

**22nd ANNUAL DR., MARTIN LUTHER KING, JR.
SWIM CLASSIC
JANUARY 17, 18, 19, 2003**

NASSAU COUNTY AQUATIC CENTER, EAST MEADOW, LI, NY

HOME OF THE GOODWILL GAMES & SPEEDO JR NATIONAL CHAMPIONSHIP

SPONSOR: NUFINMEN SWIMMING, INC.

SANCTION: METROPOLITAN SWIMMING, INC. SANCTION #: 030107

POOL: 10 Lane 25-yd pool with non-turbulent lane lines.
Hy-Tek and Colorado Timing System.

Location: Nassau County Aquatic Center, East Meadow, Long Island, NY

EVENTS: Events are timed finals. Swimmers are limited to 4 individual Events per session, plus relays. Unattached swimmers may not swim on a relay as a team representative.

ELIGIBILITY: Fees & master entry copy must accompany entries. Include name and number of head coach & a team contact person. Entries due Monday, December 30, 2002. **NT (NO TIMES) not accepted.** Entries not sent on Hy-Tek subjected to \$1.00 per swimmer fee.
\$3.00 per individual event & \$8.00 per relay. Check payable:
Nufinmen Swimming- Dawn Diaz 3 Church Street, Hempstead, NY 11550

MEET OVERSCRIBED: Entries on a 1st-come basis. Cuts by **team**.
Nufinmen reserves the right to enter swimmers regardless of time.

RULES: USA Swim rules govern this meet. United States Swimming, Inc., Metropolitan Swimming, Inc., Nufinmen Swimming, Inc., Nassau County Aquatic Center & their agents or representatives shall be held free and harmless of liabilities, claims, or damages arising by reason of injuries to anyone during event. All persons on deck must be USA registered and must wear certification at all times during meet.

METROPOLITAN SAFETY GUIDELINES ENFORCED

SCRATCHES: Metropolitan Association scratch rules will be in effect.

ADMISSION: \$4.00 per person per session including program;
\$1.00 per child (under 10) per session

AWARDS: Individual: Custom ribbons 1st - 8th; relays: 1st - 3rd;
High point awards for each age group (male/female)
Points awarded through 6th place (no points awarded out of age group)

DIRECTIONS: From Verranzo Narrows Bridge & Kennedy Airport:
Follow signs to Belt Pkwy/Long Island East. Take Belt Pkwy East past Kennedy Airport. After Kennedy Airport stay in left lane & look for signs to Southern State Pkwy East. Take Southern State Pkwy East to Meadowbrook Pkwy North to NY-24 Hempstead Turnpike East (exit M4). On Hempstead Turnpike get in left lane & make left at first light (Merrick Ave). Eisenhower Park is on your right. Right into parking lot for pool.

From Whitestone & Throgs Neck Bridges: Take Cross Island Parkway South to exit 29, Grand Central Parkway East. Grand Central Pkwy to Meadowbrook Pkwy South (Jones Beach). Get off Meadowbrook Pkwy at NY24 East, Hempstead Turnpike. See above directions.

From LaGuardia Airport: Take Grand Central Parkway (Eastern Long Island) to Meadowbrook Pkwy. Follow above directions.

NUFINMEN SWIMMING

22nd ANNUAL DR. MARTIN LUTHER KING, JR. SWIM CLASSIC

SESSION I: FRIDAY, JANUARY 17, 2003

Warm up: 5:00 pm; Start 6:00pm

Female	EVENTS	MALE
1	10&UN 200 FREE	2
3	11&12 200 FREE	4
5	13&14 500 FREE	6
7	OPEN 500 FREE	8
9	10&UN 200 IND MED	10
11	11&12 200 IND MED	12
13	13&14 400 IND MED	14
15	OPEN 400 IND MED	16

(NUFINMEN SWIMMING reserves the right to limit the number of heats to make this session manageable)

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SESSION II: SATURDAY, JANUARY 18, 2003

Warm up: 7:00am, Start: 8:30am

FEMALE	EVENTS	MALE
17	OPEN 200 IND MED	18
19	13&14 200 IND MED	20
21	OPEN 100 BREAST	22
23	13&14 200 BREAST	24
25	OPEN 200 FLY	26
27	13&14 100 FLY	28
29	OPEN 100 FREE	30
31	13&14 200 FREE	32
33	OPEN 200 BACK	34
35	13&14 100 BACK	36
37	OPEN 400 MED REL	38
39	13&14 400 MED REL	40

SESSION III: SATURDAY, JANUARY 18, 2003

Warm up: 1:00pm, Start: 2:00pm

FEMALE	EVENTS	MALE
41	9&10 100 IND MED	42
43	8&U 100 IND MED	44
45	11&12 50 BK	46
47	9&10 100 BK	48
49	11&12 100 BREAST	50
51	9&10 50 BREAST	52
53	8&U 50 FLY	54
55	9&10 100 FLY	56
57	11&12 50 FLY	58
59	8&U 50 FREE	60
61	9&10 50 FREE	62
63	11&12 100 FREE	64
65	10&UN 200 MED REL	66
67	11&12 200 MED REL	68

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SESSION IV: SUNDAY, JANUARY 19TH, 2003

Warm up: 7:00am; Start: 8:00am

FEMALE	EVENTS	MALE
69	OPEN 200 BREAST	70
71	13&14 100 BREAST	72
73	OPEN 50 FREE	74
75	13&14 50 FREE	76
77	OPEN 100 FLY	78
79	13&14 200 FLY	80
81	OPEN 200 FREE	82
83	13&14 100 FREE	84
85	OPEN 100 BACK	86
87	13&14 200 BACK	88
89	OPEN 400 FREE REL	90
91	13&14 400 FREE REL	92

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

SESSION V: SUNDAY, JANUARY 19, 2003

Warm up: 1:00pm; Start 2:00pm

FEMALE	EVENTS	MALE
93	11&12 100 IM	94
95	8&UN 50 BACK	96
97	9&10 50 BACK	98
99	11&12 100 BACK	100
101	8&UN 50 BREAST	102
103	9&10 100 BREAST	104
105	11&12 50 BREAST	106
107	9&10 50 FLY	108
109	11&12 100 FLY	110
111	8&UN 100 FREE	112
113	9&10 100 FREE	114
115	11&12 50 FREE	116
117	10&UN 200 FREE REL	118
119	11&12 200 FREE REL	120