

**LONG ISLAND AQUATIC CLUB**

presents

**SUMMER FUN INVITATIONAL**

**JUNE 23 - 24, 2007**

**to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island**

**Sanctioned by Metropolitan Swimming**

**sanction #070603**

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**Saturday Morning 12 & Under**  
**Warm - up 8:00 am Start 9:00 am**

Women's	Event	Men's
1.	11-12 200 M Backstroke	2.
3.	10&U 100 M Backstroke	4.
5.	11-12 100 M Butterfly	6.
7.	10&U 100 M Butterfly	8.
9.	11-12 50 M Breaststroke	10.
11.	10&U 50 M Breaststroke	12.
13.	11-12 50 M Freestyle	14.
15.	10&U 50 M Freestyle	16.
17.	12&U 400 M Freestyle	18.

**Sunday Morning 12 & Under**  
**Warm - up 8:00 am Start 9:00 am**

Women's	Event	Men's
41.	11-12 200M Fly	42.
43.	10&U 50 M Fly	44.
45.	11-12 50 M Back	46.
47.	10&U 50 M Back	48.
49.	11-12 100 M Breast	50.
51.	10&U 100 M Breast	52.
53.	11-12 100 M Free	54.
55.	10&U 100 M Free	56.
57.	12&U 400 M IM	58.

**Saturday Afternoon 13-14 and Senior**  
**Warm - up 1:30 pm Start 2:30 pm**

Women's	Event	Men's
19.	13-14 200M Freestyle	20.
21.	Senior 200M Freestyle	22.
23.	13-14 100 M Butterfly	24.
25.	Senior 100 M Butterfly	26.
27.	13-14 200 M Backstroke	28.
29.	Senior 200 M Backstroke	30.
31.	13-14 100M Breaststroke	32.
33.	Senior 100 M Breaststroke	34.
35.	13-14 100 M Freestyle	36.
37.	Senior 100 M Freestyle	38.
*39.	Senior 400 M IM	*40.

\* May be limited to 2 heats

**Sunday Afternoon 13-14 and Senior**  
**Warm - up 1:30 pm Start 2:30 pm**

Women's	Event	Men's
59.	13-14 200 M IM	60.
61.	Senior 200M IM	62.
63.	13-14 200 M Butterfly	64.
65.	Senior 200 M Butterfly	66.
67.	13-14 100 M Backstroke	68.
69.	Senior 100 M Backstroke	70.
71.	13-14 200 M Breaststroke	72.
73.	Senior 200M Breaststroke	74.
75.	13-14 50 M Freestyle	76.
77.	Senior 50 M Freestyle	78.
*79.	Senior Olympic distance	*80.

\*May Be limited to 2 heats

**ENTRIES DUE Tuesday June 12, 2007 Long Course Meter Times ONLY**

**Pool:** Goodwill Games Aquatic Center in Eisenhower Park, East Meadow, Long Island  
10 lane by 50 meter competition pool w/ 2 meter min depth.  
6 lane by 25 meter warm up pool  
Colorado Timing system, Hy-Tek meet manager

**Host of:**

- 1998 Speedo Northeast Junior Championships
- 1998 Goodwill Games
- 1999 Phillips 66 National Swimming Championships
- 1999 Long Island Open - Grand Prix
- 2000 Long Island Open
- 2001 Women's Division I Swimming & Diving Championships
- 2001 FINA World Cup
- 2001 U.S. Open
- 2004 World Cup
- 2004 Men's Division I Swimming & Diving Championships

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**Eligibility:** Swimmers must be USA Swimming registered (or other FINA member) in order to compete. Entries for swimmers without valid 2007 USASwimming registrations will not be entered in the meet. Coaches wanting to stay on the pool deck must carry their valid certifications with them during the meet.

**Entry Fees:** An entry fee of \$4.00 per individual event, \$1.00 additional for Metro Non-Hytek entries, must accompany the entries. Make checks payable to **“Long Island Swimming”**. Entries will not be considered received and accepted without full payment of fees.

**Entries:** All athletes are limited to enter 3 events per session. Hy-Tek E-mail entries are preferred - HyTek 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 via e-mail, diskette or in writing.** All results will be e-mailed to the team representative. Entries must be submitted in **LCmeter** times only. **NTs will not be accepted. Deck entries will not be accepted.** Email entries to: **msenecal@optonline.net**

**Deadline:** Entries must be received by June 12, 2007 IF SENDING EXPRESS MAIL, PLEASE SIGN THE WAIVER ON FRONT. Entries will be entered in the order received as space allows.

**Mail Entries to:** Meet Director Ginny Nussbaum  
Must put meet entry and date of meet on the envelope  
42 Merrick Avenue  
Merrick, NY 11566  
Telephone: (516) 378-8467  
Fax: (516) 771-9128  
Email: GinnyNussbaum@hotmail.com

**Awards:** Medals will be presented to the top 10 finishers in individual events.

**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 each session.

**METRO SAFETY GUIDELINES WILL BE ENFORCED.  
NO FOOD OR GLASS BOTTLES ALLOWED ON DECK.**

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**ENTRY SUMMARY**

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

**Address** \_\_\_\_\_ **Town** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Contact** \_\_\_\_\_ **Phone** \_\_\_\_\_

  

# 10 & UNDER WOMEN _____	# EVENTS _____	x	\$4.00	=	\$ _____
# 11-12 WOMEN _____	# EVENTS _____	x	\$4.00	=	\$ _____
# 13-14 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	=	\$ _____
# 13-14 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

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**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 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 Pkwy 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.