

**2009 28<sup>th</sup> ANNUAL DR., MARTIN LUTHER KING, JR.  
SWIM INVITATIONAL  
JANUARY 16, 17, 18, 2009**

**SITE:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, LI

HOME OF THE GOODWILL GAMES & SPEEDO JR NATIONAL CHAMPIONSHIP

**SPONSOR: NU-FINMEN SWIMMING, INC.**

**SANCTION: METROPOLITAN SWIMMING, INC.      SANCTION: 009011**

**POOL:** 10 Lane 25-yd pool with non-turbulent lane lines.  
Hy-Tek and Colorado Timing System

**ENTRIES:** Events are Timed Finals. Swimmers are limited to 3 individual events per session. Unattached swimmers may not swim on a relay as a team representative. Entry fee \$3.00 per event and \$8.00 per relay.

*Entries not sent on Hy-Tek subjected to surcharge of \$1.00 per event.*

Entries in yards. **NT (no times) not accepted.** Time Trials held if time permits.

**Metro entries due Monday, December 29, 2008;** all other entries regardless of LSC affiliation by **Friday, January 2, 2009.**

em entries Dawn Diaz [djdiazdd@aol.com](mailto:djdiazdd@aol.com)

Mail fees, master entry sheet, waiver must accompany entries -  
Nu-Finmen Swimming c/o Dawn Diaz  
3 Church Street, Hempstead, NY 11550

**ELIGIBILITY:** Swimmers **must** be registered with USA Swimming. Age as of first day of meet determines eligibility. Swimmers with disabilities are encouraged to attend. Please advise our meet director if any special accommodations needed.

**MEET OVERSCRIBED:** Entries on a 1st-come basis 1<sup>st</sup> served basis.  
Cuts by **team.** Nu-Finmen reserves the right to enter swimmers regardless of time.

**RULES /CONDITIONS: The USA Code of Conduct is in effect for this meet.**  
Current USA Swim rules govern this meet. USA Swimming, Inc., Metropolitan Swimming, Inc., Nu-Finmen Swimming, Inc., Nassau County Aquatic Center & their agents or representatives shall be held free and harmless of liabilities, claims, or damages arising by reason of injuries to anyone during this event. All persons on deck **must be** registered with USA Swimming & must wear certification (which will be checked) at all times during meet. Metro guidelines followed for warm-ups.

**METROPOLITAN SAFETY GUIDELINES ENFORCED**

**SCRATCHES:** Metropolitan Association scratch rules in affect. Scratches no later than 30 minutes before start of each session.

**ADMISSION:** \$5.00 per person per session, plus \$2 for program;  
\$1.00 per child (under 10) per session

**AWARDS:** Individual: Custom Ribbons 1<sup>st</sup> - 10<sup>th</sup>; relays: 1<sup>st</sup> – 3<sup>rd</sup>;  
High point awards for each age group (male/female)  
Points awarded thru' 6<sup>th</sup> place (no points awarded out of age group)

**DIRECTIONS:** From Verrano Narrows Bridge & Kennedy Airport: Follow signs to Belt Pkwy/Long Island East. Take Belt Pkwy E past Kennedy Airport. After Kennedy Airport stay in left lane to Southern State Pkwy E. Take Southern State Pkwy East to Meadowbrook Pkwy North to NY-24 Hempstead Turnpike E (exit M4). On Hempstead Turnpike get in left lane. Make left at 1<sup>st</sup> light (Merrick Ave). Eisenhower Park is on the right. Turn right into parking lot for pool.

From Whitestone & Throgs Bridges: Take Cross Island Pkwy South to exit 29, Grand Central Parkway East. Grand Central Pkwy to Meadowbrook Pkwy South (Jones Beach). Get off Meadowbrook Pkwy at NY24 East, Hempstead Turnpike. See above directions.

From LaGuardia Airport: Grand Central Parkway (Eastern Long Island) to Meadowbrook Parkway. Follow above directions.

