

Nassau County Empire State Games for the Physically Challenged



**Nassau County  
Empire State Games For  
The Physically Challenged  
“Celebrating 35 Years Of Ability”  
Long Island Competition**

**May 30- June 1, 2019**

**Mitchel Athletic Complex  
Nassau Community College**

**For more information: 516-903-1139  
victorychallenge@nassaucountyny.gov  
www.nassaucountypcgames.com**

**Nassau County Department of Parks, Recreation and Museums  
Administration Building, Eisenhower Par  
East Meadow, NY 11554**



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### 2019 Important Information

1. **Athlete who receive the Games issued uniform t-shirt must wear them for all Friday Competition.**
2. **Event Information:** Athletes may enter a total of six (6) events on Friday, May 31st and six (6) events on Saturday, June 1st. We ask that you use good judgment when picking events for the athletes. **Track:** Athletes, ages 9-21, may select the **40M or 60M** race, but **not both**. **Swimming** is considered ONE (1) event, regardless of how many strokes you select. Please check the chart on page 8 for event eligibility.
3. **Classifications:** Read classification information carefully to ensure proper placement when classifying athletes.
4. **ENTRY FORMS and WAIVER FORMS:** Please be sure ALL information is filled in completely. Be sure to use the correct, age appropriate waiver form. One for "under 18" and one for "18 & over". Please be sure the athlete/parent are signing the correct forms. (See page 2 – How to Enter)
5. **Track Events:** All track events will be started with a **whistle** and/or **flag**.
6. **Teams/ Coaches may pick up uniforms on Wednesday, May 29th, please call in advance to schedule a pick up time.** Athletes that do not compete, do not receive a uniform. Uniforms must be returned to the Games.
7. **MEALS AND HOUSING:** All coaches, chaperones and family members who wish to receive housing and/or meals must complete a housing form and payment must be received prior to the Games. Further information and housing forms are available by calling (516) 903-1139 . **(SEE PAGE 5 FOR MEAL DETAILS AND CHANGES).**
8. **Swimming Competition:** Swimming distances are recommended by ability. Swimmers may choose the distance(s) that they would prefer to swim. It is important that the athlete is able to complete the distance in all strokes selected. Swimmers requiring hands on assistance will swim in recreational only swim events and receive a participation ribbon. See page 11 for additional swimming rules.
9. **DEADLINE for applications is April 15, 2019.** All entry forms must be completed and received by the Games office by this date. Waivers must be completed and signed for Athlete's to be eligible to compete.

**It is important that you read all of the information provided in this book.**

***The Nassau County Empire State Games for the Physically Challenged, are an innovative blend of competition and recreational activities for young athletes with physical challenges.***

The ***Nassau County Empire State Games for the Physically Challenged*** will be held **May 30 - June 1, 2019** at Mitchel Athletic Complex and Nassau Community College. Athletes will be housed at Hofstra University.

### **The Goals of the Games**

- I. To introduce the concept of adapted sports and recreation for physically challenged individuals.
- II. To encourage promotion of sports for physically challenged individuals of all ages.
- III. To enable children to learn and develop skills required for a successful experience in sports competition and fitness.
- IV. To familiarize the general public with the abilities of physically challenged individuals.

### **Eligibility**

The ***Nassau County Empire State Games for the Physically Challenged*** are open to all individuals, 5 - 21 years of age, who are amputees, blind or visually impaired, deaf or hearing impaired, spinal cord injured, have Cerebral Palsy or are Les Autres (a French term meaning "the others"). All athletes must be able to:

1. understand and follow verbal instructions (with aid of an interpreter or assistive devices if necessary);
2. comply with established rules;
3. exhibit appropriate behavior and be responsible for his or her own safety and that of others; and
4. compete without assistance except where permitted, such as guide runners for the blind and holders for wheelchairs.

