

LONG ISLAND AQUATIC CLUB

Presents

SUMMER FUN INVITATIONAL

JUNE 27 - 28, 2009

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

Sanctioned by Metropolitan Swimming

Sanction #090602

Date of Meet: June 27-28, 2009

Entries Due Tuesday June 16, 2009

Submit Long Course Meter Times

SATURDAY JUNE 27, 2009

SUNDAY JUNE 28, 2009

SESSION 1 8:00 am warm-up 9:00 Start

SESSION 3 8:00am warm-up 9:00 start

| WOMEN | EVENT | MEN |
|-------|--------------------------|-----|
| *1. | 12&U 400 M Freestyle | *2. |
| 3. | 11-12 100 M Butterfly | 4. |
| 5. | 10&U 50 M Butterfly | 6. |
| 7. | 11-12 200 M Breaststroke | 8. |
| 9. | 10&U 50 M Breaststroke | 10. |
| 11. | 11-12 50 M Freestyle | 12. |
| 13. | 10&U 50 M Freestyle | 14. |

***May Be limited to 2 heats**

| WOMEN | EVENT | MEN |
|-------|--------------------|------|
| *37. | 12&U 400 M IM | *38. |
| 39. | 10&U 100 M Free | 40. |
| 41. | 11-12 100 M Free | 42. |
| 43. | 10&U 100 M Breast | 44. |
| 45. | 11-12 100 M Breast | 46. |
| 47. | 10&U 100 M Back | 48. |
| 49. | 11-12 50 M Back | 50. |
| 51. | 10&U 100 M Fly | *52. |

***May Be limited to 2 heats**

SESSION 2 1:30pm warm-up 2:30 Start

SESSION 4 1:30pm warm-up 2:30 Start

| WOMEN | EVENT | MEN |
|-------|---------------------------|------|
| 15. | 13-14 200M Freestyle | 16. |
| 17. | Senior 200M Freestyle | 18. |
| 19. | 13-14 100 M Butterfly | 20. |
| 21. | Senior 100 M Butterfly | 22. |
| 23. | 13-14 200 M Backstroke | 24. |
| 25. | Senior 200 M Backstroke | 26. |
| 27. | 13-14 100M Breaststroke | 28. |
| 29. | Senior 100 M Breaststroke | 30. |
| 31. | 13-14 100 M Freestyle | 32. |
| 33. | Senior 100 M Freestyle | 34. |
| *35. | Senior 400 M Free | *36. |

*** May be limited to 2 heats**

| WOMEN | EVENT | MEN |
|-------|--------------------------|------|
| 53. | 13-14 200 M I M | 54. |
| 55. | Senior 200M I M | 56. |
| 57. | 13-14 200 M Butterfly | 58. |
| 59. | Senior 200 M Butterfly | 60. |
| 61. | 13-14 100 M Backstroke | 62. |
| 63. | Senior 100 M Backstroke | 64. |
| 65. | 13-14 200 M Breaststroke | 66. |
| 67. | Senior 200M Breaststroke | 68. |
| 69. | 13-14 50 M Freestyle | 70. |
| 71. | Senior 50 M Freestyle | 72. |
| *73. | Senior Olympic distance | *74. |

***May Be limited to 2 heats**

Pool: Goodwill Games Aquatic Center in Eisenhower Park, East Meadow, Long Island
10 lane by 50 meter competition pool w/ 2 meter min depth.
6 lane by 25 meter warm up pool
Colorado Timing system, Hy-Tek meet manager

Host of: **1998 Speedo Northeast Junior Championships**
1998 Goodwill Games
1999 Phillips 66 National Swimming Championships
1999 Long Island Open - Grand Prix
2000 Long Island Open
2001 Women's Division I Swimming & Diving Championships
2001 FINA World Cup
2001 U.S. Open
2004 World Cup
2004 Men's Division I Swimming & Diving Championships

2001-2005, 2008 Speedo Champion Series

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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 gnessbaum@longislandswimming.com

Entry Fees: An entry fee of \$4.00 per individual event, \$1.00 additional for Non-Hy-Tek entries, must accompany the entries. Make checks payable to **“Long Island Swimming”**. Entries will not be considered received and accepted without full payment of fees.

Entries: All athletes are limited to enter 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 via e-mail, diskette or in writing.** All results will be e-mailed to the team representative. Entries must be submitted in LCmeter times only. **NTs will not be accepted. Deck entries will not be accepted.**
Email entries to: msenecal@optonline.net

Mail all paper work and money to:

**Meet Director Ginny Nussbaum
42 Merrick Avenue
Merrick, NY 11566**

Must put meet entry and date of meet on the envelope

Telephone: (516) 378-8467

Fax: (516) 771-9128

GNussbaum@longislandswimming.com

Deadline: Entries must be received by June 16, 2009 IF SENDING EXPRESS MAIL, PLEASE SIGN THE WAIVER ON FRONT. Entries will be entered in the order received as space allows.

Awards: 1st – 10th. Events 15, 16, 39 & 40 will be awarded 1 to 10 for both 10 & U & 11 – 12. Both 9-10 and 8 & U awards will be given in the 10 & U events.

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

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

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.
LONG ISLAND AQUATIC CLUB**

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JUNE 27-28, 2009

to be held at NASSAU COUNTY AQUATIC CENTER, Long Island

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ENTRY SUMMARY

Team _____ **Club Code** _____ **Association** _____

Address _____ **Town** _____ **State** _____ **Zip** _____

Contact _____ **Phone** _____

| | | | | | | | |
|--------------------|-------|----------|-------|---|--------|-------|----------|
| # 10 & UNDER WOMEN | _____ | # EVENTS | _____ | x | \$4.00 | = | \$ _____ |
| # 11-12 WOMEN | _____ | # EVENTS | _____ | x | \$4.00 | = | \$ _____ |
| # 13-14 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 | = | \$ _____ |
| # 13-14 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

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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.