



Hosted By:



March 9-11, 2018

Friday, Saturday, Sunday

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number - 180300

Important notice!

The 2018 SC Junior Olympics must be entered through the USA Swimming OME (on-line meet entry) system only. Entries will be accepted online at USA-S OME between January 1 & February 26, 2018 The MM events file is available on the Metro Web site for swimmers eligibility purposes only. Exported Entries from Team Manager - or any other program - will not be accepted.

General Chairmen:	John McIlhargy	Meet Director: Ginny Nussbaum
Age Group Chairman:	Dom Boccio / John Yearwood	
Coach Representative:	John Yearwood	
Athlete Representative:	Matt Keane / Jocelyn Fisher	
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)	

Metropolitan Junior Olympics

March 9th-11th, 2018

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc. **Sanction #180300**
- LOCATION:** Nassau County Aquatic Center
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 2 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)
- SESSIONS:** Fri., Sat., Sun. Prelims: Warm-up: 7:00 am Meet: 8:30 am Finals: Warm-up: 5:30 pm Meet: 6:30pm
- FORMAT:** 10 & under events, the 11&12 400 IM & 500 Free, 13-14 1000 Free and all relays are run as timed final. All other events are trials and final.
This will be a deck seeded 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.
Age on **March 9, 2018** will determine age for the entire meet.
- DISABILITY SWIMMER:** 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.
- ENTRIES:** 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, 2017 and the meet entry deadline.
- A swimmer may enter any number of events, but may swim no more than three (3) individual events per day for a total of nine (9) individual events. If scratched from the 1000 or 1650 because of two-heat limit, a 4th event may be selected.
- All entries, individual and relay, must be submitted through the USA Swimming OME System (no exceptions) between January 1st and February 26, 2018. This is the only accepted way to enter this meet.
Swimming exhibition or Deck entries (including relay only swimmers will not be permitted.)
- Each relay must be made of at least 2 athletes entered in individual events.**
Relay only Swimmers must be entered through the OME System to be eligible to swim.
- Reminder – please wait until your athletes have exhausted all of their chances to qualify or improve seed times before finalizing your entry and “check-out”. The OME System does not allow for swimmers to change or delete after closing on February 26, 2018**
- Entries' Report must be printed directly from OME after check out as a confirmation of entries.
Screen shots or emails will not be accepted as proof of entries!
- Email questions to : entries.liac@gmail.com
- DEADLINE:** Entries must be submitted through the USA Swimming OME System between January 1st and February 26, 2018. This entry date allows any swims achieved through Monday, February 26th to be submitted prior to the deadline. The OME System will close at 11:59pm on February 26, 2018. Entries will no longer be accepted on OME after the deadline. **For swimmers qualifying for the first time between February 27 and March 5 , coaches must send an email with information on new entries only no later than 11:59am Monday, March 5th to Leanne at entries.liac@gmail.com**
New cuts only. No time updates.

You must submit a working email address to receive an email confirming receipt of entries. Contact Leanne at entries.liac@gmail.com if you do not receive such a report within 2 days of your OME checkout.

ENTRY FEE: **\$6.30** per individual
\$10.50 per Relay Event
\$5.00 per swimmer for Metro Surcharge (including relay only swimmers).
Credit Card only at OME checkout.

Corrections: The psych sheets will be posted on <http://www.longislandswimming.com/hosted-meets.html> Clubs will be given until 9:00pm on Wednesday, February 28, 2018 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 9pm Wednesday, February 28, 2018 will be considered a late correction. These corrections will be accepted be email only from 9:01pm Wednesday, February 28, 2018 – 11:59 am Monday March 5, 2018.
\$5.50 will be billed for each correction made during this timeframe. Payment for these corrections will be payable at the head table by CREDIT CARD or CASH ONLY prior to receiving your scratch sheet.
In order 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/servers'errors, software bugs, etc.

