



2021 MR SSC Reindeer Games

Nassau County Aquatic Center
Eisenhower Park, East Meadow, NY

Sunday – December 19, 2021

Sanctioned by USA Swimming through Metropolitan Swimming, Inc.
Sanction #211202

We have taken enhanced health and safety measures – for you, our guests, volunteers and employees. Everyone must follow all posted instructions while attending this 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 guests with underlying medical conditions are especially vulnerable. By attending this event, you voluntarily assume all risks related to exposure to COVID-19.

Invited Teams: The following teams are invited until each session has met the maximum either via timeline or capacity as required by NYS Regulations:
SSC, TVSC, FA, IA, TS, WISC, EHY, HYB, SMC, WAVE-NJ, QNS, YFD, LIE
Other teams please contact ssc.meetentries@gmail.com for an invite.

WARM-UP: General warm up with assigned lanes for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 5 minutes. Lane assignments will be distributed along with the heat sheet for each session.

SCRATCHES: **This meet will be pre-seeded. No scratches/changes will be permitted on the day of the meet.**

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: **12 and Under Events will receive Awards – Medals 1st-3rd Place Ribbons 4th-# of Lanes**

OFFICIALS: **Meet Referee: Allen Wone ssc.allenwone@gmail.com**
Officials wishing to volunteer should contact Meet Referee by **December 15, 2021**
Due to COVID-19, hospitality may not be available, other than sealed bottled water.

ADMIN. OFFICIAL: Chris Orner

MEET DIRECTOR: Brian Pfisterer
Please use ssc.meetentries@gmail.com for all correspondence regarding entries and/or the meet.

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(“fly-overs”) will be used.

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”

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: Upon acceptance of his/her entries, the participant waives all claims against **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 or behind the starting blocks.
- DRONE OPERATION:** 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. Locker Rooms are for bathroom purposes only!
- ADMISSION:** Admission \$8.00 per session – **CASH or VENMO only, No Debit or Credit**
Programs \$2.00 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

CAPACITY: In compliance with Federal, CDC, NYS Regulations, Facility Regulations and USA Swimming Guidelines, capacity is limited to 50% or less on the pool deck and 50% or less in the spectator stands of stated capacity.

Pool Deck – As per guidance of NYS as of 12/19/21.

Spectator Stands – As per guidance of NYS as of 12/19/21.

All unvaccinated people 12+ in the event venue will be required to wear a face covering that covers the nose and mouth when appropriate social distance guidelines of 6 feet of separation cannot be maintained.

All 11 & under swimmers will be required to wear a face covering at all times. Face coverings may be removed immediately before a race or warm up poolside as the swimmer steps on the block or enters the pool (backstroke).

Face Coverings – as defined by NYS Regulations, a face covering can be any of the following, but must cover the nose and mouth:

- Medical grade mask/respirator (N95)
- Surgical mask
- Cloth face covering (bandana or other similar cloth)

Team Locker Rooms are for BATHROOM USE ONLY. Swimmers must come and go from the meet in their swimsuits.

The attached waiver of liability must be filled out by each person who enters the pool deck (swimmers, coaches, officials, volunteers). Persons under the age of 18 must have the legal guardian sign the waiver. Waivers for swimmers must be submitted with their team's entries. Entries will NOT BE accepted without the waiver!

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

Warm Up 7:00AM – Start Time 8:05AM

Girls	Event	Boys
	BOYS 10 & Under 100 IM	101
102	15 and Over 200 IM	103
	BOYS 10 & Under 50 Butterfly	104
105	15 & Over 100 Butterfly	106
	BOYS 10 & Under 50 Breaststroke	107
108	15 & Over 200 Breaststroke	109
	BOYS 10 & Under 50 Backstroke	110
111	15 & Over 100 Backstroke	112
	BOYS 10 & Under 100 Free	113
114	15 & Over 100 Free	115
116	15 & Over 200 Butterfly	117
	BOYS 10 & Under 50 Free	118
119	15 & Over 50 Free	120

