

**Long Island Aquatic Club
Presents
Junior Mets Invitational #2
JULY 11, 2007**

**To be held at the Nassau County Aquatic Center, East Meadow, NY
Sanctioned by Metropolitan Swimming
Sanction #070704**

WEDNESDAY, JULY 11, 2007 Warm-up 5:00 pm Start 6:00 pm

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

AWARDS: Medals for 1st-10th
** 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

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: (516) 378-8467
Must meet entry and date of meet on envelope	Fax: (516) 771-9128
42 Merrick Avenue	Email: GinnyNussbaum@hotmail.com
Merrick, NY 11566	

ENTRY DEADLINE: Entries are due by **June 26, 2007**, 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 Tpk. (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.

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DATE CHANGED TO JULY 11, 2007
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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