



**Spring Kickoff
May 10-11, 2025
Sanction #250507**

**Invited Team: AQUA, BAD, BGNW, Condors, HAA, SAC, TS, TVSC, other teams
interested please contact Ginny Nussbaum at
gnussbaum@longislandswimming.com**

Spring Kickoff

May 10-11, 2025

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 250507
LOCATION:	Nassau County Aquatic Center & The Freedom Pool Eisenhower Park, East Meadow, NY 11554
FACILITY:	Aquatic Center 1 X 10 Lane by 50-meter competition pool w/ 2-meter min depth Freedom Pool 1 X 9 Lane by 50-meter competition pool w/ 2-meter min depth The competition course Has Not been certified in accordance with Article 104.2.2C (4)
SESSIONS:	Session One –12&U-Saturday in Aquatic Center & Freedom Pool Warm-up 8:00 am Start 9:00 am Session Two –13&O–Saturday in Aquatic Center & Freedom Pool Warm-up 1:00 pm-Start 2:00 pm Session Three-13&O- Sunday in Aquatic Center & Freedom Pool Warm-up 8:00 am Start 9:00 am Session Four –12&U–Sunday in Aquatic Center & Freedom Pool Warm-up 1:00 pm Start 2:00 pm 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 prior to the event.
FORMAT:	The meet is a Timed Final Event and will be Deck-Seeded. The Freedom Pool and the Aquatic Center will be used if needed. Location of events will be announced no later than the Tuesday prior to the start of the event.
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. 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 10, 2025 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:	All Athletes are limited to enter 3 events per session. Deck entries will not be accepted. NT's will not be accepted U.S. Mail Payment to: Ginny Nussbaum , 750 Stewart Ave Unit F, Garden City, NY 11530 Invited Teams entries only. Hy-Tek Email entries will be accepted. Email Entries/Confirm Entry Receipt: entries.liac@gmail.com 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.
DEADLINE:	Entries must be received by: April 29th, 2025 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 \$10.00 per individual event must accompany the entries. There is a \$20.00 facility fee/athlete. Make check payable to: Long Island Swimming . Payment must be received by May 10, 2025 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. Zelle payment is preferred – gnussbaum@longislandswimming.com Long Island Swimming, LTD U.S. Mail Payment to: Ginny Nussbaum , 750 Stewart Ave Unit F, Garden City, NY 11530
WARM-UP:	Athletes will be assigned specific lanes and time. Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet
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:	Individual Events will be awarded as 1st – 10th Place for all 12&U athletes. Medals for 1st through 3rd, Ribbons 4th-10th.
OFFICIALS:	Meet Referee: Darryl Strabuk, liacofficials@longislandswimming.com Meet Admin: Ginny Nussbaum gnussbaum@longislandswimming.com Officials wishing to volunteer should contact Meet Referee by May 10, 2025
MEET DIRECTOR:	Ginny Nussbaum 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. 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. The overhead start procedure may be used at the discretion of the Meet Referee.
SAFETY:	All swimmers must wear footwear upon leaving the pool area. Metropolitan Safety Guidelines 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”. Nassau County Lifeguards and an AED are on site.
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:	Competition pools w/ 2-meter min depth from wall to wall.
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, restrooms, or locker rooms
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 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.
DECK CHANGING:	Deck Changes are prohibited.
ADMISSION:	Spectators will be permitted in the Aquatic Center ONLY . Events in the Freedom Pool will be Live Streamed ONLY .

	<p>Pre-Sale Admission Tickets are available here: http://www.longislandswimming.com/hosted-meets.html</p> <p>\$45.00/ All Sessions = 4 sessions. The original ticket must be presented each session along with the wristband, which will be given upon entering the facility for the first session.</p> <p>There is a \$10 CASH fee for a lost/removed wristband. No exceptions. A \$15.00 CASH fee will be charged if the original ticket is not presented.</p> <p>\$15/session</p> <p>\$25.00/session Cash only at Door</p> <p>Programs and heat sheets will be available on Meet Mobile.</p>
Concession:	The Nassau County Aquatic Center operates a concession stand. No glass will be permitted on the deck.
PARKING:	There is ample parking.
DIRECTIONS:	<p>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.</p> <p>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.</p>



LONG ISLAND AQUATIC CLUB

Presents

The Spring Kickoff Invitational

May 10-11 , 2025

To be held at Nassau County Aquatic Center & The Freedom Pool, Eisenhower Park, East Meadow, New York

SESSION I

SATURDAY, MAY 10, 2025

12&U Girls and Boys Warmup in the Aquatic Center & Freedom Pool 8:00 am Start 9:00 am

Girls	Event	Boys
1	11 & 12 200 m Freestyle	2
3	10 & Under 100 m Freestyle	4
5	11 & 12 50 m Butterfly	6
7	10 & Under 100 m Butterfly	8
9	11 & 12 200 m Backstroke	10
11	10 & Under 50 m Breaststroke	12
13	11 & 12 50 m Breaststroke	14
15	10 & Under 50 m Backstroke	16
17	11 & 12 Under 200 m IM	18
19	10 & U 200 m IM	20

SESSION II

SATURDAY, MAY 10 , 2025

13&O Girls and Boys Warmup in the Aquatic Center & Freedom Pool 1:00 pm Start 2:00 pm

Girls	Event	Boys
21	13 – 14 200 m Freestyle	22
23	15 & Over 100 m Freestyle	24
25	13 – 14 100 m Butterfly	26
27	15 & Over 200 m Butterfly	28
29	13 – 14 200 m Breaststroke	30
31	15 & Over 100 m Breaststroke	32
33	13 – 14 100 m Backstroke	34
35	15 & Over 200 m Backstroke	36
37	13 – 14 200 m IM	38
39	15 & Over 200 m IM	40
41	13 & O 800 m Freestyle	42

800 Freestyles will be swum Fast to Slow



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SESSION III

SUNDAY, MAY 11, 2025

13&O Girls and Boys warmup in the Aquatic Center & Freedom Pool 8:00 am Start 9:00 am

Girls	Event	Boys
43	13 – 14 100 m Freestyle	44
45	15 & Over 200 m Freestyle	46
47	13 – 14 100 m Breaststroke	48
49	15 & Over 200 m Breaststroke	50
51	13 – 14 200 m Butterfly	52
53	15 & Over 100 m Butterfly	54
55	13 – 14 200 m Backstroke	56
57	15 & Over 100 m Backstroke	58
59	13 – 14 50 m Freestyle	60
61	15 & Over 50 m Freestyle	62
63	13&O 400 m Freestyle	64

SESSION IV

SUNDAY, MAY 11, 2025

12&U Girls and Boys Warmup in the Aquatic Center & Freedom Pool 12:00 pm Start 1:00 pm

Girls	Event	Boys
65	10 & Under 50 m Freestyle	66
67	11 & 12 50 m Freestyle	68
69	10 & Under 50 m Butterfly	70
71	11 & 12 100 m Butterfly	72
73	10 & Under 100 m Backstroke	74
75	11 & 12 50 m Backstroke	76
77	10 & Under 100 m Breaststroke	78
79	11 & 12 100 m Breaststroke	80
81	10 & Under 200 m Freestyle	82
83	11-12 100m Freestyle	84

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.



Metropolitan Swimming Photographer Registration Form

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.

FLASH PHOTOGRAPHY IS NOT 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 the Meet Referee. They must adhere to the following guidelines:

Do not stand on the starting end of the pool or in the starter's box. The 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 _____