



South/Nassau Age Group Invitational Friday-Sunday, March 23rd-25th, 2007

Hosted by Old Westbury Aquatics
Location: SUNY Old Westbury College,
Clark Athletic Center, Old Westbury NY
Sanction #070309

Held under the Sanction of the Metropolitan Swim Committee Association of United States Swimming

Times:	Session 1:	Friday, March 23	Warm-ups at 4:00 p.m.	Session starts at 5:00 p.m.
	Session 2:	Saturday, March 24	Warm-ups at 7:00 a.m.	Session starts at 8:00 a.m.
	Session 3:	Saturday, March 24	Warm-ups at 12:30 p.m.	Session starts at 1:30 p.m.
	Session 4:	Sunday, March 25	Warm-ups at 7:00 a.m.	Session starts at 8:00 a.m.
	Session 5:	Sunday, March 25	Warm-ups at 12:30 p.m.	Session starts at 1:30 p.m.

**Warm up and start times may be changed after entries received and time line determined
Teams will be notified by Tuesday, March 20th of any change in warm-up times**

Pool: 6-lane, 25-yard indoor pool with Daktronics Timing System and scoreboard

Entries: Entry times cannot be faster than AGE GROUP times as specified by Metro Swim. "No Time" (NT) entries are not permitted. Please enter competitors in Hy Tek Meet Manager format via e-mail or on computer disk. As per Metro rules, non-disk entries will not be accepted.

Deadline: Entries must be received no later than Thursday, March 15, 2007. Entries received after this deadline will not be accepted. Deck entries will not be accepted. Scratch sheets are to be initialed by the coach and returned to meet director 30 minutes before the start of each session.

Rules: 8 & under swimmers are not permitted to swim at this meet. U.S. Swimming Rules govern this meet. Events are Timed Finals. **A swimmer may compete in a maximum of four events per day.**

Eligibility: All swimmers must be USS registered. Age as of first day of meet will determine eligibility. Entry times must have been achieved between March 27, 2006 and March 15, 2007. Swimmers with disabilities are encouraged to enter.

Fees: \$3.00 per individual event. An additional \$1.00 Surcharge is required for each swimmer. These fees are payable to SWIM OWA, Ltd.

Mail Fees: Please send all entries in HY-TEK format with disk and printout to: Sigitas Rudokas, 14 Avenue B, Port Washington, NY 11050. E-mail: coachsiggy@optonline.net or dovydas@gmail.com.

Awards: Medals for 1st through 6th places and ribbons for 7th - 12th places for Age Group Finishers. Ribbons (or "unique awards") to be awarded to top two heats of Silver & JO qualifiers. Coaches are to pick up their team awards at the end of the meet.

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Eligible

Teams: LIAC, LIE, OWA and LBA

Admission: Adult Admission (12 & Over): \$5.00 / person. Session Program: \$3.00. Admission is very limited and will be on a first come basis.

Spectators: Only swimmers, coaches and officials will be allowed on deck. Everyone else must remain in the spectator area (which will be limited and on a first come basis). No smoking will be allowed in the building and no food or glass bottles allowed on pool deck.

Parking: Parking is free and is located adjacent to the pool.

Concession: A food concession will not be available during the meet. All food and drink brought in must be consumed outside of the pool area.

Info: Dovydas Pelegrimas, Meet Director – (516) 987- 0306 (Dovydas@gmail.com)

Other: Metropolitan Swimming Safety Guidelines and Warm-Up Procedures will be in effect. During warm-up there will be no diving except in designated sprint lanes and then only under direct supervision of a coach. The meet marshals will enforce all warm-up procedures. This meet is governed by the rules set forth in the U.S.S. Rule Book.

Only true Age Group swimmers may compete in this championship meet. Any intentional entry of a non-Age Group swimmer will be deemed a violation of Metropolitan Swimming championship meet requirements and the club, coach and swimmer will be subject to disciplinary proceedings for such violation.

