

LONG ISLAND AQUATIC CLUB

Presents

The Junior Mets Invitational #3

July 18, 2007

To be held at the Nassau County Aquatic Center, East Meadow, NY

Sanctioned by Metropolitan Swimming

Sanction # 070705

WEDNESDAY, JULY 18, 2007

Warm-up 5:00 pm Start 6:00 pm

GIRLS	EVENT	BOYS
1.	Senior 100 M Backstroke	2.
3.	12 & Under 200 M Freestyle **	4.
5.	Senior 100 M Freestyle	6.
7.	10 & Under 100 M Breaststroke	8.
9.	Senior 100 M Butterfly	10.
11.	11-12 50 M Breaststroke	12.
13.	Senior 200 M Breaststroke	14.
15.	10 & Under 50 M Butterfly	16.
17.	11-12 50 M Butterfly	18.
19.	Senior 400 M Freestyle	20.

AWARDS: Medals for 1st, 2nd, 3rd.
** Separate awards for 10 & Under and 11-12 age groups.

ENTRIES: All athletes are limited to 3 events per session. Hy-Tek e-mail entries are preferred – Hy-Tek program entries on 3 1/2” 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 in Long Course Meter Times. NTs will not be accepted.** Email entries to: msenecal@optonline.net

ENTRY FEES: \$4.00 per individual event. \$1.00 per swimmer for non-Hy-Tek entries. Make checks payable to “Long Island Swimming” and send to:

Ginny Nussbaum	Phone: (516) 378-8467
Must put meet entry and date of meet on envelope	Fax: (516) 771-9128
42 Merrick Avenue	Email: GinnyNussbaum@hotmail.com
Merrick, NY 11566	

ENTRY DEADLINE: Entries are due by **July 11, 2007**, accepted on a first come basis.

ADMISSION: \$5.00 per adult, Program: \$2.00
METROPOLITAN SWIMMING SAFETY GUIDELINES WILL BE IN EFFECT.
NO FOOD OR GLASS BOTTLES ALLOWED ON DECK.

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. State Pkwy East to 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 Ave). Follow Merrick Ave. and signs to pool. Entrance is 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 Pkwy southbound (Jones Beach). Get off Meadowbrook at NY-24 Hempstead Tpk. (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.

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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

