

LONG ISLAND SWIMMING

Presents

Chappy's Big Race Invitational

OCTOBER 28-29, 2006

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

Sanction #

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.

SESSION ONE

Saturday, Oct. 28 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. 28 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 – 10th. Events 17, 18, 47 & 48 will be awarded 1 to 10 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

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 17, 2006 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 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

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.

**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