

Junior Metropolitan Championships

Hosted By:



March 13-15, 2026

Friday, Saturday, Sunday

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number - 260300

General Chairmen:	David Rodriguez	Meet Director: Dominick Boccio
Age Group Chairman:	Jonah Montgomery / John Yearwood	
Coach Representative:	Zac Hojnacki	
Athlete Representative:	Jacqueline Wong	
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 entry file to

entries.liac@gmail.com

Junior Metropolitan Championships

March 13 - 15, 2026

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc. Sanction # 260300
LOCATION:	Nassau County Aquatic Center Eisenhower Park, East Meadow, NY 11554
FACILITY:	Aquatic Center 2 X 10 Lane by 25 Yard competition pool w/ 2-meter min depth The competition course Has been certified in accordance with Article 104.2.2C (4). The copy of such certification is on file with USA Swimming. Colorado Timing System, scoreboard readouts, Hy-Tek meet manager 6 Lane by 25 meter warm-up pool w/ 2 meter min depth
SESSIONS:	Friday, Saturday, Sunday Prelims: Warm-up: 7:00 am Meet: 8:30 am Finals: Warm-up: 5:30 pm Meet: 6:30 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 before the event.
FORMAT:	<ul style="list-style-type: none"> • Short Course Yards • Age Groups: 10 & Under, 11-12, 13-14 • 10 & Under Format – <ul style="list-style-type: none"> ○ 10 & Under individual events and relays will be swum as Timed Final events as part of preliminary sessions. ○ 10 & Under Boys and 10 & Under Girls will compete in two separate East and West pools (alternating days). ○ All events will be swum as a combined age group of 10 & Under. Scoring will be separated for the 10 & Under events; 10-year-olds will score separately from the 9 and Unders. • 11-14 Format – <ul style="list-style-type: none"> ○ 11-12 will swim as an age group in all preliminary sessions. ○ 13-14 will swim as an age group in all preliminary sessions. ○ Age groups and genders will be split between two separate East and West pools (alternating days) for preliminaries only. ○ 11 & 12 400 IM and 500 Free, 13-14 1000 Free, and all relays will be swum as Timed Finals as part of the preliminary sessions. ○ Timed Final events will be swum as a combined age group (11-12 or 13-14). ○ 13-14 500 Free will swim Fast to Slow in Prelims <p><i>Except for the Timed Final events and all relays, Swimmers will advance to finals using the following format:</i></p> <ul style="list-style-type: none"> ▪ A1 Final: The Top 10 even-age athletes (12 or 14) from the preliminaries. ▪ A2 Final: The Top 10 odd-age athletes (11 or 13) from the preliminaries. • <i>At Finals, the A2 Final (11 or 13) will swim first, followed by the A1 Final (12 or 14).</i>
ELIGIBILITY:	<p>Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.</p> <p>No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.</p> <p>All swimmers participating in this meet must be registered by the first day of the meet. There will be no on deck registration at this meet.</p> <p>Age on March 13, 2026, will determine the age for the entire meet.</p>
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

