

**Long Island Aquatic Club  
Presents  
Junior Mets Invitational #4  
JULY 22, 2009**

**To be held at the Nassau County Aquatic Center, East Meadow, NY  
Sanctioned by Metropolitan Swimming  
Sanction #090706**

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**WEDNESDAY, JULY 22, 2009**

**Warm-up 5:00 pm Start 6:00 pm**

WOMEN	EVENT	MEN
1.	12 & Under 200 M Backstroke	2.
3.	Senior 50 M Freestyle	4.
5.	11-12 50 M Freestyle	6.
7.	Senior 100 M Backstroke	8.
9.	10 & Under 50 M Breaststroke	10.
11.	11-12 100 M Breaststroke	12.
13.	Senior 100 M Butterfly	14.
15.	10 & Under 100 M Butterfly	16.
17.	12 and Under 400 M Freestyle	18.

**Eligibility:** Swimmers must be USA Swimming registered (or other FINA member) in order to compete. Entries for swimmers without valid 2009 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. **Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.**

**TEAMS INVITED:** AQUA, BAC, BAD, BASC, BGNW, HS, HAA, IA, LGAC, LBA, MSC, NYAC, NFS, SSC, TS, TVSC, WYW other teams interested please contact Ginny Nussbaum at [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com)

**AWARDS:** Medals for 1-3, Ribbons for 4-10. Both 9-10 and 8&U awards will be given in the 10&U events. Both 9-10 and 11-12 awards will be given in the 12&U event.

**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](mailto: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

Must put meet entry and date of meet on envelope

42 Merrick Avenue  
Merrick, NY11566

Phone: **(516) 378-8467**

Fax: **(516) 771-9128**

Email: [GNussbaum@longislandswimming.com](mailto:GNussbaum@longislandswimming.com)

**ENTRY DEADLINE:** Entries are due by **June 23, 2009**, accepted from invited teams only on a first come basis.

**ADMISSION:** \$5.00 per adult, Program: \$2.00

**METRO SAFETY GUIDELINES WILL BE ENFORCED.  
THE USA SWIMMING CODE OF CONDUCT IS IN EFFECT FOR THE**

**DURATION OF THE MEET.  
NO FOOD OR GLASS BOTTLES ALLOWED ON DECK.**

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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.

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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

LEAF