

**25<sup>th</sup> ANNUAL DR., MARTIN LUTHER KING, JR.  
SWIM CLASSIC  
JANUARY 13, 14, 15, 2006**

**SITE:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, LI

HOME OF THE GOODWILL GAMES & SPEEDO JR NATIONAL CHAMPIONSHIP

**SPONSOR:** NU-FINMEN SWIMMING, INC.

**SANCTION:** METROPOLITAN SWIMMING, INC.      **SANCTION:** #

**POOL:** 10 Lane 25-yd pool with non-turbulent lane lines.  
Hy-Tek and Colorado Timing System.

**ENTRIES:** Events are Timed Finals. Swimmers are limited to 3 individual events per session, plus relays. Relays limited to 2 per event. Unattached swimmers may not swim on a relay as a team representative. Fees & master entry sheet must accompany entries. **NT (no times) not accepted.**

Metro team entries due Wednesday, December 21, 2005;

non - metro team entries due Friday, December 23, 2005

**NO CHANGES AFTER JANUARY 5, 2006**

Include name, phone number of head coach & or team contact person.

*Entries not sent on Hy-Tek subjected to \$1.00 surcharge.*

Entry fee is \$3.00 per event & \$8.00 per relay.

Mail to: Nu-Finmen Swimming,

c/o: Dawn Diaz 3 Church Street, Hempstead, NY 11550

**ELIGIBILITY:** Swimmers must be registered with USA Swimming.

Age as of January 13, 2006 will determine eligibility.

**MEET OVERSCRIBED:** Entries on a 1st-come basis. Cuts by **team**.

Nufinmen reserves the right to enter swimmers regardless of time.

**RULES:** USA Swim rules govern this meet. United States Swimming, Inc., Metropolitan Swimming, Inc., Nufinmen Swimming, Inc., Nassau County Aquatic Center & their agents or representatives shall be held free and harmless of liabilities, claims, or damages arising by reason of injuries to anyone during event. All persons on deck must be registered with USA

Swimming & must wear certification (which will be checked) at all times during meet.

## **METROPOLITAN SAFETY GUIDELINES ENFORCED**

**SCRATCHES:** Metropolitan Association scratch rules will be in affect.

**ADMISSION:** \$5.00 per person per session including program;  
\$1.00 per child (under 10) per session

**AWARDS:** Individual: Custom ribbons 1<sup>st</sup> - 8<sup>th</sup>; relays: 1<sup>st</sup> - 3<sup>rd</sup>;  
High point awards for each age group (male/female)  
Points awarded thru' 6<sup>th</sup> place (no points awarded out of age group)

**DIRECTIONS:** From Verranzo Narrows Bridge & Kennedy Airport:  
Follow signs to Belt Pkwy/Long Island East. Take Belt Pkwy East past Kennedy Airport. After Kennedy Airport stay in left lane & look for signs to Southern State Pway East. Take Southern State Pkwy East to Meadowbrook Pkwy North to NY-24 Hempstead Turnpike East (exit M4). On Hempstead Turnpike get in left lane & make left at first light (Merrick Ave). Eisenhower Park is on your right. Right into parking lot for pool.

From Whitestone & Throgs Bridges: Take Cross Island Parkway South to exit 29, Grand Central Parkway East. Grand Central Pkwy to Meadowbrook Pkwy South (Jones Beach). Get off Meadowbrook Pkwy at NY24 East, Hempstead Turnpike. See above directions.

From LaGuardia Airport: Take Grand Central Parkway (Eastern Long Island) to Meadowbrook Parkway. Follow above directions.

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## **NUFINMEN SWIMMING**

### **25<sup>th</sup> ANNUAL DR. MARTIN LUTHER KING, Jr. SWIM CLASSIC**

#### **SESSION I: FRIDAY, JANUARY 13, 2006**

**Warmup 5:00pm; Start 6:00pm**

<b>Female</b>		<b>EVENTS</b>		<b>MALE</b>
	No slower		No slower	
1	3:02.11	10&UN 200 FREE	2:59.69	2
3	2:40.62	11&12 200 FREE	2:39.32	4
5	NCT	13&14 500 FREE	NCT	6
7	6:15.69	OPEN 500 FREE	5:37.29	8
9	3:31.99	10&UN 200 IND MED	3:27.89	10
11	3:02.88	11&12 200 IND MED	3:01.86	12
13	NCT	13&14 400 IND MED	NCT	14
15	5:45.99	OPEN 400 IND MED	5:14.89	16

(NUFINMEN SWIMMING reserves the right to limit the number of heats to make this session manageable. The 500 free & 400 IM are limited to the TOP 4 heats.)

