

Long Island Express Swim Team

June 20th & 21st Summer Invitational

<u>Sanction:</u>	The meet is sanctioned under United States Swimming and Metropolitan Swimming Inc. Sanction # 090603
<u>Invited Teams:</u>	Long Beach, Connetquot, Farmingdale, Flushing, Empire, Old Westbury, Islip Aquatics, Newburgh Sharks, Hauppauge, Sachem, North Shore, East Hampton, Huntington, New York City Aquatic Club, ABBE
<u>Hosted by:</u>	Long Island Express Swim Team
<u>Location:</u>	Hofstra University Swim Center
<u>Session Times:</u> Sat & Sun 3 session per day	Ages: 11 - 12 girls only and 10 & under boys and girls Saturday and Sunday Warm-up 7:00 AM & Start 8:00 AM Ages: 11 - 12 boys only and 13 - 14 boys and girls Saturday and Sunday Warm-up 11:30 AM & Start 12:30 PM Open Men and Women Saturday and Sunday Warm 4:00 PM & Start 5:00 PM
<u>Facility:</u>	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.
<u>Format:</u>	All events are timed finals. First eight teams received will be entered in the computer. Then the meet will be cut to maintain the 4 hour time limit by time. All entries exceeding this limit will be returned. Please include e-mail address.
<u>Entry limit:</u>	Swimmers will be limited to 3 events per day.
<u>Scratches:</u>	Coaches will receive a list of swimmers by session. Swimmers must be scratched 30 minutes prior to the start of the session
<u>Disabled Swimmers:</u>	Athletes with a disability are welcome and shall provide advance notice of any desired accommodations to the Meet Director.
<u>Entry Fees:</u>	\$4.00 per event - Make checks payable to Long Island Express LTD. Entry fees must accompany entries. No phone or fax entries, please.

<u>Mail Entries</u>	Robert Ortof Long Island Express, Ltd. 28-01 202 nd Street Bayside NY 11360 718-352-2136
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<u>Email entries:</u>	ROrtof@nyc.rr.com
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<u>Deadline:</u>	All entries must be received by June 10 th and must be in meter times. Non Metro teams will be accepted on June 4th . 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.
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<u>Admission:</u>	Adult Admission(18 and over) \$4.00 per person
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<u>And Programs:</u>	\$2.00 per person
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<u>Parking:</u>	Free parking on campus. Please use lot immediately adjacent to Swim Center.
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<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.
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<u>Concessions:</u>	No food or beverages will be served by the meet host.
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<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.
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<u>Rules:</u>	Current USA Swimming rules will govern this meet.
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<u>Age:</u>	Age group will be determined by the swimmer's age as of the first day of the meet.
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<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
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Saturday, June 20 th Warm-up 7:00 AM & Start 8:00 AM		
<u>Girls</u>		<u>Boys</u>
1	10 & Under 100 Free	2
3	11 - 12 Girls 100 Free	--
4	10 & Under 50 Fly	5
6	11 - 12 Girls 50 Fly	--
7	10 & Under 100 Breast	8
9	11 - 12 Girls 100 Breast	--
10	10 & Under 50 Back	11
12	11 - 12 Girls 50 Back	--

Saturday, June 20 th Warm-up 11:30 AM & Start 12:30 PM		
<u>Girls</u>		<u>Boys</u>
13	13 - 14 200 Breast	14
--	11 - 12 Boys 100 Free	15
16	13 - 14 100 Free	17
--	11 - 12 Boys 50 Fly	18
19	13 - 14 100 Back	20
--	11 - 12 Boys 100 Breast	21
22	13 - 14 100 Fly	23
--	11 - 12 Boys 50 Back	24
25	13 - 14 200 IM	26

Saturday, June 20 th Warm-up 4:00 PM & Start 5:00 PM		
<u>Girls</u>		<u>Boys</u>
27	OPEN 200 IM	28
29	OPEN 100 Fly	30
31	OPEN 200 Back	32
33	OPEN 100 Breast	34
35	OPEN 100 Free	36

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Sunday, June 21 st Warm-up 7:00 AM & Start 8:00 AM		
<u>Girls</u>		<u>Boys</u>
37	10 & Under 50 Free	38
39	11 - 12 Girls 50 Free	--
40	10 & Under 100 Fly	41
42	11 - 12 Girls 100 Fly	--
43	10 & Under 50 Breast	44
45	11 - 12 Girls 50 Breast	--
46	10 & Under 100 Back	47
48	11 - 12 Girls 100 Back	--

Sunday, June 21 st Warm-up 11:30 AM & Start 12:30 PM		
<u>Girls</u>		<u>Boys</u>
49	13 - 14 200 Free	50
--	11 - 12 Boys 50 Free	51
52	13 - 14 100 Breast	53
--	11 - 12 Boys 100 Fly	54
55	13 - 14 200 Back	56
--	11 - 12 Boys 50 Breast	57
58	13 - 14 200 Fly	59
--	11 - 12 Boys 100 Back	60
61	13 - 14 50 Free	62

Sunday, June 21 st Warm-up 4:00 PM & Start 5:00 PM		
<u>Girls</u>		<u>Boys</u>
63	OPEN 200 Free	64
65	OPEN 100 Back	66
67	OPEN 200 Fly	68
69	OPEN 200 Breast	70
71	OPEN 50 Free	72