



Long Island Aquatic Club
 42 Merrick Avenue
 Merrick, New York 11566
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 www.longislandswimming.com



AGE GROUP CHAMPIONSHIPS

March 26-28, 2010

Eisenhower Park

LONG ISLAND AQUATIC CLUB is hosting the Age Group Championships, March 26-28, 2010. In order for this event to be successful your help is needed in many aspects. Your swimmers' entries are listed on the home page of our website. Listed below are the sessions available. For every swimmer you have on the club swimming in this event you are required to work 1 session; 1 swimmer = 1 session, 2 swimmers=2 sessions, 3 swimmers=3sessions.... Please fill out the form below with your 1st, 2nd and 3rd choices. We will do everything possible to accommodate your requests. The final list will be posted on the web Monday March 22, 2010.

- Session I Friday March 26, 2010 - 4pm warm-up, 5pm start
 9&10 and 11&12 200 free, 13&14 and 15-18 400 IM and 500 free Event #1-12
- Session II Saturday March 27, 2010 - 8am warm-up, 9am start
 9&10 and 13&14 Events #13-34
- Session III Saturday March 27, 2010 - 2pm warm-up, 3pm start
 11&12 and 15-18 Events #35-56
- Session IV Sunday March 28, 2010 - 8am warm-up, 9am start
 9&10 and 13&14 Events #57-74
- Session V Sunday March 28, 2010 - 2pm warm-up, 3pm start
 11&12 and 15-18 Events #75-94

Please have your swimmer hand this form below to their coach by Wednesday March 10, 2010

1 form per family

Worker's Name _____ # of Swimmers in Family Swimming Meet _____

Names of Swimmers _____, _____, _____

1st Request Session _____ 2nd Request Session _____ 3rd Request _____