

LONG ISLAND AQUATIC CLUB
presents
THE SPRING KICKOFF INVITATIONAL
MAY 15, 16 2004

to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island
Sanctioned by Metropolitan Swimming
sanction #

Date of Meet: MAY 15 - 16, 2003 Entries Due Tuesday MAY 4, 2003

Submit Long Course Meter Times

SATURDAY MAY 15, 2003

SUNDAY MAY 16, 2003

SESSION 1 8:00am warmup 9:00 start

SESSION 4 8:00am warmup 9:00 start

WOMEN	EVENT	MEN	WOMEN	EVENT	MEN
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|-----------------------|-----|------------------------|-----|
| 1. 11-12 200 m Fly | 2. | 33. 10&U 50 m Back | 34. |
| 3. 10&U 100 m Back | 4. | 35. 11-12 200 m Back | 36. |
| 5. 11-12 50 m Back | 6. | 37. 10&U 50 m Free | 38. |
| 7. 10&U 100 m Free | 8. | 39. 11-12 200 m Free | 40. |
| 9. 11-12 50 m Free | 10. | 41. 10&U 50 m Breast | 42. |
| 11. 10&U 100 m Breast | 12. | 43. 11-12 200 m Breast | 44. |
| 13. 11-12 50 m Breast | 14. | 45. 12&U 100 m Fly | 46. |
| 15. 10&U 50 m Fly | 16. | 47. 11-12 400 m IM | 48. |
| 17. 12&U 200 m IM | 18. | | |

SESSION 5 1:30pm w.up 2:30pm start

SESSION 2 1:30PM	2:30PMstart	WOMEN	EVENT	MEN
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|-------|-----------------|-----|-----------------------|-----|
| women | EVENT | Men | 49. OPEN 50 m Free | 50. |
| 19. | 12&U 400 m Free | 20. | 51. OPEN 100 m Breast | 52. |
| 21. | OPEN 800 m Free | 22. | 53. OPEN 200 m Back | 54. |

SESSION 3 5:00pm warm up 6:00 start

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|-----|-------------------|-----|---------------------|-----|
| 23. | OPEN 200 M Free | 24. | 55. OPEN 100 m Free | 56. |
| 25. | OPEN 100 m Fly | 26. | 57. OPEN 200 m Fly | 58. |
| 27. | OPEN 200 M Breast | 28. | | |
| 29. | OPEN 100 m Back | 30. | | |
| 31. | OPEN 200 m IM | 32. | | |

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 Open - Grand Prix**
- 2000 Long Island Open**
- 2001 Women's Division I Swimming & Diving Championships**
- 2001 Long Island Open**
- 2001 FINA World Cup**
- 2001 U.S. Open**
- 2004 World Cup**
- 2004 Men's Division I Swimming & Diving Championships**

Eligibility: Swimmers must be USA Swimming registered (or other FINA member) in order to compete. Entries for swimmers without valid 2003 USASwimming registrations will not be entered in the meet.

LONG ISLAND AQUATIC CLUB
presents
THE SPRING KICKOFF SWIM MEET
MAY 15-16, 2004

to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island
Sanctioned by Metropolitan Swimming
sanction #

Entry Fees: An entry fee of \$3.00 per individual event,\$1.00 additional for Metro Non-Hytek entries, must accompany the entries. Make checks payable to "Long Island Swimming". Entries will not be considered received and accepted without full payment of fees.

Entries: HyTek program entries on 3 ½" diskette, labeled with the team name (along with a hard copy) are requested. An Entry Summary with signed waiver must accompany each entry, regardless whether entries are submitted on diskette or in writing. All diskettes will be returned with final results. Entries must be submitted in meter times only. Deck entries will not be accepted. Email entries to GinnyNussbaum@hotmail.com

Deadline: Entries must be received by Tuesday May 4, 2004. **IF SENDING EXPRESS MAIL, PLEASE SIGN THE WAIVER ON FRONT.** Entries will be entered in the order received as space allows.

Mail Entries to: Meet Director Ginny Nussbaum
40 Merrick Ave
Merrick, NY 11566

Must put meet entry and date of meet on the envelope

Telephone: (516) 378-8467

Fax: (516) 771-9128

Email: GinnyNussbaum@hotmail.com

Awards: Will be presented to the top 3 finishers in individual events.

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

METRO SAFETY GUIDELINES WILL BE ENFORCED.
NO FOOD OR GLASS BOTTLES ALLOWED ON DECK.

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. St. Pkwy East to Meadowbrook Parkway North (exit 22N). Take Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Avenue). Follow Merrick Ave. And signs to pool entrance on your right.

FROM WHITESTONE AND THROGS NECK BRIDGES:

Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Parkway southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead. Turnpike (exit M4). For pool see directions above.

FROM LA GUARDIA AIRPORT:

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

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MAY 15, 16 2004

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ENTRY SUMMARY

Team _____ Club Code _____ Association _____

Address _____

Town _____ State _____ Zip _____

Contact _____ Phone _____ E-Mail _____

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

11-12 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 = \$ _____

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

