



2009 Last Chance
Invitational Swim Meet
Saturday-Sunday, February 28th– March 1st 2009
Metro LSC Sanction: # 090203
Hosted by Asphalt Green Unified Aquatics
AquaCenter – York Avenue & 91st Street

Sat., Feb 28th – Warm Up: 10:30 AM / Start: 11:15 PM

Event		Girls #	Boys #
Open	200 Freestyle	1	2
11-12	200 Freestyle	3	4
9-10	200 Freestyle	5	6
Open	100 Butterfly	7	8
11-12	100 Butterfly	9	10
9-10	100 Butterfly	11	12
Open	200 Backstroke	13	14
11-12	50 Backstroke	15	16
9-10	50 Backstroke	17	18
Open	100 Breaststroke	19	20
11-12	100 Breaststroke	21	22
9-10	100 Breaststroke	23	24
Open	50 Freestyle	25	26
11-12	50 Freestyle	27	28
9-10	50 Freestyle	29	30
Open	400 Ind. Med.	31	32

Sun., March 1st – Warm Up: 8:00 AM / Start: 8:45 AM

Event		Girls #	Boys #
Open	200 Ind. Med.	33	34
11-12	200 Ind. Med.	35	36
9-10	200 Ind. Med.	37	38
Open	200 Butterfly	39	40
11-12	50 Butterfly	41	42
9-10	50 Butterfly	43	44
Open	100 Backstroke	45	46
11-12	100 Backstroke	47	48
9-10	100 Backstroke	49	50
Open	200 Breaststroke	51	52
11-12	50 Breaststroke	53	54
9-10	50 Breaststroke	55	56
Open	100 Freestyle	57	58
11-12	100 Freestyle	59	60
9-10	100 Freestyle	61	62
Open	500 Freestyle	63	64

Sat., Feb 28th – Warm Up: 3:30 P.M. / Start 4:00 P.M.

Event		Girls #	Boys #
8&Under	100 Ind. Medley	65	66
8&Under	25 Butterfly	67	68
8&Under	50 Freestyle	69	70
8&Under	25 Backstroke	71	72
8&Under	50 Breaststroke	73	74
8&Under	25 Freestyle	75	76
8&Under	50 Backstroke	77	78
8&Under	25 Breaststroke	79	80
8&Under	50 Butterfly	81	82
8&Under	100 Freestyle	83	84

ENTRY FEES Individual Events: **\$3.00 per individual event.** 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

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

FORMAT All events are timed finals.

DEADLINE Entries must be received by **February 15, 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 One 8 lane 25-yard course. A 20 yard lane will be provided for continuous warm up/warm down.

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 1st 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 1st–8th place in all age groups. 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 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 (90th between York & 1st Ave) \$10 from 6:00 am - 7:30 pm or **The Andover** – 1675 York Ave (88th & 89th York Ave) \$9.00 from 6:00 am - 7:00 pm weekdays and \$11.00 from 6:00 am - 7:00 pm weekends