TIME TRIALS: If time permits. A separate sanction number will be used for time trial purposes.
Time trials will be open only to swimmers who are entered in individual events in the meet.
Time Trials count as one of the 3 individual events limit per day.
Fee for time trials is \$10.00 per event, payable at sign-up.
Please note that there is a limit of two (2) time trials over the course of the weekend.

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 at the time they are presented to the Meet Director, by the Meet Committee.

WARM-UP: Warm-up lanes and times will be assigned to each team. Following the general warm-up, the competition pool will be open to all teams for a 15 minute dive and pace session: 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. The diving pool will remain open for general warm-up. No diving will be permitted except in designated sprint lanes. All swimmers must be supervised by a coach.

SCRATCH: **Scratches will be due no later than forty five (45) minutes after each published warm-up start time. 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.

Athletes who miss a race in which they were seeded and did not properly deck scratch **will be barred from their next individual event of the day.** If they miss their last event of the day they will be barred from their first event of the next day. **A swimmer who misses a final will be barred from 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.
A relay swimmer who fails to report will be barred from his/her first individual event of the next day. The other three will not be penalized provided they appeared.

RELAYS: Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. 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. However, relay order may be changed, with the Clerk of Course, up to the time of the swim. Relay swimmers' names must be submitted **in the order in which they will swim.**

- 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.
- 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 – 16th Pl.) 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
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 10&U, 11-12 & 13-14
Combined Team Awards: 10&U, 11-12, 13-14
Overall 14 & Under Team Award
- OFFICIALS:** **Meet Referee:** Rich Brown **Meet Admin:** Carolyn McNulty, Danielle Baldwin
Officials wishing to volunteer should contact Meet Referee by email at RichBrown4@icloud.com
- MEET DIRECTOR:** Ginny Nussbaum, contact information phone: 516-378-8467,
Email gnussbaum@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:** 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.
- 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:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Long Island Aquatic Club, Long Island Swimming, Nassau County, 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."
- 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.
- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, behind the blocks or locker rooms
- ADMISSION** Pre-sale admission tickets will be available on <http://www.longislandswimming.com/hosted-meets.html> – once the facility is sold out no daily admission tickets will be sold.
\$10.45 per JO session
\$24.10 3 Prelim JO session pass
\$43.00 All weekend JO pass for entry to 3 prelim sessions and 3 final sessions of the JO's.
Programs and heat sheets will be available on Meet Mobile.
- MERCHANT:** A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck. Hobieswim 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 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"

DECK Change: Is Prohibited

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.

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.

Friday MARCH 9 A.M. Preliminaries 10&U Boys (all Timed Final), 11 – 12 Girls & 13 – 14 Boys

EAST POOL

Session #1

EVENT #	QUAL.	EVENT
1	5:20.99	GIRLS 11-12 400 Individual Medley – TIMED FINAL
4	4:42.99	BOYS 13-14 400 Individual Medley
6	2:51.99	BOYS 10 & U 200 Individual Medley
7		GIRLS 11-12 400 Freestyle Relay – TIMED FINAL
10		BOYS 13-14 400 Freestyle Relay – TIMED FINAL
12		BOYS 10-U 400 Freestyle Relay – TIMED FINAL
13	30.69	GIRLS 11-12 50 Butterfly
16	1:01.99	BOYS 13-14 100 Backstroke
18	1:20.59	BOYS 10&U 100 Backstroke
19	1:08.69	GIRLS 11-12 100 Backstroke
22	2:30.99	BOYS 13-14 200 Breaststroke
24	1:33.99	BOYS 10&U 100 Breaststroke
25	2:53.99	GIRLS 11-12 200 Breaststroke
28	53.99	BOYS 13-14 100 Freestyle
30	1:09.99	BOYS 10&U 100 Freestyle
31	1:00.49	GIRLS 11-12 100 Freestyle
34	18:19.99	BOYS 13-14 1650 Freestyle - TIMED FINAL*

Friday MARCH 9 A.M. Preliminaries 10&U Girls (all Timed Final), 11-12 Boys & 13-14 Girls