**NUFINMEN SWIMMING**  
**25<sup>th</sup> ANNUAL DR. MARTIN LUTHER KING, Jr. SWIM CLASSIC**

**SESSION II: SATURDAY, JANUARY 14, 2006**

Warm up: 7:00am, Start: 8:30am

<b>FEMALE</b>		<b>EVENTS</b>	<b>MALE</b>	
	No slower		No Slower	
17	2:37.29	OPEN 200 IND MED	2:19.79	18
19	2:53.89	13&14 200 IND MED	2:49.19	20
21	1:27.76	OPEN 100 BREAST	1:17.92	22
23	3:13.05	13&14 200 BREAST	3:12.14	24
25	2:43.79	OPEN 200 FLY	2:26.99	26
27	1:23.88	13&14 100 FLY	1:20.99	28
29	1:04.39	OPEN 100 FREE	1:02.69	30
31	2:40.19	13&14 200 FREE	2:38.99	32
33	2:46.85	OPEN 200 BACK	2:32.66	34
35	1:28.10	13&14 100 BACK	1:29.59	36
37	NCT	OPEN 400 MED REL	NCT	38
39	NCT	13&14 400 MED REL	NCT	40

**SESSION III: SATURDAY, JANUARY 14, 2006**

Warm up: 1:00pm, Start: 2:00pm

<b>FEMALE</b>		<b>EVENTS</b>	<b>MALE</b>	
	No slower		No slower	
41	1:45.81	9&10 100 IND MED	1:43.19	42
43	2:04.89	8&U 100 IND MED	2:06.20	44
45	44.79	11&12 50 BK	44.59	46
47	1:49.09	9&10 100 BK	1:46.79	48
49	1:44.89	11&12 100 BREAST	1:42.89	50
51	1:01.69	9&10 50 BREAST	1:00.67	52
53	1:00.93	8&U 50 FLY	1:00.95	54
55	1:55.19	9&10 100 FLY	1:53.41	56
57	45.79	11&12 50 FLY	45.79	58
59	57.97	8&U 50 FREE	57.97	60
61	48.52	9&10 50 FREE	47.59	62
63	1:33.89	11&12 100 FREE	1:31.49	64
65	NCT	10&UN 200 MED REL	NCT	66
67	NCT	11&12 200 MED REL	NCT	68

**NUFINMEN FINMEN SWIMMING**  
**25<sup>th</sup> ANNUAL DR. MARTIN LUTHER KING Jr. SWIM CLASSIC**

**SESSION 1V: SUNDAY, JANUARY 15<sup>th</sup>, 2006**

Warm up: 7:00am; Start: 8:00am

<b>FEMALE</b>		<b>EVENTS</b>	<b>MALE</b>	
	No slower		No slower	
69	2:54.99	OPEN 200 BREAST	2:48.99	70
71	1:37.61	13&14 100 BREAST	1:32.69	72
73	30.39	OPEN 50 FREE	26.29	74
75	33.69	13&14 50 FREE	31.69	76
77	1:25.39	OPEN 100 FLY	1:20.99	78
79	NCT	13&14 200 FLY	NCT	80
81	2:25.94	OPEN 200 FREE	2:18.56	82
83	1:16.83	13&14 100 FREE	1:12.59	84
85	1:24.38	OPEN 100 BACK	1:17.42	86
87	2:58.40	13&14 200 BACK	2:51.08	88
89	NCT	OPEN 400 FREE REL	NCT	90
91	NCT	13&14 400 FREE REL	NCT	92

\*\*\*\*\* **COACHES RELAY** \*\*\*\*\*

**SESSION V: SUNDAY, JANUARY 15, 2006**

Warm up: 1:00pm; Start 2:00pm

<b>FEMALE</b>		<b>EVENTS</b>	<b>MALE</b>	
	No slower		No slower	
93	1:40.29	11&12 100 IM	1:35.88	94
95	1:04.61	8&UN 50 BACK	1:04.61	96
97	59.79	9&10 50 BACK	57.84	98
99	1:35.19	11&12 100 BACK	1:33.49	100
101	1:13.93	8&UN 50 BREAST	1:13.93	102
103	1:59.49	9&10 100 BREAST	1:57.79	104
105	51.39	11&12 50 BREAST	50.49	106
107	57.89	9&10 50 FLY	55.29	108
109	1:33.09	11&12 100 FLY	1:32.09	110
111	1:41.31	8&UN 100 FREE	1:41.31	112
113	1:33.89	9&10 100 FREE	1:31.49	114
115	43.91	11&12 50 FREE	41.29	116
117	NCT	10&UN 200 FREE REL	NCT	118
119	NCT	11&12 200 FREE REL	NCT	120

**25<sup>th</sup> ANNUAL DR. MLK SWIM CLASSIC  
HOSTED BY NUFINMEN SWIMMING  
JANUARY 13, 14, 15 2006**

**CLUB:** \_\_\_\_\_ **CLUB CODE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**COACH:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **E-MAIL ADDRESS:** \_\_\_\_\_

**CLUB CONTACT:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

Total Individual Events \_\_\_\_\_ x \$3.00 = \_\_\_\_\_

Total swimmers (non-disk surcharge) \_\_\_\_\_ x \$1.00 = \_\_\_\_\_

Total relays \_\_\_\_\_ x \$8.00 = \_\_\_\_\_

**Total amount Due** \_\_\_\_\_

**Check payable to NU-FINMEN SWIMMING**

C/O Dawn Diaz, 3 Church Street, Hempstead, NY 11550  
(Please sign the "signature waiver" on envelope for Express Mail)

**Waiver:** USA Swimming Inc, Metropolitan Swimming Inc, Nu-Finmen Swimming, and Eisenhower Aquatic Pool, their agents or representatives shall be held free and harmless from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of these events.

Signed (Club Official) \_\_\_\_\_

Please return with entry package. No entries will be processed without this signed waiver.