

APEX SWIM CLUB

LONG COURSE AG & OPEN SWIM MEET

June 11, 2006

AT
Lehman College APEX AQUATIC CENTER
250 Bedford Park Boulevard West
Bronx, New York 10468

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction # 060607
Time Trial Sanction #

- Site:** APEX Aquatic Center at Lehman College. Long course events will be contested over the 50 meter 8 lane racing course using Daktronics Timing System with Touchpads at each end.
- Eligibility:** All swimmers must be USS registered for 2006 as of the meet deadline. **A swimmer may compete in a maximum of 5 events.**
- Entry Fees:** \$3.00 per individual event. Please make checks payable to **APEX SWIM CLUB**.
- Entries:** Entries must be on a Hy-tek disk. **Email** entries will be accepted. Enclose a Master Entry Sheet or Hy-tek Spreadsheet. The name, address, and phone number of club official must be included on the form. In case of dispute the official entry form will be considered the document of entry.
- Deadline:** Entries must be in hand no later than June 02, 2006 for Metro Clubs, and May 26, 2006 for non-Metro Clubs. Entries will be accepted as received by date until meet is full or entry deadline is reached with Metro clubs receiving priority over non-Metro Clubs. Deck entries not accepted.
- Email entries to: apexswim@usa.net
Send Checks, entry disks and entry forms to:
- Peter Kiernan
APEX Aquatics Director
Lehman College APEX 251
250 Bedford Park Blvd. West
Bronx, NY 10468
- Pool Office (718) 960-7123 Athletic Dept. Office (718) 960-1117
- Events:** All events are timed finals. Time trials will be conducted at the conclusion of the last event.
- Scratches:** The meet will be deck seeded. Scratches will be due thirty (30) minutes before the scheduled meet start time. **Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.**
- Awards:** Medals 1st through 3rd place; ribbons 4th through 8th in all scheduled events.
- Admission:** **Adults:** \$5.00 **Children:** \$2.00 **Session Program:** \$3:00
- Directions:** May be obtained from the Lehman College web site at www.lehman.cuny.edu (click on "About Lehman" from the horizontal toolbar then "*Directions to Lehman*")
- Meet Decorum:** A Registered, Certified USS Coach must be on deck actively supervising swimmers during the warm-up period and while the meet is in progress.

SCHEDULE of EVENTS

<u>Sunday</u>	<u>June 11, 2006</u>	<u>Warm up 1:30pm</u>	<u>Start 2:30pm</u>
<u>Girls</u>		<u>Event</u>	<u>Boys</u>
1.		10&U 50 Freestyle	2.
3.		11-12 50 Freestyle	4.
5.		13-14 50 Freestyle	6.
7.		Open 100 Freestyle	8.
9.		10-U 100 Backstroke	10.
11.		11-12 100 Backstroke	12.
13.		13-14 200 Backstroke	14.
15.		Open 200 Backstroke	16.
17.		10-U 100 Breaststroke	18.
19.		11-12 100 Breaststroke	21.
21.		13-14 200 Breaststroke	22.
23.		Open 100 Breaststroke	24.
25.		10&U 50 Butterfly	26.
27.		11-12 50 Butterfly	28.
29.		13-14 100 Butterfly	30.
31.		Open 100 Butterfly	32.
33.		Open 200 Freestyle	34.

TIME TRIALS

Club Name _____ Club Code _____

Coach's Name _____

Day Phone # _____ Evening Phone # _____

Address _____

City _____ State _____ Zip _____

MEET ENTRY REPORT

Individual Entry Fees

Female Individual Entries _____ x \$3.00 = _____

Male Individual Entries _____ x \$3.00 = _____

Non Hy-Tek Surcharge Entries _____ x \$1.00 = _____

Total Amount Entries = _____

Make Check payable to APEX SWIM CLUB

Mail Checks and Entry Information to:

**Peter Kiernan,
APEX Aquatics Director
Lehman College APEX 251
250 Bedford Park Boulevard West
Bronx, NY 10468**