

**LONG ISLAND AQUATIC CLUB**

**Presents**

**SUMMER FUN INVITATIONAL**

**JUNE 27 - 28, 2009**

**To be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, Long Island**

**Sanctioned by Metropolitan Swimming**

**Sanction #090602**

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**Date of Meet: June 27-28, 2009**

**Entries Due Tuesday June 16, 2009**

**Submit Long Course Meter Times**

**SATURDAY JUNE 27, 2009**

**SUNDAY JUNE 28, 2009**

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

**SESSION 3 8:00am warm-up 9:00 start**

<b>WOMEN</b>	<b>EVENT</b>	<b>MEN</b>
*1.	12&U 400 M Freestyle	*2.
3.	11-12 100 M Butterfly	4.
5.	10&U 50 M Butterfly	6.
7.	11-12 200 M Breaststroke	8.
9.	10&U 50 M Breaststroke	10.
11.	11-12 50 M Freestyle	12.
13.	10&U 50 M Freestyle	14.

**\*May Be limited to 2 heats**

<b>WOMEN</b>	<b>EVENT</b>	<b>MEN</b>
*37.	12&U 400 M IM	*38.
39.	10&U 100 M Free	40.
41.	11-12 100 M Free	42.
43.	10&U 100 M Breast	44.
45.	11-12 100 M Breast	46.
47.	10&U 100 M Back	48.
49.	11-12 50 M Back	50.
51.	10&U 100 M Fly	*52.

**\*May Be limited to 2 heats**

**SESSION 2 1:30pm warm-up 2:30 Start**

**SESSION 4 1:30pm warm-up 2:30 Start**

<b>WOMEN</b>	<b>EVENT</b>	<b>MEN</b>
15.	13-14 200M Freestyle	16.
17.	Senior 200M Freestyle	18.
19.	13-14 100 M Butterfly	20.
21.	Senior 100 M Butterfly	22.
23.	13-14 200 M Backstroke	24.
25.	Senior 200 M Backstroke	26.
27.	13-14 100M Breaststroke	28.
29.	Senior 100 M Breaststroke	30.
31.	13-14 100 M Freestyle	32.
33.	Senior 100 M Freestyle	34.
*35.	Senior 400 M Free	*36.

**\* May be limited to 2 heats**

<b>WOMEN</b>	<b>EVENT</b>	<b>MEN</b>
53.	13-14 200 M I M	54.
55.	Senior 200M I M	56.
57.	13-14 200 M Butterfly	58.
59.	Senior 200 M Butterfly	60.
61.	13-14 100 M Backstroke	62.
63.	Senior 100 M Backstroke	64.
65.	13-14 200 M Breaststroke	66.
67.	Senior 200M Breaststroke	68.
69.	13-14 50 M Freestyle	70.
71.	Senior 50 M Freestyle	72.
*73.	Senior Olympic distance	*74.

**\*May Be limited to 2 heats**

**Pool:** Goodwill Games 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 FINA World Cup**  
**2001 U.S. Open**  
**2004 World Cup**  
**2004 Men's Division I Swimming & Diving Championships**  
**2001-2005, 2008 Speedo Champion Series**

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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 [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com)

**Entry Fees:** An entry fee of \$4.00 per individual event, \$1.00 additional for Non-Hy-Tek 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 enter 3 events per session. Hy-Tek E-mail entries are preferred - Hy-Tek program entries on 3 1/2" 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 via e-mail, 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 Avenue  
Merrick, NY 11566**

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

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

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

**[GNussbaum@longislandswimming.com](mailto:GNussbaum@longislandswimming.com)**

**Deadline:** Entries must be received by June 16, 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 15, 16, 39 & 40 will be awarded 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 each session.

**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** \_\_\_\_\_

  

# 10 & UNDER WOMEN _____	# EVENTS _____	x	\$4.00	=	\$ _____
# 11-12 WOMEN _____	# EVENTS _____	x	\$4.00	=	\$ _____
# 13-14 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	=	\$ _____
# 13-14 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

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**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.State Pkwy East to 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 Ave.) 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 Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead Tpke. (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.