

**Long Island Aquatic Club  
Presents  
Junior Mets Invitational #1  
June 28, 2006**

**To be held at the Nassau County Aquatic Center, East Meadow, NY  
Sanctioned by Metropolitan Swimming  
Sanction #**

\*\*\*\*\*

WEDNESDAY, JUNE 28, 2006

Warm-up 5:00 pm Start 6:00 pm

GIRLS	EVENT	BOYS
1.	10 & Under 100 M Freestyle	2.
3.	11-12 50 M Freestyle	4.
5.	Senior 200 M Freestyle	6.
7.	10 & Under 50 M Backstroke	8.
9.	11-12 100 M Backstroke	10.
11.	Senior 200 M Butterfly	12.
13.	10 & Under 100 M Butterfly	14.
15.	11-12 100 M Butterfly	16.
17.	Senior 400 M Individual Medley	18.
19.	12 & Under 400 M Freestyle**	20.

**AWARDS:** Medals for 1st, 2nd, 3rd. \*\* Separate awards for 10&under and 11-12 age groups

**ENTRIES:** All athletes are limited to 3 events per session. Hy-Tek E-mail entries are preferred – Hy-Tek program entries on 3 ½” diskette, labeled with the team name (along with a hard copy) is the second option of entry. An Entry Summary with a signed waiver must accompany each entry, regardless whether entries are submitted on diskette or in writing. All results will be e-mailed to the team representative. **Entries Must be in long course Meter times. NT’s will not be accepted.** Email entries to: [msenecal@optonline.net](mailto:msenecal@optonline.net)

**ENTRY FEES:** \$4.00 per individual event. \$1.00 per swimmer for non-Hy-Tek entries. Make checks payable to “Long Island Swimming” and send to:

Ginny Nussbaum	Phone: <b>(516) 378-8467</b>
Must put meet entry and date of meet on envelope	Fax: <b>(516) 771-9128</b>
42 Merrick Avenue	Email: <a href="mailto:GinnyNussbaum@hotmail.com">GinnyNussbaum@hotmail.com</a>
Merrick, NY11566	

**ENTRY DEADLINE:** Entries are due by **June 20, 2006**, accepted on a first come basis.

**ADMISSION:** \$5.00 per adult, Program: \$2.00

**METROPOLITAN SWIMMING SAFETY GUIDELINES WILL BE IN EFFECT.  
NO FOOD OR GLASS BOTTLES ALLOWED ON DECK**

**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). Follow Merrick Ave. and signs to pool. Entrance is on your right.

**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 at NY-24 Hempstead Tpke. (Exit M4). For pool see directions above.

**FROM LA GUARDIA AIRPORT**

Take Grand Central Parkway (to eastern Long Island) to Meadowbrook Parkway and follow above directions.

**Long Island Aquatic Club**  
**Presents**  
**Junior Mets Invitational #1**  
**June 28, 2006**  
**To be held at the Nassau County Aquatic Center, East Meadow, NY**  
**Sanctioned by Metropolitan Swimming**  
**Sanction #**

\*\*\*\*\*

**ENTRY SUMMARY**

**Team** \_\_\_\_\_ **Club Code** \_\_\_\_\_ **Association**

**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