



Hosted By



Important notice!

The 2016 LC 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 June 1 & July 14, 2016 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: Andrew Copley/Jonah Montgomery
Coach Representative: Amine Boubsis
Athlete Representative: Michael Zuppone/Emily Sullivan

Meet Committee: Andrew Copley or Jonah Montgomery, Metro Age Group Chairmen, A Metro Athlete, A Metro Coach, Meet Referee, Meet Director / Metro Board Member (5 people min. – different each day)

2016 Metropolitan Long Course Junior Olympic Championships

July 22 – July 24, 2016

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., 160704 , **Time Trials**
#160751-T-

LOCATION: Nassau County Aquatic Center
Eisenhower Park, East Meadow, NY 11554

FACILITY: 10 Lane by 50 meter competition pool w/ 2 meter min depth. 6 lane by 25 meter warm up pool w/ 2 meter min depth
The pool **Has Not** been certified in accordance with Article 104.2.2C (4)

SESSIONS: Session 1: Friday, July 22 Warm-ups 7:45 AM Session Starts at 9:00 AM
Session 2: Friday, July 22 Warm-ups 1:30 PM Session Starts at 2:45 PM
Session 3: Saturday, July 23 Warm-ups 7:45 AM Session Starts at 9:00 AM
Session 4: Saturday, July 23 Warm-ups 2:00 PM Session Starts at 3:15 PM
Session 5: Sunday, July 24 Warm-ups 7:45 AM Session Starts at 9:00 AM
Session 6: Sunday, July 24 Warm-ups 2:00 PM Session Starts at 3:15 PM

Warm-up/Start times may be adjusted after all entries are received. Teams will be notified of any change.

FORMAT: All Events are Timed Finals
The meet will be Deck Seeded. Long course meter times will be the conforming standards and will be seeded first, followed by SCM & SCY. All scratch sheets are due back 30 minutes prior to the end of warm-ups.

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 **July 22, 2016** will determine age for the entire meet.
Times must have been achieved in either Long Course Meters, Short Course Yards or Short Course Meters, between May 1, 2015 and the entry deadline.

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, locker rooms or behind the starting blocks.

DECK CHANGING: Deck Changes are prohibited.

ENTRIES:

A swimmer may enter any number of individual events for which he/she has met the qualifying time, but may not swim more than three (3) individual events per any one-day excluding relays. Failure to scratch will result in the swimmer swimming the first three events they are entered in on that day. Entry times must equal or better the qualifying standards.

All entries, individual and relay, must be submitted through the USA Swimming OME System (no exceptions) between June 1st and July 14, 2016. This is the only accepted way to enter this meet. Swimming exhibition or Deck entries (including relay only swimmers) will not be permitted.

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 July 14, 2016

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 June 1st and July 14, 2016. This entry date allows any swims achieved through Wednesday, July 14th to be submitted prior to the deadline. The OME System will close at 11:59pm on July 14, 2016. Entries will no longer be accepted on OME after the deadline. For swimmers qualifying for the first time between July 15 and July 17, coaches must send an email with information on new entries only no later than 11:59am Monday, July 18th to Karla at entries.liac@gmail.com

New cuts only. No time updates.

Time Trials:

A separate sanction number will be used for time trial purposes. Swimmers must be entered in the meet **in individual events** to participate in time trials. **Time trials will be held at the discretion of the Meet Director if time permits. 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.**

ENTRY FEE:

An entry fee of \$5.25 per individual event, \$10.50 per Relay event, and \$5.00 Metropolitan surcharge per swimmer (including RELAY ONLY SWIMMERS) must accompany the entries.

Make check payable to: **Long Island Swimming.**

Payment must be received by **Friday, July 22, 2016 prior to the start of the meet** 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 60 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be emailed to each club by Tuesday 7/19. Scratch sheets are still due 30 minutes prior to the start of the session. No exceptions. No diving will be allowed except in designated sprint lanes. Swimmers must enter the pool from the diving board end of the pool. No swimmer is permitted to enter from the bulkhead. All swimmers must be supervised by a coach.

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. Relay swimmers' names must be submitted in the order in which they will swim.

Metropolitan Scratch Procedure for Timed Final Meets is as follows;

Any swimmer, who is seeded, must swim the event unless he/she declares his/her intention not to swim in the following manner;

Go to the Referee, before the event and state you do not wish to swim.

The swimmer is then disqualified from THAT EVENT for the delay of the meet.

This counts as an event against the total-per-day allowance.

If a swimmer fails to follow this procedure, he/she will be barred from his/her next individual event of the meet.

If a team fails to scratch a relay by the scratch deadline, and that relay is a No Show, all future relays of that team must be positively checked in at the computer table for the relays to be seeded.

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 swimmer to leave plenty of time for traffic, etc.

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 for 1st through 10th places, and ribbons for 11th through 20th places in Individual Events. Medals for 1st through 3rd, and ribbons for 4th through 10th places in Relays Events. Top 3 places win Individual High Point Awards in each Age Group 10&Under, 11-12, 13-14, & 15-18. Combined Team Awards for 10&Under, 11-12, 13-14, and Overall 14&Under Team Award.