United States Swimming, Inc.; Metropolitan Swimming, Inc.; SUNY College at Old Westbury and Old Westbury Aquatics and their agents or representatives shall be held free and harmless from all liabilities or claims or damages arising by reason of injuries to anyone during the conduct of this meet. All persons on deck must be U.S.S. registered and should have their registration card visible. This is a U.S. Swimming rule and will be enforced.

Grievances (disputed finishes, etc.) must be made to the Referee who will have final say. It is each team's responsibility to make sure their swimmer is on time to be seeded.

Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES. Coaches must make sure their swimmers understand that once they are scratched (for the session), **they will not be re-entered in the meet.** Coaches should inform their swimmers to leave plenty of time for traffic, etc. The coach of a swimmer that was seeded in an event, and is a No-Show (NS), in the event, must positively check the swimmer for the next days' events in order for that swimmer to be eligible to compete in the rest of the meet. Swimmers who miss a race in which they were seeded and did not properly deck scratch will be barred from their next individual event of the day. If they miss their last event of the day they will be barred from their first event of the next day.

EVENTS

SESSION 1

Girls

Not faster than

2:36.00 1
6:04.00 3
5:08.00 5
5:05.00 7
2:56.00 9
2:15.50 11
5:36.00 13
5:32.00 15

Friday, March 23rd - warm ups at 4 p.m.

9-10 200 freestyle 2
11-12 500 freestyle 4
13-14 400 IM 6
15-18 400 IM 8
9-10 200 IM 10
11-12 200 freestyle 12
13-14 500 freestyle 14
15-18 500 freestyle 16

Boys

Not faster than

2:40.00
6:04.00
5:01.00
4:46.00
3:00.00
2:15.50
5:32.10
5:20.00

SESSION 2

Saturday, March 24th - warm ups at 7:00 a.m.

2:08.00 17
43.00 19
1:16.50 21
32.10 23
58.50 25
1:22.20 27
2:26.50 29
1:30.00 31
1:06.70 33

13-14 200 Freestyle 18
9-10 50 breaststroke 20
13-14 100 breaststroke 22
9-10 50 freestyle 24
13-14 100 freestyle 26
9-10 100 backstroke 28
13-14 200 backstroke 30
9-10 100 butterfly 32
13-14 100 butterfly 34

2:02.00
44.00
1:14.50
32.10
56.00
1:22.20
2:23.00
1:30.00
1:05.00

SESSION 3

Saturday, March 24th - warm ups at 12:30 p.m.

2:06.00 35
1:11.60 37
1:06.50 39
28.70 41
57.80 43
1:20.50 45
2:43.00 47
31.80 49
2:30.00 51

15-18 200 freestyle 36
11-12 100 backstroke 38
15-18 100 backstroke 40
11-12 50 freestyle 42
15-18 100 freestyle 44
11-12 100 breaststroke 46
15-18 200 breaststroke 48
11-12 50 butterfly 50
15-18 200 butterfly 52

1:55.00
1:12.10
1:00.50
28.70
52.30
1:24.10
2:32.00
32.10
2:19.00

SESSION 4

Girls

Not faster than

2:25.00	53
1:11.50	55
27.00	57
38.00	59
1:07.90	61
1:34.00	63
2:43.00	65
37.10	67
2:31.00	69
1:21.00	71

Sunday, March 25th - warm ups at 7:00 a.m.

13-14 200 IM	54
9-10 100 freestyle	56
13-14 50 freestyle	58
9-10 50 backstroke	60
13-14 100 backstroke	62
9-10 100 breaststroke	64
13-14 200 breaststroke	66
9-10 50 butterfly	68
13-14 200 butterfly	70
9-10 100 IM	72

