

*Long Island Express Swim Team*  
*2008 Thanksgiving Swim Meet*  
*November 28, 29, 30<sup>th</sup> 2008*

- Sanction** The meet is sanctioned under United States Swimming and Metropolitan Swimming Inc. **Sanction # 081113**
- Hosted by** Long Island Express Swim Team
- Location** Hofstra University Swim Center
- Times** Friday - - All Ages  
Warm-up 4:00pm  
Start 5:00 pm  
Saturday and Sunday - - Ages: 13 and 14 & 11 and 12  
Warm-up 8:00 AM  
Start 9:00 AM  
Saturday and Sunday - - Ages: Open & 10 and unders  
Warm-up 2:00 PM  
Start 3:00 PM
- Facility** 8 lane 50 meter pool. Colorado timing system 6000 will be used. 8 lane Colorado timing scoreboard will be used. Hy-Tek meet manager computer will be used to conduct the meet.
- Format** All events are time finals. The USA Code of Conduct will be in effect for the duration of the meet. The meet will be cut to maintain the 4 hour time limit . All entries exceeding this limit will be returned. Please include e-mail address. **Meet open to all registered USS swimmers.**
- Entry limit** **Swimmers** will be limited to **4 events per day.**
- Scratches** Coaches will receive a list of swimmers by session. Swimmers must be scratched 30 minutes prior to the start of the session  
.
- Entry Fees** \$3.00 per event  
Entry fee payment must accompany entries. Please no phone or fax entries.  
Make checks payable to Long Island Express LTD
- Mail Entries** Robert Ortof  
Long Island Express  
28-01 202 Street  
Bayside NY 11360  
718-352-2136
- Email entries:** [ROrtof@nyc.rr.com](mailto:ROrtof@nyc.rr.com)

# Long Island Express Swim Team

Friday Nov 28<sup>th</sup>

Warm-up 4:00 PM      Start 5:00 PM

Girls	Event	Boys
1	10 & under 200 Free	2
3	11/12 200 Free	4
5	10 and under 200 IM	6
7	11/12 200 IM	8
9	13-14 1000 Free	10
11	Open 1000 Free	12

Saturday Nov 29<sup>th</sup>

Warm-up 8:00 AM      Start 9:00 AM

Girls	Event	Boys
13	13-14 200 IM	14
15	11/12 100 IM	16
17	13-14 200 Back	18
19	11/12 100 Back	20
21	13-14 100 Fly	22
23	11/12 50 Fly	24
25	13-14 100 Breast	26
27	11/12 200 Breast	28
29*	13-14 500 Free	*30
31	11/12 50 Free	32

\*Cutoff time for event 29 – 5:45 and for event 30 5:30

Saturday Nov 29<sup>th</sup>

Warm-up 2:00 PM      Start 3:00 PM

Girls	Event	Boys
33	Open 200 IM	34
35	10 and under 100 IM	36
37	Open 200 Back	38
39	10 and under 100 Back	40
41	Open 100 Fly	42
43	10 and under 50 Fly	44
45	Open 100 Breast	46
47	10 and under 100 breast	48
49*	Open 500 Free	*50
51	10 and under 50 Free	52

Cut off time for event 49 5:45 and for event 50 5:25

# Long Island Express Swim Team

Sunday Nov 30<sup>th</sup>

Warm-up 8:00 AM      Start 9:00 AM

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>53</b>	13-14 200 free	<b>54</b>
<b>55</b>	11-12 100 Free	<b>56</b>
<b>57</b>	13-14 100 Back	<b>58</b>
<b>59</b>	11-12 50 Back	<b>60</b>
<b>61</b>	13-14 200 Fly	<b>62</b>
<b>63</b>	11-12 100 Fly	<b>64</b>
<b>65</b>	13-14 200 Breast	<b>66</b>
<b>67</b>	11-12 50 Breast	<b>68</b>
<b>69</b>	13-14 50 Free	<b>70</b>
<b>71*</b>	11-12 500 Free	<b>72*</b>

**\*Cut off time for event 71 & 72 is 6:10**

Sunday Nov 30<sup>th</sup>

Warm-up 2:00 PM      Start 3:00 PM

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>73</b>	Open 200 Free	<b>74</b>
<b>75</b>	10 and under 100 Free	<b>76</b>
<b>77</b>	Open 100 Back	<b>78</b>
<b>79</b>	10 and under 50 Back	<b>80</b>
<b>81</b>	Open 200 Fly	<b>82</b>
<b>83</b>	10 and under 100 Fly	<b>84</b>
<b>85</b>	Open 200 Breast	<b>86</b>
<b>87</b>	10 and under 50 breast	<b>88</b>
<b>89</b>	Open 50 Free	<b>90</b>
<b>91*</b>	10 and under 500 Free	<b>92*</b>

**\*Cut off time for event 91 & 92 is 6:45**

# Long Island Express Swim Team

<b><u>Deadline</u></b>	All entries must be received by November 20th and must be in yard times. Out of state teams must be received by Nov. 13 <sup>th</sup> . No NT's will be accepted. Please process your entries as soon as possible. Please include first and last names of swimmers, ages and USS numbers must be submitted. If using HY-Tek, please include a hard copy of your entries along with your disk.
<b><u>Admission</u></b>	<b>Adult Admission(18 and over)</b>
	<b>\$4.00 per person</b>
<b><u>And Programs</u></b>	<b>\$2.00 per person</b>
<b><u>Parking</u></b>	Free parking on campus. Please use lot immediately adjacent to Swim Center.
<b><u>Spectators</u></b>	Only swimmers, coaches and officials will be allowed on deck. Everyone else must remain in the spectator area. No smoking allowed in the building. No food or glass bottles allowed on pool deck.
<b><u>Concessions</u></b>	No food or beverages will be served by the meet host.
<b><u>Insurance</u></b>	All swimmers in meet must be currently registered with USS through Metropolitan Swimming Inc. or some other LSC. It is the responsibility of the individual athletes and /or team they represent to be sure that they are registered.
<b><u>Rules</u></b>	Current USA Swimming rules will govern this meet.
<b><u>Age</u></b>	Age group will be determined by the swimmer's age as of the first day of the meet.
<b><u>Awards</u></b>	Medals 1 <sup>st</sup> -3 <sup>rd</sup> place and ribbons 4 <sup>th</sup> -8 <sup>th</sup> place in all age groups. Team high point will be awarded 1 <sup>st</sup> -3 <sup>rd</sup> . Awards will be given only to a coach or team representative at the end of each session. All awards for each team must be picked up. No awards will be mailed, except in case of computer failure.
<b><u>Disabled Athletes</u></b>	<b>Contact meet director if you need special consideration</b>