



**Age Group Invitational**  
**Hosted by Long Island Aquatic Club**  
**March 26-28, 2010**  
Sanction #100305

# Age Group Invitational

March 26-28, 2010

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #100305
- LOCATION:** Nassau County Aquatic Center  
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 10 lane, 25 yard competition pool w/ 2 meter min depth  
Colorado Timing System, scoreboard readouts, Hy-Tek meet manager,  
The pool **has not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:**
- |                               |                         |                           |
|-------------------------------|-------------------------|---------------------------|
| Session 1: Friday, March 26   | Warm-ups at 4:00-5:20pm | Session starts at 5:30 pm |
| Session 2: Saturday, March 27 | Warm-ups at 8:00-8:50am | Session starts at 9:00 am |
| Session 3: Saturday, March 27 | Warm-ups at 2:00-2:50pm | Session starts at 3:00 pm |
| Session 4: Sunday, March 28   | Warm-ups at 8:00-8:50am | Session starts at 9:00 am |
| Session 5: Sunday, March 28   | Warm-ups at 2:00-2:50pm | Session starts at 3:00 pm |
- FORMAT:** This is a Timed Final Event  
The meet will be Deck Seeded. All scratches are due back 30 minutes prior to the end of warm-ups
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.  
All swimmers participating in this meet must be registered by the first day of the meet.  
Age on **March 26, 2010** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.  
The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** All athletes are limited to enter 4 events per session. 8 & Under swimmers are not permitted to compete in this meet. Entry times cannot be faster than AGE GROUP times as specified by Metropolitan Swimming 2010 time standards. NT's entries are not permitted.  
Entry times must have been achieved between January 1, 2009 and the meet entry deadline, **March 16, 2010**.  
Hy-Tek Email entries will be accepted. An email confirmation will be sent back. If you do not receive the confirmation email within 2 days of your original email, it is up to you to get in touch with the meet director to discuss the entry.  
An Entry Summary, payment and a signed waiver must be sent to our office for entries to be considered accepted by **Thursday, March 18, 2010**.
- U.S. Mail Entries/Payment to: **Ginny Nussbaum, 42 Merrick Ave., Merrick, NY 11566**  
Email Entries/Confirm Entry Receipt: [msenecal@optonline.net](mailto:msenecal@optonline.net)  
If sending express mail, please sign the waiver on the front.
- DEADLINE:** 1: The following Metro teams are eligible to attend; Central Queens, Bethpage, LGA, LIAC, LIE, LBA, Farmingdale, Huntington Y and Lindenhurst  
2: The final entry deadline for this meet is **Tuesday, March 16, 2010**
- ENTRY FEE:** An entry fee of **\$3.00** per individual event the plus \$1.00 per swimmer Metro Championship Surcharge must accompany the entries.  
Make check payable to: **Long Island Swimming**.  
Payment must be received by **Thursday, March 18, 2010**.
- WARM-UP:** **General warm up with assigned lanes for the first 70 minutes. Sprint lanes and General lanes will**

be available for the remaining 10 minutes. Lane assignments will be distributed along with the scratch sheet at each session.

**SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the conclusion of warm-up of the session. Coaches are asked to indicate clearly, by either drawing a line or highlighting through the athlete's name for the athlete to be completely scratched from the session or through an event to indicate the event is to be scratched for the session.

**Metropolitan Scratch Procedure for Timed Final Meets is as follows;**

Any swimmer, who is seeded, must swim the event unless he/she declares his/her intention not to swim in the following manner;

1. Go to the Referee, before the event and state you do not wish to swim, and
2. Stand BEHIND your assigned block until the swimmers in your heat have been sent off by the starter.
3. The swimmer is then disqualified from THAT EVENT for the delay of the meet.
4. This counts as an event against the total-per-day allowance.

If a swimmer fails to follow this procedure, he/she will be barred from his/her next individual event of the meet.

**COACHES:** In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.

**AWARDS:** Individual medals for 1<sup>st</sup> – 10<sup>th</sup> place, ribbons 11<sup>th</sup> – 20<sup>th</sup> place for swimmers below the silver minimum standard. Overachiever ribbons will be awarded to swimmers who swim Silver, JO and Zone qualifying times in an event for a first time at this meet. All awards must be picked up at the end of the meet. We will not mail awards which are ready 20 minutes following the conclusion of the last event..

