

NU-FINMEN SWIMMING

2019 38TH ANNUAL

Dr. Martin Luther King Jr. Swim Invitational

January 19, 20 2019

2019 38th Annual Dr. Martin Luther King, Jr. Swim Invitational

January 19, 20, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #190112, TT – 190157-T
- LOCATION:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York 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:** Session1: Saturday, January 19, 2019, (13&14) (15&over), warmup:7:00am, start, 8:00am
Session 11: Saturday, January 19, 2019 (9/10) (11/12), warmup:1:00pm, start, 2:00pm
Session 111: Sunday, January 20, 2019 (8&un) (open) (13/14) warmup:7:00am, start:8:00am
Session 1V: Sunday, January 20, 2019 (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-Tex MM. Deck seeding
- 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 19, 2019** 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 received. If meet is oversubscribed, entries will be cut by time, and you will be notified by email. NT’s are 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
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **December 28, 2018**.
2: The final entry deadline for this meet is **January 3, 2019**
3: Metro entries received between **December 28** and **January 3, 2019** 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 event and \$10.00 per relay must accompany the entries. Make check payable to: **Nu-Finmen Swimming**. Payment must be received by **January 19, 2019** . 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 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, 1st - 10th, relays: 1st - 3rd places. High point awards for each age group (male/female). Points awarded thru 6th place, (no points awarded for out of age group). Awards 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 9th, 2019**.
- ADMIN. OFFICIAL:** Administrative Official: [Nicole Foo Mckenzie](#), [Kris Tilas](#), [Carleen Hoahing](#)
- MEET DIRECTOR:** [Dawn diaz,djdiazdd@aol.com](mailto:dawndiazdd@aol.com), [Jennifer Trotman coachjennertrotman@aol.com](mailto:jennifertrotman@aol.com), [Karima Tonge, coachkarimat@aol.com](mailto:karimat@aol.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:** **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](#) , 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:** **\$7.00 per person, per session, 10 & over – programs - \$3.00**
- MERCHANTS:** **Food is available in designated areas. A concession 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 Pkwy/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 the 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 Bridges: Take Cross Island Pkwy S. to exit 29, Grand Central Pkwy E. follow Grand Central Pkwy to Meadowbrook Pkwy S (Jones Beach) NY-24 and follow directions to Eisenhower Park.**

Nu-Finmen Swimming
2019 38th Annual Dr. Martin Luther King JR. Swim Invitational

Session 1: Saturday, January 19, 2019
Warmup: 7:00am, start: 8:00am

| FEMALE | EVENTS | MALE |
|---------------|---------------------|-------------|
| 1 | 13/14 200 IM | 2 |
| 3 | OPEN 200 IM | 4 |
| 5 | 13/14 100 FLY | 6 |
| 7 | OPEN 100 FLY | 8 |
| 9 | 13/14 100 FREE | 10 |
| 11 | OPEN 100 FREE | 12 |
| 13 | 13/14 100 BREAST | 14 |
| 15 | OPEN 100 BREAST | 16 |
| 17 | 13/14 200 BACK | 18 |
| 19 | OPEN 200 BACK | 20 |
| 21 | 13/14 200 MED RELAY | 22 |
| 23 | OPEN 200 MED RELAY | 24 |

Session 11: Saturday, January 19, 2019
Warmup: 1:00pm, start: 2:00pm

| FEMALE | EVENTS | MALE |
|---------------|---------------------|-------------|
| 25 | 9/10 100 IM | 26 |
| 27 | 11/12 100 BACK | 28 |
| 29 | 9/10 50 BACK | 30 |
| 31 | 11/12 100 BREAST | 32 |
| 33 | 9/10 50 BREAST | 34 |
| 35 | 11/12 50 FLY | 36 |
| 37 | 9/10 100 FLY | 38 |
| 39 | 11/12 100 FREE | 40 |
| 41 | 9/10 50 FREE | 42 |
| 43 | 11/12 200 MED RELAY | 44 |
| 45 | 9/10 200 MED RELAY | 46 |

**NU-FINMEN SWIMMING
2019 38TH ANNUAL DR. MARIN LUTHER KING JR. SWIM INVITATIONAL**

Session 111: Sunday, January 20, 2019

Warmup: 7:00AM, Start: 8:00AM

| FEMALE | EVENTS | MALE |
|---------------|----------------------|-------------|
| 47 | OPEN 200 BREAST | 48 |
| 49 | 13/14 200 BREAST | 50 |
| 51 | 8&UN 50 FREE | 52 |
| 53 | 13/14 50 FREE | 54 |
| 55 | OPEN 50 FREE | 56 |
| 57 | 8&UN 50 BACK | 58 |
| 59 | OPEN 100 BACK | 60 |
| 61 | 13/14 100 BACK | 62 |
| 63 | 8&UN 25 FLY | 64 |
| 65 | OPEN 200 FREE | 66 |
| 67 | 8&UN 100 FREE RELAY | 68 |
| 69 | 13/14 200 FREE RELAY | 70 |
| 71 | OPEN 200 FREE RELAY | 72 |

***** COACHES RELAY *****

Session 1V: Sunday, January 20, 2019

Warmup: 1:00pm, start: 2:00pm

| FEMALE | EVENTS | MALE |
|---------------|----------------------|-------------|
| 73 | 11/12 200 FREE | 74 |
| 75 | 9/10 100 BACK | 76 |
| 77 | 11/12 50 BACK | 78 |
| 79 | 9/10 100 BREAST | 80 |
| 81 | 11/12 50 BREAST | 82 |
| 83 | 9/10 50 FLY | 84 |
| 85 | 11/12 100 FLY | 86 |
| 87 | 9/10 100 FREE | 88 |
| 89 | 11/12 50 FREE | 90 |
| 91 | 9/10 200 FREE RELAY | 92 |
| 93 | 11/12 200 FREE RELAY | 94 |



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 _____