

**Long Island Express Swim Team
2005 Octoberfest Swim Meet
Oct 21, 22, 23 2005**

- Sanction** The meet is sanctioned under United States Swimming and Metropolitan Swimming Inc. **Sanction # 051013**
- Hosted by** Long Island Express Swim Team
- Location** Hofstra University Swim Center
- Times** Friday - - All Ages
Warm-up 4:00pm
Start 5:00 pm
Saturday and Sunday - - Ages: 13 and 14 & 11 and 12
Warm-up 8:00 AM
Start 9:00 AM
Saturday and Sunday - - Ages: Open & 10 and unders
Warm-up 2:00 PM
Start 3:00 PM
- Facility** 8 lane 50 meter pool. Colorado timing system 6000 will be used. 8 lane Colorado timing scoreboard will be used. Hy-Tek meet manager computer will be used to conduct the meet.
- Format** All events are time finals. First eight teams received will be entered in the computer. Then the meet will be cut to maintain the 4 hour time limit by time. All entries exceeding this limit will be returned. Please include e-mail address. **Meet open to all registered USS Teams.**
- Entry limit** **Swimmers** will be limited to **3 events per day.**
- Scratches** Coaches will receive a list of swimmers by session. Swimmers must be scratched 30 minutes prior to the start of the session
- Entry Fees** \$3.00 per event
Entry fee payment must accompany entries. Please no phone or fax entries.
Make checks payable to Long Island Express LTD
- Mail Entries** Robert Ortof
Long Island Express
28-01 202 Street
Bayside NY 11360
718-352-2136
- Email entries:** ROrtof@nyc.rr.com

Long Island Express Swim Team

Deadline

Metro LSC teams will be given priority on a first come, first served basis. Metro teams entries must be received by **October 12, 2005**. The final entry deadline for this meet is **October 19, 2005**.

Metro entries received between 10/13/05 and 10/19/05 and all entries from other LSC's will be entered in the order they were received, as space allows. Teams **will be cut on a first come first served basis**. No NT's will be accepted. Please process your entries as soon as possible. Please include first and last names of swimmers, ages and USS numbers must be submitted. If using HY-Tek, please include a hard copy of your entries along with your disk.

Admission

Adult Admission(18 and over)

\$4.00 per person

And Programs

\$2.00 per person

Parking

Free parking on campus.

Please use lot immediately adjacent to Swim Center.

Spectators

Only swimmers, coaches and officials will be allowed on deck. Everyone else must remain in the spectator area. No smoking allowed in the building. No food or glass bottles allowed on pool deck.

Concessions

No food or beverages will be served by the meet host.

Insurance

All swimmers in meet must be currently registered with USS through Metropolitan Swimming Inc. or some other LSC. It is the responsibility of the individual athletes and /or team they represent to be sure that they are registered.

Rules

Current USA Swimming rules will govern this meet.

Age

Age group will be determined by the swimmer's age as of the first day of the meet.

Awards

Medals 1st-3rd place and ribbons 4th-8th place in all age groups.

Awards will be given only to a coach or team representative at the end of each session. All awards for each team must be picked up. No awards will be mailed, except in case of

computer failure.

Long Island Express Swim Team

Friday Oct 21st

Warm-up 4:00 PM Start 5:00 PM

Girls	Event	Boys
1	10 & under 200 Free	2
3	11/12 200 Free	4
5	13-14 400 IM	6
7	Open 400 IM	8
9	10 and under 200 IM	10
11	11/12 200 IM	1
13	13-14 500 Free	14
15	Open 500 free	16

Saturday Oct 22nd

Warm-up 8:00 AM Start 9:00 AM

Girls	Event	Boys
17	13-14 200 IM	18
19	11/12 100 IM	20
21	13-14 200 Back	22
23	11/12 100 Back	24
25	13-14 100 Fly	26
27	11/12 50 Fly	28
29	13-14 200 Breast	30
31	11/12 100 Breast	32
33	13-14 100 Free	34
35	11/12 50 Free	36

Saturday Oct 22nd

Warm-up 2:00 PM Start 3:00 PM

Girls	Event	Boys
37	Open 200 IM	38
39	10 and under 100 IM	40
41	Open 200 Back	42

43	10 and under 100 Back	44
45	Open 100 Fly	46
47	10 and under 50 Fly	48
49	Open 200 Breast	50
51	10 and under 100 breast	52
53	Open 100 Free	54
55	10 and under 50 Free	56

Long Island Express Swim Team

Sunday Oct 23rd

Warm-up 8:00 AM Start 9:00 AM

Girls	Event	Boys
57	13-14 200 free	58
59	11-12 100 Free	60
61	13-14 100 Back	62
63	11-12 50 Back	64
65	13-14 200 Fly	66
67	11-12 100 Fly	68
69	13-14 100 Breast	70
71	11-12 50 Breast	72
73	13-14 50 Free	74
75*	11-12 500 Free	76*

*Cut off time for event 75 & 76 is 6:10

Sunday Oct 23rd

Warm-up 2:00 PM Start 3:00 PM

Girls	Event	Boys
77	Open 200 Free	78
79	10 and under 100 Free	80
81	Open 100 Back	82
83	10 and under 50 Back	84
85	Open 200 Fly	86
87	10 and under 100 Fly	88
89	Open 100 Breast	90
91	10 and under 50 breast	92
93	Open 50 Free	94

95*	10 and under 500 Free	96*
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***Cut off time for event 95 & 96 is 6:45**