Awards must be picked up at the end of the meet. No awards will be mailed.

SCORING: Individual Events: (1st-16th Place) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: (1st-16th Place) 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
NOTE: Only two relays per club may score.

OFFICIALS: Meet Referee: Rich Brown, richbrown4@verizon.net Meet Admin: Jane Chan and Carolyn McNulty
Officials wishing to volunteer should contact Meet Referee by Thursday, July 22, 2016.

MEET DIRECTOR: Ginny Nussbaum , phone: 516-378-8467, email: gnessbaum@longislandswimming.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.

- Protests:** All competition-related protests, including protest 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. Protest will be handled at the time the meet jury determines.
- 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.
- 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.
- ADMISSION:** All tickets will be sold online - <http://www.liswimming.com/hosted-meets.html>
\$8.35 Adult / Session - \$7.00 plus \$1.35 online fees
All children over the age of 3 require a ticket
Meet heat sheets will be available on meet mobile
No programs will be sold
- MERCHANT:** 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 parking. Nassau County residents are free, must show a drivers license. There is a \$10.00 parking fee for all others.

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.

2016 Metropolitan Long Course Summer Junior Olympics

July 22- July 24, 2016

SESSION # 1.

Friday July 22, 2016 Warm-up 7:45am Start 9:00am

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
1	NCT	NCT	NCT	13-14	200 m	Medley Relay	NCT	NCT	NCT	2
3	1:18.19	1:10.99	1:21.99	10&U	100 m	Freestyle	1:20.39	1:10.59	1:17.39	4
5	1:02.99	57.49	1:06.99	13-14	100 m	Freestyle	1:02.89	53.99	59.59	6
7	47.59	42.99	50.99	10&U	50 m	Breaststroke	51.29	43.49	48.19	8
9	1:23.59	1:15.49	1:29.99	13-14	100 m	Breaststroke	1:23.99	1:10.99	1:18.39	10
11	40.99	37.19	43.99	10&U	50 m	Backstroke	43.99	37.49	41.09	12
13	1:11.99	1:04.69	1:15.99	13-14	100 m	Butterfly	1:10.99	1:00.99	1:07.29	14
15	5:52.09	6:44.99	5:59.99	10&U	400 m	Freestyle	6:04.99	6:44.99	5:52.09	16
17	4:49.99	5:32.99	5:05.99	13-14	400 m	Freestyle	4:50.99	5:21.99	4:41.99	18

SESSION # 2.

Friday July 22, 2016 Warm-up 1:30pm Start 2:45pm

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
19	NCT	NCT	NCT	11-12	200 m	Medley Relay	NCT	NCT	NCT	20
21	NCT	NCT	NCT	15-18	200 m	Medley Relay	NCT	NCT	NCT	22
23	1:06.79	1:00.99	1:09.49	11-12	100 m	Freestyle	1:09.99	1:01.29	1:07.79	24
25	1:03.89	57.79	1:05.99	15-18	100 m	Freestyle	1:00.49	51.99	57.09	26
27	1:26.39	1:19.19	1:32.49	11-12	100 m	Breaststroke	1:32.99	1:19.59	1:27.59	28
29	1:22.39	1:15.19	1:28.99	15-18	100 m	Breaststroke	1:20.99	1:06.49	1:13.79	30
31	36.79	32.29	37.59	11-12	50 m	Backstroke	38.59	32.79	36.09	32
33	1:12.59	1:04.99	1:14.99	15-18	100 m	Butterfly	1:07.49	57.99	1:03.09	34
35	2:56.79	2:39.99	2:59.99	11-12	200 m	Butterfly	2:59.99	2:39.99	2:56.79	36
37	4:49.39	5:30.99	5:03.99	15-18	400 m	Freestyle	4:44.99	5:10.99	4:33.69	38
39	5:16.89	5:58.99	5:21.99	11-12	400 m	Freestyle	5:24.99	5:59.99	5:14.89	40

SESSION # 3.**Saturday July 23, 2016 Warm-up 7:45am Start 9:00am**

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
41	39.99	35.99	42.99	10&U	50 m	Butterfly	43.99	35.99	39.99	42
43	2:17.99	2:04.99	2:25.99	13-14	200 m	Freestyle	2:17.99	1:59.99	2:11.79	44
45	2:47.99	2:31.99	2:59.99	10&U	200 m	Freestyle	2:51.99	2:31.99	2:47.89	46
47	2:44.29	2:28.99	2:53.99	13-14	200 m	Butterfly	2:42.99	2:23.99	2:35.19	48
49	1:42.79	1:32.99	1:48.99	10&U	100 m	Breaststroke	1:49.99	1:34.59	1:44.59	50
51	1:12.99	1:05.59	1:16.99	13-14	100 m	Backstroke	1:13.99	1:02.99	1:08.79	52
53	1:29.89	1:20.49	1:33.99	10&U	100 m	Backstroke	1:32.99	1:22.19	1:31.09	54
55	5:36.59	5:03.99	5:49.99	13-14	400 m	Individual Medley	5:31.99	4:45.99	5:16.19	56
57	NCT	NCT	NCT	10&U	200 m	Freestyle Relay	NCT	NCT	NCT	58
59	NCT	NCT	NCT	13-14	400 m	Freestyle Relay	NCT	NCT	NCT	60

