

# Long Island Express Swim

## Team

## July 18<sup>th</sup> -19<sup>th</sup> - 2009 Invitational Swim Meet

- Invited Teams** LaGuardia, Team Suffolk, Connetquot, Flushing, Wagner, New York City Aquatic, Farmingdale, Hauppauge, Town of Islip, North Shore, Sachem, West Islip, Huntington YMCA, East Hampton, ABBE
- Sanction** The meet is sanctioned under United States Swimming and Metropolitan Swimming Inc. **Sanction # 090710**
- Hosted by** Long Island Express Swim Team
- Location** Hofstra University Swim Center
- Times** Saturday - - Ages: 13 and 14 & 11 and 12  
Warm-up 4:00 PM Start 5:00 PM  
Sunday - - Ages: Open & 10 and unders  
Warm-up 8:00 AM Start 9:00
- 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. 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.
- 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](mailto:Rortof@nyc.rr.com)

# Long Island Express Swim Team

Saturday July 18th

Warm-up 4:00 PM      Start 5:00 PM

| <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 Back   | 6           |
| 7            | 11/12 50 Back    | 8           |
| 9            | 13-14 100 Fly    | 10          |
| 11           | 11/12 100 Fly    | 12          |
| 13           | 13-14 100 Breast | 14          |
| 15           | 11/12 100 breast | 16          |
| 17           | 13-14 100 Free   | 18          |
| 19           | 11/12 50 Free    | 20          |

Sunday July 19th

Warm-up 8:00 AM      Start 9:00 AM

| <u>Girls</u> | <u>Event</u>            | <u>Boys</u> |
|--------------|-------------------------|-------------|
| 21           | Open 200 IM             | 22          |
| 23           | 10 and under 100 Free   | 24          |
| 25           | Open 200 Back           | 26          |
| 27           | 10 and under 100 Back   | 28          |
| 29           | Open 100 Fly            | 30          |
| 31           | 10 and under 50 Fly     | 32          |
| 33           | Open 100 Breast         | 34          |
| 35           | 10 and under 100 breast | 36          |
| 37           | Open 100 Free           | 38          |
| 39           | 10 and under 50 Free    | 40          |

**Deadline** All entries must be received by July 10<sup>th</sup> and must be in meter times. Non Metro teams will be accepted on July 5<sup>th</sup>. 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.

**Admission** **Adult Admission(18 and over)**  
**\$4.00 per person**

**And Programs** **\$2.00 per person**

**Parking** Free parking on campus.  
Please use lot immediately adjacent to Swim Center.

**Spectators** 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.

**Concessions** No food or beverages will be served by the meet host.

**Insurance** 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.

**Rules** Current USA Swimming rules will govern this meet.

**Age** Age group will be determined by the swimmer's age as of the first day of the meet.

**Awards** Medals 1<sup>st</sup>-3<sup>rd</sup> place and ribbons 4<sup>th</sup>-8<sup>th</sup> 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.

**Disabled Athletes** Athletes with a disability are welcome and shall provide advanced notice to the meet director.

