

NU-FINMEN SWIMMING  
2017 36<sup>th</sup> Annual  
Dr. Martin Luther King Jr. Swim Invitational  
January 13, 14, 15, 2017

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**#170116**

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**SANCTION:**

**LOCATION:**

Nassau County Aquatic Center, Eisenhower Park, East Meadow, Long Island, NY 11554

**FACILITY:**

10 lane, 25 yd pool with 2 meter minimum depth. Colorado timing System, scoreboard readouts, Hy-Tex Meet Manager.

The pool **has not** been certified in accordance with Article 104.2.2C (4)

**SESSIONS:**

Session I: Friday, January 13, 2017, (9/10) (11/12) (13&over) warmup:5:00 PM, start 6:00PM

Session II: Saturday, January 14, 2017 (open) (13/14) warmup:7:00AM, start 8:00AM

Session III: Saturday, January 15, 2017 (9/10) (11/12), warmup:1:30PM, start 2:30PM

Session IV: Sunday, January 16, 2017 (8&un) (open) (13/14) warmup:7:00AM, start, 8:00AM

Session V: Sunday, January 16, 2017, (9/10), (11/12) warmup:1:00PM, start, 2:00PM

**FORMAT:**

Timed Final Events. The meet will be deck seeded. Entries are run using Hy-Tek MM.

**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.

“Deck Registrations” will NOT be accepted

Age on **January 13, 2017** 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:**

**Athletes are limited to 3 events and 1 relay per session, Entries will be entered in the order they are received. If needed, entries will be cut by time, and you will be noticed by email. NT’s not accepted.**

U.S. Mail Entries/Payment to: Nu-Finmen Swimming,

c/o **Dawn Diaz, 3 Church Street, Hempstead, NY 11550**

Email Entries/Confirm Entry Receipt: [djdiaz.nfs@gmail.com](mailto:djdiaz.nfs@gmail.com)

**If sending express mail, please sign the waiver on the front.**

**DEADLINE:**

Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **December 24, 2016**. The final entry deadline for this meet is January 3, 2017.

Metro entries received between December 24, 2016 and January 3, 2017 and all entries from other LSC’s will be entered in the order they were received and as space allows.

An email confirming receipt of entries will be sent out. Please contact Meet Director if you do not receive a report within 2 days of your original email.

**ENTRY FEE:**

An entry fee of \$**5.00** per individual even and \$10.00 per relay must accompany the entries. Make check payable to: **Nu-Finmen Swimming**.

Payment must be received by **January 13, 2017** for email entries. Payment must be included with all meet pay entry fees by this deadline could result in teams being barred from the meet.

**WARM-UP:**

**General warmup with assigned lanes will be distributed each session along with scratch sheets. Sprint lanes and General lanes will be available for the remaining 10 minutes of warmup.**

**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:**

**Individual awards: custom ribbons 1<sup>st</sup> – 10<sup>th</sup>, relays: 1<sup>st</sup> – 3<sup>rd</sup> places. High point awards for each age group (male/female). Points awarded thru' 6<sup>th</sup> place, (no points awarded out of age group). Awards that are not picked up by end of meet will not be mailed.**

**OFFICIALS:**

**Meet Referee:** Todd Trotman – [kingfishtodd@aol.com](mailto:kingfishtodd@aol.com), Officials wishing to volunteer should contact Meet Referee by **January 6<sup>th</sup>, 2017**.

**ADMIN. OFFICIAL:**

**Administrative Official:** Carleen Hoahing and Kris Tilas, Dawn Diaz

**MEET DIRECTOR:**

**Jennifer Trotman, [coachjenntrotman@aol.com](mailto:coachjenntrotman@aol.com), Karima Tonge, [Coachkarimat@aol.com](mailto:Coachkarimat@aol.com)**-Any questions in reference to the meet will only receive a response from a registered coach of a participating team.

**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:**

**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."  
**"[Click and Input water Depth at 1 meter and at 5 meters]"**

**DISCLAIMER:**

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Nassau County Aquatic Center, and Nu-Finmen Swimming** , M " , 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 blocks.  
"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) anytime athletes, coaches, officials and/or spectators are present."