	<p>qualification standards for the meet will be USA Swimming LSC Para Times located HERE.</p>
ENTRIES:	<p>All entries will be submitted via a file, Hy-Tek &/or TU, to entries.liac@gmail.com</p> <p>A Master Sheet with proof of time must accompany all entries in the entry email.</p> <p>Entry times must equal or better the qualifying standards. 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, 2025 and the meet entry deadline.</p> <p>A swimmer may enter any number of events but swim no more than three (3) individual events per day for nine (9) individual events over the course of the three (3) day meet. If a swimmer is scratched from the 1000 Freestyle because of the two-heat limit, a 4th event may be selected that day instead of the distance event.</p> <p>Swimming exhibition or Deck Entries (including relay-only swimmers) will not be permitted.</p> <p>Each relay must consist of at least two (2) athletes entered in individual events. Relay-only Swimmers must be entered with the final entry file to be eligible to swim.</p> <p>Email questions to entries.liac@gmail.com.</p>
RELAYS:	<p>Relay Entries must be submitted with Individual Entries on either a HY-Tek or TU file. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation one (1) hour prior to the start of the relays.</p> <p>However, the relay order may be changed, with the Clerk of Course, up to the start of the relay event. Relay swimmers' names must be submitted in the order in which they will swim.</p> <p>Each relay must be made of at least 2 athletes entered in individual events. Relay only Swimmers must be entered on the final accepted entry file to be eligible to swim.</p>
DEADLINE:	<p>An entry file must be emailed to entries.liac@gmail.com between February 1, 2026 and March 3, 2026. This entry deadline date allows any swims achieved through Monday, March 2, 2026 to be submitted prior to the deadline. Entries must be emailed to entries.liac@gmail.com by 11:59 PM on March 3, 2026.</p> <p>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 two (2) days.</p> <p>For swimmers qualifying for the first time, or newly qualified events achieved by already entered swimmers, between March 4, 2026 through March 8, 2026, coaches must send an email with the information on new entries ONLY no later than NOON (12:00 PM) Monday, March 9th, 2026 to entries.liac@gmail.com. First time qualifiers, or newly qualified events achieved by already entered swimmers must be included in the body of the email. No new entry files will be accepted.</p> <p><u>New Cuts ONLY. NO Time Updates.</u></p>
CORRECTIONS:	<p>The psych sheets, following the initial entry deadline of March 3, 2026, will be posted on http://www.longislandswimming.com/hosted-meets.html. Clubs will be given until 2:00 PM on Thursday, March 5, 2026, to email corrections from their final submitted file to entries.liac@gmail.com. No new entry files will be accepted and corrections must be sent within the body of the email.</p> <p>No exceptions will be made to this deadline. No improvements in seed time will be accepted.</p> <p>Any corrections submitted after 2:00 PM Thursday, March 5, 2026, will be considered late. These late corrections are separate from the above-described FIRST-TIME qualifiers.</p>

	<p>These late corrections will be accepted by email only from 2:01 PM Thursday, March 5, 2026, to NOON (12:00 PM) Monday, March 9, 2026. Information on these late corrections must be included in the body of the email. No new entry files will be accepted.</p> <p>\$50.00 will be billed for each late correction made during this timeframe.</p> <p>Payment for these late corrections should be made through Zelle or at the head table by CHECK or CASH ONLY before receiving heat sheets 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.</p> <p>Payment through Zelle is appreciated - Long Island Swimming, LTD: gnussbaum@longislandswimming.com</p> <p>Clubs not set up with Zelle, please submit a check payment made payable to Long Island Swimming.</p> <p>Long Island Aquatic Club is not responsible for entry errors based on incorrect entry files, computer/server errors, software bugs, USA Swimming website maintenance or bugs etc.</p>
ENTRY FEE:	<p>\$9.00 per individual Prelim/Final Event / \$7.50 per individual Timed Final Event \$20.00 per Relay Event \$5.00 per swimmer for Metro Surcharge (including relay-only swimmers). \$10.00 per swimmer Athlete Surcharge</p> <p>Payment through Zelle is appreciated - Long Island Swimming, LTD:gnussbaum@longislandswimming.com</p> <p>Clubs not set up with Zelle, please submit a check payment made payable to Long Island Swimming.</p> <p>Host Club may waive meet entry fees & athlete surcharge for registered outreach swimmers. Coaches should contact the Meet Director and identify registered swimmers whom they wish considered for waiver of fees prior to the entry deadline of March 3, 2026.</p>
SCORING:	<p>Individual Events Points (1st – 10th Place) – 11-9-8-7-6-5-4-3-2-1</p> <ul style="list-style-type: none"> ▪ Scored by following Ages: 9 & Under, 10, 11, 12, 13, and 14 <p>Relay Events Points (1st – 20th Place) –</p> <ul style="list-style-type: none"> ▪ 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2 ▪ Only two (2) relays per club may score
WARM-UP:	<p>Warm-up lanes and times will be assigned to each team. All swimmers must be supervised by a coach. All swimmers must enter feet first from the start end of each competition pool.</p> <p>Following the assigned warm-up, the competition pool will be open to all teams for a period of time dedicated to one-way sprints and pace session.</p> <p>During this timeframe Lanes 3-8 will be open for one-way sprints; Lanes 2 & 9 will remain as general warm-up, and Lanes 1 & 10 will be designated for pace. No diving will be permitted except in designated sprint lanes.</p> <p>The diving pool will remain open for general warm-up.</p>
SCRATCH:	<p>Scratches for All 14 & Under Prelim and Timed Final Events are due 5:30 PM the night before the competition.</p> <p>Friday Events are due by email to scratch.liac@gmail.com Thursday, 3/12/26, 5:30 PM.</p>