**OFFICIALS:** Meet Referee: [Holger Fietkau, 171 Atlantic Ave., Carle Place, NY 11514](#)  
Officials wishing to volunteer should contact Meet Referee by [March 16, 2010](#).

**MEET DIRECTOR:** [Ginny Nussbaum, ginnynussbaum@hotmail.com 516-378-8467](#) – Questions concerning the meet will only be entertained when communicated via a certified coach.

**RULES:** The current USA Swimming Rules and Regulations will apply.  
**The USA Swimming Code of Conduct is in effect for the duration of the meet.**  
The overhead start procedure may be used at the discretion of the meet Referee.

**SAFETY:** Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against [Nassau County, Nassau County Aquatic Center, Long Island Swimming, Long Island Aquatic Club](#), Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

**ADMISSION:** Admission - \$8.00 10&Over Programs - \$2.00

**MERCHANTS:** A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.  
Hobbieswim will be available throughout the entire meet.

**PARKING:** There is ample free parking available in the park

**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.) At first traffic light make a right. This is the entrance to 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 Hempstead Tpke.(exit M4). On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.

**South / Nassau Age Group Invitational  
Friday, March 26-28, 2010**

**Session 1**

**Friday Afternoon – 4:00-4:50 warm-up – 5:00pm start – (All age groups)**

<b>Age Group Not faster than:</b>	<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>	<b>Age Group Not Faster than:</b>
<b>2:36.00</b>	<b>1</b>	<b>9-10 200 Free</b>	<b>2</b>	<b>2:40.00</b>
<b>2:14.00</b>	<b>3</b>	<b>11-12 200 Free</b>	<b>4</b>	<b>2:15.50</b>
<b>5:07.00</b>	<b>5</b>	<b>13-14 400 IM</b>	<b>6</b>	<b>4:55.00</b>
<b>5:05.00</b>	<b>7</b>	<b>15-18 400 IM</b>	<b>8</b>	<b>4:45.20</b>
<b>5:36.00</b>	<b>9</b>	<b>13-14 500 Free</b>	<b>10</b>	<b>5:25.00</b>
<b>5:32.00</b>	<b>11</b>	<b>15-18 500 Free</b>	<b>12</b>	<b>5:20.00</b>

**Session 2**

**Saturday Morning – 8-8:50am warm-up – 9:00am start – (9-10 and 13-14)**

<b>Age Group Not faster than:</b>	<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>	<b>Age Group Not Faster than:</b>
<b>2:08.00</b>	<b>13</b>	<b>13-14 200 Free</b>	<b>14</b>	<b>2:01.00</b>
<b>43.00</b>	<b>15</b>	<b>9-10 50 Breast</b>	<b>16</b>	<b>44.00</b>
<b>1:16.50</b>	<b>17</b>	<b>13-14 100 Breast</b>	<b>18</b>	<b>1:13.00</b>
<b>32.10</b>	<b>19</b>	<b>9-10 50 Free</b>	<b>20</b>	<b>32.00</b>
<b>27.00</b>	<b>21</b>	<b>13-14 50 Free</b>	<b>22</b>	<b>25.30</b>
<b>1:22.20</b>	<b>23</b>	<b>9-10 100 Back</b>	<b>24</b>	<b>1:22.20</b>
<b>1:06.60</b>	<b>25</b>	<b>13-14 100 Back</b>	<b>26</b>	<b>1:03.00</b>
<b>36.60</b>	<b>27</b>	<b>9-10 50 fly</b>	<b>28</b>	<b>36.80</b>
<b>1:05.70</b>	<b>29</b>	<b>13-14 100 Fly</b>	<b>30</b>	<b>1:01.60</b>
<b>2:56.00</b>	<b>31</b>	<b>9-10 200 IM</b>	<b>32</b>	<b>3:00.00</b>
<b>2:23.50</b>	<b>33</b>	<b>13-14 200 IM</b>	<b>34</b>	<b>2:15.00</b>