***All participants will compete within their own disability group, medical classification, age group and sex.***

### **Age Groups**

|                 |                 |                 |                 |                 |
|-----------------|-----------------|-----------------|-----------------|-----------------|
| <b><u>A</u></b> | <b><u>B</u></b> | <b><u>C</u></b> | <b><u>D</u></b> | <b><u>E</u></b> |
| <b>5 – 8</b>    | <b>9 – 11</b>   | <b>12 – 15</b>  | <b>16 – 18</b>  | <b>19 – 21</b>  |

### How to Enter

1. Check your disability and medical classification to find out what sports for which you are eligible (see page 8).
2. Complete the enclosed entry and medical forms. **You may enter a total of six (6) events on Friday, May 31st and six (6) events on Saturday, June 1st.** We ask that you use good judgment when picking events for the athletes. **Swimming is considered ONE (1) event, regardless of how many event strokes you select.** **TRACK:** Athletes ages 5 - 8 may select the 40M *and /or* 60M. Athletes, ages 9-21, may select either the 40M *or* 60M, but **NOT both**.
3. **ENTRY FORM: Has been changed to accommodate the medical information and waiver on the back side.** Please be sure to complete all information, including School Code and athlete Classification.
4. **The Release of Liability MUST be completely filled out and signed in the designated areas or the application will not be accepted.** It is the Parent/Guardian's responsibility to thoroughly read the entire waiver before signing. **"Under 18" and "18 and Over" waiver forms.**
5. Return forms by mail to: Games for the Physically Challenged  
Nassau County Parks, Recreation and Museums  
Eisenhower Park, Administration Building  
East Meadow, NY 11554  
*(keep a copy of the completed forms for your records).*
6. Call (516) 903-1139 or email: [victorychallenge@nassaucountyny.gov](mailto:victorychallenge@nassaucountyny.gov) if you have further questions and/or to obtain Housing/meal forms.
7. The entry form (**both** sides) may be reproduced on a copying machine.
8. **Entry Deadline is April 15, 2019**

### Code of Conduct

1. **Preamble:** All athletes, coaches, officials and volunteers associated with the Nassau County Empire State Games for the Physically Challenged shall conduct themselves in a positive and responsible manner at all times. Courtesy, respect, sportsmanship and fair play shall be the Code of Conduct for all individuals so that the honor and dignity we all seek in competitive amateur athletics will be represented.
2. **Supervision:** It is required that each athlete be under the direct supervision of a responsible adult, parent or chaperone. This person will be responsible for the conduct and special needs, if any, of the athlete.
3. **Accountability:** During the Games, persons shall be accountable for their actions and held personally responsible for any damage or injury to property or persons.

### Rainy Day(s)

The Games program will be held, rain or shine. Adjustments will be made accordingly and announcements of any changes in the program will be made at the Opening Ceremony and on-site at the events areas.

## 2019 Tentative Schedule of Events

|   |   |   |
|---|---|---|
| <b>Thursday, May 30, 2019</b>               |   | <b>Mitchel Athletic Complex</b>                             |
| <b>Athlete Registration</b>                 | 3:00 - 6:00 pm  |   |
| <b>Volunteer Registration</b>               | Noon - 6:00 pm  |   |
| <b>Demonstration Events</b>                 | 3:00 - 6:00 pm  |   |
| <b>Opening Ceremonies</b> (line-up 6:00 pm) | 6:30 - 7:30 pm  |   |
| <b>Friday, May 31, 2019</b>                 |   |   |
| <b>Athlete Registration</b>                 | 8:00am – 2:00pm<br>3:00pm – 7:00pm                                | <b>Mitchel Athletic Complex</b><br>Nassau Community College |
| <b>Volunteer Registration</b>               | 8:00am – 2:00pm<br>3:00pm – 7:00pm                                | <b>Mitchel Athletic Complex</b><br>Nassau Community College |
| <b>Track</b>                                |   | <b>Mitchel Athletic Complex</b>                             |
| 9:15 am                                     | 800M  |   |
| 9:30 am                                     | P40, 100M   |   |
| TBA   | 40M, 400M   |   |
| <b>Field</b>                                |   | <b>Mitchel Athletic Complex</b>                             |
| 8:30 am                                     | Discus, Soft Discus, Club Throw<br>Precision Throw, Distance Kick |   |
| <b>Swimming</b>                             |   | <b>Nassau Community College Pool</b>                        |
| 6:00 pm                                     | Warm Up & Check-in for all swimmers                               |   |
| <b>Table Tennis</b>                         |   | <b>NCC - Field House</b>                                    |
| 6:00 pm                                     | Check-in and warm-up for all Table Tennis competitors             |   |
| <b>Wheelchair Basketball</b>                |   | <b>NCC - Lower Level Gymnasium</b>                          |
| 3:00 pm                                     | Check-in and warm-up for all Wheelchair Basketball competitors    |   |
| <b>Saturday, June 1, 2019</b>               |   |   |
| <b>Track</b>                                |   | <b>Mitchel Athletic Complex</b>                             |
| 9:15 am                                     | 1500M   |   |
| 9:30 am                                     | P80, 60M  |   |
| TBA   | 200M  |   |
| <b>Field</b>                                |   | <b>Mitchel Athletic Complex</b>                             |
| 8:30 am                                     | Soft Shot, Shot Put,  |   |
| 1:30 pm                                     | Long Jump, High jump  |   |
| <b>Archery</b>                              |   |   |
| 10:00 am                                    | Open to all Athletes ages 16 - 21                                 |   |
| <b>Slalom</b>                               |   |   |
| 11:00 am                                    | Ambulatory/Wheelchair/PWC   |   |
| <b>Celebration Dance</b>                    | 6:30 - 8:30 pm  | <b>Nassau Community College</b>                             |
| <b>Adapted Games Demonstrations</b>         | 10:00 am - 2:00 pm<br>All Day                                     | Friday, May 31st<br>Friday/Saturday, May 31st & June 1st    |

