



**Metropolitan** **Swimming**  
**Junior Olympics**  
**2012**

**2012 Metropolitan Long Course Junior Olympic Championships**  
July 27 – July 29, 2012  
Sanction #120704, Time Trials Sanction #120750-T

**Hosted By**



# 2012 Metropolitan Long Course Junior Olympic Championships

July 27 – July 29, 2012

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #120704, Time Trials -120750T
- LOCATION:** Nassau County Aquatic Center  
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 10 Lane by 50 meter competition pool w/ 2 meter min depth. 6 lane by 25 meter warm up pool w/ 2 meter min depth  
The pool **Has Not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:**
- |                              |                  |                           |
|------------------------------|------------------|---------------------------|
| Session 1: Friday, July 27   | Warm-ups 7:45 AM | Session Starts at 9:00 AM |
| Session 2: Friday, July 27   | Warm-ups 1:30 PM | Session Starts at 2:45 PM |
| Session 3: Saturday, July 28 | Warm-ups 7:45 AM | Session Starts at 9:00 AM |
| Session 4: Saturday, July 28 | Warm-ups 2:00 PM | Session Starts at 3:15 PM |
| Session 5: Sunday, July 29   | Warm-ups 7:45 AM | Session Starts at 9:00 AM |
| Session 6: Sunday, July 29   | Warm-ups 2:00 PM | Session Starts at 3:15 PM |
- Warm-up/Start times may be adjusted after all entries are received. Teams will be notified of any change.
- FORMAT:** All Events are Timed Finals  
The meet will be **Deck Seeded**. Long course meter times will be the conforming standards and will be seeded first, followed by **SCM & SCY**. All scratch sheets are due back 30 minutes prior to the end of warm-ups.
- ELIGIBILITY:** Open to all 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 27, 2012** will determine age for the entire meet.  
**Times must have been achieved in either Long Course Meters, Short Course Yards or Short Course Meters, between May 1, 2011 and the entry deadline.**
- 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.
- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms
- ENTRIES:** A swimmer may enter any number of individual events for which he/she has met the qualifying time, but may not swim more than three (3) individual events per any one-day excluding relays. Failure to scratch will result in the swimmer swimming the first three events they are entered in on that day. Entry times must equal or better the qualifying standards. Relay only swimmers must also be listed on the Master Entry Form.  
Entry times may NOT be converted. NT's and Deck Entries will not be accepted. A meet entries Recon through the USA-Swimming database (SWIMS) will be performed before the meet to prove eligibility. All times that are not provable through SWIMS will be removed from the meet.  
  
A Hy-Tek Team Manager Export file of entries must be emailed. An Entry Summary with a signed waiver must accompany each entry. The Name, Address, and Phone Number of Club Official must be included on the form.
- U.S. Mail Entries/Payment to: **Karla Leite, 750F Stewart Ave., Garden City, NY 11530**  
Email Entries/Confirm Entry Receipt: [entries.liac@gmail.com](mailto:entries.liac@gmail.com)  
**Sign Express Mail Waiver allowing delivery without signature.**
- Time Trials:** A separate sanction number will be used for time trial purposes. Swimmers must be entered in the meet in **individual events** to participate in time trials. **Time trials will be held at the discretion of the Meet Director if time permits. Time trials count as one of the 3 individual events limit per day. Fee for time trials is \$5.00 per event, payable at sign-up. Please note that there is a limit of two (2) time trials over the course of the weekend.**

**DEADLINE:** 1: Metro LSC teams are eligible to attend.  
2: The final entry deadline for this meet is **Thursday, July 19, 2012**. **Entries received after the deadline will be rejected.**

