

Long Island Express Swim Team
2009 Winterfest Swim Meet
January 16,17,18th 2009

- Sanction** The meet is sanctioned under United States Swimming and Metropolitan Swimming Inc. **Sanction # 090104**
- Hosted by** Long Island Express Swim Team
- Location** Hofstra University Swim Center
- Times** Friday - - All Ages
Warm-up 4:00pm
Start 5:00 pm
Saturday and Sunday - - Ages: 13 and 14 & 11 and 12
Warm-up 8:00 AM
Start 9:00 AM
Saturday and Sunday - - Ages: Open & 10 and unders
Warm-up 2:00 PM
Start 3:00 PM
- Facility** 8 lane 50 meter pool. Colorado timing system 6000 will be used. 8 lane Colorado timing scoreboard will be used. Hy-Tek meet manager computer will be used to conduct the meet.
- Format** All events are time finals. The USA Code of Conduct will be in effect for the duration of the meet. The meet will be cut to maintain the 4 hour time limit. All entries exceeding this limit will be returned. Please include e-mail address. **Meet open to all USS registered swimmers.**
- Entry limit** **Swimmers** will be limited to **4 events per day.**
- Scratches** Coaches will receive a list of swimmers by session. Swimmers must be scratched 30 minutes prior to the start of the session
- Entry Fees** \$3.00 per event
Entry fee payment must accompany entries. Please no phone or fax entries.
Make checks payable to Long Island Express LTD
- Mail Entries** Robert Ortof
Long Island Express
28-01 202 Street
Bayside NY 11360
718-352-2136
- Email entries:** ROrtof@nyc.rr.com

Long Island Express Swim Team

<u>Deadline</u>	All entries must be received by January 10th and must be in yard times. Out of district teams by Jan 8 th . No NT's will be accepted. Please process your entries as soon as possible. Please include first and last names of swimmers, ages and USS numbers must be submitted. If using HY-Tek, please include a hard copy of your entries along with your disk. Meet will be cut by time.
<u>Admission</u>	Adult Admission(18 and over)
	\$4.00 per person
<u>And Programs</u>	\$2.00 per person
<u>Parking</u>	Free parking on campus. Please use lot immediately adjacent to Swim Center.
<u>Spectators</u>	Only swimmers, coaches and officials will be allowed on deck. Everyone else must remain in the spectator area. No smoking allowed in the building. No food or glass bottles allowed on pool deck.
<u>Concessions</u>	No food or beverages will be served by the meet host.
<u>Insurance</u>	All swimmers in meet must be currently registered with USS through Metropolitan Swimming Inc. or some other LSC. It is the responsibility of the individual athletes and /or team they represent to be sure that they are registered.
<u>Rules</u>	Current USA Swimming rules will govern this meet.
<u>Age</u>	Age group will be determined by the swimmer's age as of the first day of the meet.
<u>Awards</u>	Medals 1 st -3 rd place and ribbons 4 th -8 th place in all age groups. Team high point awards 1 st -3 rd place. Awards will be given only to a coach or team representative at the end of each session. All awards for each team must be picked up. No awards will be mailed, except in case of computer failure.
<u>Disabled Athletes</u>	Contact meet director if you need special consideration.

Long Island Express Swim Team

Friday Jan 16th

Warm-up 4:00 PM Start 5:00 PM

Girls	Event	Boys
1	10 & under 200 Free	2
3	11/12 200 Free	4
5	13-14 400 IM	6
7	Open 400 IM	8
9	10 and under 200 IM	10
11	11/12 200 IM	12
13	13-14 500 Free	14
15	Open 500 free	16

Saturday Jan 17th

Warm-up 8:00 AM Start 9:00 AM

Girls	Event	Boys
17	13-14 200 IM	18
19	11/12 200 Breast	20
21	13-14 200 Back	22
23	11/12 50 Fly	24
25	13-14 100 Fly	26
27	11/12 100 Back	28
29	13-14 200 Breast	30
31	11/12 50 Breast	32
33	13-14 100 Free	34
35	11/12 50 Free	36

Saturday Jan 17th

Warm-up 2:00 PM Start 3:00 PM

Girls	Event	Boys
37	Open 200 IM	38
39	10 and under 100 IM	40
41	Open 200 Back	42
43	10 and under 100 Back	44
45	Open 100 Fly	46
47	10 and under 50 Fly	48
49	Open 200 Breast	50
51	10 and under 100 breast	52
53	Open 100 Free	54
55	10 and under 50 Free	56

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Sunday Jan 18th

Warm-up 8:00 AM Start 9:00 AM

Girls	Event	Boys
57	13-14 200 free	58
59	11-12 100 Free	60
61	13-14 100 Back	62
63	11-12 50 Back	64
65	13-14 200 Fly	66
67	11-12 100 Fly	68
69	13-14 100 Breast	70
71	11-12 100 Breast	72
73	13-14 50 Free	74
75*	11-12 500 Free	76*

***Cut off time for event 75 & 76 is 6:30**

Sunday Jan 18th

Warm-up 2:00 PM Start 3:00 PM

Girls	Event	Boys
77	Open 200 Free	78
79	10 and under 100 Free	80
81	Open 100 Back	82
83	10 and under 50 Back	84
85	Open 200 Fly	86
87	10 and under 100 Fly	88
89	Open 100 Breast	90
91	10 and under 50 breast	92
93	Open 50 Free	94
95*	10 and under 500 Free	96*

***Cut off time for event 95 & 96 is 7:15**