WEST POOL

Session #2

EVENT #	QUAL.	EVENT
2	5:20.99	BOYS 11-12 400 Individual Medley – TIMED FINAL
3	4:59.99	GIRLS 13-14 400 Individual Medley
5	2:49.99	GIRLS 10 & U 200 Individual Medley
8		BOYS 11-12 400 Freestyle Relay – TIMED FINAL
9		GIRLS 13-14 400 Freestyle Relay – TIMED FINAL
11		GIRLS 10-U 400 Freestyle Relay – TIMED FINAL
14	30.99	BOYS 11-12 50 Butterfly
15	1:04.59	GIRLS 13-14 100 Backstroke
17	1:19.49	GIRLS 10&U 100 Backstroke
20	1:08.99	BOYS 11-12 100 Backstroke
21	2:39.99	GIRLS 13-14 200 Breaststroke
23	1:31.99	GIRLS 10&U 100 Breaststroke
26	2:53.99	BOYS 11-12 200 Breaststroke
27	56.99	GIRLS 13-14 100 Freestyle
29	1:09.99	GIRLS 10&U 100 Freestyle
32	59.99	BOYS 11-12 100 Freestyle
33	11:09.99	GIRLS 13-14 1000 Freestyle - TIMED FINAL*

Limit 2 heats*

Friday Finals March 9 Session #3

GIRLS	EVENT	BOYS
3	13-14 400 Individual Medley	4
13	11-12 50 Butterfly	14
15	13-14 100 Backstroke	16
19	11-12 100 Backstroke	20
21	13-14 200 Breaststroke	22
25	11-12 200 Breaststroke	26
27	13-14 100 Freestyle	28
31	11-12 100 Freestyle	32

Saturday A.M. March 10 Preliminaries 10&U BOYS (all Timed Final), GIRLS 11-12 & BOYS 13-14 WEST POOL

Session #4

EVENT #	QUAL.	EVENT
35	2:27.99	GIRLS 11-12 200 Individual Medley
38	2:12.99	BOYS 13-14 200 Individual Medley
40	1:19.99	BOYS 10& U 100 Individual Medley
41		GIRLS 11-12 200 Freestyle Relay – TIMED FINAL
44		BOYS 13-14 200 Freestyle Relay – TIMED FINAL
46		BOYS 10&U 200 Freestyle Relay
47	31.99	GIRLS 11-12 50 Backstroke
50	1:09.49	BOYS 13-14 100 Breaststroke
52	31.69	BOYS 10 &U 50 Freestyle
53	1:18.99	GIRLS 11-12 100 Breaststroke
56	2:17.99	BOYS 13-14 200 Butterfly
58	1:25.59	BOYS 10 & U 100 Butterfly
59	2:39.99	GIRLS 11-12 200 Butterfly
62	1:57.99	BOYS 13-14 200 Freestyle
63	2:11.99	GIRLS 11-12 200 Freestyle
66	6:44.99	BOYS 10 & U 500 Freestyle
68		BOYS 13-14 200 Medley Relay – TIMED FINAL
69		GIRLS 11-12 200 Medley Relay – TIMED FINAL

Saturday A.M. March 10 Preliminaries 10&U GIRLS (all Timed Final), BOYS 11-12 & GIRLS 13-14 EAST POOL