An email confirming receipt of entries if you provide an email contact. Please contact Karla Leite at [entries.liac@gmail.com](mailto:entries.liac@gmail.com) 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, **\$10.00** per Relay event, and **\$1.00** Metropolitan surcharge (including RELAY ONLY SWIMMERS) must accompany the entries.  
Make check payable to: **Long Island Swimming**.  
Payment must be received by **Friday, July 27, 2012 prior to the start of the meet** 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 60 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be emailed to each club by Tuesday 7/24. Scratch sheets are still due 30 minutes prior to the start of the session. No exceptions. No diving will be allowed except in designated sprint lanes. Swimmers must enter the pool from the diving board end of the pool. No swimmer is permitted to enter from the bulkhead. All swimmers must be supervised by a coach.**

|           | Session 1 /<br>Friday AM | Session 2 /<br>Friday PM | Session 3 /<br>Saturday AM | Session 4 /<br>Saturday PM | Session 5 /<br>Sunday AM | Session 6 /<br>Sunday PM |
|-----------|--------------------------|--------------------------|----------------------------|----------------------------|--------------------------|--------------------------|
| Warm-up 1 | 13 - 14's                | 15 - 18's                | 10 & Under                 | 11 - 12's                  | 13 - 14's                | 15 - 18's                |
| Warm-up 2 | 10 & Under               | 11 - 12's                | 13 - 14's                  | 15 - 18's                  | 10 & Under               | 11 - 12's                |

**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. Relay swimmers' names must be submitted in the order in which they will swim.

**Metropolitan Scratch Procedure for Timed Final Meets is as follows;**

Any swimmer, who is seeded, must swim the event unless he/she declares his/her intention not to swim in the following manner;

1. Go to the Referee, before the event and state you do not wish to swim.
2. The swimmer is then disqualified from THAT EVENT for the delay of the meet.
3. This counts as an event against the total-per-day allowance.

If a swimmer fails to follow this procedure, he/she will be barred from his/her next individual event of the meet.

If a team fails to scratch a relay by the scratch deadline, and that relay is a No Show, all future relays of that team must be positively checked in at the computer table for the relays to be seeded.

Coaches must make sure that their swimmers understand that once they are scratched, they will not be re-entered in the session. Coaches should inform their swimmer to leave plenty of time for traffic, etc.

**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 for 1<sup>st</sup> through 10<sup>th</sup> places, and ribbons for 11<sup>th</sup> through 20<sup>th</sup> places in Individual Events. Medals for 1<sup>st</sup> through 3<sup>rd</sup>, and ribbons for 4<sup>th</sup> through 10<sup>th</sup> places in Relays Events. Top 3 places win Individual High Point Awards in each Age Group 10&Under, 11-12, 13-14, & 15-18. Combined Team Awards for 10&Under, 11-12, 13-14, and Overall 14&Under Team Award.**

**Awards must be picked up at the end of the meet. No awards will be mailed.**

**SCORING:** **Individual Events: (1<sup>st</sup>-16<sup>th</sup> Place) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1**  
**Relay Events: (1<sup>st</sup>-16<sup>th</sup> Place) 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2**  
**NOTE: Only two relays per club may score.**

**OFFICIALS:** Meet Referee: [Ari Nakkab, 878 Flanders Drive, North Woodmere, NY 11581](#)  
Officials wishing to volunteer should contact Meet Referee by [Thursday, July 19, 2012](#).

**MEET DIRECTOR:** [Ginny Nussbaum, phone: 516-378-8467, email: \[entries.liac@gmail.com\]\(mailto:entries.liac@gmail.com\)](#)

**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.

**Protests:** All competition-related protests, including protest concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred. Protest will be handled at the time the meet jury determines.

**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:** [\\$7.00 Adult / Session](#)  
[\\$12.00 Adult / Day \( 2 sessions same day\)](#)  
[\\$30.00 Adult / weekend pass \( all 6 six sessions\)](#)  
[\\$2.00 Program / Session](#)

**MERCHANT:** [A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.](#)  
[Hobbieswim will be available throughout the entire meet](#)

**PARKING:** [There is ample parking. Nassau County residences are free, must show a drivers license. There is a \\$5.00 parking fee for all others.](#)

