

Invitational Meet Announcement

Long Island Express

July 17th and 18th
Summer Sizzler Invitational Swim Meet

LIE Summer Sizzler
July 17 and 18
100706

Invited Teams: Islip Aquatics, , Empire, Flushing, LaGuardia, Connetquot, Cross Island YMCA, Huntington, Central Queens YMHA, North Shore, Sachem, , Newburgh, Lindenhurst, Farmingdale, New York City Aquatic Club, Boys and Girls Club of Northern Westchester, Asphalt Green Unified Aquatics

LIE July Summer Sizzler

July 17, 18 2010

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **100706**
- LOCATION:** **Hofstra University**
- FACILITY:** **8 Lane 50 meter facility with Colorado timing system**
The pool **has been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Saturday and Sunday 11-12, 13-14 8:00 Warm-up 9:00 Start**
Saturday and Sunday 10 and under , Open 2:00 Warm-up 3:00 Start
- FORMAT:** **Timed finals**
Deck seeding will be in place
- 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 **July 17, 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:** **4 Entries per day will be permitted**
Entries will be cut on a first come first serve basis – if after all teams are accepted there needs to be additional cuts they will be made by time. Hy-Tek entries only.
- U.S. Mail Entries/Payment to: **Robert Ortof**
28-01 202 Street
Bayside NY 11360
- Email Entries/Confirm Entry Receipt: **ROrtof@nyc.rr.com**
Signature waiver for express mailed entries
- DEADLINE:** **Entries must be received by : July 6, 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 Express LTD**
Payment must be received by **July 6, 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 will be in place**
- 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 indicate clearly individual events scratches and which swimmers 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:** **Medals will be given 1-3 and ribbons 4-8**
- OFFICIALS:** **Meet Referee: Kris Sawicz**

Officials wishing to volunteer should contact Meet Referee by **July 5, 2010**

MEET

DIRECTOR: **Robert Ortof – Rortof@nyc.rr.com**

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 **Hofstra University and Long Island Express**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION:

\$4.00 Admission \$2.00 Programs

MERCHANTS:

Metro Swim Shop will be present at the meet. No food or drink allowed in the building.

PARKING:

Parking immediately adjacent to facility.

DIRECTIONS:

LIE (495) to Exit 38 (Northern State Parkway) East, to the Meadowbrook Parkway Exit 31 A. Stay on Meadowbrook Parkway until Exit M4 (sign reads Hempstead and Coliseum (travel west) to Main gate (opposite Dunkin Donuts) – enter main gate and turn right at the stop sign at first major intersection – pool facility will be directly in front of you at first stop sign.

Saturday July 17

Warm-up 8:00 AM

Start 9:00 AM

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

Saturday July 18

Warm-up 2:00 PM Start 3:00 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
17	10 and Under 100 Free	18
19	Open 200 Free	20
21	10 and Under 50 Fly	22
23	Open100 Breast	24
25	10 and Under 100 Breast	26
27	Open 100 Back	28
29	10 and Under 50 Back	30
31	Open 200 Fly	32

Sunday July 18, 2010

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
33	11/12 50 Free	34
35	13-14 200 Back	36
37	11/12 100 Fly	38
39	13-14 100 Free	40
41	11/12 50 Breast	42
43	13-14 200 Breast	44
45	11/12 100 Back	46
47	13-14 100 Fly	48

Sunday July 18, 2010

Warm-up 2:00 PM Start 3:00 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
49	10 and Under 50 Free	50
51	Open 200 Back	52
53	10 and Under 100 Fly	54
55	Open 100 Free	56
57	10 and Under 50 Breast	58
59	Open 200 Breast	60
61	10 and Under 100 Back	62
63	Open 100 Fly	64