

NU-FINMEN SWIMMING
2017 Too Hot to Trot LC Swim Invitational
June 3, 2017

**Too Hot to Trot LC Swim Invitational
June 3, 2017**

Sanction number 170610

2017 Too Hot To Trot

Saturday, June 3rd 2017

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #"[Click and input sanction number]"

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

FACILITY: 10 lane, 50m pool with 2 meter minimum depth. Colorado timing System, scoreboard readouts, Hy-Tec Me
The pool has not been certified in accordance with Article 104.2.2C (4)

SESSIONS: Session 1: Saturday, June 3, 2017, (12 & UN) warmup: 7:00AM, start, 8:00AM
Session 11: Saturday, June 3, 2017, (OPEN), (DISTANCE) warmup: 12:30pm, start, 1:00pm
****Start time for Session 11 could be moved to earlier time depending on length of Session 1 ****
Session 111: Saturday, June 3, 2017, (13/14) (OPEN), warmup:3:00pm, start, 4:00PM
***** swimmers must provide their own timers for Session 11 *****

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 **June 3, 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's coach) is also responsible for notifying the meet referee of any disability prior to the competition.

ENTRIES: Athletes are limited to 3 events, Entries will be entered in the order they are received. If needed, entries will be entered on a first come/first served basis.
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: djdiazdd@aol.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 **May 17, 2017**. The final entry deadline for this meet is May 21, 2017.
Metro entries received between May 17, 2017 and May 21, 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 \$6.00 per individual event must accompany the entries.
Make check payable to: **Nu-Finmen Swimming**.

Payment must be received by **June 3, 2017** 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 warmup with assigned lanes will be distributed each session along with scratch sheets. Sprint 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 before 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 asked to leave the deck area.
- AWARDS:** [Individual awards: custom ribbons 1st – 10th, Awards that are not picked up by end of meet will not be mailed.](#)
- OFFICIALS:** **Meet Referee:** Todd Trotman – kingfishtodd@aol.com,
Officials wishing to volunteer should contact Meet Referee by **January 6th, 2017.**
- ADMIN. OFFICIAL:** **Administrative Official:** Carleen Hoahing and Nicole Foo McKenzie, Dawn Diaz
- MEET DIRECTOR:** [Jennifer Trotman, coachjenntrotman@aol.com, Karima Tonge, 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 consent of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules. **“Any swimmer entering the pool for a race must be certified by a USA Swimming member coach as being proficient in performing a racing start or man-overboard rescue from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer, 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 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](#) , 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. are not liable from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."
- DECK CHANGING:** **Deck changing is prohibited.**
- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or behind blocks.
Operation of drone, or any other flying apparatus is prohibited over the venue (pools, athlete/coach areas, spa and open ceiling locker rooms) anytime athlete, coach, official or spectators are present.
- 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 alcohol is 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 go 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.

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SATURDAY AM SESSION WARM-UP 7:00 AM START 8:00 AM		
Girls	EVENTS	BOYS
1	12 & Under 200 m IM	2
3	11-12 50 m Butterfly	4
5	10 & Under 50 m Butterfly	6
7	11 & 12 100 m Butterfly	8
9	10 & Under 50 m Breast	10
11	11-12 100 m Back	12
13	10 & Under 50 m Back	14
15	11-12 50 m Free	16
17	10 & Under 50 m Free	18
19	12 & Under 200 m Freestyle	20

SATURDAY MIDDAY SESSION WARM-UP 12:30PM START 1:00PM		
Girls	EVENTS	BOYS
21	Open 400 m IM	22
23	Open 500 m Free	24

SATURDAY PM SESSION WARM-UP 3:00 PM START 4:00 PM		
Girls	EVENTS	BOYS
25	OPEN 200 m IM	26
27	13-14 100 m Free	28
29	OPEN 100 m Free	30
31	13-14 200 m Back	32
33	OPEN 200 m Back	34
35	13-14 100 m Breast	36
37	OPEN 100 m Breast	38
39	13-14 200 m Butterfly	40
41	OPEN 200 m Butterfly	42



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 _____