**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.

# 2012 Metropolitan Long Course Summer Junior Olympics

July 27- July 29, 2012

## SESSION # 1.

Friday July 27, 2012 Warm-up 7:45am Start 9:00am

| Girls | Qualifying Times |         |                | Event |       |              | Qualifying Times |         |         | Boys |
|-------|------------------|---------|----------------|-------|-------|--------------|------------------|---------|---------|------|
|       | SCM              | SCY     | LCM            |       |       |              | LCM              | SCY     | SCM     |      |
| 1     | NCT              | NCT     | NCT            | 13-14 | 200 m | Medley Relay | NCT              | NCT     | NCT     | 2    |
| 3     | 1:18.19          | 1:10.99 | <b>1:22.99</b> | 10&U  | 100 m | Freestyle    | <b>1:22.99</b>   | 1:11.59 | 1:18.59 | 4    |
| 5     | 1:04.39          | 57.99   | <b>1:07.99</b> | 13-14 | 100 m | Freestyle    | <b>1:03.99</b>   | 53.99   | 59.59   | 6    |
| 7     | 47.59            | 42.99   | <b>50.99</b>   | 10&U  | 50 m  | Breaststroke | <b>51.99</b>     | 43.99   | 48.19   | 8    |
| 9     | 1:24.59          | 1:16.49 | <b>1:31.49</b> | 13-14 | 100 m | Breaststroke | <b>1:26.29</b>   | 1:10.99 | 1:19.39 | 10   |
| 11    | 40.99            | 37.49   | <b>44.99</b>   | 10&U  | 50 m  | Backstroke   | <b>44.99</b>     | 37.49   | 41.09   | 12   |
| 13    | 1:12.39          | 1:05.69 | <b>1:18.99</b> | 13-14 | 100 m | Butterfly    | <b>1:13.29</b>   | 1:01.59 | 1:08.09 | 14   |
| 15    | 5:52.09          | 6:44.99 | <b>6:04.99</b> | 10&U  | 400 m | Freestyle    | <b>6:04.99</b>   | 6:44.99 | 5:52.09 | 16   |
| 17    | 4:53.89          | 5:35.99 | <b>5:12.99</b> | 13-14 | 400 m | Freestyle    | <b>5:01.99</b>   | 5:21.99 | 4:41.99 | 18   |

## SESSION # 2.

Friday July 27, 2012 Warm-up 1:30pm Start 2:45pm

| Girls                             | Qualifying Times |         |                | Event |       |              | Qualifying Times |         |         | Boys |
|-----------------------------------|------------------|---------|----------------|-------|-------|--------------|------------------|---------|---------|------|
|                                   | SCM              | SCY     | LCM            |       |       |              | LCM              | SCY     | SCM     |      |
| 19                                | NCT              | NCT     | NCT            | 11-12 | 200 m | Medley Relay | NCT              | NCT     | NCT     | 20   |
| 21                                | NCT              | NCT     | NCT            | 15-18 | 200 m | Medley Relay | NCT              | NCT     | NCT     | 22   |
| 5 minutes Break warm-up/warm-down |                  |         |                |       |       |              |                  |         |         |      |
| 23                                | 1:08.29          | 1:01.79 | <b>1:10.49</b> | 11-12 | 100 m | Freestyle    | <b>1:10.49</b>   | 1:01.59 | 1:08.09 | 24   |
| 25                                | 1:03.89          | 57.79   | <b>1:07.19</b> | 15-18 | 100 m | Freestyle    | <b>1:01.69</b>   | 51.99   | 57.09   | 26   |
| 27                                | 1:29.29          | 1:20.49 | <b>1:33.99</b> | 11-12 | 100 m | Breaststroke | <b>1:36.99</b>   | 1:21.59 | 1:30.29 | 28   |
| 29                                | 1:22.39          | 1:15.19 | <b>1:29.49</b> | 15-18 | 100 m | Breaststroke | <b>1:21.99</b>   | 1:06.49 | 1:13.79 | 30   |
| 31                                | 36.39            | 32.99   | <b>38.49</b>   | 11-12 | 50 m  | Backstroke   | <b>38.99</b>     | 33.29   | 36.69   | 32   |
| 33                                | 1:12.59          | 1:04.99 | <b>1:17.49</b> | 15-18 | 100 m | Butterfly    | <b>1:09.99</b>   | 57.99   | 1:03.09 | 34   |
| 35                                | 2:56.79          | 2:39.99 | <b>2:59.99</b> | 11-12 | 200 m | Butterfly    | <b>3:02.49</b>   | 2:39.99 | 2:56.79 | 36   |
| 37                                | 4:49.39          | 5:30.99 | <b>5:05.99</b> | 15-18 | 400 m | Freestyle    | <b>4:49.99</b>   | 5:10.99 | 4:33.69 | 38   |
| 39                                | 5:16.89          | 6:01.99 | <b>5:26.99</b> | 11-12 | 400 m | Freestyle    | <b>5:26.99</b>   | 6:01.99 | 5:16.79 | 40   |

