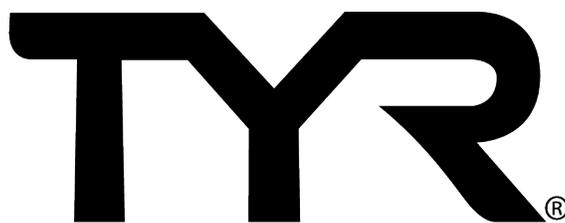




Nassau County Aquatic Center



**TYR September Sprint Meet Invite
September 23rd 2018**

Sanction#180900
Time Trial#180950-T

This Meet will be featuring Hot Heats. Each event will feature a random heat number. The winner of that heat will receive a \$5-dollar gift card to Starbucks, Carvel, Dunkin Donuts, etc. The gifts will be subject to availability and will be determined by the start of the meet

Invited Teams: All Metropolitan Swimming LSC Teams Outside MR LSC Teams, please contact ssc.meetentries@gmail.com for an Invitation

TYR September Sprint Meet Invite

September 23rd 2018

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **180900**
Time Trial#180950-T
- LOCATION:** **Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY**
- FACILITY:** **Colorado electronic timing systems & 10-lane electronic scoreboard. 25 yards, 10 lane pool**
The pool **Has Not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1 8:00AM Warm-up 9:05AM Start –September 23rd Age groups 13 & Over**
Session 2 2:00 PM Warm-up 3:05 PM Start- September 23rd Age groups 12 & Under
- FORMAT:** **All events are timed finals. All sessions are seeded slowest to fastest**
Seeding will be conducted at the beginning of each session utilizing a scratch sheet procedure which is due 30 mins prior to the start of the session
- 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 “Deck Registrations” will be accepted
Age on **September 23rd 2018** will determine age for the entire meet.
- 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.
- ENTRIES:** **Limit of 4 events per session,**
Entries are accepted on a first come/first serve basis. All entries must be in Hy-Tek entry format.
- ****New Mailing Address******
U.S. Mail Entries/Payment to: **Sachem Swim Club P.O Box 191 Ronkonkoma, NY 11779**
Email Entries/Confirm Entry Receipt: **ssc.meetentries@gmail.com**
Signature waiver required for Express Mailed Entries/Payments
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **September 10 2018**.
2: The final entry deadline for this meet is **September 18, 2018**
3: Metro entries received between **August 1st** and **September 1, 2018** and all entries from other LSC’s will be entered in the order they were received, as space allows.
- 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.
- ENTRY FEE:** An entry fee of **\$5.00** per individual events, **\$10.00** per relay events must accompany the entries
A Facility Surcharge of **\$5.00** per swimmer must accompany the entries.
Make check payable to: **Sachem Swim Club**.
Payment must be received by **September 21 2018** 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:** **Warm-up Lanes will be assigned. Assignment sheet will be at the computer table.**
- 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 events 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: Medals 1st- 3rd, Ribbons 4th- 10 for 12 and Under. No awards for 13 and above
OFFICIALS: Meet Referee: Michele Lee – mleex3swim@gmail.com

Officials wishing to volunteer should contact Meet Referee by **September 21, 2018**.

ADMIN. OFFICIAL: Administrative Official: Carrie Marone – sscfundraiser@gmail.com
Conroy Lee - mdrnlee@gmail.com

MEET DIRECTOR: Carrie Marone – sscfundraiser@gmail.com
Conroy Lee - mdrnlee@gmail.com

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”

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."
Diving end water depth – 12 feet at 1 meter, 8 feet at 5 meters
Shallow end water depth – 4 feet at 1 meter, 10 feet at 5 meters

DISCLAIMER: **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Sachem Swim Club, 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."

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 block’s
“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.

ADMISSION: \$5 per adult – \$2 for session program

MERCHANTS: Vendors will be available on site for the purchase of suits, bags, towels, goggles and apparel. **Hot and cold dishes, snacks, desserts, and beverages will be available**

PARKING: Free Parking available in Lots 1 and 1A of Eisenhower 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 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.

Warm-up 8:00 AM		Session1	Start 9:05 AM
		Events are mixed and will be seeded by time	
Girls	Event		Boys
1	13 & Over 100 IM		1
2	13 & Over 50 Free		2
3	13 & Over 100 Back		3
4	13 & Over 50 Breast		4
5	13 & Over 100 Fly		5
6	13 & Over 50 Back		6
7	13 & Over 100 Breast		7
8	13 & Over 50 Fly		8
9	13 & Over 100 Free		9
10	200 Mixed Medley Relay		10

Warm-up 2:00 PM		Session 2	Start 3:05 PM
Girls	Event		Boys
11	12 & U 100 IM		12
13	12 & U 50 Free		14
15	12 & U 100 Back		16
17	12 & U 50 Breast		18
19	12 & U 100 Fly		20
21	12 & U 50 Back		22
23	12 & U 100 Breast		24
25	12 & U 50 Fly		26
27	12 & U 100 Free		28
29	200 Mixed Medley Relay		29



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 _____