Session 2

Warm Up 11:30AM – Start Time 12:35PM

Girls	Event	Boys
201	GIRLS 10 & Under 100 IM	
202	13-14 200 IM	203
204	GIRLS 10 & Under 100 Free	
205	13-14 100 Free	206
207	GIRLS 10 & Under 50 Breaststroke	
208	13-14 100 Breaststroke	209
210	GIRLS 10 & Under 50 Backstroke	
211	13-14 200 Backstroke	212
213	GIRLS 10 & Under 50 Butterfly	
214	13-14 100 Butterfly	215
216	13-14 100 Backstroke	217
218	13-14 200 Breaststroke	219
220	GIRLS 10 & Under 50 Free	
221	13-14 50 Free	222

Session 3

Warm Up 4:00PM – Start Time 5:05PM

Girls	Event	Boys
301	11-12 200 IM	302
303	11-12 100 Free	304
305	11-12 50 Breaststroke	306
307	11-12 100 Backstroke	308
309	11-12 50 Butterfly	310
311	11-12 50 Backstroke	312
313	11-12 100 Breaststroke	314
315	11-12 100 Butterfly	316
317	11-12 50 Free	318



Metropolitan Swimming Photographer Registration Form

As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in 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 an 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 _____

INFORMED CONSENT/HOLD HARMLESS WAIVER FOR PARTICIPATION

MEET DATE: **December 19, 2021**

Sachem Swim Club of LI, Swim Meet @ Nassau County Aquatic Center

PURPOSE AND EXPLANATION OF PROCEDURE

I hereby consent to voluntarily engage in the Swim Meet at Nassau County Aquatic Center on December 19, 2021. I have been informed that during my participation in the above described Aquatic program, I will be asked to stop if any symptoms such as fatigue, shortness of breath, chest discomfort or similar occurrences appear. At this point, I have been advised that it is my complete right to decrease or stop exercise and that it is my obligation to inform the Instructor/Program/Coach personnel of my symptoms, should they develop.

It is my understanding and I have been informed that there exists the remote possibility that during exercise and or competition of adverse changes including, but not limited to, abnormal blood pressure, fainting, dizziness, disorders of heart rhythm, and in very rare instances heart attack, stroke, or even death. I further understand and I have been informed that there exists the risk of bodily injury including, but not limited to injurers to the muscles, ligaments, tendons, and joints of the body. Every effort will be made to minimize these occurrences by proper staff assessment of my condition before each session, staff supervision during exercise and by my own careful control of exercise efforts. I fully understand the risks associated with exercise, including the risk of bodily injury, heat attack, stroke or even death, but knowing these risks, it is my desire to participate as herein indicated.

We (I), the undersigned, agree to release, hold harmless, and indemnify the Sachem Swim Club of Long Island, Metropolitan Swimming, USA Swimming, Nassau County, Nassau County Aquatic Center, its trustees, officers, agents, representatives and employees from and against any and all liability, lawsuits, claims, damages, or claims of injuries to my (our) child or children, including any negligent act or omission by the named above or its agents, representatives or employees, which are not the result of gross negligence, intentional neglect, or willful or wanton conduct by the named above.

We have put in place preventative measures, as required by the CDC and the State of New York, to reduce the spread of COVID-19 and other communicable diseases; however, we cannot guarantee that you or your child(ren) will not become infected with COVID-19 or other communicable disease. Further, participating in this swim meet could increase your risk and your child(ren)'s risk of contracting COVID-19 or other communicable disease. I am aware of risks as described by the current outbreak of COVID-19, and agree to release and hold harmless the Sachem Swim Club of Long Island, Metropolitan Swimming, USA Swimming, Nassau County, Nassau County Aquatic Center, its trustees, officers, agents, representatives and employees from and against any and all liability lawsuits, claims or damages arising from the transmission of any communicable diseases, including but not limited to COVID-19(SARS-COV2), before, during or after participation in this swim meet on December 19, 2021.

The undersigned Participant acknowledges that participation in this swim meet are subject to certain inherent risks and accepts all risks on land or water while participating in these activities.

I have been given an opportunity to ask questions as to the procedures.

I have read this Informed Consent/Hold Harmless Waiver form, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily, without inducement.

Participant's Name (Printed): _____

Participant's Signature: _____ Date: _____

Guardian Signature if under 18 years old: _____ Date: _____

Emergency Contact Information:

Name: _____

Cell Phone: _____