

LONG ISLAND AQUATIC CLUB

presents

its Annual THANKSGIVING INVITATIONAL

NOVEMBER 29 – 30, 2008

to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island

Sanctioned by Metropolitan Swimming sanction #081102

IF you would like to receive an invitation please email ginnynussbaum@hotmail.com

Order of Events

All events are Timed Finals

**Saturday Morning 12 & Under
W.U. 8:00 am Start 9:00am**

**Saturday Afternoon 13 & Over
W.U. 2:00pm Start 3pm**

Women's Event No.	Event	Men's Event No.		Women's Event No.	Event	Men's Event No.
1	11-12 100yd Butterfly	2		19	13 – 14 100yd Freestyle	20
3	10 & Under 50yd Butterfly	4		21	Senior 200yd Freestyle	22
5	11 – 12 50 yd Backstroke	6		23	13 – 14 200 yd Butterfly	24
7	10 & Under 100yd Backstroke	8		25	Senior 100yd Butterfly	26
9	11 – 12 100yd Breaststroke	10		27	13 – 14 100yd Backstroke	28
11	10 & Under 50yd Breaststroke	12		29	Senior 200yd Backstroke	30
13	11 – 12 50yd Freestyle	14		31	13 –14 200yd Breaststroke	32
15	10 &Under 50yd Freestyle	16		33	Senior 100yd Breaststroke	34
17*	11 – 12 500yd Freestyle	18*		35	13 – 14 200yd Freestyle	36
	*may be limited to top 10			37	Senior 100yd Freestyle	38
				39*	15 – 18 400yd IM *may be limited to top 10	40*
	Sunday Morning 12&U W.U. 8:00am Start 9am				Sunday Afternoon 13&Over W.U. 2:00pm Start 3pm	
41	11 – 12 100yd Freestyle	42		59	13 – 14 200yd IM	60
43	10& Under 100yd Freestyle	44		61	Senior 200yd IM	62
45	11 – 12 50yd Butterfly	46		63	13 – 14 100yd Butterfly	64
47	10 & Under 100yd Butterfly	48		65	Senior 200yd Butterfly	66
49	11 – 12 100yd Backstroke	50		67	13 – 14 200yd Backstroke	68
51	10 & Under 50yd Backstroke	52		69	Senior 100yd Backstroke	70
53	11 – 12 50yd Breaststroke	54		71	13 – 14 100yd Breaststroke	72
55	10 &Under 100yd Breaststroke	56		73	Senior 200yd Breaststroke	74
57*	11 – 12 1000yd Freestyle	58*		75	13 – 14 50yd Freestyle	76
	*may be limited to top 10			77	Senior 50yd Freestyle	77
				79*	13 – 14 400yd IM *may be limited to top 10	80*

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

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Eligibility: Swimmers must be USA Swimming registered (or other FINA member) in order to compete. Entries for swimmers without valid 2007 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.

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 SWIMMERS WITH DISABILITIES ARE ENCOURAGED TO ATTEND. CONTACT THE MEET DIRECTOR IF YOU NEED SPECIAL CONSIDERATION.**

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

Deadline: Entries must be received by November 13, 2007. 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: 1st – 10th. Both 10 & U and 8 & U awards will be given in 3 /4, 11/12, 15,16, 43/44, 51/52.

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 _____

Address _____ City _____

State _____ Zip _____

Contact Name _____ E-Mail _____

Phone _____

# 10 & UNDER WOMEN	_____	# EVENTS	_____	x	\$3.00	=	\$ _____
# 11-12 WOMEN	_____	# EVENTS	_____	x	\$3.00	=	\$ _____
# 13-14 WOMEN	_____	# EVENTS	_____	x	\$3.00	=	\$ _____
# SENIOR WOMEN	_____	# EVENTS	_____	x	\$3.00	=	\$ _____
# 10 & UNDER MEN	_____	# EVENTS	_____	x	\$3.00	=	\$ _____
# 11-12 MEN	_____	# EVENTS	_____	x	\$3.00	=	\$ _____
# 13-14 MEN	_____	# EVENTS	_____	x	\$3.00	=	\$ _____
# SENIOR MEN	_____	# EVENTS	_____	x	\$3.00	=	\$ _____

Total \$ _____

Waiver of all claims for injury and acceptance of all meet rules are conditions for acceptance of entries.

Coach