## Rain Schedule

It is recommended that the athletes bring appropriate clothing to wear in case of rain. Generally, events will be held in the original locations rain or shine.

In the case of severe inclement weather on Friday or Saturday, all events will be held in the **Nassau Community College Athletic Complex** (Field House on the first level and swimming pool and gymnasium on the lower level). All activity areas are wheelchair accessible.

### Thursday, May 30, 2019

|                    |                 |                   |
|--------------------|-----------------|-------------------|
| Opening Ceremonies | Butler Building | 6:30 pm - 7:30 pm |
|--------------------|-----------------|-------------------|

### Friday, May 31, 2019

|                       |                 |                         |
|-----------------------|-----------------|-------------------------|
| Track / Field         | Field House/Gym | <b>(Noon)</b> - 4:00 pm |
| Table Tennis          | Field House     | 6:00 pm - 9:00 pm       |
| Swimming              | Pool            | 6:00 pm - 8:30 pm       |
| Wheelchair Basketball | Lower Level Gym | 3:00 pm - 10:00pm       |
| Demonstrations        | To Be Announced | All Day                 |

### Saturday, June 1, 2019

|                |                     |                   |
|----------------|---------------------|-------------------|
| Track          | Field House         | 9:00 am - 3:00 pm |
| Field          | Main Gymnasium      | 9:00 am - 3:00 pm |
| Archery        | -----Cancelled----- |                   |
| Demonstrations | To Be Announced     | All Day           |

|                   |                |                      |
|-------------------|----------------|----------------------|
| Ambulatory Slalom | Main Gymnasium | 9:00 am - 12:00 noon |
| Wheelchair Slalom | Field House    | 9:00 am - 12:00 noon |
| Power Slalom      | Field House    | 9:00 am - 12:00 noon |
| Field             | Main Gymnasium | 9:30 am - 12:00 noon |

***Demonstration locations will be posted at the main entrance and throughout the Games site.***

***Any special information will be announced at the Opening Ceremonies and on site throughout the Games.***

Nassau County Empire State Games for the Physically Challenged



## Medical Classifications

### \*\*\* Amputee \*\*\*

- A1** - Double above knee                      **A5** - Double above elbow  
**A2** - Single above knee                      **A6** - Single above elbow  
**A3** - Double below knee                      **A7** - Double below elbow  
**A4** - Single below knee                      **A8** - Single below elbow  
**A9** - Combination of upper and lower amputations

### \*\*\* Blind and Visually Impaired\*\*\*

- B1** Totally blind. May possess some light perception but unable to recognize hand shapes at any distance.  
**B2** Visual acuity not better than 20/600 and/or those with less than 5 degrees in visual field.  
**B3** Visual acuity not better than 20/200 and/or those with more than 5 degrees and less than 20 degrees in visual field.