SESSION # 4.**Saturday July 23, 2016 Warm-up 2:00pm Start 3:15pm**

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
61	2:26.29	2:12.39	2:31.99	11-12	200 m	Freestyle	2:32.99	2:13.29	2:27.89	62
63	2:18.49	2:04.49	2:23.29	15-18	200 m	Freestyle	2:13.99	1:53.99	2:04.69	64
65	41.49	37.19	43.49	11-12	50 m	Breaststroke	43.59	36.99	40.79	66
67	3:00.49	2:42.99	3:13.59	15-18	200 m	Breaststroke	2:54.99	2:30.09	2:46.09	68
69	1:16.59	1:09.29	1:20.49	11-12	100 m	Backstroke	1:20.99	1:09.99	1:17.29	70
71	1:12.49	1:05.49	1:16.49	15-18	100 m	Backstroke	1:10.99	59.99	1:04.39	72
73	33.99	30.99	35.49	11-12	50 m	Butterfly	36.59	31.09	34.79	74
75	5:38.99	5:04.99	5:51.99	15-18	400 m	Individual Medley	5:24.99	4:41.99	5:08.09	76
77	3:12.39	2:53.99	3:21.09	11-12	200 m	Breaststroke	3:26.99	2:53.99	3:12.59	78
79	NCT	NCT	NCT	15-18	400 m	Freestyle Relay	NCT	NCT	NCT	80
81	NCT	NCT	NCT	11-12	400 m	Freestyle Relay	NCT	NCT	NCT	82
5 minutes warm-up										
83	6:02.39	5:27.99	6:15.99	11-12	400 m	Individual Medley	6:15.99	5:27.99	6:02.39	84

SESSION # 5.**Sunday July 24, 2016 Warm-up 7:45am Start 9:00am**

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
85	NCT	NCT	NCT	13-14	200 m	Freestyle Relay	NCT	NCT	NCT	86
87	NCT	NCT	NCT	10&U	200 m	Medley Relay	NCT	NCT	NCT	88
5 minutes Break warm-up/warm-down										
89	2:33.79	2:19.99	2:45.59	13-14	200 m	Backstroke	2:37.99	2:16.99	2:28.99	90
91	3:08.89	2:51.99	3:22.99	10&U	200 m	Individual Medley	3:16.99	2:51.99	3:10.09	92
93	2:36.19	2:21.19	2:43.99	13-14	200 m	Individual Medley	2:33.99	2:13.69	2:28.09	94
95	35.79	32.09	37.49	10&U	50 m	Freestyle	36.69	31.99	35.19	96
97	29.59	26.69	30.99	13-14	50 m	Freestyle	29.19	24.99	27.49	98
99	1:35.89	1:25.99	1:39.99	10&U	100 m	Butterfly	1:40.99	1:25.59	1:34.79	100
101	2:58.09	2:41.99	3:12.99	13-14	200 m	Breaststroke	3:01.99	2:35.19	2:51.39	102
103	NCT	NCT	NCT	10&U	400 m	Freestyle Relay	NCT	NCT	NCT	104
105	NCT	NCT	NCT	13-14	400 m	Medley Relay	NCT	NCT	NCT	106

SESSION # 6.**Sunday July 24, 2016 Warm-up 2:00pm Start 3:15pm**

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
107	NCT	NCT	NCT	11-12	200 m	Freestyle Relay	NCT	NCT	NCT	108
109	NCT	NCT	NCT	15-18	200 m	Freestyle Relay	NCT	NCT	NCT	110
5 minutes Break warm-up/warm-down										
111	2:44.89	2:29.99	2:54.99	11-12	200 m	Backstroke	2:54.99	2:32.99	2:48.99	112
113	2:35.29	2:20.99	2:44.99	15-18	200 m	Backstroke	2:32.99	2:10.99	2:24.99	114
115	2:45.69	2:29.49	2:51.19	11-12	200 m	Individual Medley	2:52.99	2:29.99	2:45.09	116
117	2:34.69	2:19.99	2:43.99	15-18	200 m	Individual Medley	2:31.99	2:07.99	2:21.09	118
119	31.29	28.29	32.19	11-12	50 m	Freestyle	32.09	28.29	31.29	120
121	29.49	26.59	30.49	15-18	50 m	Freestyle	27.99	23.79	26.29	122
123	1:17.49	1:09.99	1:20.99	11-12	100 m	Butterfly	1:21.99	1:11.99	1:19.59	124
125	2:44.19	2:29.99	2:49.99	15-18	200 m	Butterfly	2:33.99	2:12.49	2:26.39	126
5 minutes Break warm-up/warm-down										
127	NCT	NCT	NCT	11-12	400 m	Medley Relay	NCT	NCT	NCT	128
129	NCT	NCT	NCT	15-18	400 m	Medley Relay	NCT	NCT	NCT	130

