8:30AM Start  
 Distance Events Max Timeline 1.5 Hours  
 Session must end by 10:00AM  
**SWIMMERS MUST PROVIDE THEIR OWN TIMER AND COUNTER**

	Event	Event #
	Mixed 400 IM	401
	Mixed 800 Freestyle	402

**Session 5 – FINALS**

Sunday 5/19/24 10:10AM Warm UP – 11:15AM Start

Girls Event #	Event	Boys Event #
101	11-12 100 Freestyle	102
303	15 & Over 100 Backstroke	304
104	11-12 50 Backstroke	105
204	13-14 100 Backstroke	205
305	15 & Over 100 Breaststroke	306
107	11-12 50 Breaststroke	108
207	13-14 100 Breaststroke	208
307	15 & Over 100 Butterfly	308
110	11-12 100 Butterfly	111
210	13-14 100 Butterfly	211
309	15 & Over 200 IM	310
113	11-12 100 Backstroke	114
213	13-14 200 IM	114
311	15 & Over 100 Freestyle	312
116	11-12 100 Breaststroke	117
216	13-14 100 Freestyle	217
313	15 & Over 50 Freestyle	314
119	11-12 50 Butterfly	120
219	13-14 50 Freestyle	220
122	11-12 50 Freestyle	123



## Metropolitan Swimming Photographer Registration Form

**All Metropolitan Swimming Teams need to include this in the meet information packet. Please file this form with the Safety 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 a 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 \_\_\_\_\_