**SESSION # 3.****Saturday July 28, 2012 Warm-up 7:45am Start 9:00am**

| Girls                             | Qualifying Times |         |                | Event |       |                   | Qualifying Times |         |         | Boys |
|-----------------------------------|------------------|---------|----------------|-------|-------|-------------------|------------------|---------|---------|------|
|                                   | SCM              | SCY     | LCM            |       |       |                   | LCM              | SCY     | SCM     |      |
|                                   |                  |         |                |       |       |                   |                  |         |         |      |
| 41                                | 39.99            | 35.99   | <b>43.99</b>   | 10&U  | 50 m  | Butterfly         | <b>43.99</b>     | 35.99   | 39.99   | 42   |
| 43                                | 2:21.29          | 2:06.99 | <b>2:28.99</b> | 13-14 | 200 m | Freestyle         | <b>2:20.99</b>   | 1:59.99 | 2:12.69 | 44   |
| 45                                | 2:47.99          | 2:31.99 | <b>3:00.99</b> | 10&U  | 200 m | Freestyle         | <b>3:00.99</b>   | 2:31.99 | 2:47.89 | 46   |
| 47                                | 2:45.79          | 2:30.99 | <b>2:53.99</b> | 13-14 | 200 m | Butterfly         | <b>2:48.29</b>   | 2:23.99 | 2:39.19 | 48   |
| 49                                | 1:42.79          | 1:32.99 | <b>1:50.99</b> | 10&U  | 100 m | Breaststroke      | <b>1:53.99</b>   | 1:34.59 | 1:44.59 | 50   |
| 51                                | 1:13.99          | 1:06.59 | <b>1:18.99</b> | 13-14 | 100 m | Backstroke        | <b>1:15.49</b>   | 1:02.99 | 1:09.29 | 52   |
| 53                                | 1:29.89          | 1:20.99 | <b>1:36.99</b> | 10&U  | 100 m | Backstroke        | <b>1:36.99</b>   | 1:22.19 | 1:31.09 | 54   |
| 55                                | 5:39.59          | 5:06.99 | <b>5:54.99</b> | 13-14 | 400 m | Individual Medley | <b>5:43.99</b>   | 4:45.99 | 5:16.19 | 56   |
| 5 minutes Break warm-up/warm-down |                  |         |                |       |       |                   |                  |         |         |      |
| 57                                | NCT              | NCT     | <b>NCT</b>     | 10&U  | 200 m | Freestyle Relay   | <b>NCT</b>       | NCT     | NCT     | 58   |
| 59                                | NCT              | NCT     | <b>NCT</b>     | 13-14 | 400 m | Freestyle Relay   | <b>NCT</b>       | NCT     | NCT     | 60   |

