

LONG ISLAND SWIMMING

Presents

Chappy's Big Race

Invitational

OCTOBER 30-31, 2004

to be held at the Nassau County Aquatic Center

Eisenhower Park, East Meadow, Long Island, New York

Sanction #041004

SESSION ONE

Saturday, Oct. 30 warm-up 7:00 a.m.
start 8:00 a.m.

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
1.	11-12 50 yd. Free	2.
3.	10&U 100 yd. Free	4.
5.	11-12 100 yd. Back	6.
7.	10&U 50 yd. Back	8.
9.	11-12 50 yd. Breast	10.
11.	10&U 100 yd. Breast	12.
13.	11-12 100 yd. Fly	14.
15.	10&U 50 yd. Fly	16.
17.	12&U 200 yd. Free	18.

SESSION FOUR

Sunday, Oct. 31 warm-up 7:00 a.m.
start 8:00 a.m.

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
31.	11-12 100 yd. Free	32.
33.	10&U 50 yd. Free	34.
35.	11-12 50 yd. Back	36.
37.	10&U 100 yd. Back	38.
39.	11-12 100 yd. Breast	40.
41.	10&U 50 yd. Breast	42.
43.	11-12 50 yd. Fly	44.
45.	10&U 100 yd. Fly	46.
47.	12&U 200 yd. I.M.	48.

SESSION TWO

Saturday, Oct. 30 warm-up 1:00 p.m.
start 2:00 p.m.

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
19.	Open 200 yd. Free	20.
21.	Open 100 yd. Back	22.
23.	Open 200 yd. Breast	24.
25.	Open 100 yd. Fly	26.
27.	Open 50 yd. Free	28.

SESSION FIVE

Sunday, Oct. 31 warm-up 1:00 p.m.
start 2:00 p.m.

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
49.	Open 100 yd. Free	50.
51.	Open 200 yd. Back	52.
53.	Open 100 yd. Breast	54.
55.	Open 200 yd. Fly	56.
57.	Open 200 yd. I.M.	58.

SESSION THREE

Saturday, Oct. 30 warm-up 6:30 p.m.
Start 7:00 p.m.

29.	Open 1000 yd. Free	30
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Pool: 10 lanes with non-turbulent lane lines. Hy-Tek and Colorado Timing will be used.

Directions: Meadowbrook Pkwy to Hempstead Tpke East exit. At first light, make left onto Merrick Ave. At first light make a right into the parking lot.

Awards: 1st, 2nd, 3rd.

Entry fees: \$3.00 per individual event. Please make checks payable to Long Island Swimming.

Non - HyTek Metro entries are subject to a \$1.00 per swimmer fee.

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 ginnynussbaum@hotmail.com

E-mail entries 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.

Deck entries will not be accepted.

Entries due: October 19, 2004 at 5 p.m. If sending Express Mail, please sign waiver on front.

Entries are by invitational only. If you would like to attend please contact Ginny Nussbaum at ginnynussbaum@hotmail.com for an invitation..

Entry limit: Each athlete is limited to THREE (3) events a day.

Mail Entries to: Ginny Nussbaum (516)-378-8467 Fax (516)771.9128

ginnynussbaum@hotmail.com

42 Merrick Ave.

Merrick, NY 11566

Admission: \$5.00 per adult. Program: \$2.00.

METRO SAFETY GUIDELINES WILL BE ENFORCED.

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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	= \$
# OPEN WOMEN _____	# EVENTS _____	X \$3.00	= \$
# 10 & UNDER MEN _____	# EVENTS _____	X \$3.00	= \$
# 11 - 12 MEN _____	# EVENTS _____	X \$3.00	= \$
# OPEN MEN _____	# EVENTS _____	X \$3.00	= \$
#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