

Long Island Express Swim Team

May 23-24 Extravaganza

- Sanction** The meet is sanctioned under United States Swimming and Metropolitan Swimming Inc. **Sanction # 090506**
- Hosted by** Long Island Express Swim Team
- Location** Hofstra University Swim Center
- Times** 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 2:30 PM
Start 3:30 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 timed finals. 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.
- USA code of conduct** The USA swimming code of conduct will govern the running of this swimming competition.
- Entry limit** **Swimmers** will be limited to **3 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** \$4.00 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

Saturday May 23

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	13-14 200 IM	2
3	11/12 100 Free	4
5	13-14 200 Fly	6
7	11/12 50 Breast	8
9	13-14 100 Breast	10
11	11/12 100 Fly	12
13	13-14 200 Back	14
15	11/12 50 Back	16
17	13-14 100 Free	18

Saturday May 23

Warm-up 2:30 PM Start 3:30 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
19	Open 200 IM	20
21	10 and under 100 Free	22
23	Open 200 Fly	24
25	10 and under 50 Breast	26
27	Open 100 Breast	28
29	10 and under 100 Fly	30
31	Open 200 Back	32
33	10 and under 50 Back	34
35	Open 100 Free	36

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
37	13-14 200 Breast	38
39	11-12 50 Free	40
41	13-14 50 Free	42
43	11-12 100 Breast	44
45	13-14 100 Fly	46
47	11-12 50 Fly	48
49	13-14 100 back	50
51	11-12 100 back	52
53	13-14 200 free	54

Warm-up 2:30 PM Start 3:30 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
55	Open 200 Breast	56
57	10 and under 50 Free	58
59	Open 50 Free	60
61	10 and under 100 Breast	62
63	Open 100 Fly	64
65	10 and under 50 Fly	66
67	Open 100 back	68
69	10 and under 100 back	70
71	Open 200 Free	72

<u>Deadline</u>	All entries must be received by May 15 th and must be in meter times. Non Metro teams will be accepted on May 8th . 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.
<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. 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>Swimmers with a disability</u>	Swimmers with a disability are encouraged to attend. Contact meet Director at 718-352-2136