	<p>Saturday Events are due to the Clerk of Course Table and/or emailed to scratch.liac@gmail.com by Friday, 3/13/26, 5:30 PM.</p> <p>Sunday Events are due to the Clerk of Course Table and/or emailed to scratch.liac@gmail.com by Saturday, 3/14/26, 5:30 PM.</p> <p>Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES. Coaches must make sure that their swimmers understand that once they are scratched, they will not be re-entered in the session. Coaches should inform their swimmers to leave plenty of time for traffic, etc.</p> <p>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.</p> <p>Scratches and or Intent to Scratch for Finals are due to the Clerk of Course thirty (30) minutes from the announcement of the Preliminary Heat Results.</p> <p>A swimmer qualifying for any finals swim, based upon the results of the prelims, must notify the Clerk of Course within thirty (30) minutes after the announcement of the qualifiers for that event that they may not intend to compete (Intent to Scratch), and further must declare their intention for that event within thirty (30) minutes following their last preliminary event of that session.</p> <p>A swimmer who misses a final will be barred from the rest of the meet. If this occurs on the last session of the meet the swimmer's club will be fined \$150.00 per occurrence as per Metropolitan Swimming Policy and Procedures.</p> <p>It is the coaches' responsibility to check and make sure their athletes are properly scratched out of finals, and that they have not been moved into the final session. Coaches should not leave the competition deck until their swimmers' events are closed.</p>
COACHES:	<p>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.</p> <p>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.</p>
TIME TRIALS:	Will Not Be Contested.
AWARDS:	<p>Individual Events (1st – 10th Place), Medals for 1st – 3rd, Ribbons for 4th – 10th</p> <ul style="list-style-type: none"> Awarded by the following Ages: 9 & Under, 10, 11, 12, 13, and 14 <p>Relay Events (1st – 10th Place) – Medals for 1st – 3rd, Ribbons for 4th – 10th.</p> <p>Individual High Point Awards: 1st – 3rd for 9 & Under, 10, 11, 12, 13, and 14.</p> <p>Combined Team Awards (1st – 3rd Place): 10 & Under, 11-12, 13-14</p> <p>Overall 14 & Under Team Award</p>
OFFICIALS:	<p>Meet Referee: Darryl Strabuk Meet Admin: Karla Spiegel</p> <p>Officials wishing to volunteer should contact Meet Referee by email at liacofficials@longislandswimming.com</p>
MEET DIRECTOR:	<p>Dominick Boccio, contact information phone: 516-378-8467, Email: dboccio@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.</p>

RULES:	<p>Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.</p> <p>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.</p>
PROTESTS:	All competition-related protests, including protests concerning eligibility and representation, must be made to the Meet Referee and submitted in writing within thirty (30) minutes after the race in which the alleged infraction occurred. Protests will be handled when they are presented to the Meet Director, by the Meet Committee.
SAFETY:	<p>All swimmers must wear footwear upon leaving the pool area.</p> <p>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.</p> <p>"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."</p> <p>Nassau County Lifeguards and an AED are on site.</p>
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:	The use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms. The use of audio or visual recording devices, including cell phones, is not permitted behind the starting blocks.
DECK CHANGING:	Deck Changes are Prohibited.
ADMISSION:	<p>Pre-sale discounted admission tickets will be available on http://www.longislandswimming.com/hosted-meets.html</p> <p>\$70.00/ All Junior Mets Sessions = 3 prelim/3 final tickets/weekend.</p> <p>\$14/session Junior Mets = 1 prelim or 1 final session/day.</p> <p>\$25.00/session Cash ONLY at Door</p> <p>The original ticket must be presented for 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 \$25.00/session CASH fee will be charged if the original ticket is not presented.</p> <p>Programs and heat sheets will be available on Meet Mobile.</p>

