

**LONG ISLAND AQUATIC CLUB**

presents

**its Annual THANKSGIVING INVITATIONAL**

**NOVEMBER 25 – November 26, 2006**

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

Sanctioned by Metropolitan Swimming sanction #

The following teams have accepted invitations: BEAR, AGUA, BAD, BASC, DELM, DSC, GBCY, HS, IA, NFS, SSC, SDSC, TS, TVSC, WISC

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

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**Order of Events**

All events are Timed Finals

**Saturday Morning 12 & Under  
W.U. 8:00 am Start 9:00am**

**Saturday Afternoon 13 & Over  
W.U. 2:00pm Start 3pm**

Women's Event No.	Event	Men's Event No.		Women's Event No.	Event	Men's Event No.
81	11-12 200 Free Relay	82				
1	11-12 100yd Butterfly	2		19	13 – 14 100yd Freestyle	20
3	10 & Under 50yd Butterfly	4		21	Senior 200yd Freestyle	22
5	11 – 12 50 d Backstroke	6		23	13 – 14 200 yd Butterfly	24
7	10 & Under 100yd Backstroke	8		25	Senior 100yd Butterfly	26
9	11 – 12 100yd Breaststroke	10		27	13 – 14 100yd Backstroke	28
11	10 & Under 50yd Breaststroke	12		29	Senior 200yd Backstroke	30
13	11 – 12 50yd Freestyle	14		31	13 –14 200yd Breaststroke	32
15	10 &Under 50yd Freestyle	16		33	Senior 100yd Breaststroke	34
17*	11 – 12 500yd Freestyle	18*		35	13 – 14 200yd Freestyle	36
	*may be limited to top 10			37	Senior 100yd Freestyle	38
				39*	15 – 18 400yd IM *may be limited to top 10	40*
	<b>Sunday Morning 12 &amp; Under W.U. 8:00 am Start 9:00 am</b>				<b>Sunday Afternoon 13&amp;Over W.U. 2:00pm Start 3pm</b>	
41	11 – 12 100yd Freestyle	42		59	13 – 14 200yd IM	60
43	10& Under 100yd Freestyle	44		61	Senior 200yd IM	62
45	11 – 12 50yd Butterfly	46		63	13 – 14 100yd Butterfly	64
47	10 & Under 100yd Butterfly	48		65	Senior 200yd Butterfly	66
49	11 – 12 100yd Backstroke	50		67	13 – 14 200yd Backstroke	68
51	10 & Under 50yd Backstroke	52		69	Senior 100yd Backstroke	70
53	11 – 12 50yd Breaststroke	54		71	13 – 14 100yd Breaststroke	72
55	10 &Under 100yd Breaststroke	56		73	Senior 200yd Breaststroke	74
57*	11 – 12 1000yd Freestyle	58*		75	13 – 14 50yd Freestyle	76
	*may be limited to top 10			77	Senior 50yd Freestyle	77
				79*	13 – 14 400yd IM *may be limited to top 10	80*

There is a 3 event per session per athlete limit.

NT are not accepted

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**Awards:** 1<sup>st</sup> – 10th. Both 10 & U and 8 & U awards will be given in the 10 & U events.

**Entry Limitations:** Athletes are limited to THREE (3) events per day  
NT will not be accepted

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

**Entries due:** November 14, 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](mailto:ginnynussbaum@hotmail.com) for an invitation. If using Hy-Tek, Please include hard copy of entries.

**E Mail Entries To:** [msenecal@optonline.net](mailto:msenecal@optonline.net)

**Mail Entries To:** Ginny Nussbaum  
42 Merrick Ave.  
Merrick, NY 11566  
516.378.8467 fax:516.771.9128

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

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

**METRO SAFETY GUIDELINES WILL BE ENFORCED.**

**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 East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At the first light on Merrick Ave. Make a right turn into the Parking lot for the Pool.

**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 East, Hempstead Tpke.. For pool see directions above.

**FROM LA GUARDIA AIRPORT**

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

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**ENTRY SUMMARY**

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

# 10 & UNDER WOMEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

# 11-12 WOMEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

# 13-14 WOMEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

# SENIOR WOMEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

# 10 & UNDER MEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

# 11-12 MEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

# 13-14 MEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

# SENIOR MEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

**Total**      \$ \_\_\_\_\_

**Waiver of all claims for injury and acceptance of all meet rules are conditions for acceptance of entries.**

\_\_\_\_\_

**Coach**