

# LONG ISLAND SWIMMING

Presents

Chappy's Big Race Invitational

OCTOBER 29-30, 2005

to be held at the Nassau County Aquatic Center  
Eisenhower Park, East Meadow, Long Island, New York  
Sanction #051001

The following teams have accepted invitations: BASC, BGNW, CAT-NJ, TS, TVSC, SSC, FLY, WISC, HAA, SOCO, WRAT, Shamut, Berkley, GAEL, IONA, AGUA, BAD, DELM, GBCY, HS, LBA, MEY, RY-NJ

IF you would like to receive an invitation please email [ginnynussbaum@hotmail.com](mailto:ginnynussbaum@hotmail.com).

## SESSION ONE

Saturday, Oct. 29 warm-up 8:00 a.m.  
start 9:00 a.m.

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
1.	11-12 50 yd. Free	2.
3.	10&U 100 yd. Free	4.
5.	11-12 100 yd. Back	6.
7.	10&U 50 yd. Back	8.
9.	11-12 50 yd. Breast	10.
11.	10&U 100 yd. Breast	12.
13.	11-12 100 yd. Fly	14.
15.	10&U 50 yd. Fly	16.
17.	12&U 200 yd. Free	18.

## SESSION TWO

Saturday, Oct. 29 warm-up 1:30 p.m.  
start 2:30 p.m.

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
19.	Open 200 yd. Free	20.
21.	Open 100 yd. Back	22.
23.	Open 200 yd. Breast	24.
25.	Open 100 yd. Fly	26.
27.	Open 50 yd. Free	28.

## SESSION THREE

Saturday, Oct. 29 warm-up 7:00 p.m.  
Start 7:30 p.m.

29.\* Open 1000 yd. Free 30 \* may be limited to two heats

Awards: 1st, 2nd, 3rd. Events 17, 18, 47 & 48 will be awarded 1 to 3 for both 10 & U & 11 - 12. Both 10 & U and 8 & U awards will be given in the 10 & U events.

Entry fees: \$3.00 per individual event. Please make checks payable to Long Island Swimming.  
Non - HyTek Metro entries are subject to a \$1.00 per swimmer fee.

Entries: NTs will not be accepted.

All teams must send an entry summary along with a signed waiver.

You are encouraged to send your hy-tek entry via e-mail to [msenecal@optonline.net](mailto:msenecal@optonline.net)

E-mail entries please do not send a disk, just a hard copy and check.

If you are not entering via e-mail please send hy-tek entries along with a hard copy.

Deck entries will not be accepted.

Entries due: October 18, 2005 at 5 p.m. If sending Express Mail, please sign waiver on front.

Entries are by invitational only. If you would like to attend please contact Ginny Nussbaum at [ginnynussbaum@hotmail.com](mailto:ginnynussbaum@hotmail.com) for an invitation.

Entry limit: Each athlete is limited to THREE (3) events a day.

Mail Entries to: Ginny Nussbaum (516)-378-8467 Fax (516)771.9128

[ginnynussbaum@hotmail.com](mailto:ginnynussbaum@hotmail.com)

42 Merrick Ave.

Merrick, NY 11566

Admission: \$5.00 per adult. Program: \$2.00.

MEET MARSHALL: It is requested that teams entering this meet assign a coach as a meet Marshall during the warm-up and actual duration of the sessions.

## SESSION FOUR

Sunday, Oct. 30 warm-up 8:00 a.m.  
start 9:00 a.m.

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
31.	11-12 100 yd. Free	32.
33.	10&U 50 yd. Free	34.
35.	11-12 50 yd. Back	36.
37.	10&U 100 yd. Back	38.
39.	11-12 100 yd. Breast	40.
41.	10&U 50 yd. Breast	42.
43.	11-12 50 yd. Fly	44.
45.	10&U 100 yd. Fly	46.
47.	12&U 200 yd. I.M.	48.

## SESSION FIVE

Sunday, Oct. 30 warm - up 1:30 p.m.  
start 2:30 p.m.

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
49.	Open 100 yd. Free	50.
51.	Open 200 yd. Back	52.
53.	Open 100 yd. Breast	54.
55.	Open 200 yd. Fly	56.
57.	Open 200 yd. I.M.	58.

**METRO SAFETY GUIDELINES WILL BE ENFORCED.  
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**ENTRY SUMMARY**

**Team** \_\_\_\_\_ **Club Code** \_\_\_\_\_ **Association** \_\_\_\_\_  
**Address** \_\_\_\_\_ **Town** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_  
**Contact** \_\_\_\_\_ **Phone** \_\_\_\_\_ **E-mail** \_\_\_\_\_

# 10 & UNDER WOMEN _____	# EVENTS _____	X \$3.00	= \$
# 11 - 12 WOMEN _____	# EVENTS _____	X \$3.00	= \$
# OPEN WOMEN _____	# EVENTS _____	X \$3.00	= \$
# 10 & UNDER MEN _____	# EVENTS _____	X \$3.00	= \$
# 11 - 12 MEN _____	# EVENTS _____	X \$3.00	= \$
# OPEN MEN _____	# EVENTS _____	X \$3.00	= \$
#Non Hy-Tek swimmers _____		X\$1.00	= \$

TOTAL = \$

**WAIVER OF ALL CLAIMS FOR INJURY AND ACCEPTANCE OF ALL MEET RULES ARE CONDITIONS FOR ACCEPTANCE OF ENTRIES.**

\_\_\_\_\_  
COACH