Boys

Not faster than

2:19.00
1:11.60
25.70
38.00
1:05.00
1:36.00
2:43.00
36.80
2:30.00
1:22.00

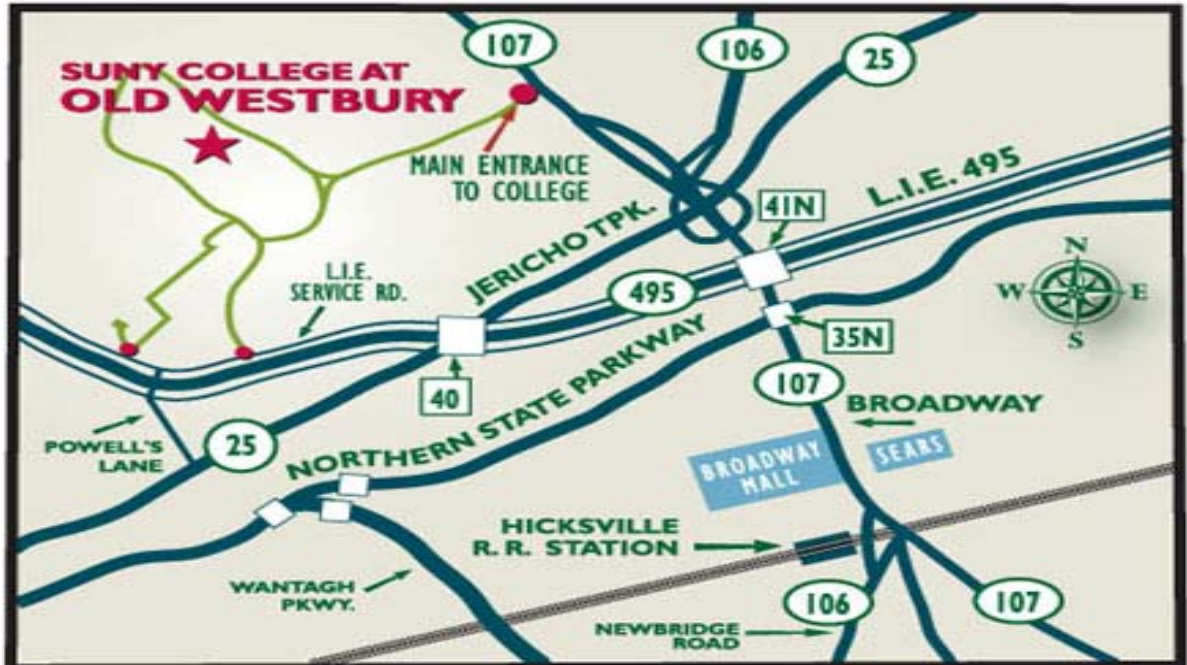
SESSION 5

Sunday, March 25th - warm ups at 12:30 p.m.

2:32.30	73
2:22.10	75
1:02.30	77
26.80	79
33.30	81
2:24.00	83
37.20	85
1:16.20	87
1:12.40	89
1:06.00	91
1:11.50	93

11-12 200 IM	74
15-18 200 IM	76
11-12 100 freestyle	78
15-18 50 freestyle	80
11-12 50 backstroke	82
15-18 200 backstroke	84
11-12 50 breaststroke	86
15-18 100 breaststroke	88
11-12 100 butterfly	90
15-18 100 butterfly	92
11-12 100 IM	94

2:34.60
2:11.00
1:02.70
23.80
33.50
2:13.10
38.10
1:08.50
1:14.50
59.00
1:12.30



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CLUB: _____ CLUB CODE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACH: _____

PHONE: _____ E-MAIL ADDRESS: _____

CLUB CONTACT: _____ PHONE: _____

Entry Fees: Make Checks Payable to Swim OWA, Ltd.

Total Individual Events _____ x \$3.00 = _____

Total Swimmers - Metro Surcharge _____ x \$1.00 = _____

TOTAL DUE _____

Mail To: Sigitas Rudokas, 14 Avenue B, Port Washington, NY 11050

E-mail: coachsiggy@optonline.net or dovydas@gmail.com

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., SUNY College at Old Westbury and Old Westbury Aquatics 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) _____

No entries will be processed without this signed waiver.