



**Spring Kickoff Invite
May 11-12, 2019
Sanction # 190502**

Invited Teams: AGUA, BAC, BAD, BGNW, CAT(NJ),CONDORS, FA, GAEL, HAA, LGAC, NFS, NYSA, SSC, TS, TVSC, WYW(CT), other teams interested please contact Ginny Nussbaum at gnussbaum@longislandswimming.com

Spring Kickoff Invite

May 11-12, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 190502
- LOCATION:** Nassau County Aquatic Center
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 10 Lane by 50 meter competition pool w/ 2 meter min depth
The pool **Has Not been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session One – 12&U – Saturday May 11 warm-up 8-8:50am Start 9am
Session Two – Open 800 Free – Saturday May 11 – warm-up 1:30pm Start 2pm
Session Three – Open – Saturday May 11 warm-up 4-4:50pm Start 5pm
Session Four – 12&U – Sunday May 12 warm-up 8-8:50am Start 9am
Session Five – Open – Sunday May 12 warm-up 1:30-2:20pm Start 2:30pm
- FORMAT:** The meet is a Timed Final Event
The meet will be Deck Seeded
- ELIGIBILITY:** Open to all USA Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on **May 11, 2019** will determine age for the entire meet.
- ENTRIES:** All Athletes are limited to enter 3 events per session.
Deck entries will not be accepted.
NT's will not be accepted
Invited Teams entries only.
Hy-Tek Email entries will be accepted
- U.S. Mail Payment to: Leanne Herrera, 750F Stewart Ave., Garden City, NY 11530
Email Entries/Confirm Entry Receipt: entries.liac@gmail.com
An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- QUALIFYING TIMES:** Times must be achieved between January 1, 2018 and May 2, 2019 dates inclusive. Long Course Meters (LCM) qualifying times will be seeded first, followed by Short Course Yard (SCY) qualifying times, followed by Short Course Meters (SCM) qualifying times. All qualifying individual times must be provable at the meet. There are no Upper Time Limits for this meet. Times not provable will be scratched and not be seeded into the event. The qualifying standards for 12 & under events will be the 2017 B national age group time standards and for 13 & over events the standard will be the 2017 BB national age group time standards by age group which can be found at [www.usaswimming.org/ Rainbow/Documents/19cf506c-9519-45c1-af94-f835a1e4529/2020MotivationalTimes-Top16.pdf](http://www.usaswimming.org/Rainbow/Documents/19cf506c-9519-45c1-af94-f835a1e4529/2020MotivationalTimes-Top16.pdf)
- DEADLINE:** Entries must be received by : May 1, 2019 Invited clubs' qualifying athletes will be entered on a first come / first serve basis
- ENTRY FEE:** An entry fee of \$7.00 per individual event must accompany the entries.
There is a \$10.00 facility fee/athlete
Make check payable to: **Long Island Swimming**
Payment must be received by **May 11, 2019** 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.
- WARM-UP:** General warm up with assigned lanes for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be distributed along with the scratch sheet each session.
- 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 draw a line through an individual event to indicate clearly that individual event is a scratch or when an athlete is out of the session completely draw a line through the swimmers name who 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:** 1st – 10th place awards will be given to the 12&U athletes. Events 19 & 20 will be awarded for 1st-10th for both 10&U and 11-12. Both 9-10 and 8&U awards will be given in the 10&U events.
- OFFICIALS:** **Meet Referee:** Rich Brown, rmbrown173@icloud.com
Meet Admin: Danielle Baldwin
Officials wishing to volunteer should contact Meet Referee by **May 11, 2019**
- MEET DIRECTOR:** **Askelos,** askelos@longislandswimming.com 516.378.8467 – **Questions concerning the meet will only be entertained when communicated via a certified coach on an invited team.**
- 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.
- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, behind the starting blocks or locker rooms
- 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.
- 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 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. 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.
- 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.
- DECK CHANGING:** Is Prohibited
- ADMISSION:** All tickets will be sold online - <http://www.longislandswimming.com/hosted-meets.html>
\$8.35 Adult / Session -
All children over the age of 3 require a ticket
Meet heat sheets will be available on meet mobile / No programs will be sold
AT DOOR ADMISSION:
\$20.00 per session cash only –
- MERCHANTS:** A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck. Hobbieswim will be available throughout the entire meet

PARKING: There is ample free parking available in the 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 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.

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.



LONG ISLAND AQUATIC CLUB
Presents
The Spring Kickoff Invitational
May 11-12, 2019

To be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York

SESSION I

SATURDAY MAY 11, 2019

WARM-UP 8AM START 9AM

SESSION IV

SUNDAY MAY 12, 2019

WARM-UP 8AM START 9AM

WOMEN	EVENT	MEN		WOMEN	EVENT	MEN
1	11-12 200m free	2		33	10&U 200m Free	34
3	10&U 100m free	4		35	11-12 100m Free	36
5	11-12 50m Fly	6		37	10&U 50m Fly	38
7	10&U 100m Fly	8		39	11-12 100m Fly	40
9	11-12 200m back	10		41	10&U 100m Breast	42
11	10&U 50m back	12		43	11-12 200m Breast	44
13	11-12 50m breast	14		45	10&U 100m Back	46
15	10&U 50m breast	16		47	11-12 100m Back	48
17	11-12 50m Free	18		49	10&U 50m free	50
*19	12& U 400 m Free				12& U 400 m Free	*20

*MAY BE LIMITED TO 4 HEATS –

SESSION II

SATURDAY MAY 11, 2019

WARM-UP 1:30PM START 2PM Start time for session 2 may be moved earlier depending on the length of session 1

WOMEN	EVENT	MEN
21	OPEN 800m Free	22

SWIMMERS MUST PROVIDE THEIR OWN TIMER FOR SESSION II

SESSION III

SATURDAY MAY 11, 2019

WARM-UP 4PM START 5PM

SESSION V

SUNDAY MAY 12, 2019

WARM-UP 1:30PM START 2:30PM

WOMEN	EVENT	MEN		WOMEN	EVENT	MEN
23	OPEN 200m Free	24		51	OPEN 200m Fly	52
25	OPEN 100m Fly	26		53	OPEN 100m Breast	54
27	OPEN 200m Breast	28		55	OPEN 200m Back	56
29	OPEN 100m Back	30		57	OPEN 100m Free	58
31	OPEN 50m Free	32		59	OPEN 200m IM	60

**QUALIFYING
TIMES:**

Times must be achieved between January 1, 2018, and May 2, 2019, dates inclusive. Long Course Meters (LCM) qualifying times will be seeded first, followed by Short Course Yard (SCY) qualifying times, followed by Short Course Meters (SCM) qualifying times. All qualifying individual times must be provable at the meet. There are no Upper Time Limits for this meet. Times not provable will be scratched and not be seeded into the event. The qualifying standards for 12 & under events will be the 2017 B national age group time standards and for 13 & over events the standard will be the 2017 BB national age group time standards by age group which can be found at www.usaswimming.org/Rainbow/Documents/19cf506c-9519-45c1-af94-f835a1e4529/2020MotivationalTimes-Top16.pdf