MERCHANT:	A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck. Hobieswim will be available virtually throughout the entire meet.
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.
PHOTO 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.
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.
CONCESSION:	A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.
ATTESTATION STATEMENT:	In applying for this sanction, Long Island Aquatic Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Metropolitan Swimming, the State of New York, and local jurisdictions.
PARKING:	Ample free parking is available in the park.
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>

Friday 3/13/26 8:30 AM **Pool location will be finalized and posted after the entry has closed**

EAST POOL: 10&U Boys Timed Finals. 11-12 Girls, 13-14 Boys Preliminaries & Timed Finals.

Session #1

Event	Odd Year QT	Even Year QT	Event
1	5:29.99	5:20.19	GIRLS 11-12 400 Individual Medley – TIMED FINAL
4	4:47.09	4:39.79	BOYS 13-14 400 Individual Medley
6	2:59.99	2:52.39	BOYS 10 & U 200 Individual Medley
7	NQT	NQT	GIRLS 11-12 400 Freestyle Relay – TIMED FINAL
10	NQT	NQT	BOYS 13-14 400 Freestyle Relay – TIMED FINAL
12	NQT	NQT	BOYS 10&U 400 Freestyle Relay – TIMED FINAL
13	32.09	30.29	GIRLS 11-12 50 Butterfly
16	1:02.19	1:00.29	BOYS 13-14 100 Backstroke
18	39.09	36.99	BOYS 10&U 50 Backstroke
19	1:11.99	1:08.49	GIRLS 11-12 100 Backstroke
22	2:33.39	2:29.39	BOYS 13-14 200 Breaststroke
24	46.49	43.09	BOYS 10&U 50 Breaststroke
25	2:59.99	2:52.69	GIRLS 11-12 200 Breaststroke
28	55.09	52.19	BOYS 13-14 100 Freestyle
30	1:15.99	1:09.59	BOYS 10&U 100 Freestyle
31	1:03.49	1:00.29	GIRLS 11-12 100 Freestyle
34	10:55.99	10:40.99	BOYS 13-14 1000 Freestyle - TIMED FINAL*

Limit 2 heats*

Friday 3/13/26 8:30 AM **Pool location will be finalized and posted after the entry has closed**

WEST POOL: 10&U Girls Timed Finals. 11-12 Boys, 13-14 Girls Preliminaries & Timed Finals.

Session #1

Event	Odd Year QT	Even Year QT	Event
2	5:29.99	5:18.09	BOYS 11-12 400 Individual Medley – TIMED FINAL
3	5:02.39	4:57.59	GIRLS 13-14 400 Individual Medley
5	2:59.99	2:50.39	GIRLS 10 & U 200 Individual Medley
8	NQT	NQT	BOYS 11-12 400 Freestyle Relay – TIMED FINAL
9	NQT	NQT	GIRLS 13-14 400 Freestyle Relay – TIMED FINAL
11	NQT	NQT	GIRLS 10&U 400 Freestyle Relay – TIMED FINAL
14	32.49	30.89	BOYS 11-12 50 Butterfly
15	1:05.19	1:03.99	GIRLS 13-14 100 Backstroke
17	39.49	36.89	GIRLS 10&U 50 Backstroke
20	1:11.99	1:08.79	BOYS 11-12 100 Backstroke
21	2:41.19	2:38.79	GIRLS 13-14 200 Breaststroke
23	45.49	42.29	GIRLS 10&U 50 Breaststroke
26	2:59.99	2:53.59	BOYS 11-12 200 Breaststroke
27	57.69	56.39	GIRLS 13-14 100 Freestyle
29	1:15.49	1:10.19	GIRLS 10&U 100 Freestyle
32	1:03.19	1:00.09	BOYS 11-12 100 Freestyle
33	11:15.99	11:03.99	GIRLS 13-14 1000 Freestyle - TIMED FINAL*

