

**LONG ISLAND AQUATIC CLUB**  
presents  
**THE SPRING KICKOFF INVITATIONAL**  
**MAY 9, 10 2009**

to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island  
Sanctioned by Metropolitan Swimming  
Sanction#090502

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**Date of Meet: MAY 9 - 10, 2009**

**Entries Due Tuesday April 28, 2009**

**Submit Long Course Meter Times**

**SATURDAY MAY 9, 2009**

**SESSION 1 8:00am warm-up 9:00 start**

WOMEN	EVENT	MEN
1.	11-12 200 m Free	2.
3.	10&U 200 m Free	4.
5.	11-12 50 m Fly	6.
7.	10&U 50 m Fly	8.
9.	11-12 200 m Back	10.
11.	10&U 100 m Back	12.
13.	11-12 50 m Breast	14.
15.	10&U 50 m Breast	16.
17.	11-12 50 m Free	18.
19.	10&U 50 m Free	20.

**SESSION 2 \*1:30PM 2:00PMstart**

Women	EVENT	Men
21.	12&U 400 m Free	22.
23.	OPEN 800 m Free	24.

\*Start time for session 2 may be moved earlier  
Depending on the length of session 1

**SESSION 3 4:00pm warm up 5:00 start**

25.	OPEN 200 M Free	26.
27.	OPEN 100 m Fly	28.
29.	OPEN 200 M Breast	30.
31.	OPEN 100 m Back	32.
33.	OPEN 200 m IM	34.

**Pool:** Nassau County Aquatic Center in Eisenhower Park, East Meadow, Long Island  
10 lane by 50 meter competition pool w/ 2 meter min depth.  
6 lane by 25 meter warm up pool

Colorado Timing system, Hy-Tek meet manager

**Host of:** **1998 Speedo Northeast Junior Championships**

**1998 Goodwill Games**

**1999 Phillips 66 National Swimming Championships**

**1999 Long Island Open - Grand Prix**

**2000 Long Island Open**

**2001 Women's Division I Swimming & Diving Championships**

**2001 Long Island Open**

**2001 FINA World Cup**

**2001 U.S. Open**

**2004 World Cup**

**2004 Men's Division I Swimming & Diving Championships**

**2001-2005, 2008 Speedo Champion Series**

**SUNDAY MAY 10, 2009**

**SESSION 4 8:00am warm-up 9:00 start**

WOMEN	EVENT	MEN
35.	10&U 100 m Free	36.
37.	11-12 100 m Free	38.
39.	10&U 100 m Fly	40.
41.	11-12 100 m Fly	42.
43.	10&U 100 m Breast	44.
45.	11-12 200 m Breast	46.
47.	10&U 50 m Back	48.
49.	11-12 50 m Back	50.

**SESSION 5 1:30pm w.up 2:30pm start**

WOMEN	EVENT	MEN
51.	OPEN 200 m Fly	52.
53.	OPEN 100 m Breast	54.
55.	OPEN 200 m Back	56.
57.	OPEN 100 m Free	58.
59.	OPEN 50 m Free	60.

**LONG ISLAND AQUATIC CLUB**  
**presents**  
**THE SPRING KICKOFF SWIM MEET**  
**MAY 9-10, 2009**

**to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island**  
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**sanction #090502**

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**Eligibility:** Swimmers must be USA Swimming registered (or other FINA member) in order to compete. Entries for swimmers without valid 2009 USA Swimming 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. **Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.**

**TEAMS INVITED:** AQUA, BAC, BAD, BASC, BGNW, HS, HAA, IA, LGAC, LBA, MSC, NYAC, NFS, SSC, TS, TVSC, WYW other teams interested please contact Ginny Nussbaum at [gnessbaum@longislandswimming.com](mailto:gnessbaum@longislandswimming.com)

**Entry Fees:** An entry fee of \$4.00 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 3 events per session. Hy-Tek E-mail entries are preferred – Hy-Tek 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 on diskette or in writing.** All results will be e-mailed to the team representative. Entries must be submitted in **LCmeter** times only. **NTs will not be accepted. Deck entries will not be accepted.** Email entries to [msenecal@optonline.net](mailto:msenecal@optonline.net)

**Mail all paper work and money to:**

**Meet Director Ginny Nussbaum**  
**42 Merrick Ave**  
**Merrick, NY 11566**

**Must put meet entry and date of meet on the envelope**

**Telephone: (516) 378-8467**

**Fax: (516) 771-9128**

**Email: [Gnessbaum@longislandswimming.com](mailto:Gnessbaum@longislandswimming.com)**

**Deadline:** Entries must be received by Tuesday April 28, 2009. IF SENDING EXPRESS MAIL, PLEASE SIGN THE WAIVER ON FRONT. Entries will be entered in the order received as space allows.

**Awards:** 1<sup>st</sup> – 10<sup>th</sup>. Events 21 & 22 will be awarded for 1 to 10 for both 10 & U & 11 – 12. Both 9-10 and 8 & U awards will be given in the 10 & U events.

**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 the sessions.

**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.**

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**ENTRY SUMMARY**

Team \_\_\_\_\_ Club Code \_\_\_\_\_ Association \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Contact \_\_\_\_\_ Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

# 10&UNDER      WOMEN      \_\_\_\_\_      # EVENTS      \_\_\_\_\_      x \$4.00      = \$ \_\_\_\_\_

# 11-12              WOMEN      \_\_\_\_\_      # EVENTS      \_\_\_\_\_      x \$4.00      = \$ \_\_\_\_\_

# SENIOR              WOMEN      \_\_\_\_\_      # EVENTS      \_\_\_\_\_      x \$4.00      = \$ \_\_\_\_\_

# 10 &UNDER          MEN          \_\_\_\_\_      # EVENTS      \_\_\_\_\_      x \$4.00      = \$ \_\_\_\_\_

# 11-12              MEN          \_\_\_\_\_      # EVENTS      \_\_\_\_\_      x \$4.00      = \$ \_\_\_\_\_

# SENIOR              MEN          \_\_\_\_\_      # EVENTS      \_\_\_\_\_      x \$4.00      = \$ \_\_\_\_\_

Total      \$ \_\_\_\_\_

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

\_\_\_\_\_  
Coach

**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. St. Pkwy East to Meadowbrook Parkway North (exit 22N). Take 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 Avenue). 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 Parkway southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead. Turnpike (exit M4). For pool see directions above.

**FROM LA GUARDIA AIRPORT:**

Take Grand Central Parkway (to eastern Long Island) to Meadowbrook Parkway and follow above directions.