### \*\*\* Cerebral Palsy\*\*\*

- C1** Cerebral Palsy or Les Autres athletes with functional ability affected in all four limbs. Limited trunk control. Unable to grasp and release efficiently. Spastic motor coordination necessitates the use of a power wheelchair. (CP athletes in power wheelchairs with good upper body control will be classified as L0)  
**C2** Propels wheelchair with legs or, if able, propels wheelchair very slowly with arms. Poor functional strength and severe control problems in the upper extremities.  
**C3** All four limbs are moderately affected. Fair functional strength and moderate control in upper extremities and torso. Uses a wheelchair.  
**C4** Lower limbs have moderate to severe involvement. Good functional strength in upper extremities and torso. Uses a wheelchair.  
**C5** Walks with assistive devices for support (ex: crutches, walker) Note: Braces are not considered assistive devices. (See C9 for Gait Trainers)  
**C6** Walks without assistive devices. Has less coordination. Balance may be difficult to maintain when running or throwing. Has greater upper extremity involvement.  
**C7** One side moderately or minimally affected (hemiplegia). Good functional ability in non-affected side. Walks with a limp.  
**C8** Minimally affected in terms of coordination. Has good balance. Ability to run or jump not affected.  
**C9** Walks with the use of a Gait Trainer.  
**C10** A **split of ambulatory and wheelchair**. Athletes will be **scored** as a **C4** for **FIELD** events and a **C5** for **TRACK** events.  
**C11** A **split classification** allowing ambulatory athletes classified as **C5, C6, or C7** to **use a wheelchair for the 400m, 800m and 1500m track events**.  
(C11's need to specify classification for non-track events).



## **Medical Classifications (con't.)**

### **\*\*\* Deaf and Hearing Impaired \*\*\***

**D1** All Deaf and Hearing Impaired athletes compete in one class.

### **\*\*\* Les Autres\*\*\***

Those athletes who have disabilities such as Osteogenesis Imperfecta (Brittle Bones), Muscular Dystrophy, Dwarfism, Arthrogryposis (Stiff Joints), Cardiac or Pulmonary Disorder. **Fully ambulatory Spinal Cord Injured athletes will be classified as Les Autres.** This classification divides the athletes by the degree of functional ability.

**L0** Power wheelchair athletes with good upper body control (see C1).

**L1** Wheelchair athletes with poor functional mobility or balance.

**L2** Wheelchair athletes with good functional mobility or balance.

**L3** Ambulatory athletes who walk with assistive devices for support (ex: crutches, walkers). Note: Braces are **not** considered assistive devices.

**L4** Ambulatory athletes with minimal trunk or lower limb disability (may wear braces).

**L5** Ambulatory athletes with limited upper body mobility.

**L6** Dwarfism.

**L7** Cardiac or Pulmonary - **\*\*Cardiac and pulmonary athletes must have a letter of clearance from their doctor in order to compete.**

### **\*\*\* Spinal Cord Injured\*\*\***

**J1** The functional ability of all four limbs affected including involvement of both hand, weakness of triceps. Severe weakness of trunk and lower extremities interfering with trunk sitting balance and walking. Normal or good triceps and generalized weakness of trunk and lower extremities. Normal to good finger flexion and extension as to grasp and release without intrinsic hand function.

**J2** With complete or incomplete paraplegia. Some upper abdominal strength and spinal extensor musculature which is sufficient to provide some element of sitting balance (but not normal).

**J3** With complete or incomplete paraplegia. Very weak quadriceps and some gluteal paralysis.

**J4** With complete or incomplete paraplegia. Athlete will participate in a wheelchair in track, slalom and table tennis and will be ambulatory for field events.

**Note: Fully ambulatory Spinal Cord Injured athletes will be classified as Les Autres (L3 or L4)**

## Meals

1. The Thursday, May 30th dinner as well as breakfast and lunch both Friday, May 31st and Saturday, June 1st will be served at Mitchel Field. The Friday, May 31st dinner will be served in the Nassau CC Food Court and the Saturday, June 2nd, dinner/dance will be held in the Nassau Community College Field House.
2. **Meals will only be served to athletes with a meal voucher and individuals that have pre-purchased meal vouchers.**
3. Athletes, coaches, officials and volunteers requiring a special diet must provide their own food.

