

2026 Metro SCY Championships

Sunday, April 12, 2026
Swim Unattached
 Swim Meet Registration



Registration Schedule

It is now 8:19:35 PM Eastern Time (EST) on Thursday, January 15, 2026.

	Open	Close
Individual Registration	Fri, Jan 16, 2026 06:00 AM	Wed, Apr 8, 2026 11:59 PM
Relay Team Registration	Thu, Mar 12, 2026 11:59 PM	Fri, Apr 10, 2026 11:59 PM

Online Registration is in 'Build' Mode.
 More Information Coming Soon...

SwimPhone

Current Weather

Map & Directions

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Welcome to the 2026 METRO SCY CHAMPIONSHIPS

A great chance to race multiple events/strokes at a fast competition pool three (3) weeks before USMS Spring Nationals!

Post some great individual times and gather your teammates for fun relays too!

Sunday April 12, 2026 - 2026 METRO SPRING CHAMPS

Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #

Facility

The Nassau County Aquatics Center is an aquatic facility located at Eisenhower Park in East Meadow, NY. It is considered the largest Olympic-sized single-bank pool in North America. The bulkhead pool will be set up with ten 25-yard competition lanes. At times during the competition, we will have (2) lanes open for warm-up/warmdown.

Eligibility

- **Open to all 2025 USMS-registered swimmers age 18 or older, regardless of Club or LMSC affiliation or residency.**
- **Meet is also open to swimmers using USMS "One Event Registration" (OEV). More info [HERE](#).**
- Age determination date for this meet is April 5, 2026.
- Note: You cannot register with USMS until you are 18 years old.
- Retrieve USMS registration number/card online at: https://www.clubassistant.com/club/forgot_usms_number.cfm
- Not a USMS member? No problem. Register with USMS at: <https://www.usms.org/join>

Rules

2026 USMS rules govern this meet. NO DIVING permitted during warm-up except for designated one-way sprint lanes. Swimmers must enter the water in a cautious and controlled manner. Failure to comply with no diving rule may result in expulsion from meet.

Timing System

The primary timing system will be automatic timing. Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.

Course

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

Schedule

- **Warm-Up:** 11am
- **Start:** 12pm
- **Finish:** No later than 4pm

Seeding

Swimmers will be seeded according to entry time, not by age or gender. Heats will be contested slowest to fastest; "NT" (no time) entries will be seeded as slowest. All events will be seeded and heat sheets posted after swimmer check-in has closed at 5pm the day before the meet.

This meet will be conducted as a timed finals meet.

Entry Limit

Each swimmer is permitted to enter and swim a maximum of four (4) individual events.

Each swimmer is permitted to enter and swim a maximum of two (2) relays.

The 1650 free will be limited to the first (20) entries ONLY. Positive check-in will be required for the 1650 free only. Meet Director reserves the right to remove swimmers from the 1650 free event based on their entry time and the meet timeline.

Relays

Each team is strongly encouraged to enter their relays online.

But we will be accepting relay entries on deck on the day of the meet as well.

Entry Times

Enter SHORT COURSE YARDS times for all events.

Split Times

Any swimmer who intends to post a USMS Top 10, USMS national record or FINA world record split time must submit official split time request in writing to computer table prior to conclusion of meet. Official split time request forms will be available at meet. Note: Initial backstroke split requests must be submitted PRIOR to swim.

Entry Fee

\$45 flat individual entry fee. Entry fees are non-refundable and non-transferable. No email, phone, or fax entries accepted - no exceptions.

Deadline

Online registration CLOSSES at 11:59 pm ET on April 8, 2025.

Register

Online meet registration ONLY.

Food

With the exception of plastic bottled water or sports drinks, facility management prohibits food and beverages on pool deck or in locker rooms.

Results

Results will be posted online after meet conclusion on USMS.org

Questions

Direct inquiries to Meet Director - Drew Modrov drew@swimmin.com

Meet Course: 25 Yards

Warm-ups start at 9:00 AM

Meet starts at 10:00 AM

Meet is estimated to end at 1:00 PM

#	Sex	Event
1	Mixed	200 Y Free
2	Mixed	100 Y Breast
3	Mixed	50 Y Back
4	Mixed	100 Y Fly
5	Mixed	50 Y Free
6	Mixed	200 Y Medley Relay
7	Men	200 Y Medley Relay
8	Women	200 Y Medley Relay
9	Mixed	200 Y IM
10	Mixed	100 Y Free
11	Mixed	50 Y Fly
12	Mixed	100 Y Back
13	Mixed	100 Y IM
14	Mixed	50 Y Breast
15	Mixed	200 Y Free Relay
16	Men	200 Y Free Relay
17	Women	200 Y Free Relay
18	Mixed	1650 Y Free