**DECK CHANGING:** Deck changing is prohibited.

**ADMISSION:** \$7.00 per person, per session 10 & over / programs - \$3.00 each

**MERCHANTS:** Food available in designated areas. A concession stand is operated by Nassau County Aquatic Center. No glass bottles allowed on pool deck.

**PARKING:** Ample free parking is available in the park.

**DIRECTIONS:** From Verrazano Narrows Bridge & Kennedy Airport: Follow signs to Belt Parkway/Long Island East. Take Belt Pkwy E. past Kennedy Airport. After Kennedy Airport stay in the left lane and look for signs to the Southern State Pkwy E. Take Southern State Pkwy E to Meadowbrook Pkwy N. to NY-24 Hempstead Turnpike (exit M4). On Hempstead Turnpike get in left lane. Make left at first light (Merrick Ave.), make right into Eisenhower Park.  
From Whitestone & Throgs Neck Bridge: Take Cross Island Pkwy S to exit 29, Grand Central Pkwy E. follow Grand Central Pkwy to Meadowbrook Pkwy S (Jones Beach) to NY-24 (exit M4) and follow directions to Eisenhower Park.

**NU-FINMEN SWIMMING  
2017 36<sup>th</sup> ANNUAL DR. MARTIN LUTHER KING JR. SWIM INVITATIONAL**

**SESSION 1: FRIDAY, JANUARY 13, 2017  
WARMUP: 5:00PM, START: 6:00PM**

FEMALE	EVENTS	MALE
1	9/10 200 FREE	2
3	11/12 200 FREE	4
5	13/14 500 FREE	6
7	OPEN 500 FREE	8
9	13/14 400 IM	10
11	OPEN 400 IM	12

(Nu-Finmen Swimming reserves the right to limit the heats in this session to keep within the time limit.)  
(NO 8&UN in this session)

**SESSION 11: SATURDAY, JANUARY 14, 2017  
WARMUP: 7:00AM, START: 8:00AM**

FEMALE	EVENTS	MALE
13	13/14 200 IM	14
15	OPEN 200 IM	16
17	13/14 100 FLY	18
19	OPEN 100 BREAST	20
21	13/14 100 BREAST	22

23	OPEN 100 FREE	24
25	13/14 200 FREE	26
27	OPEN 200 BACK	28
29	13/14 200 BACK	30
31	OPEN 100 FLY	32
33	13/14 200 MED RELAY	34
35	OPEN 200 MED RELAY	36

**SESSION 111: SATURDAY, JANUARY 14, 2017**  
**WARMUP: 1:30PM, START 2:30PM**

FEMALE	EVENTS	MALE
37	9/10 100 IM	38
39	11/12 100 BACK	40
41	9/10 50 BACK	42
43	11/12 100 BREAST	44
45	9/10 50 BREAST	46
47	11/12 50 FLY	48
49	9/10 100 FLY	50
51	11/12 100 FREE	52
53	9/10 50 FREE	54
55	11/12 200 MED RELAY	56
57	9/10 200 MED RELAY	58

**SESSION 1V: SUNDAY, JANUARY 15, 2017**  
**WARMUP: 7:00AM, START: 8:00AM**

FEMALE	EVENTS	MALE
59	OPEN 200 BREAST	60
61	13/14 200 BREAST	62
63	8 & UN 50 FREE	64
65	13/14 50 FREE	66
67	OPEN 50 FREE	68
69	8 & UN 50 BK	70
71	OPEN 100 BACK	72
73	13/14 100 BACK	74
75	8 & UN 25 FLY	76
77	OPEN 200 FREE	78
79	8 & UN 100 FREE RELAY	80
81	13/14 200 FREE RELAY	82
83	OPEN 200 FREE RELAY	84

\*\*\*\*\* **COACHES RELAY** \*\*\*\*\*

**SESSION V: SUNDAY, JANUARY 15, 2017**  
**WARMUP: 1:00PM, START: 2:00PM**

FEMALE	EVENTS	MALE
85	11/12 200 IM	86
87	9/10 100 BACK	88
89	11/12 50 BACK	90

91	9/10 100 BREAST	92
93	11/12 50 BREAST	94
95	9/10 50 FLY	96
97	11/12 100 FLY	98
99	9/10 100 FREE	100
101	11/12 50 FREE	102
103	9/10 200 FREE RELAY	104
105	11/12 200 FREE RELAY	106



## 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 \_\_\_\_\_