

# LONG ISLAND SWIMMING

Presents

Chappy's Big Race Invitational

OCTOBER 25-26, 2008

to be held at the Nassau County Aquatic Center  
Eisenhower Park, East Meadow, Long Island, New York  
Sanction # 081004

IF you would like to receive an invitation please email [gnessbaum@longislandswimming.com](mailto:gnessbaum@longislandswimming.com).

## SESSION ONE

Saturday, Oct. 25 warm-up 8:00 a.m.  
start 9:00 a.m.

| <u>GIRLS</u> | <u>EVENT</u>        | <u>BOYS</u> |
|--------------|---------------------|-------------|
| 1.           | 11-12 50 yd. Free   | 2.          |
| 3.           | 10&U 100 yd. Free   | 4.          |
| 5.           | 11-12 100 yd. Back  | 6.          |
| 7.           | 10&U 50 yd. Back    | 8.          |
| 9.           | 11-12 50 yd. Breast | 10.         |
| 11.          | 10&U 100 yd. Breast | 12.         |
| 13.          | 11-12 100 yd. Fly   | 14.         |
| 15.          | 10&U 50 yd. Fly     | 16.         |
| 17.          | 12&U 200 yd. Free   | 18.         |

## SESSION FOUR

Sunday, Oct. 26 warm-up 8:00 a.m.  
start 9:00 a.m.

| <u>GIRLS</u> | <u>EVENT</u>         | <u>BOYS</u> |
|--------------|----------------------|-------------|
| 31.          | 11-12 100 yd. Free   | 32.         |
| 33.          | 10&U 50 yd. Free     | 34.         |
| 35.          | 11-12 50 yd. Back    | 36.         |
| 37.          | 10&U 100 yd. Back    | 38.         |
| 39.          | 11-12 100 yd. Breast | 40.         |
| 41.          | 10&U 50 yd. Breast   | 42.         |
| 43.          | 11-12 50 yd. Fly     | 44.         |
| 45.          | 10&U 100 yd. Fly     | 46.         |
| 47.          | 12&U 200 yd. I.M.    | 48.         |

## SESSION TWO

Saturday, Oct. 25 warm-up 1:30 p.m.  
start 2:30 p.m.

| <u>GIRLS</u> | <u>EVENT</u>        | <u>BOYS</u> |
|--------------|---------------------|-------------|
| 19.          | Open 200 yd. Free   | 20.         |
| 21.          | Open 100 yd. Back   | 22.         |
| 23.          | Open 200 yd. Breast | 24.         |
| 25.          | Open 100 yd. Fly    | 26.         |
| 27.          | Open 50 yd. Free    | 28.         |

## SESSION FIVE

Sunday, Oct. 26 warm - up 1:30 p.m.  
start 2:30 p.m.

| <u>GIRLS</u> | <u>EVENT</u>        | <u>BOYS</u> |
|--------------|---------------------|-------------|
| 49.          | Open 100 yd. Free   | 50.         |
| 51.          | Open 200 yd. Back   | 52.         |
| 53.          | Open 100 yd. Breast | 54.         |
| 55.          | Open 200 yd. Fly    | 56.         |
| 57.          | Open 200 yd. I.M.   | 58.         |

## SESSION THREE

Saturday, Oct. 25 warm-up 7:00 p.m.  
Start 7:30 p.m.

29.\* Open 1000 yd. Free 30 \* may be limited to two heats

**Pool:** Nassau County Aquatic Center in Eisenhower Park, East Meadow, Long Island  
10 lane by 25 yard competition pool w/ 2 meter min depth.  
6 lane by 25 meter warm up pool  
Colorado Timing system, Hy-Tek meet manager

**Long Island Swimming has been the host of the following events at the facility:**

1998 Speedo Northeast Junior Championships  
1998 Goodwill Games  
1999 Phillips 66 National Swimming Championships  
1999 Long Island Open - Grand Prix  
2000 Long Island Open  
2001 Women's Division I Swimming & Diving Championships  
2001 FINA World Cup  
2001 U.S. Open  
2004 World Cup  
2004 Men's Division I Swimming & Diving Championships

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**Eligibility:** Swimmers must be USA Swimming registered (or other FINA member) in order to compete. Entries for swimmers without valid 2008 USASwimming registrations will not be entered in the meet. Coaches wanting to stay on the pool deck must carry their valid certifications with them during the meet. **Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.**

**Entry Fees:** An entry fee of \$3.00 per individual event, \$1.00 additional for Metro Non-Hytek entries, must accompany the entries. Make checks payable to **“Long Island Swimming”**. Entries will not be considered received and accepted without full payment of fees.

**Entries:** All athletes are limited to enter 3 events per session. Hy-Tek E-mail entries are preferred - HyTek program entries on 3 ½" 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 via e-mail, diskette or in writing.** All results will be e-mailed to the team representative. Entries must be submitted in SCyard times only. **NTs will not be accepted. Deck entries will not be accepted. Email entries to: [msenecal@optonline.net](mailto:msenecal@optonline.net)**

**Mail all paper work and money to: Ginny Nussbaum**  
**42 Merrick Ave.**  
**Merrick, NY 11566**

**Deadline:** Entries must be received by October 14, 2008. IF SENDING EXPRESS MAIL, PLEASE SIGN THE WAIVER ON FRONT. Entries are by invite only and will be entered in the order received as space allows.

**Awards:** 1<sup>st</sup> – 10<sup>th</sup>. Events 17, 18, 47 & 48 will be awarded 1 to 10 for both 10 & U & 11 – 12. Both 10 & U and 8 & U awards for #3 /4, 7/8, 15/16, 33/34, 41/42.

**Admission: \$5.00 per adult. Program \$2.00.**

**MEET MARSHALL:** It is requested that teams entering this meet assign a coach as a Meet Marshall during the warm-up and actual duration of each session.

**METRO SAFETY GUIDELINES WILL BE ENFORCED.**  
**THE USA SWIMMING CODE OF CONDUCT IS IN EFFECT FOR THE DURATION OF THE**  
**MEET.**

**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 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 Pkwy at NY-24 Hempstead Tpke.(exit M4). For pool see directions above.

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**ENTRY SUMMARY**

**Team** \_\_\_\_\_ **Club Code** \_\_\_\_\_ **Association** \_\_\_\_\_

**Address** \_\_\_\_\_ **Town** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Contact** \_\_\_\_\_ **Phone** \_\_\_\_\_ **E-mail** \_\_\_\_\_

# 10 & UNDER WOMEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ X \$3.00 = \$

# 11 - 12 WOMEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ X \$3.00 = \$

# OPEN WOMEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ X \$3.00 = \$

# 10 & UNDER MEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ X \$3.00 = \$

# 11 - 12 MEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ X \$3.00 = \$

# OPEN MEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ X \$3.00 = \$

#Non Hy-Tek swimmers \_\_\_\_\_ X\$1.00 = \$

TOTAL = \$

**WAIVER OF ALL CLAIMS FOR INJURY AND ACCEPTANCE OF ALL MEET RULES ARE CONDITIONS FOR ACCEPTANCE OF ENTRIES.**

\_\_\_\_\_  
COACH