



**2009 Martin Luther King, Jr.**  
**Invitational Swim Meet**  
**Saturday-Monday, January 17<sup>th</sup>-19<sup>th</sup>, 2009**  
 Metro LSC Sanction # 090109  
 Hosted by Asphalt Green Unified Aquatics  
 AquaCenter – York Avenue & 91<sup>st</sup> Street

**Sat., Jan. 17<sup>th</sup> – Warm Up: 2:00 PM / Start: 2:45 PM**

<u>Event</u>	<u>Girls #</u>	<u>Boys #</u>
13-14 200 Ind. Med.	1	2
15 & Over 200 Ind. Med.	3	4
13-14 100 Butterfly	5	6
15 & Over 100 Butterfly	7	8
13-14 200 Backstroke	9	10
15 & Over 200 Backstroke	11	12
13-14 50 Freestyle	13	14
15 & Over 50 Freestyle	15	16
13-14 100 Breaststroke	17	18
15 & Over 100 Breaststroke	19	20
13 & Over 500 Freestyle*	21	22

**Sun., Jan. 18<sup>th</sup> – Warm Up: 2:00 PM / Start: 2:45 PM**

<u>Event</u>	<u>Girls #</u>	<u>Boys #</u>
8 & Under 100 Freestyle Relay	47	48
9-10 200 Freestyle Relay	49	50
11-12 200 Freestyle Relay	51	52
8 & Under 100 Ind. Med.	53	54
9-10 100 Ind. Med.	55	56
11-12 200 Ind. Med.	57	58
8 & Under 25 Butterfly	59	60
9-10 100 Butterfly	61	62
11-12 50 Butterfly	63	64
8 & Under 50 Backstroke	65	66
9-10 50 Backstroke	67	68
11-12 100 Backstroke	69	70
8 & Under 25 Breaststroke	71	72
9-10 100 Breaststroke	73	74
11-12 50 Breaststroke	75	76
8 & Under 50 Freestyle	77	78
9-10 100 Freestyle	79	80
11-12 100 Freestyle	81	82
12 & Under 400 Ind. Med.*	83	84

**Sun., Jan. 18<sup>th</sup> – Warm Up: 7:00 AM / Start: 7:45 AM**

<u>Event</u>	<u>Girls #</u>	<u>Boys #</u>
13 & Over 1650 Freestyle	23	24

**Sun., Jan. 18<sup>th</sup> – Warm Up: 9:15 AM / Start: 10:00 AM**

<u>Event</u>	<u>Girls #</u>	<u>Boys #</u>
13-14 200 Freestyle	25	26
15 & Over 200 Freestyle	27	28
13-14 200 Breaststroke	29	30
15 & Over 200 Breaststroke	31	32
13-14 100 Backstroke	33	34
15 & Over 100 Backstroke	35	36
13-14 200 Butterfly	37	38
15 & Over 200 Butterfly	39	40
13-14 100 Freestyle	41	42
15 & Over 100 Freestyle	43	44
13 & Over 400 Ind. Med.*	45	46

**Mon., Jan. 19<sup>th</sup> – Warm Up: 9:00 AM / Start: 9:45 AM**

<u>Event</u>	<u>Girls #</u>	<u>Boys #</u>
8 & Under 100 Medley Relay	85	86
9-10 200 Medley Relay	87	88
11-12 200 Medley Relay	89	90
8 & Under 100 Freestyle	91	92
9-10 200 Freestyle	93	94
11-12 200 Freestyle	95	96
8 & Under 50 Butterfly	97	98
9-10 50 Butterfly	99	100
11-12 100 Butterfly	101	102
8 & Under 25 Backstroke	103	104
9-10 100 Backstroke	105	106
11-12 50 Backstroke	107	108
8 & Under 50 Breaststroke	109	110
9-10 50 Breaststroke	111	112
11-12 100 Breaststroke	113	114
8 & Under 25 Freestyle	115	116
9-10 50 Freestyle	117	118
11-12 50 Freestyle	119	120
12 & Under 500 Freestyle*	121	122

ENTRY FEES Individual Events: **\$3.00 per individual event; \$8.00 per relay entry.** Checks are payable to **Asphalt Green, Inc.**

MAIL ENTRIES Brian Brown, AGUA Head Coach  
555 East 90th Street  
New York, NY 10128  
Email: [MeetDirector@asphaltgreen.org](mailto:MeetDirector@asphaltgreen.org)

ENTRY LIMIT Swimmers will be limited to **4** events per day.

FORMAT All events are timed finals.

DEADLINE Entries must be received by January 4, 2009. Entries will be limited; on a first-come, first-served basis in order to keep the sessions within the time allowed. No session will exceed 4 hours.

FACILITY Two 8 lane 25-yard courses. Two 20 yard lanes will be provided for continuous warm up/warm down. The events assigned to each course may be adjusted to make the efficient use of the pool.

SCRATCHES Scratches are due 30 minutes before the session starts.

RULES Current USA Swimming rules are in effect. The USA Swimming Code of Conduct is in effect for the duration of the meet. Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. Age group is determined by the swimmer's age on the day of the meet.

ELIGIBILITY All swimmers must be currently registered with USA Swimming. Registration will be verified with the Metro Office; no swimmers will be permitted to enter after the "recon" has been completed. Swimmers with disabilities are encouraged to attend. If you need special considerations contact the meet director.

AWARDS Ribbons: 1<sup>st</sup>–8<sup>th</sup> place in all age groups. Separate awards for the 10 & Under and 11-12 Age groups in the 400 IM and the 500 Free. Separate awards for the 13-14 and 15 and Over in the 400 IM. All awards will be given only to a coach or team representative at the end of the meet. No individual awards will be given out. Awards will not be mailed or forwarded, except in the case of computer failure.

QUESTIONS Email: [MeetDirector@asphaltgreen.org](mailto:MeetDirector@asphaltgreen.org)  
or call **Meet Director Brian Brown 212-369-8890 x 2234**  
or **Coach Bridgette Cahill 212-369-8890 x 2235**

ADMISSIONS & PROGRAMS Adult Admission (18 & Over): \$4.00 / person. Session Program: \$3.00 per session

SPECTATORS Only swimmers, coaches, officials and timers will be allowed on deck. **No smoking is allowed in the building. No food or glass bottles are allowed on pool deck.** Teams are required to police and maintain their areas on the pool deck.

CONCESSIONS Refreshments will be available and must be consumed in the designated areas only. No food or glass bottles will be allowed on the pool deck or in the spectator area.

PARKING The following garages are available for parking during the meet: **The Hamilton** – 1735 York Ave (90<sup>th</sup> between York & 1<sup>st</sup> Ave) \$10 from 6:00 am - 7:30 pm or **The Andover** – 1675 York Ave (88<sup>th</sup> & 89<sup>th</sup> York Ave) \$9.00 from 6:00 am - 7:00 pm weekdays and \$11.00 from 6:00 am - 7:00 pm weekends