### Food Schedule

| <u>Meal</u>                          | <u>Time</u>        | <u>Location</u>                           |
|--------------------------------------|--------------------|---|
| <b><u>Thursday, May 30, 2019</u></b> |                    |   |
| Dinner                               | 4:30 - 6:00 pm     | Main food tent*                           |
| <b><u>Friday, May 31, 2019</u></b>   |                    |   |
| Breakfast                            | 7:30 - 9:00 am     | Main food tent                            |
| Lunch                                | 11:30 am - 1:00 pm | Main food tent                            |
| Dinner                               | 4:00 – 8:00 pm     | Nassau Community College<br>(Food Court)  |
| <b><u>Saturday, June 1, 2019</u></b> |                    |   |
| Breakfast                            | 7:30 - 9:00 am     | Main food tent                            |
| Lunch                                | 11:30 am - 1:00 pm | Main food tent                            |
| Buffet Dinner                        | 5:00 - 6:30 pm     | Nassau Community College                  |
| Dance                                | 6:30 - 8:00 pm     | Nassau Community College<br>(Field House) |
| <b><u>Sunday, June 2, 2019</u></b>   |                    |   |
| Breakfast                            | 7:30 - 9:00 am     | Nassau/Suffolk Dorms                      |

\* *The main food tent is located in the parking lot of Mitchel Athletic Complex.*

All athletes will receive meals as guests of the Games. All coaches, chaperones and family members who wish to receive meals must purchase individual meal vouchers.

| FOOD -   | Breakfast | Lunch   | Dinner  |
|----------|-----------|---------|---------|
| Thursday | _NA_      | _NA_    | _NA_    |
| Friday   | \$ 5.00   | \$ 6.00 | \$10.00 |
| Saturday | \$ 5.00   | \$ 6.00 | \$13.00 |
| Sunday   | \$ 5.00   | _NA_    | _NA_    |

New meal plans and times.  
 \*\* Lunch will remain the same\*\*  
 Friday dinner: Nassau CC - Food Court.  
 Choice – Pizza, Chicken Tenders,  
 Sandwiches, Burger, Hotdog, etc.  
 Saturday Dinner: Nassau CC  
 Buffet – Chicken fingers, french fries,  
 mac & cheese OR chicken francaise,  
 rice pilaf, fresh vegetables, salad, rolls,  
 cold beverage and dessert included.  
**See above for times.**

**Meal packages must be purchased in advance. Deadline April 15, 2019.**

Meal/Housing Registration forms are available by calling the Games office at (516) 903-1139 or by emailing victorychallenge@nassaucountyny.gov.

For those who do not wish to purchase meal vouchers, concession stands will be open Friday and Saturday at Mitchel Athletic Complex for lunch and Nassau Community College Friday Evening for dinner. Meal vouchers must be pre-purchased for the Saturday Buffet Dinner. **A limited number** of tickets may be available for sale at the door.