**Session 3**

**Saturday Afternoon – 2-2:50pm warm-up – 3:00pm start – (11-12 and 15-18)**

<b>Age Group Not faster than:</b>	<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>	<b>Age Group Not Faster than:</b>
<b>2:04.50</b>	<b>35</b>	<b>15-18 200 Free</b>	<b>36</b>	<b>1:55.00</b>
<b>37.20</b>	<b>37</b>	<b>11-12 50 Breast</b>	<b>38</b>	<b>37.60</b>
<b>1:15.20</b>	<b>39</b>	<b>15-18 100 Breast</b>	<b>40</b>	<b>1:07.50</b>
<b>28.60</b>	<b>41</b>	<b>11-12 50 Free</b>	<b>42</b>	<b>28.30</b>
<b>26.60</b>	<b>43</b>	<b>15-18 50 Free</b>	<b>44</b>	<b>23.80</b>
<b>1:11.10</b>	<b>45</b>	<b>11-12 100 Back</b>	<b>46</b>	<b>1:11.60</b>
<b>1:06.50</b>	<b>47</b>	<b>15-18 100 Back</b>	<b>48</b>	<b>1:00.50</b>
<b>31.60</b>	<b>49</b>	<b>11-12 50 fly</b>	<b>50</b>	<b>32.10</b>
<b>1:05.50</b>	<b>51</b>	<b>15-18 100 Fly</b>	<b>52</b>	<b>59.00</b>
<b>2:31.50</b>	<b>53</b>	<b>11-12 200 IM</b>	<b>54</b>	<b>2:32.60</b>
<b>2:22.10</b>	<b>55</b>	<b>15-18 200 IM</b>	<b>56</b>	<b>2:11.00</b>

**South / Nassau Age Group Invitational  
Friday, March 26-28, 2010**

**Session 4**

**Sunday Morning – 8-8:50am warm-up – 9:00am start – (9-10 and 13-14)**

<b>Age Group Not faster than:</b>	<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>	<b>Age Group Not Faster than:</b>
<b>1:27.10</b>	<b>57</b>	<b>9-10 100 Fly</b>	<b>58</b>	<b>1:28.00</b>
<b>58.50</b>	<b>59</b>	<b>13-14 100 Free</b>	<b>60</b>	<b>55.00</b>
<b>1:11.50</b>	<b>61</b>	<b>9-10 100 Free</b>	<b>62</b>	<b>1:11.60</b>
<b>2:22.60</b>	<b>63</b>	<b>13-14 200 Back</b>	<b>64</b>	<b>2:17.00</b>
<b>37.50</b>	<b>65</b>	<b>9-10 50 Back</b>	<b>66</b>	<b>38.00</b>
<b>2:43.00</b>	<b>67</b>	<b>13-14 200 Breast</b>	<b>68</b>	<b>2:40.00</b>
<b>1:34.00</b>	<b>69</b>	<b>9-10 100 Breast</b>	<b>70</b>	<b>1:36.00</b>
<b>2:31.00</b>	<b>71</b>	<b>13-14 200 Fly</b>	<b>72</b>	<b>2:25.00</b>
<b>1:21.00</b>	<b>73</b>	<b>9-10 100 IM</b>	<b>74</b>	<b>1:22.00</b>

**Session 5**

**Sunday Afternoon – 2-2:50pm warm-up – 3:00pm start – (11-12 and 15-18)**

<b>Age Group Not faster than:</b>	<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>	<b>Age Group Not Faster than:</b>
<b>1:12.10</b>	<b>75</b>	<b>11-12 100 Fly</b>	<b>76</b>	<b>1:13.50</b>
<b>57.80</b>	<b>77</b>	<b>15-18 100 Free</b>	<b>78</b>	<b>52.30</b>
<b>1:01.80</b>	<b>79</b>	<b>11-12 100 Free</b>	<b>80</b>	<b>1:02.20</b>
<b>2:24.00</b>	<b>81</b>	<b>15-18 200 Back</b>	<b>82</b>	<b>2:13.10</b>
<b>33.30</b>	<b>83</b>	<b>11-12 50 Back</b>	<b>84</b>	<b>33.30</b>
<b>2:43.00</b>	<b>85</b>	<b>15-18 200 Breast</b>	<b>86</b>	<b>2:31.00</b>
<b>1:20.50</b>	<b>87</b>	<b>11-12 100 Breast</b>	<b>88</b>	<b>1:21.60</b>
<b>2:30.00</b>	<b>89</b>	<b>15-18 200 Fly</b>	<b>90</b>	<b>2:18.00</b>
<b>1:11.30</b>	<b>91</b>	<b>11-12 100 IM</b>	<b>92</b>	<b>1:12.30</b>
<b>6:04.00</b>	<b>93</b>	<b>11-12 500 Free</b>	<b>94</b>	<b>6:04.00</b>