



## **2019 MR NILE CROCODILE JULY SPRINT MEET INVITE**

**@ NASSAU COUNTY AQUATIC CENTER**

**EISENHOWER PARK, EAST MEADOW, NY**

**SATURDAY JULY 6th, 2019**

**Sanction # 190707    Time Trial # 190752-T**

**INVITED TEAMS: All Metropolitan Swimming LSC Teams.**

**Other LSC Teams: Please contact: [magdysbokry@hotmail.com](mailto:magdysbokry@hotmail.com)**

**for an invitation**

## **NILE CROCODILE JULY SPRINT MEET INVITE**

**JULY 6th, 2019**

- SANCTIONS** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #
- LOCATION** Nassau County Aquatic Center, 1899 Hempstead Tpke.  
Eisenhower Park East Meadow, NY 11554
- FACILITY** 10 Lane by 50 meter competition pool w/ 2 meter min depth Colorado Timing System, with Alphanumeric Scoreboard The pool has NOT been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** 1 session on Saturday July 6th, 2019. Warm up @ 10 am, meet starts @ 11.00 am
- FORMAT:** Timed Finals. Deck Seeding. And Time Trials.
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.  
All swimmers participating in this meet must be registered by 1<sup>st</sup> day of the meet.  
Age on July 6th, 2019 will determine age for the entire meet.
- DISABILITY SWIMMERS:**  
Swimmers with disabilities encouraged to attend. Contact the meet director if you need special consideration. The athlete / the athlete's coach also responsible for notifying the meet referee of any disability prior to the competition
- ENTRIES:** Swimmers may enter 4 Individual events per session, Deck Entries are NOT permitted. All Entries must be sent as a Hy-Tek file. Manual Entries will NOT be accepted. Mail payment along with Hy-Tek Meet Entry Fee Report  
Entries will be accepted until the meet is full. First Come First Served. An email confirming receipt of entries will be sent. Contact Meet Director if you do not receive such a report within 2 days of your original email. Your entries are considered NOT received until you have gotten a confirmation.

**U.S. Mail Payment to: NCAC, 61-28 172 Street, Fresh Meadows NY 11365**

**Email Entries/Confirm Entry Receipt: [magdyshokry@hotmail.com](mailto:magdyshokry@hotmail.com)**

**DEADLINE:** June 22nd, 2019. Entries received after the entry deadline will only be accepted if the meet is not full.

**ENTRY FEE:** An entry fee of \$7.00 per individual event. And \$7.00 for time trial must accompany the entries. There is a \$5.00 facility fee/athlete. Make a check payable to: NCAC. Payment must be received by July 6th, 2019 for email entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

**WARM-UP:** Will be informed at the meet according to how many teams and swimmers

**SCRATCHES:** Coaches will be given scratch sheets upon check-in for the meet. 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:** Ribbons only for 12 and under 1-8 places, a crocodile toy for the winner of each Heat, and 5 (\$10 Starbucks gift card) will be giving as random lucky heats.

**OFFICIALS:** Meet Referee: Frank A. Zarnitz [Anssec180@msn.com](mailto:Anssec180@msn.com) 917-2840477  
Officials wishing to volunteer should contact Meet Referee by April 21th.

**ADMIN OFFICIAL:** Michael Gavrilchen, [Michael21fromnyc@gmail.com](mailto:Michael21fromnyc@gmail.com), 646-228-3497

**MEET DIRECTOR:** Magdy Shokry, [magdyshokry@hotmail.com](mailto:magdyshokry@hotmail.com), 347-466-0375

**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 warmups 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 starts 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 liabilities and claims for damages against Nassau County, Nassau County Aquatic Center, NCAC Swim Team, Metropolitan Swimming Inc., USA Swimming Inc., their agents / representatives for injuries to anyone during the conduct of the meet.

**AUDIO/VISUAL STATEMENT AND PHOTOGRAPHIC POLICY:**

Use of Audio or visual recording devices, including a cell phone or tablet device, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks. Photography, of any kind, is not permitted in starting platforms any photographer or videographer, who intends to take pictures at metropolitan sanctioned meet, must complete and submit a photographer registration form to the meet director before commencing Activity Form are available on the Metropolitan swimming website as well as from the Meet Director.

**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.

**ADMISSION:** \$7 Admission Fee, \$2 for Programs.

**MERCHANTS:** A concession stand is operated by the Nassau County Aquatic Center.  
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

**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.

# **NILE CROCODILE JUNE SPRINT MEET INVITE**

**JULY 6th, 2019**

**Warm up 10:00 AM, Meet Starts 11:00 AM**

| <b>WOMEN</b> | <b>EVENT</b>            | <b>MEN</b> |
|--------------|-------------------------|------------|
| <b>1</b>     | <b>OPEN 200 M. FREE</b> | <b>2</b>   |
| <b>3</b>     | <b>OPEN 50 M. BK</b>    | <b>4</b>   |
| <b>5</b>     | <b>OPEN 100 M. BR</b>   | <b>6</b>   |
| <b>7</b>     | <b>OPEN 200 M. FLY</b>  | <b>8</b>   |
| <b>9</b>     | <b>OPEN 50 M. FREE</b>  | <b>10</b>  |
| <b>11</b>    | <b>OPEN 100 M. BK</b>   | <b>12</b>  |
| <b>13</b>    | <b>OPEN 200 M. BR</b>   | <b>14</b>  |
| <b>15</b>    | <b>OPEN 50 M. FLY</b>   | <b>16</b>  |
| <b>17</b>    | <b>OPEN 100 M. FREE</b> | <b>18</b>  |
| <b>19</b>    | <b>OPEN 200 M. BK</b>   | <b>20</b>  |
| <b>21</b>    | <b>OPEN 50 M. BR</b>    | <b>22</b>  |
| <b>23</b>    | <b>OPEN 100 M. FLY</b>  | <b>24</b>  |
| <b>25</b>    | <b>OPEN 200 M. IM</b>   | <b>26</b>  |