**SESSION # 4.****Saturday July 28, 2012 Warm-up 2:00pm Start 3:15pm**

| Girls             | Qualifying Times |         |                | Event |       |                   | Qualifying Times |         |         | Boys |
|-------------------|------------------|---------|----------------|-------|-------|-------------------|------------------|---------|---------|------|
|                   | SCM              | SCY     | LCM            |       |       |                   | LCM              | SCY     | SCM     |      |
|                   |                  |         |                |       |       |                   |                  |         |         |      |
| 61                | 2:27.69          | 2:13.99 | <b>2:34.99</b> | 11-12 | 200 m | Freestyle         | <b>2:34.99</b>   | 2:14.99 | 2:29.79 | 62   |
| 63                | 2:18.49          | 2:04.49 | <b>2:26.49</b> | 15-18 | 200 m | Freestyle         | <b>2:15.99</b>   | 1:53.99 | 2:04.69 | 64   |
| 65                | 41.49            | 37.19   | <b>43.49</b>   | 11-12 | 50 m  | Breaststroke      | <b>44.59</b>     | 37.59   | 41.49   | 66   |
| 67                | 3:00.49          | 2:42.99 | <b>3:13.99</b> | 15-18 | 200 m | Breaststroke      | <b>2:59.99</b>   | 2:30.09 | 2:46.09 | 68   |
| 69                | 1:17.89          | 1:10.09 | <b>1:21.99</b> | 11-12 | 100 m | Backstroke        | <b>1:22.99</b>   | 1:11.59 | 1:18.79 | 70   |
| 71                | 1:12.49          | 1:05.49 | <b>1:18.49</b> | 15-18 | 100 m | Backstroke        | <b>1:11.99</b>   | 59.99   | 1:04.39 | 72   |
| 73                | 35.29            | 31.59   | <b>35.99</b>   | 11-12 | 50 m  | Butterfly         | <b>37.49</b>     | 31.59   | 34.99   | 74   |
| 75                | 5:38.99          | 5:04.99 | <b>5:53.99</b> | 15-18 | 400 m | Individual Medley | <b>5:29.99</b>   | 4:41.99 | 5:08.09 | 76   |
| 77                | 3:13.39          | 2:55.99 | <b>3:24.99</b> | 11-12 | 200 m | Breaststroke      | <b>3:27.99</b>   | 2:59.99 | 3:17.59 | 78   |
| 79                | NCT              | NCT     | <b>NCT</b>     | 15-18 | 400 m | Freestyle Relay   | <b>NCT</b>       | NCT     | NCT     | 80   |
| 81                | NCT              | NCT     | <b>NCT</b>     | 11-12 | 400 m | Freestyle Relay   | <b>NCT</b>       | NCT     | NCT     | 82   |
| 5 minutes warm-up |                  |         |                |       |       |                   |                  |         |         |      |
| 83                | 6:02.39          | 5:27.99 | <b>6:15.99</b> | 11-12 | 400 m | Individual Medley | <b>6:15.99</b>   | 5:27.99 | 6:02.39 | 84   |

**SESSION # 5.****Sunday July 29, 2012 Warm-up 7:45am Start 9:00am**

| Girls                             | Qualifying Times |         |                | Event |       |                   | Qualifying Times |         |         | Boys |
|-----------------------------------|------------------|---------|----------------|-------|-------|-------------------|------------------|---------|---------|------|
|                                   | SCM              | SCY     | LCM            |       |       |                   | LCM              | SCY     | SCM     |      |
| 85                                | NCT              | NCT     | NCT            | 13-14 | 200 m | Freestyle Relay   | NCT              | NCT     | NCT     | 86   |
| 87                                | NCT              | NCT     | NCT            | 10&U  | 200 m | Medley Relay      | NCT              | NCT     | NCT     | 88   |
| 5 minutes Break warm-up/warm-down |                  |         |                |       |       |                   |                  |         |         |      |
| 89                                | 2:37.39          | 2:22.59 | <b>2:48.99</b> | 13-14 | 200 m | Backstroke        | <b>2:41.99</b>   | 2:16.99 | 2:30.59 | 90   |
| 91                                | 3:08.89          | 2:51.99 | <b>3:27.99</b> | 10&U  | 200 m | Individual Medley | <b>3:29.99</b>   | 2:51.99 | 3:10.09 | 92   |
| 93                                | 2:38.09          | 2:23.49 | <b>2:49.99</b> | 13-14 | 200 m | Individual Medley | <b>2:39.49</b>   | 2:13.99 | 2:28.09 | 94   |
| 95                                | 35.79            | 32.09   | <b>37.49</b>   | 10&U  | 50 m  | Freestyle         | <b>37.49</b>     | 31.99   | 35.19   | 96   |
| 97                                | 29.59            | 26.99   | <b>31.39</b>   | 13-14 | 50 m  | Freestyle         | <b>29.19</b>     | 24.99   | 27.49   | 98   |
| 99                                | 1:35.89          | 1:25.99 | <b>1:46.99</b> | 10&U  | 100 m | Butterfly         | <b>1:46.99</b>   | 1:27.09 | 1:36.59 | 100  |
| 101                               | 2:59.99          | 2:42.99 | <b>3:15.99</b> | 13-14 | 200 m | Breaststroke      | <b>3:05.99</b>   | 2:35.19 | 2:51.39 | 102  |
| 5 minutes Break warm-up/warm-down |                  |         |                |       |       |                   |                  |         |         |      |
| 103                               | NCT              | NCT     | NCT            | 10&U  | 400 m | Freestyle Relay   | NCT              | NCT     | NCT     | 104  |
| 105                               | NCT              | NCT     | NCT            | 13-14 | 400 m | Medley Relay      | NCT              | NCT     | NCT     | 106  |

