



**Summer Fun Invitational
June 23-24, 2012
Sanction # 120604**

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

Summer Fun Invitational

June 23-24, 2012

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #
- 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 I – 12&U – Saturday June 23 warm-up 7:30-8:35am Start 8:45am
Session II – 12&U – Saturday June 23 warm-up 11:15-11:30am Start 11:30am
Session III – 13-14 & Open – Saturday June 23 warm-up 2:30-3:20pm Start 3:30pm
Session IV – 12&U – Sunday – June 24 warm-up 7:30-8:35am Start 8:45am
Session V – 12&U – Sunday June 24 warm-up 11:15-11:30am Start 11:30am
Session VI – 13-14 & Open – Sunday June 24 warm-up 2:30-3:20pm Start 3:30pm
- 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 **June 23, 2012** 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, no more than 5 events per day for 12&U
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 June 21, 2012
U.S. Mail Entries/Payment to: Karla Leite, 750F Stewart Ave., Garden City, NY 11530
Email Entries/Confirm Entry Receipt: entries.liac@gmail.com
If sending express mail, please sign the waiver on the front.
- DEADLINE:** Entries must be received by : Tuesday June 12, 2012

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 **June 23, 2012** 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: 1st – 10th place awards will be given to the 12&U athletes. Events 17&18 will be awarded for 1 to 10 for both 10&U and 11-12. Both 9-10 and 8&U awards will be given in the 10&U events. 1st-3rd place awards will be given to the 13-14 and Open Swimmers.

OFFICIALS: Meet Referee: A. Nakkab, 171 Atlantic Ave., Carle Place, NY 11514
Officials wishing to volunteer should contact Meet Referee by **June 21, 2012**

MEET DIRECTOR: Ginny Nussbaum, 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.
"Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement."

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.
"Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer's legal guardian, to ensure compliance with this requirement"

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.

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

ADMISSION: Admission – AM Sessions sold together for \$7.00 or individually for \$7.00
PM Sessions \$7.00
ALL DAY PASS \$12.00
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 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 Tpk.(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 Summer Fun Invitational

June 23-24, 2012

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

SESSION I SATURDAY JUNE 23, 2012 WARM-UP 7:30AM START 8:45AM			SESSION IV SUNDAY JUNE 24, 2012 WARM-UP 7:30AM START 8:45AM		
WOMEN	EVENT	MEN	WOMEN	EVENT	MEN
1	11-12 100m fly	2	39	10&U 100m free	40
3	10&U 50m fly	4	41	11-12 100m free	42
5	11-12 200m breast	6	43	10&U 100m breast	44
7	10&U 50m breast	8	45	11-12 100m breast	46
SESSION II SATURDAY JUNE 23, 2012 WARM-UP 11:15AM START 11:30			SESSION V SUNDAY JUNE 24, 2012 WARM-UP 11:15AM START 11:30AM		
9	10&U 200m IM	10	47	10&U 100m back	48
11	11-12 50m free	12	49	11-12 50m back	50
13	10&U 50m free	14	51	10&U 100m fly	52
*15	12&U 400m free	*16	*53	12&U 400m IM	*54
<p>*SWIMMERS MUST PROVIDE THEIR OWN TIMER</p> <p>*Start time for session II & V may be moved earlier depending on the length of session I&V</p>					

SESSION III SATURDAY JUNE 23, 2012 WARM-UP 2:30PM START 3:30PM			SESSION VI SUNDAY JUNE 24, 2012 WARM-UP 2:30PM START 3:30PM		
WOMEN	EVENT	MEN	WOMEN	EVENT	MEN
17	13-14 200m IM	18	55	13-14 200m free	56
19	OPEN 200m free	20	57	OPEN 200m IM	58
21	13-14 200m fly	22	59	13-14 100m fly	60
23	OPEN 100m fly	24	61	OPEN 200m fly	62
25	13-14 100m back	26	63	13-14 200m back	64
27	OPEN 200m back	28	65	OPEN 100m back	66
29	13-14 100m breast	30	67	13-14 200m breast	68
31	OPEN 200m breast	32	69	OPEN 100m breast	70
33	13-14 100m free	34	71	13-14 50m free	72
35	OPEN 50m free	36	73	OPEN 100m free	74
*37	OPEN 400m free	*38	*75	OPEN OLYMPIC DISTANCE	*76
<p>*MAY BE LIMITED TO 2 HEATS</p>					



LONG ISLAND AQUATIC CLUB
presents
THE SUMMER FUN INVITE SWIM MEET
JUNE 23-24, 2012
to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island
Sanctioned by Metropolitan Swimming
sanction #

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

