



OWA June 2008 Invite Friday-Sunday, June 6th-8th, 2008

Hosted by Old Westbury Aquatics
Location: Eisenhower Park Pool, Nassau County
Uniondale, NY
Sanction # 080608

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

Times:	Session 1:	Friday, June 6	Warm-ups at 4:30 p.m.	Session starts at 5:30 p.m.
	Session 2:	Saturday, June 7	Warm-ups at 7:30 a.m.	Session starts at 8:30 a.m.
	Session 3:	Saturday, June 7	Warm-ups at 1:30 p.m.	Session starts at 2:30 p.m.
	Session 4:	Sunday, June 8	Warm-ups at 7:30 a.m.	Session starts at 8:30 a.m.
	Session 5:	Sunday, June 8	Warm-ups at 1:30 p.m.	Session starts at 2:30 p.m.

Warm up and start times may be changed after entries received and time line determined

Pool: 10-lane, 50-meter indoor pool with Colorado Timing System and scoreboard

Entries: **“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 Tuesday, May 27, 2008.** 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: U.S. Swimming Rules govern this meet. Events are Timed Finals. **A swimmer may compete in a maximum of five events per day, including relays.**

Eligibility: All swimmers must be USS registered. Age as of first day of meet will determine eligibility. **Swimmers with disabilities are encouraged to enter. Please email Dovydas Pelegrimas Dovydas@gmail.com with any special accommodations that would need to be made.**

Fees: \$4.00 per individual event and \$8.00 per relay event. 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: dovydas@gmail.com.

Awards: Medals for 1st through 3rd places and ribbons for 4th - 10th places. Coaches are to pick up their team awards at the end of the meet.

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Admission: Adult Admission (12 & Over): \$5.00 / person. Session Program: \$3.00.

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 in multiple parking lots around the pool

Concession: Food concession will be located in the spectator area and available during the meet.

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

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 the 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 current U.S.A Swimming Rule Book.

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 swimmers are on time to be seeded.

United States Swimming, Inc; Metropolitan Swimming, Inc; Department of Nassau County Parks & Recreation; Eisenhower Park Pool and Old Westbury Aquatics Club 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.

The USA Swimming Code of Conduct is in effect for the duration of the meet.

Scratches: This meet will be deck seeded. Scratches will be due thirty (30) minutes before each published session start time. **Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.** Coaches must make sure their swimmers understand that once they are scratched, 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. Athletes 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.

Officials: Certified Metropolitan Officials will officiate.

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EVENTS

Friday June 6, 2008		
4:30 P.M. Warm-Up - 5:30 P.M. Start		
1	11 & 12 400 Free	2
3	13 & 14 400 Free	4
5	Open 400 Free	6
7	10 & under 200 Free	8
9	11 & 12 400 IM	10
11	13 & 14 400 IM	12
13	Open 400 IM	14

Saturday June 7, 2008					
Morning:	7:30 AM Warm-UP - 8:30AM Start			Afternoon: 1:30 PM Warm-Up - 2:30PM Start	
15	Open 200 Medley Relay	16	39	11 & 12 200 Medley Relay	40
17	13 & 14 200 Free	18	41	10 & under 200 Medley Relay	42
19	Open 200 Free	20	43	11 & 12 100 Back	44
21	13 & 14 100 Fly	22	45	10 & under 100 Back	46
23	Open 100 Fly	24	47	11 & 12 50 Breast	48
25	13 & 14 200 Back	26	49	10 & under 50 Breast	50
27	Open 200 Back	28	51	11 & 12 100 Fly	52
29	13 & 14 100 Breast	30	53	10 & under 100 Fly	54
31	Open 100 Breast	32	55	11 & 12 50 Free	56
33	13 & 14 100 Free	34	57	10 & under 50 Free	58
35	Open 100 Free	36	59	11 & 12 200 Free	60
37	Open 400 Free Relay	38	61	10 & under 400 Free Relay	62
			63	11 & 12 400 Free Relay	64

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EVENTS CONTINUED

Sunday June 8, 2008					
Morning:	7:30 AM Warm-Up - 8:30AM Start		Afternoon:	1:30 PM Warm-Up - 2:30PM Start	
65	Open 200 Free Relay	66	89	11 & 12 200 Free Relay	90
67	13 & 14 200 IM	68	91	10 & under 200 Free Relay	92
69	Open 200 IM	70	93	11 & 12 50 Fly	94
71	13 & 14 200 Fly	72	95	10 & under 50 Fly	96
73	Open 200 Fly	74	97	11 & 12 100 Breast	98
75	13 & 14 100 Back	76	99	10 & under 100 Breast	100
77	Open 100 Back	78	101	11 & 12 50 Back	102
79	13 & 14 200 Breast	80	103	10 & under 50 Back	104
81	Open 200 Breast	82	105	11 & 12 100 Free	106
83	13 & 14 50 Free	84	107	10 & under 100 Free	108
85	Open 50 Free	86	109	12 & under 200 IM	110
87	Open 400 Medley Relay	88	111	10 & under 400 Medley Relay	112
			113	11 & 12 400 Medley Relay	114

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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 **\$4.00** = _____

Total Relay Events _____ x **\$10.00** = _____

TOTAL DUE _____

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

E-mail: dovydas@gmail.com

Waiver: United States Swimming, Inc; Metropolitan Swimming, Inc; Department of Nassau County Parks & Recreation; Eisenhower Park Pool and Old Westbury Aquatics Club 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.

Signed (Club Official) _____

No entries will be processed without this signed waiver.