**SESSION # 6.****Sunday July 29, 2012 Warm-up 2:00pm Start 3:15pm**

| Girls                             | Qualifying Times |         |                | Event |       |                   | Qualifying Times |         |         | Boys |
|-----------------------------------|------------------|---------|----------------|-------|-------|-------------------|------------------|---------|---------|------|
|                                   | SCM              | SCY     | LCM            |       |       |                   | LCM              | SCY     | SCM     |      |
| 107                               | NCT              | NCT     | NCT            | 11-12 | 200 m | Freestyle Relay   | NCT              | NCT     | NCT     | 108  |
| 109                               | NCT              | NCT     | NCT            | 15-18 | 200 m | Freestyle Relay   | NCT              | NCT     | NCT     | 110  |
| 5 minutes Break warm-up/warm-down |                  |         |                |       |       |                   |                  |         |         |      |
| 111                               | 2:48.49          | 2:32.99 | <b>2:56.99</b> | 11-12 | 200 m | Backstroke        | <b>2:57.99</b>   | 2:37.99 | 2:54.89 | 112  |
| 113                               | 2:35.29          | 2:20.99 | <b>2:48.99</b> | 15-18 | 200 m | Backstroke        | <b>2:34.99</b>   | 2:10.99 | 2:24.99 | 114  |
| 115                               | 2:46.39          | 2:30.49 | <b>2:54.99</b> | 11-12 | 200 m | Individual Medley | <b>2:59.99</b>   | 2:30.49 | 2:46.79 | 116  |
| 117                               | 2:34.69          | 2:19.99 | <b>2:45.99</b> | 15-18 | 200 m | Individual Medley | <b>2:34.99</b>   | 2:07.99 | 2:21.09 | 118  |
| 119                               | 31.39            | 28.49   | <b>32.49</b>   | 11-12 | 50 m  | Freestyle         | <b>32.49</b>     | 28.29   | 31.29   | 120  |
| 121                               | 29.49            | 26.59   | <b>31.19</b>   | 15-18 | 50 m  | Freestyle         | <b>28.49</b>     | 23.79   | 26.29   | 122  |
| 123                               | 1:19.59          | 1:12.09 | <b>1:21.49</b> | 11-12 | 100 m | Butterfly         | <b>1:22.99</b>   | 1:12.59 | 1:20.09 | 124  |
| 125                               | 2:44.19          | 2:29.99 | <b>2:50.99</b> | 15-18 | 200 m | Butterfly         | <b>2:36.99</b>   | 2:12.49 | 2:26.39 | 126  |
| 5 minutes Break warm-up/warm-down |                  |         |                |       |       |                   |                  |         |         |      |
| 127                               | NCT              | NCT     | NCT            | 11-12 | 400 m | Medley Relay      | NCT              | NCT     | NCT     | 128  |
| 129                               | NCT              | NCT     | NCT            | 15-18 | 400 m | Medley Relay      | NCT              | NCT     | NCT     | 130  |

# 2012 Metropolitan Long Course Summer Junior Olympics

July 27 – July 29, 2012

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_

Coach's Name \_\_\_\_\_

Address \_\_\_\_\_

Day Phone # \_\_\_\_\_ Eve Phone # \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

## MEET ENTRY REPORT

### Metropolitan Swimmer Surcharge (must include relay only swimmers)

Females Entered x \$ 1.00 = \_\_\_\_\_

Males Entered x \$ 1.00 = \_\_\_\_\_

### Individual and Relay Entry

Female Individuals Entries: \_\_\_\_\_ x \$4.00 = \_\_\_\_\_

Male Individual Entries: \_\_\_\_\_ x \$4.00 = \_\_\_\_\_

Female Relay Entries: \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

Male Relay Entries: \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

**Total Amount Entries = \_\_\_\_\_**

**Make Check payable to Long Island Swimming**

**Mail Hy-Tek diskette, Hard Copy, Meet Entry Report and Check to:**

**Long Island Swimming**

**Karla Leite**

750 F Stewart Ave., Garden City, NY 11530

[entries.liac@gmail.com](mailto:entries.liac@gmail.com)

**SIGN EXPRESS MAIL WAIVER** allowing delivery without signature.