

**NASSAU COUNTY RECREATION AND PARKS &  
LONG ISLAND AQUATIC CLUB PRESENT  
THE LONG ISLAND NATIONAL QUALIFIER  
SWIMMING INVITATIONAL  
Sanction #030203**

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**Date of Meet: January 31 -Feb.2, 2003      Entries Due Tuesday JANUARY 21, 2003  
Submit Short Course Yard Times- Trials and Finals Meet Bonus, Consol, Finals**

**Preliminaries - Warm-up 8:00 am    Start 9:00 am  
Finals - Warm-up 4:00 pm    Start 5:00 pm**

No	Women SC Time Standard	Event	Men SC Time Standard	No
<b>Friday, January 31, 2003</b>				
1.	1:14.59	100 Breaststroke	1:07.49	2.
3.	2:02.99	200 Freestyle	1:52.49	4.
5.	1:04.59	100 Butterfly	:58.09	6.
7.	2:18.99	200 Individual Medley	2:05.99	8.
9.		800 Freestyle Relay		10.
11.	11:16.99	1000 Freestyle	10:46.99	12.
<b>Saturday, February 1, 2003</b>				
13.	4:51.99	400 Individual Medley	4:33.99	14.
15.	27.19	50 Freestyle	24.59	16.
17.	2:40.59	200 Breaststroke	2:27.49	18.
19.	1:05.59	100 Backstroke	:59.99	20.
21.	5:24.99	500 Freestyle	4:59.59	22.
23.		400 Medley Relay		24.
<b>Sunday, February 2, 2003</b>				
25.	2:19.99	200 Backstroke	2:08.99	26.
27.	:59.69	100 Freestyle	:52.59	28.
29.	2:22.99	200 Butterfly	2:12.99	30.
31.		400 Freestyle Relay		32.
33.	19:15.99	1650 Freestyle	18:20.99	34.

**Please note: The fastest heat of the 1000 and 1650 freestyle will be swum at the beginning of the Finals sessions on Friday and Sunday.**

**Two heats of relays will be swum during finals each day.**

# THE LONG ISLAND NATIONAL QUALIFIER

## SWIMMING INVITATIONAL

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Entries Due Tuesday JAN. 21, 2003

Submit Short Course Yard Times- Preliminary and Finals Meet Bonus, Consol, Finals

Preliminaries - Warm-up 8:00 am Start 9:00 am

Finals - Warm-up 4:00 pm Start 5:00 pm

Sanctioned by Metropolitan Swimming

Sanction No:030203

Pool: Goodwill Games Aquatic Center in Eisenhower Park, East Meadow, Long Island

10 lane by 50 meter competition pool w/ 2 meter min depth.

6 lane by 25 meter warm up pool

Colorado Timing system, Hy-Tek meet manager

Host of: 1998 Speedo Northeast Junior Championships

1998 Goodwill Games

1999 Phillips 66 National Swimming Championships

1999 Long Island Grand Prix

2000 Long Island Grand Prix

2001 Division I NCAA Women's Swimming & Diving Championship

2001 Long Island Grand Prix

2001 World Cup

2001 US Open

**Eligibility:** Swimmers must be USA swimming registered (or other FINA member) in order to compete.

Entries for swimmers without valid 2003 USA Swimming registrations will not be entered in the meet. All swimmers are limited to a maximum of 3 individual events plus relay per day. Swimmers are eligible to compete in events provided that they have equaled or bettered the attached time standard.

**Entry Fees:** An entry fee of \$4.00 per individual event and \$8.00 per relay event must accompany the entries. Make checks payable to "Friends of Nassau Long Island Swimming." Entries will not be considered received and accepted without full payment of fees. Non- HyTek entries are subject to \$1.00 per swimmer fee.

**Entries:** You are encouraged to send your hy-tek entries via e-mail to [MSGINNY@ATT.NET](mailto:MSGINNY@ATT.NET)

Please do not send a disk in the mail if you entry via e-mail.

If you are not entering via e-mail please send hy-tek entries along with a hard copy.

An entry summary along with a signed waiver must accompany each entry, regardless how the entry is submitted.

Deck entries will not be accepted.

**Deadline:** Entries must be received by Tuesday Jan. 21, 2003. Entries will be cut based upon time with exception of host team.

**SEND Entries to:** Meet Director Ginny Nussbaum

Aquatic Center

Eisenhower Park

East Meadow, NY 11554

Telephone: (516) 572-0509

Fax: (516) 572-0513

Email: [msginny@att.net](mailto:msginny@att.net)

**Awards:** Will be presented to the top 3 finishers in individual and relay events. Team Awards will be presented to the top 3 scoring teams. Scoring for the team title will be Open events through 16 places as follows: Individual (20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1). Relays will be double.

**Rules:** USA Swimming rules will govern. Preliminary scratches must be received by 8:30 am each morning. The National finals' scratch rule will be used. In order there will be Bonus, Consolation and Championship Final for all events except 1000 and 1650 freestyle.

1000 and 1650 Freestyle will be swum fastest to slowest alternating women's and men's heats at the end of morning preliminaries. The fastest heat of each will be swum at night as first two events. Note: 1650 positive check-in will close 5:00 pm Saturday. Relays will be timed finals. All relays will be swum at night.

**DIRECTIONS:**

**FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:**

Follow signs to Belt Parkway/Long Island East. Take Belt Pkwy eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Pkwy East. Take So. St. Pkwy East to Meadowbrook Pkwy North (exit 22N). Take meadowbrook Pkwy (Northbound) to NY-24 Hempstead Tpke East. On Hempstead Tpke go to the left lane and make a left at the first light (Merrick Ave.) At the first light make a right into the parking lot for the pool.

**FROM WHITESTONE AND THROGS NECK BRIDGES :**

Take Cross County Pkwy South to exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead Tpke east. For pool see directions above.

**FROM LA GUARDIA AIRPORT:**

Take Grand Central Parkway (to Eastern Long Island) to Meadowbrook Pkwy and follow above directions.

**METRO SAFETY GUIDELINES WILL BE ENFORCED.**

**NASSAU LONG ISLAND AQUATIC CLUB**  
**presents**  
**THE LONG ISLAND NATIONAL QUALIFIER**  
**SWIMMING INVITATIONAL**

January 31-February 2, 2003

Sanction #030203

NASSAU COUNTY DEPARTMENT OF RECREATION AND PARKS

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**ENTRY SUMMARY**

TEAM \_\_\_\_\_ CLUB CODE \_\_\_\_\_ ASSOCIATION \_\_\_\_\_

ADDRESS \_\_\_\_\_ TOWN \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

# OPEN WOMEN _____	#EVENTS _____	X\$4.00	= \$
	#RELAYS _____	X\$8.00	= \$
# OPEN MEN _____	#EVENTS _____	X\$4.00	= \$
	# RELAYS _____	X\$8.00	= \$
# NON HY-TEK SWIMMERS _____		X\$1.00	= \$
	TOTAL		= \$

WAIVER OF ALL CLAIMS FOR INJURY AND ACCEPTANCE OF ALL MEET RULES ARE CONDITIONS FOR ACCEPTANCE OF ENTRIES.

COACH \_\_\_\_\_