| <b>Event Eligibility</b>           |                           |        |                                    |        |                                    |        |                |        |                   |        |                    |        |
|------------------------------------|---------------------------|--------|------------------------------------|--------|------------------------------------|--------|----------------|--------|-------------------|--------|--------------------|--------|
|                                    | <b>Amputee</b>            |        | <b>Blind/VI</b>                    |        | <b>Cerebral Palsy</b>              |        | <b>Deaf/HI</b> |        | <b>Les Autres</b> |        | <b>Spinal Cord</b> |        |
|                                    | Classes                   | Ages   | Classes                            | Ages   | Classes                            | Ages   | Classes        | Ages   | Classes           | Ages   | Classes            | Ages   |
| <b><u>Track</u></b><br>40M/60M     | All Classes               |        | Ages 5-8 may do 40M <b>AND</b> 60M |        | Ages 9-21 may do 40M <b>OR</b> 60m |        |                |        |                   |        |                    |        |
| 100M, 200M                         | All classes, Ages 5 - 21  |        |                                    |        |                                    |        |                |        |                   |        |                    |        |
| 400M, 800M,<br>1500M               | All classes, Ages 9 - 21  |        |                                    |        |                                    |        |                |        |                   |        |                    |        |
| <b><u>Archery</u></b>              | All classes, Ages 12 - 21 |        |                                    |        |                                    |        |                |        |                   |        |                    |        |
| <b><u>Field</u></b><br>Club Throw  | All classes, Ages 5 - 21  |        |                                    |        |                                    |        |                |        |                   |        |                    |        |
| Discus,<br>Shot Put                | All classes, Ages 9 - 21  |        |                                    |        |                                    |        |                |        |                   |        |                    |        |
| Distance Kick                      |                           |        |                                    |        | All                                | 5 - 21 |                |        | All               | 5 - 21 | All                | 5 - 21 |
| High Jump                          | All                       | 9 - 21 | All                                | 9 - 21 |                                    |        | All            | 9 - 21 |                   |        |                    |        |
| Long Jump                          | All                       | 5 - 21 | All                                | 5 - 21 | 6,7,8                              | 5 - 21 | All            | 5 - 21 | 4,5,6             | 5 - 21 |                    |        |
| Soft Shot                          | All                       | 5 - 15 | All                                | 5 - 15 | All                                | 5 - 21 | All            | 5 - 15 | All               | 5 - 21 | All                | 5 - 21 |
| Precision<br>Throw,<br>Soft Discus | All classes, Ages 5 - 21  |        |                                    |        |                                    |        |                |        |                   |        |                    |        |
| <b><u>Slalom</u></b>               | All classes, Ages 5 - 21  |        |                                    |        |                                    |        |                |        |                   |        |                    |        |
| <b><u>Table Tennis</u></b>         | All                       | 5 - 21 |                                    |        | All                                | 5 - 21 | All            | 5 - 21 | All               | 5 - 21 | All                | 5 - 21 |

## **TRACK RULES**

Athletes may enter appropriate track races with the understanding that they must be able to complete the entire distance WITHOUT assistance (being pulled, pushed or touched) to be considered for medals. Athletes that cannot complete the race without assistance will be disqualified. Pace and Guide runners are allowed for the Blind or Visually impaired athletes where appropriate.

1. Athletes ages 9 – 21 may select either the 40M or 60M race, **but may not compete in both.** Only athletes ages 5 – 8 may compete in both the 40M & 60M races.
2. A whistle or flag will be used to start each race.
3. **STARTING LINE:** All feet or wheels must be behind the starting line. Athletes using aids (ex. crutches or walkers) may have aids over the line for balance.
4. **FINISH LINE:** An ambulatory athlete crosses the finish line when their upper torso breaks the plane of the finish line. A wheelchair athlete has finished once the wheel has broken the plane of the finish line.
5. **Only one parent or coach** will be permitted in the track area while the athlete is lining up and/or racing. All others will be directed to watch the events from the bleacher. It is for safety reasons that we must limit the number of people in the track area.

### **High Jump**

**Must be able to clear minimum height of 3' 6"**

## **DEMONSTRATIONS**

There will be many types of non-competitive demonstration activities available each day. The demonstrations are open to all youth in attendance at the Games including athletes' siblings and visitors from all schools and organizations as time and space permits. Physically challenged athletes have priority. These activities will be located in designated areas throughout the Games site.

**Recommended Swimming Events by Age Group**

*Recommended Swimming Distance*

|  | 25 meters     | 50 meters | 100 meters |
|--|---------------|-----------|------------|
| <b>Amputee:</b><br>A1 – A9<br>A1 - A4, A6, A8<br>A5, A7, A9      | A, B          | C         |            |
|  |               |           | D, E       |
|  |               | D, E      |            |
| <b>Blind</b>   | A, B          | C         | D, E       |
| <b>Cerebral Palsy:</b><br>C1 – C2, C9<br>C3 – C7, C10, C11<br>C8 | A, B, C, D, E |           |            |
|  | A, B, C       | D, E      |            |
|  | A, B          | C, D, E   |            |
| <b>Deaf</b>  | A, B          | C         | D, E       |
| <b>Les Autres:</b><br>L0 – L1<br>L2 - L7                         | A, B, C, D, E |           |            |
|  | A, B, C       | D, E      |            |
| <b>Spinal Cord:</b><br>J1 - J4<br>J1 - J2<br>J3 - J4             | A, B, C       |           |            |
|  |               | D, E      |            |
|  |               |           | D, E       |

