

**LONG ISLAND AQUATIC CLUB**  
presents  
**THE SPRING KICKOFF INVITATIONAL**  
**MAY 14, 15 2005**

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

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**Date of Meet: MAY 14 - 15, 2005 Entries Due Tuesday MAY 3, 2005**

**Submit Long Course Meter Times**

**SATURDAY MAY 14, 2005**

**SUNDAY MAY 15, 2005**

**SESSION 1 8:00am warm-up 9:00 start**

**SESSION 4 8:00am warm-up 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**

WOMEN	EVENT	MEN
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- |     |                 |     |     |                   |     |
|-----|-----------------|-----|-----|-------------------|-----|
| 19. | 12&U 400 m Free | 20. | 49. | OPEN 50 m Free    | 50. |
| 21. | OPEN 800 m Free | 22. | 51. | OPEN 100 m Breast | 52. |
|     |                 |     | 53. | OPEN 200 m Back   | 54. |

**SESSION 3 4:00pm warm up 5:00 start**

- |     |                   |     |     |                 |     |
|-----|-------------------|-----|-----|-----------------|-----|
| 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:** Nassau County 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 2005 USASwimming registrations will not be entered in the meet.

**LONG ISLAND AQUATIC CLUB**  
**presents**  
**THE SPRING KICKOFF SWIM MEET**  
**MAY 14-15, 2005**

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

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**Entry Fees:** An entry fee of \$4.00 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:** All athletes are limited to 3 events per session. Hy-Tek E-mail entries are preferred – Hy-Tek program entries on 3 ½" diskette, labeled with the team name (along with a hard copy) is the second option of entry. An Entry Summary with a signed waiver must accompany each entry, regardless whether entries are submitted on diskette or in writing. All results will be e-mailed to the team representative. Entries must be submitted in LCmeter times only. **NTs will not be accepted. Deck entries will not be accepted.** Email entries to [msenecal@optonline.net](mailto:msenecal@optonline.net)

**Deadline:** Entries must be received by Tuesday May 3, 2005. **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  
42 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](mailto:GinnyNussbaum@hotmail.com)**

**Awards:** Will be presented to the top 3 finishers in individual events. Event 19 & 20 will be awarded top 3 for both 10 &U and 11-12.

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

**MEET MARSHALL:** It is requested that teams entering this meet assign a coach as a meet Marshall during the warm-up and actual duration of the sessions.

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

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**presents**  
**THE SPRING KICKOFF SWIM MEET**  
**MAY 15, 16 2004**  
**to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island**  
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**ENTRY SUMMARY**

**Team** \_\_\_\_\_ **Club Code** \_\_\_\_\_ **Association**

**Address**

**Town** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip**

**Contact** \_\_\_\_\_ **Phone** \_\_\_\_\_ **E-Mail**

# 10&UNDER      WOMEN      \_\_\_\_\_      # EVENTS      \_\_\_\_\_      x \$4.00      = \$ \_\_\_\_\_

# 11-12              WOMEN      \_\_\_\_\_      # EVENTS      \_\_\_\_\_      x \$4.00      = \$ \_\_\_\_\_

# SENIOR              WOMEN      \_\_\_\_\_      # EVENTS      \_\_\_\_\_      x \$4.00      = \$ \_\_\_\_\_

# 10 &UNDER          MEN          \_\_\_\_\_      # EVENTS      \_\_\_\_\_      x \$4.00      = \$ \_\_\_\_\_

# 11-12              MEN          \_\_\_\_\_      # EVENTS      \_\_\_\_\_      x \$4.00      = \$ \_\_\_\_\_

# SENIOR              MEN          \_\_\_\_\_      # EVENTS      \_\_\_\_\_      x \$4.00      = \$ \_\_\_\_\_

Total      \$ \_\_\_\_\_

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

Coach

**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.