

Long Island Express

Metro 8 and under Championships

March 9th , 10th and 11th , 2012

120203

Metro 8 and Under Championships

March 9-11, 2012

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #120203
- LOCATION:** **Hofstra University, Hempstead NY**
- FACILITY:** 8 lane 50 meter pool and non turbulent lane lines. Depth 8-15 feet in competition end. Blocks on each end of 25 yard course. Colorado timing system with 8 line scoreboard.
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1 Friday night (Boys and Girls) – Warm-up 4:00 Start 5:00
Session 2 Saturday Morning (Boys and Girls) – Warm-up 8:00 Start 9:00
Session 3 Sunday Morning (Boys and Girls) – Warm-up 8:00 Start 9:00
- FORMAT:** This will be a timed finals event.
This is a deck seeded event.
- 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 March 9, 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:** Swimmers may be entered in 2 individual events on Friday and 3 individual events on Saturday and Sunday. A total of 8 individual events will be allowed.
All entries must be in yards. Emailed Hy-Tek entry is preferred. If sending by mail, entries should be sent on disk. A master sheet must accompany all entries.
- U.S. Mail Entries/Payment to: **Robert Ortof**
28-02 202 Street
Bayside NY 11360
- Email Entries/Confirm Entry Receipt: **ROrtof@nyc.rr.com**
Sign Express Mail Waiver allowing delivery without signature.
- DEADLINE:** 1 All registered Metro swimmers will be accepted into the meet. Metro teams entries must be received by March 2, 2012.
2: The final entry deadline for this meet is March 2, 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 \$3.00 per individual event and \$8.00 per relay must accompany the entries.
Make check payable to: **Long Island Express LTD.**
Payment must be received by **March 9, 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:** After all entries are received, each team will receive an assigned lane in which to warm-up. No diving except in designated lanes. All swimmers must be supervised by a certified coach. Sprint lanes will open with 20 minutes left in the warm-up.
- 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:** Individual Events: Medals 1st through 8th place. Ribbons for 9th through 16th.
Relays Events: Medals 1st through 3rd place. Ribbons 4th through 8th..
Team Spirit Award: There will be an award presented to the team who demonstrates the most Team Spirit.
The winner will be determined by a vote held by the coaches representing all the teams attending the meet. Each team will receive one vote.
High Point Awards: Top three individual high point scorers in each age group will win a high point award.
- OFFICIALS:** **Meet Referee: Kris Sawicz**
Officials wishing to volunteer should contact Meet Referee by March 2, 2012
- MEET DIRECTOR:** **Robert Ortof**
Tele: 718-352-2136
Email: 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.
“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”
- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
Depth is 2.5 meters and continues until 5 meters deep.

DISCLAIMER: **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. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

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 \$4.00 and Programs \$2.00

MERCHANTS: Vendor will be available throughout the meet.

PARKING: Ample free parking available adjacent to pool.

DIRECTIONS: Meadowbrook Parkway to exit M4 West. Continue west on Hempstead Turnpike until you see Dunkin Donuts – turn right on to campus. Go to second stop sign. Make a right turn. Soccer field should be on your right. Continue to first building. That will be the Hofstra Swim Center.

Friday March 9, 2012
4:00pm Warm-up / 5:00pm Start

Girls	Event	Boys
1	7 and Under 100 Free	2
3	8 Year Old 100 Free	4
5	7 and Under 100 IM	6
7	8 year Old 100 IM	8

Saturday March 10, 2012
8:00am Warm-up / 9:00am Start

Girls	Event	Boys
9	8 Year Old 50 Free	10
11	7 and Under 50 Free	12
13	6 and Under 25 Free	14
15	8 and Under 100 Medley Relay	16
17	7 and Under 100 Medley Relay	18
19	8 Year Old 25 Backstroke	20
21	7 Year Old 25 Backstroke	22
23	6 and Under 25 Backstroke	24
25	8 Year Old 25 Butterfly	26
27	7 Year Old 25 Butterfly	28
29	6 and Under 25 Butterfly	30
31	8 Year Old 50 Breaststroke	32
33	7 Year Old 50 Breaststroke	34
35	8 and Under 200 Free Relay	36
37	7 and Under 200 Free Relay	38

Sunday March 11, 2012
8:00am Warm-up / 9:00am Start

Girls	Event	Boys
39	8 Year Old 25 Free	40
41	7 and Under 25 Free	42
43	6 and Under 50 Free	44
45	8 and Under 100 Free Relay	46
47	7 and Under 100 Free Relay	48
49	8 Year Old 50 Backstroke	50
51	7 Year Old 50 Backstroke	52
53	6 and Under 50 Backstroke	54
55	8 Year Old 50 Butterfly	56
57	7 Year Old 50 Butterfly	58
59	6 and Under 25 Breaststroke	60
61	8 Year Old 25 Breaststroke	62
63	7 Year Old 25 Breaststroke	64
65	8 and Under 200 Medley Relay	66
67	7 and Under 200 Medley Relay	68