Limit 2 heats*

Friday 3/13/26 Finals Session #2

GIRLS

3
13
15
19
21
25
27
31

EVENT

13-14 400 Individual Medley
11-12 50 Butterfly
13-14 100 Backstroke
11-12 100 Backstroke
13-14 200 Breaststroke
11-12 200 Breaststroke
13-14 100 Freestyle
11-12 100 Freestyle

BOYS

4
14
16
20
22
26
28
32

Saturday 3/14/26 8:30 AM **Pool location will be finalized and posted after the entry has closed**

WEST POOL: 10&U Boys Timed Final. 11-12 Girls, 13-14 Boys Preliminaries & Timed Finals.
Session #3

Event	Odd Year QT	Even Year QT	Event
35	NQT	NQT	GIRLS 11-12 200 Freestyle Relay – TIMED FINAL
38	NQT	NQT	BOYS 13-14 200 Freestyle Relay – TIMED FINAL
40	NQT	NQT	BOYS 10&U 200 Freestyle Relay – TIMED FINAL
41	2:34.49	2:27.59	GIRLS 11-12 200 Individual Medley
44	2:14.79	2:09.79	BOYS 13-14 200 Individual Medley
46	1:27.49	1:20.49	BOYS 10& U 100 Individual Medley
47	33.79	31.89	GIRLS 11-12 50 Backstroke
50	1:10.69	1:07.79	BOYS 13-14 100 Breaststroke
52	33.69	31.29	BOYS 10 &U 50 Freestyle
53	1:23.49	1:19.49	GIRLS 11-12 100 Breaststroke
56	2:20.39	2:16.39	BOYS 13-14 200 Butterfly
58	1:34.99	1:27.19	BOYS 10 & U 100 Butterfly
59	2:46.99	2:40.09	GIRLS 11-12 200 Butterfly
62	1:59.99	1:54.79	BOYS 13-14 200 Freestyle
63	2:18.99	2:11.49	GIRLS 11-12 200 Freestyle
66	NQT	NQT	BOYS 13-14 200 Medley Relay – TIMED FINAL
67	NQT	NQT	GIRLS 11-12 200 Medley Relay – TIMED FINAL
70	7:14.99	6:45.99	BOYS 10 & U 500 Freestyle

Saturday 3/14/26 8:30 AM **pool location will be finalized and posted after the entry has closed**

EAST POOL: 10&U Girls Timed Final. 11-12 Boys, 13-14 Girls Preliminaries & Timed Finals.
Session #3

Event	Odd Year QT	Even Year QT	Event
36	NQT	NQT	BOYS 11-12 200 Freestyle Relay – TIMED FINAL
37	NQT	NQT	GIRLS 13-14 200 Freestyle Relay – TIMED FINAL
39	NQT	NQT	GIRLS 10&U 200 Freestyle Relay – TIMED FINAL
42	2:34.49	2:27.59	BOYS 11-12 200 Individual Medley
43	2:21.19	2:18.79	GIRLS 13-14 200 Individual Medley
45	1:25.99	1:20.99	GIRLS 10& U 100 Individual Medley
48	33.79	31.89	BOYS 11-12 50 Backstroke
49	1:14.59	1:13.39	GIRLS 13-14 100 Breaststroke
51	33.49	31.89	GIRLS 10 &U 50 Freestyle
54	1:24.59	1:18.79	BOYS 11-12 100 Breaststroke
55	2:27.19	2:24.79	GIRLS 13-14 200 Butterfly
57	1:32.99	1:26.99	GIRLS 10 & U 100 Butterfly
60	2:46.99	2:40.09	BOYS 11-12 200 Butterfly
61	2:05.19	2:02.79	GIRLS 13-14 200 Freestyle
64	2:18.99	2:09.59	BOYS 11-12 200 Freestyle
65	NQT	NQT	GIRLS 13-14 200 Medley Relay – TIMED FINAL
68	NQT	NQT	BOYS 11-12 200 Medley Relay – TIMED FINAL
69	7:14.99	6:44.99	GIRLS 10 & U 500 Freestyle

Saturday 3/14/26 Finals Session #4

GIRLS

41
43
47
49
53
55
59
61
63

EVENT

11-12 200 Individual Medley
13-14 200 Individual Medley
11-12 50 Backstroke
13-14 100 Breaststroke
11-12 100 Breaststroke
13-14 200 Butterfly
11-12 200 Butterfly
13-14 200 Freestyle
11-12 200 Freestyle

BOYS

42
44
48
50
54
56
60
62
64

Sunday 3/15/26 8:30 AM **pool location will be finalized and posted after the entry has closed**

EAST POOL: Boys 10&U Timed Final. 11-12 Girls, 13-14 Boys Preliminaries & Timed Finals.

