

Invitational Meet Announcement



**Spring Kickoff Invitational**  
**May 15-16, 2010**  
**Sanction #100504**

**Invited Teams:** AQUA, BAC, BAD BASC, BGNW, BBSC, CAT(NJ),CONDORS, HAA, IA, LGAC, LBA, MAG(NE), MSC, NFS, NJW(NJ), TS, TVSC, WYW(CT), other teams interested please contact Ginny Nussbaum at [gnessbaum@longislandswimming.com](mailto:gnessbaum@longislandswimming.com)

# Spring Kickoff Invitational

May 15-16, 2010

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **100504**
- LOCATION:** **Nassau County Aquatic Center**  
**Eisenhower Park, East Meadow, NY 11554**
- FACILITY:** **10 Lane by 50 meter competition pool w/ 2 meter min depth**  
The pool **Has Not been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session One – 12&U – Saturday May 15 warm-up 8-8:50am Start 9am**  
**Session Two – 12&U 400 Free, Open 800 Free – Saturday May 15 – warm-up 1:30pm Start 2pm**  
**Session Three – Open – Saturday May 15 warm-up 4-4:50pm Start 5pm**  
**Session Four – 12&U – Sunday May 16 warm-up 8-8:50am Start 9am**  
**Session Five – Open – Sunday May 16 warm-up 1:30-2:20pm Start 2:30pm**
- FORMAT:** **The meet is a Timed Final Event**  
**The meet will be Deck Seeded**
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.  
All swimmers participating in this meet must be registered by the first day of the meet.  
Age on **May 15, 2010** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.  
The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** **All Athletes are limited to enter 3 events per session**  
**Deck entries will not be accepted**  
**NT's will not be accepted**  
**Entries are by invite only Hy-Tek Email entries will be accepted. AN Entry Summary with a signed waiver must be sent to the office for entries to be considered by Thursday May 6, 2010**
- U.S. Mail Entries/Payment to: **Ginny Nussbaum, 42 Merrick Ave., Merrick, NY 11566**  
Email Entries/Confirm Entry Receipt: [msenecal@optonline.net](mailto:msenecal@optonline.net)  
**If sending express mail, please sign the waiver on the front.**
- DEADLINE:** **Entries must be received by : Tuesday May 4, 2010**
- An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$4.00** per individual event must accompany the entries.  
Make check payable to: **Long Island Swimming**  
Payment must be received by **May 15, 2010** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** **General warm up with assigned lanes for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be distributed along with the scratch sheet each session.**
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to draw a line through an individual event to indicate clearly that individual event is a scratch or when an athlete is out of the session completely draw a line through the swimmers name who will not be participating in the session.
- COACHES:** In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.

**AWARDS:** 1<sup>st</sup> – 10th place awards will be given to the 12&U athletes. Events 21 & 22 will be awarded for 1<sup>st</sup>-10<sup>th</sup> for both 10&U and 11-12. Both 9-10 and 8&U awards will be given in the 10&U events. 1<sup>st</sup>-3<sup>rd</sup> place awards will be given to the OPEN SWIMMERS.

**OFFICIALS:** Meet Referee: **Holger Fietkau, 171 Atlantic Ave., Carle Place, NY 11514**  
Officials wishing to volunteer should contact Meet Referee by **May 12, 2010**

**MEET DIRECTOR:** **Ginny Nussbaum, [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com) 516.378.8467** – Questions concerning the meet will only be entertained when communicated via a certified coach on an invited team.

**RULES:** The current USA Swimming Rules and Regulations will apply.  
**The USA Swimming Code of Conduct is in effect for the duration of the meet.**  
The overhead start procedure may be used at the discretion of the meet Referee.

**SAFETY:** Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Nassau County Aquatic Center, Long Island Aquatic Club, Long Island Swimming**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

**ADMISSION:** Admission - \$5.00                      Programs - \$2.00

**MERCHANTS:** A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.  
Hobieswim will be available throughout the entire meet

**PARKING:** There is ample free parking available in the park

**DIRECTIONS: FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:**

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take So.State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.

**FROM WHITESTONE AND THROGS NECK BRIDGES**

Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead Tpke.(exit M4). On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.



**LONG ISLAND AQUATIC CLUB**

Presents

**The Spring Kickoff Invitational**

**May 15-16, 2010**

To be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York

**SESSION I**

**SATURDAY MAY 15, 2010**

**WARM-UP 8AM START 9AM**

WOMEN	EVENT	MEN		WOMEN	EVENT	MEN
1	11-12 200m free	2		33	10&U 200m Free	34
3	10&U 100m free	4		35	11-12 100m Free	36
5	11-12 50m Fly	6		37	10&U 50m Fly	38
7	10&U 100m Fly	8		39	11-12 100m Fly	40
9	11-12 200m back	10		41	10&U 100m Breast	42
11	10&U 50m back	12		43	11-12 200m Breast	44
13	11-12 50m breast	14		45	10&U 100m Back	46
15	10&U 50m breast	16		47	11-12 100m Back	48
17	11-12 50m Free	18		49	10&U 50m free	50

**SESSION IV**

**SUNDAY MAY 16, 2010**

**WARM-UP 8AM START 9AM**

**SESSION II**

**SATURDAY MAY 15, 2010**

**WARM-UP 1:30PM START 2PM**

WOMEN	EVENT	MEN
19	12&U 400m Free	20
21	OPEN 800m Free	22

\*Start time for session 2 may be moved earlier depending on the length of session 1  
**SWIMMERS MUST PROVIDE THEIR OWN TIMER FOR SESSION II**

**SESSION III**

**SATURDAY MAY 15, 2010**

**WARM-UP 4PM START 5PM**

WOMEN	EVENT	MEN		WOMEN	EVENT	MEN
23	OPEN 200m Free	24		51	OPEN 200m Fly	52
25	OPEN 100m Fly	26		53	OPEN 100m Breast	54
27	OPEN 200m Breast	28		55	OPEN 200m Back	56
29	OPEN 100m Back	30		57	OPEN 100m Free	58
31	OPEN 200m IM	32		59	OPEN 50m Free	60

**SESSION V**

**SUNDAY MAY 16, 2010**

**WARM-UP 1:30PM START 2:30PM**



LONG ISLAND AQUATIC CLUB  
presents  
THE SPRING KICKOFF SWIM MEET  
MAY 15-16 2010

to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island  
Sanctioned by Metropolitan Swimming  
sanction #100504

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ENTRY SUMMARY

Team \_\_\_\_\_ Club Code \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Contact \_\_\_\_\_ Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

# 10&UNDER            WOMEN    \_\_\_\_\_            # EVENTS \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

# 11-12                WOMEN    \_\_\_\_\_            # EVENTS \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

# SENIOR              WOMEN    \_\_\_\_\_            # EVENTS \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

# 10 & UNDER        MEN        \_\_\_\_\_            # EVENTS \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

# 11-12                MEN        \_\_\_\_\_            # EVENTS \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

# SENIOR              MEN        \_\_\_\_\_            # EVENTS \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

Total                \$ \_\_\_\_\_

**Waiver of all claims for injury and acceptance of all meet rules are conditions for acceptance of entries.**

\_\_\_\_\_  
Coach