

LONG ISLAND SWIMMING

presents

its THANKSGIVING CLASSIC

NOVEMBER 29 - 30, 2003

to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island

Sanctioned by Metropolitan Swimming

sanction #

Order of Events

All events are Timed Finals

Saturday Morning 12 & Under

Warm - up 8:00 am

Start 9:00 am

Women's Event No.	Event	Men's Event No.
1.	11-12 100 yd Butterfly	2.
3.	10&Under 50 yd Butterfly	4.
5.	11-12 50 yd Backstroke	6.
7.	10&Under 100 yd Backstroke	8.
9.	11-12 100 yd Breaststroke	10.
11.	10&Under 50 yd Breaststroke	12.
13.	11-12 50 yd Freestyle	14.
15.	10&Under 50 yd Freestyle	16.
17.	10&Under 500 yd Freestyle	18.

Saturday Evening 13-14 and Senior

Warm - up 4:00 pm

Start 5:00 pm

Women's Event No.	Event	Men's Event No.
19.	13-14 100 yd Freestyle	20.
21.	Senior 200 yd Freestyle	22.
23.	13-14 200 yd Butterfly	24.
25.	Senior 100 yd Butterfly	26.
27.	13-14 100 yd Backstroke	28.
29.	Senior 200 yd Backstroke	30.
31.	13-14 200 yd Breaststroke	32.
33.	Senior 100 yd Breaststroke	34.
35.	13-14 200 yd Freestyle	36.
37.	Senior 100 yd Freestyle	38.
39.	15-18 400 yd Individual Medley	40.

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**Sunday Morning 12 & Under
Warm - up 8:00 am Start 9:00 am**

Women's Event No.	Event	Men's Event No
41.	11-12 100 yd Freestyle	42.
43.	10&Under 100 yd Freestyle	44.
45.	11-12 50 yd Butterfly	46.
47.	10&Under 100 yd Butterfly	48.
49.	11-12 100 yd Backstroke	50.
51.	10&Under 50 yd Backstroke	52.
53.	11-12 50 yd Breaststroke	54.
55.	10&Under 100 yd Breaststroke	56.
57.	11-12 1000 yd Freestyle	58.

**Sunday Afternoon 13-14 and Senior
Warm - up 4:00 pm Start 5:00 pm**

Women's Event No.	Event	Men's Event No.
59.	13-14 200 yd Individual Medley	60.
61.	Senior 200 yd Individual Medley	62.
63.	13-14 100 yd Butterfly	64.
65.	Senior 200 yd Butterfly	66.
67.	13-14 200 yd Backstroke	68.
69.	Senior 100 yd Backstroke	70.
71.	13-14 100 yd Breaststroke	72.
73.	Senior 200 yd Breaststroke	74.
75.	13-14 50 yd Freestyle	76.
77.	Senior 50 yd Freestyle	78.
79.	13-14 400yd Individual Medley	80.

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Pool: 10 lanes with non-turbulent lane lines. Hy-Tek and Colorado Timing will be used.

Awards: 1st, 2nd, 3rd.

Entry Limitations: Athletes are limited to THREE (3) events per session.
NT will not be accepted

Entry fees: \$3.00 per individual event.
Please make checks payable to Long Island Swimming.
Non- Hy-Tek Metro entries are subject to a \$1.00 per swimmer fee.
Please send an event summary report.

Entries: All teams must send an entry summary along with a signed waiver.
You are encouraged to send your hy-tek entry via e-mail to longislandswimming@hotmail.com.
E-mail entires please do not send a disk, just a hard copy and check.
If you are not entering via e-mail please send hy-tek entries along with a hard copy and check.
Deck entries will not be accepted.

Entries due: November 18, 2003 at 5 p.m. If sending Express Mail, please sign waiver on front.
Entries accepted on first-come basis. If using Hy-Tek, Please include hard copy of entries.

E Mail Entries To: longislandswimming@hotmail.com
Mail Entries To: MaryAnn Senecal
40 Merrick Ave.
Merrick, NY 11566
(516)378.8467; fax(516)771.9128

Admission: \$3.00 per adult. Program \$2.00.

METRO SAFETY GUIDELINES WILL BE ENFORCED.

DIRECTIONS:

FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take So.State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At the first light on Merrick Ave. Make a right turn into the Parking lot for the Pool.

FROM WHITESTONE AND THROGS NECK BRIDGES

Take Cross Island Parkway 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 East, Hempstead Tpke.. For pool see directions above.

FROM LAGUARDIA AIRPORT

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

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ENTRY SUMMARY

Team _____ Club Code _____ Association _____
Address _____ Town _____ State _____ Zip _____
Contact Name _____ E-Mail _____ Phone _____

10 & UNDER WOMEN _____ # EVENTS _____ x \$3.00 = \$ _____

11-12 WOMEN _____ # EVENTS _____ x \$3.00 = \$ _____

13-14 WOMEN _____ # EVENTS _____ x \$3.00 = \$ _____

SENIOR WOMEN _____ # EVENTS _____ x \$3.00 = \$ _____

10 & UNDER MEN _____ # EVENTS _____ x \$3.00 = \$ _____

11-12 MEN _____ # EVENTS _____ x \$3.00 = \$ _____

13-14 MEN _____ # EVENTS _____ x \$3.00 = \$ _____

SENIOR MEN _____ # EVENTS _____ x \$3.00 = \$ _____

Total \$ _____

Waiver of all claims for injury and acceptance of all meet rules are conditions for acceptance of entries.

Coach