*These are recommended Swimming Guidelines.  
Experienced swimmers may swim in longer races.*

Nassau County Empire State Games for the Physically Challenged



## SWIMMING RULES

1. Swimming counts as only **ONE** event regardless of the number of swimming strokes you enter.
2. Each athlete may enter all swimming strokes with the understanding that they must be able to complete the appropriate distance **without** assistance (being pulled or touching the pool bottom) to be considered for medals. **Swimmers who hang on to the lane dividers or walls for resting or pulling forward will be disqualified. (There is an option for Recreational Swim for swimmers needing assistance. A Participation ribbon will be received.)**
3. **Approved** floating devices will be permitted. Inner tubes will be permitted in the last race only and will be eligible for participation ribbons only.
4. Swimmers must remain seated in their proper assigned areas and wait for their names to be called for their event.
5. A beeper or air horn will be used to start each race. A colored flag will be used to start all deaf and hearing impaired athletes. There will be **no diving entries**. All swimmers will start from a grab position in the water.
6. A swimmer's time will be recorded as they touch the end wall/pad in their lane.
7. Each swimmer must provide their own bathing suit (no cut off shorts), towels and approved flotation devices (if needed).
8. Order of the events will be distributed at the swimming pre-registration table.
9. Questions can be answered at the problem table as you enter the pool deck.
10. **Only one parent or coach will be permitted on the pool deck with the swimmers.** This one parent or coach will be required to wear a special identification sticker which will be distributed at the pre-registration table. No one will be permitted on the pool deck without a sticker. All others will be directed to watch the events from the gallery or bleachers. It is for safety reasons that we must limit the number of people on the pool deck.

## Directions to the Games Site

**For GPS please use the below address:**

**Cradle of Aviation Museum, Charles Lindbergh Blvd., Garden City, NY 11530  
(Entrance to Mitchel Athletic Complex If located directly across the road)**

### ***From - Westchester, Bronx, Manhattan, Northern Queens:***

#### via auto

- I. 1) Throgs Neck Bridge to Clearview Expy South to (A) or (B):  
or 2) Whitestone Bridge to Cross Island Parkway South to (A), (B) or (C):  
or 3) Triboro Bridge to (B):  
or 4) Queensboro/59th St. Bridge to Queens Blvd to (A):  
or 5) Midtown Tunnel to (A):
- II. A) Long Island Expressway East  
B) Grand Central Parkway East  
C) Southern State Parkway East
- III. **From (A) & (B) above** - Northern State Parkway East to Meadowbrook Parkway South to Route 24 West (Hempstead Turnpike) to Earl Ovington Blvd - turn right and follow signs to Mitchel Athletic Complex.  
**From (C) above** - Southern State Parkway East to Meadowbrook Parkway North to Route 24 West (Hempstead Turnpike) to Earl Ovington Blvd - turn right and follow signs to Mitchel Athletic Complex.

#### via bus:

- I. 1) Throgs Neck Bridge to Route 678 (Clearview Expy) South to:  
or 2) Whitestone Bridge to Rte 295 (Whitestone/Van Wyck Expy) South to:  
or 3) Triboro Bridge to Route 278 (Brooklyn Queens Expy) South to:  
or 4) Queensboro//59th Street Bridge to Queens Blvd to:  
or 5) Midtown Tunnel to:
- II. Rte. 495 - Long Island Expressway East to Glen Cove Road South. Cross Old Country Road and continue South on Clinton Street. Make a left onto Stewart Avenue, go East past Roosevelt Field to traffic light, make a right turn onto Quentin Roosevelt Blvd and follow signs to Mitchel Athletic Complex.

### ***From - Brooklyn, Southern Queens and Staten Island:***

#### via auto:

- 1) Shore/Belt Parkway to (C) above:
- or 2) Atlantic Avenue East to South Conduit Avenue East to Belt Parkway to (C) above:

#### via bus:

Route 278 (Brooklyn-Queens Expressway) North to Route 495 (Long Island Expressway) and follow bus route above.

Nassau County Empire State Games for the Physically Challenged  
Nassau Parks Conservancy  
Nassau County Parks, Recreation and Museums  
Eisenhower Park, Administration Building  
East Meadow, NY 11554

Application Deadline: April 15, 2019

**TO:**