Session # 5

Event	Odd Year QT	Even Year QT	Event
71	1:12.99	1:09.79	GIRLS 11-12 100 Individual Medley
74	NQT	NQT	BOYS 10&U 200 Medley Relay – TIMED FINAL
76	NQT	NQT	BOYS 13-14 400 Medley Relay – TIMED FINAL
77	NQT	NQT	GIRLS 11-12 400 Medley Relay – TIMED FINAL
80	38.49	36.29	BOYS 10&U 50 Butterfly
81	38.69	36.59	GIRLS 11-12 50 Breaststroke
84	1:01.69	58.99	BOYS 13-14 100 Butterfly
86	1:26.99	1:20.29	BOYS 10 & U 100 Backstroke
87	1:14.29	1:08.99	GIRLS 11-12 100 Butterfly
90	2:15.89	2:11.89	BOYS 13-14 200 Backstroke
91	2:35.99	2:29.59	GIRLS 11-12 200 Backstroke
94	1:39.99	1:34.19	BOYS 10&U 100 Breaststroke
96	25.39	24.39	BOYS 13-14 50 Freestyle
97	29.29	27.89	GIRLS 11-12 50 Freestyle
100	2:42.49	2:32.39	BOYS 10&U 200 Freestyle
101	6:05.99	5:54.99	GIRLS 11-12 500 Freestyle – TIMED FINAL
104	5:21.79	5:11.89	BOYS 13-14 500 Freestyle – Swum Fast to Slow

Sunday 3/15/26 8:30 AM **pool location will be finalized and posted after the entry has closed**

WEST POOL: Girls 10&U Timed Final. 11-12 Boys, 13-14 Girls Preliminaries & Timed Finals.

Session # 5

Event	Odd Year QT	Even Year QT	Event
72	1:12.99	1:09.79	BOYS 11-12 100 Individual Medley
73	NQT	NQT	GIRLS 10&U 200 Medley Relay – TIMED FINAL
75	NQT	NQT	GIRLS 13-14 400 Medley Relay – TIMED FINAL
78	NQT	NQT	BOYS 11-12 400 Medley Relay – TIMED FINAL
79	38.49	36.49	GIRLS 10&U 50 Butterfly
82	38.99	36.49	BOYS 11-12 50 Breaststroke
83	1:04.09	1:02.89	GIRLS 13-14 100 Butterfly
85	1:25.99	1:19.99	GIRLS 10 & U 100 Backstroke
88	1:13.49	1:09.99	BOYS 11-12 100 Butterfly
89	2:19.49	2:17.09	GIRLS 13-14 200 Backstroke
92	2:36.99	2:32.59	BOYS 11-12 200 Backstroke
93	1:39.29	1:33.19	GIRLS 10&U 100 Breaststroke
95	26.69	26.09	GIRLS 13-14 50 Freestyle
98	29.29	27.49	BOYS 11-12 50 Freestyle
99	2:39.99	2:31.19	GIRLS 10&U 200 Freestyle
102	6:05.99	5:51.99	BOYS 11-12 500 Freestyle – TIMED FINAL
103	5:32.99	5:26.99	GIRLS 13-14 500 Freestyle – Swum Fast to Slow

Sunday 3/15/26 Finals Session # 6

GIRLS

71
103
81
83
87
89
91
95
97

EVENT

11-12 100 Individual Medley
13-14 500 Freestyle
11-12 50 Breaststroke
13-14 100 Butterfly
11-12 100 Butterfly
13-14 200 Backstroke
11-12 200 Backstroke
13-14 50 Freestyle
11-12 50 Freestyle

BOYS

72
104
82
84
88
90
92
96
98

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 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.



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 _____