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## **NU-FINMEN SWIMMING 2009 28<sup>th</sup> ANNUAL DR. MARTIN LUTHER KING, Jr. SWIM INVITATIONAL**

### **SESSION 1: FRIDAY, JANUARY 16, 2009**

**Warm-Up 5:00pm; Start 6:00pm**

Female	Events	Male
1	10&UN 200 FREE	2
3	11&12 200 FREE	4
5	13&14 500 FREE	6
7	OPEN 500 FREE	8
9	10&UN 200 IND MED	10
11	11&12 200 IND MED	12
13	13&14 400 IND MED	14
15	OPEN 400 IND MED	16

**(NUFINMEN SWIMMING reserves the right to limit the number of heats to make this session manageable. The 500 free & 400 IM may be limited to the TOP 3 heats.)**

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**SESSION 11: SATURDAY, JANUARY 17, 2009**

Warm-Up: 7:00 am, Start: 8:30am

Female	Events	Male
17	OPEN 200 IND MED	18
19	13&14 200 IND MED	20
21	OPEN 100 BREAST	22
23	13&14 200 BREAST	24
25	OPEN 200 FLY	26
27	13&14 100 FLY	28
29	OPEN 100 FREE	30
31	13&14 200 FREE	32
33	OPEN 200 BACK	34
35	13&14 100 BACK	36
37	OPEN 400 MED RELAY	38
39	13&14 400 MED RELAY	40

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**SESSION 111: SATURDAY, JANUARY 17, 2009**

Warm-Up: 1:00pm, Start: 2:00pm

Female	Events	Male
41	9&10 100 IND MED	42
43	8&U 100 IND MED	44
45	11&12 50 BK	46
47	9&10 100 BK	48
49	11&12 100 BREAST	50
51	9&10 50 BREAST	52
53	8&U 50 FLY	54
55	9&10 100 FLY	56
57	11&12 50 FLY	58
59	8&U 50 FREE	60
61	9&10 50 FREE	62
63	11&12 100 FREE	64
65	10&UN 200 MED RELAY	66
67	11&12 200 MED RELAY	68

**NU-FINMEN FINMEN SWIMMING  
 2009 28<sup>th</sup> ANNUAL DR. MARTIN LUTHER KING Jr. SWIM  
 INVITATIONAL**

**SESSION IV: SUNDAY, JANUARY 18, 2009**

Warm-Up: 7:00am; Start: 8:00am

Female	Events	Male
69	OPEN 200 BREAST	70
71	13&14 100 BREAST	72
73	OPEN 50 FREE	74
75	13&14 50 FREE	76
77	OPEN 100 FLY	78
79	13&14 200 FLY	80
81	OPEN 200 FREE	82
83	13&14 100 FREE	84
85	OPEN 100 BACK	86
87	13&14 200 BACK	88
89	OPEN 400 FREE RELAY	90
91	13&14 400 FREE RELAY	92

\*\*\*\*\* **COACHES RELAY** \*\*\*\*\*

**SESSION V: SUNDAY, JANUARY 18, 2009**

Warm-Up: 1:00pm; Start 2:00pm

Female	Events	Male
93	11&12 100 IM	94
95	8&UN 50 BACK	96
97	9&10 50 BACK	98
99	11&12 100 BACK	100
101	8&UN 50 BREAST	102
103	9 &10 100 BREAST	104
105	11&12 50 BREAST	106
107	9&10 50 FLY	108
109	11&12 100 FLY	110
111	8&UN 100 FREE	112
113	9&10 100 FREE	114
115	11&12 50 FREE	116
117	10&UN 200 FREE RELAY	118
119	11&12 200 FREE RELAY	120

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**CLUB:** \_\_\_\_\_ **CLUB CODE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**COACH:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **E-MAIL ADDRESS:** \_\_\_\_\_

**CLUB CONTACT:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

Total Individual Events \_\_\_\_\_ x \$3.00 = \_\_\_\_\_

Total swimmers (non-disk surcharge) \_\_\_\_\_ x \$1.00 = \_\_\_\_\_

Total relays \_\_\_\_\_ x \$8.00 = \_\_\_\_\_

**Total amount Due** \_\_\_\_\_

**Check payable: NU-FINMEN SWIMMING**

C/O Dawn Diaz, 3 Church Street, Hempstead, NY 11550  
(Please sign the "signature waiver" on envelope for Express Mail)

**Waiver:** USA Swimming Inc, Metropolitan Swimming Inc, Nu-Finmen Swimming, and Eisenhower Aquatic Center, their agents or representatives shall be held free and harmless from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of these events.

Signed (Club Official) \_\_\_\_\_

Please return with entry package. No entries processed without this signed waiver.

**Dr. Martin Luther King's Essay:**

Encourage your swimmers to submit an essay on Dr, King's Dream.

In 200-250 words typed 12 font, double spaced, first and last name, age and team on essay. "In what aspects have Dr. Martin Luther King's dreams been achieved and not achieved". Submit to Jennifer Trotman, no later than the completion of Session 111 on Saturday. First place winner receives \$100.00 savings bond.