Session #5

EVENT #	QUAL.	EVENT
36	2:27.99	BOYS 11-12 200 Individual Medley
37	2:19.99	GIRLS 13-14 200 Individual Medley
39	1:19.99	GIRLS 10& U 100 Individual Medley
42		BOYS 11-12 200 Freestyle Relay – TIMED FINAL
43		GIRLS 13-14 200 Freestyle Relay – TIMED FINAL
45		GIRLS 10&U 200 Freestyle Relay
48	31.99	BOYS 11-12 50 Backstroke
49	1:13.99	GIRLS 13-14 100 Breaststroke
51	31.79	GIRLS 10 &U 50 Freestyle
54	1:18.99	BOYS 11-12 100 Breaststroke
55	2:25.99	GIRLS 13-14 200 Butterfly
57	1:24.99	GIRLS 10 & U 100 Butterfly
60	2:39.99	BOYS 11-12 200 Butterfly
61	2:03.99	GIRLS 13-14 200 Freestyle
64	2:10.99	BOYS 11-12 200 Freestyle
65	6:39.99	GIRLS 10 & U 500 Freestyle
67		GIRLS 13-14 200 Medley Relay – TIMED FINAL
70		BOYS 11-12 200 Medley Relay – TIMED FINAL

Saturday Finals March 10 Session #6

GIRLS	EVENT	BOYS
35	11-12 200 Individual Medley	36
37	13-14 200 Individual Medley	38
47	11-12 50 Backstroke	48
49	13-14 100 Breaststroke	50
53	11-12 100 Breaststroke	54
55	13-14 200 Butterfly	56
59	11-12 200 Butterfly	60
61	13-14 200 Freestyle	62
63	11-12 200 Freestyle	64

Sunday A.M. March 11 Preliminaries BOYS 10&U (all Timed Final), GIRLS 11-12 & BOYS 13-14

EAST POOL

Session # 7

EVENT #	QUAL.	EVENT
71	5:55.99	GIRLS 11-12 500 Freestyle – TIMED FINAL
74	2:31.99	BOYS 10&U 200 Freestyle
75	1:09.99	GIRLS 11-12 100 Individual Medley
78	5:17.99	BOYS 13-14 500 Freestyle
80		BOYS 10&U 200 Medley Relay
81		GIRLS 11-12 400 Medley Relay – TIMED FINAL
84		BOYS 13-14 400 Medley Relay – TIMED FINAL
86	35.69	BOYS 10&U 50 Butterfly
87	36.69	GIRLS 11-12 50 Breaststroke
90	1:00.49	BOYS 13-14 100 Butterfly
92	37.19	BOYS 10 &U 50 Backstroke
93	1:09.49	GIRLS 11-12 100 Butterfly
96	2:13.49	BOYS 13-14 200 Backstroke
97	2:29.99	GIRLS 11-12 200 Backstroke
100	42.99	BOYS 10&U 50 Breaststroke
102	24.79	BOYS 13-14 50 Freestyle
103	27.99	GIRLS 11-12 50 Freestyle

Sunday A.M. March 11 Preliminaries GIRLS 10&U (all Timed Final), BOYS 11-12 & GIRLS 13-14

WEST POOL

Session # 8

EVENT #	QUAL.	EVENT
72	5:55.99	BOYS 11-12 500 Freestyle – TIMED FINAL
73	2:29.99	GIRLS 10&U 200 Freestyle
76	1:09.99	BOYS 11-12 100 Individual Medley
77	5:29.99	GIRLS 13-14 500 Freestyle
79		GIRLS 10 &U 200 Medley Relay
82		BOYS 11-12 400 Medley Relay – TIMED FINAL
83		GIRLS 13-14 400 Medley Relay – TIMED FINAL
85	35.69	GIRLS 10&U 50 Butterfly
88	36.59	BOYS 11-12 50 Breaststroke
89	1:03.49	GIRLS 13-14 100 Butterfly
91	36.79	GIRLS 10 &U 50 Backstroke
94	1:10.69	BOYS 11-12 100 Butterfly
95	2:18.29	GIRLS 13-14 200 Backstroke
98	2:32.99	BOYS 11-12 200 Backstroke
99	42.59	GIRLS 10&U 50 Breaststroke
101	26.39	GIRLS 13-14 50 Freestyle
104	27.89	BOYS 11-12 50 Freestyle

Sunday Finals March 11 Session # 9

GIRLS

75
77
87
89
93
95
97
101
103

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

76
78
88
90
94
96
98
102
104

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.

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.