

LONG ISLAND AQUATIC CLUB and BADGER SWIM CLUB
Along with the Nassau County Parks and Recreation
PROUDLY PRESENT
THE 2008 EASTERN USA CONFERENCE
CHAMPIONSHIP

July 17-19, 2008

Open USA Swimming Registered Swimmers registered with the Eastern USA Swim Conference
 Sanctioned by Metropolitan Swimming #

Order of Events
Long Course Meters

Preliminaries - 9:00 am
Women's Events

Finals - 5:00 pm
Men's Events

Day 1 - Thursday, July 17
 Timed Finals 4:00 p.m.

| | | |
|---|----------------------|---|
| 1 | 800 meter Freestyle | |
| | 1500 meter Freestyle | 2 |

Day 2 - Friday, July 18

| | | |
|----|-------------------------------|----|
| 3 | 100 meter Freestyle | 4 |
| 5 | 50 meter Breaststroke | 6 |
| 7 | 200 meter Individual Medley | 8 |
| 9 | 100 meter Backstroke | 10 |
| 11 | 200 meter Butterfly | 12 |
| 13 | 400 meter Freestyle | 14 |
| 15 | 200 meter Breaststroke | 16 |
| 17 | 50 meter Butterfly | 18 |
| 19 | 4 X 100 meter Freestyle Relay | 20 |

Day 3 - Saturday, July 19

| | | |
|----|-----------------------------|----|
| 21 | 200 meter Freestyle | 22 |
| 23 | 100 meter Breaststroke | 24 |
| 25 | 100 meter Butterfly | 26 |
| 27 | 50 meter Backstroke | 28 |
| 29 | 400 meter Individual Medley | 30 |
| 31 | 50 meter Freestyle | 32 |
| 33 | 200 meter Backstroke | 34 |
| 35 | 4 X 100 meter Medley Relay | 36 |

Notes:

1. **Fastest two heats of each relay will be swum in the final session in the order indicated. Remaining heats will be swum in prelims.**
2. **Thursday events (W-1500 & M-800) shall be swum slowest to fastest with all heats of the Women's 800 prior to the Men's 1500.**

Administrative Information

Meet Referee

Holger Fietkau
holgerfusa@aol.com

Meet Director

Ginny Nussbaum
42 Merrick Ave.
Merrick, NY 11566
516.378.8467
gnussbaum@longislandswimming.com

Ticket Information

All Sessions: \$30.00
Daily:
 Prelims \$ 5.00
 Finals \$10.00

Tickets will be available at the site.
Heat sheets and programs will be for sale at the meet.
Checks not accepted.

Facility

Nassau County Aquatic Center
Host of: 2004 Men's NCAA
 Division I Championships
 2001 Women's NCAA
 Division I Championships
 2001 US Open
 2001-2004 World Cup
 1998-2003 Long Island Open
 1999 Phillips 66 Nationals
 1998 Goodwill Games
 1998 Speedo NE Juniors

10 lanes by 50 meter competition pool
2 meter min depth
6 lanes by 25 meter warm up pool

QUALIFYING PERIOD-January 1, 2007 – entry deadline

Entry Information

*Entry to this meet is limited to USA registered swimmers who are members of the Eastern USA Swimming Conference.

* We prefer that you send a HYTEK commlink file, either on a 3.5 diskette labeled with the team name to the meet director or email to Dave Ferris, longislandswimming@hotmail.com

As an alternative you can send an entry file in SDIF format (please also include a hard copy) or just a hard copy of your entry. **Entries must be received no later than 11:59 PM Tuesday July 8, 2008.**

*An entry summary must accompany each entry, regardless whether entries are submitted on diskette or in writing.

*Paper entries must be made on the meet entry form.

*Entries not date marked or not received by the dates specified will not be accepted.

**The seeding order is: LCM, SCM, SCY

Times will be verified through the USA Swimming SWIMS data base. Coaches entering with times not in the database should be prepared to prove the time with a copy of official meet results. High school, college and YMCA Swims must be from a meet that was approved as an Observed Meet under USA Swimming rules and must also show that the meet was granted such status.

**Please make checks payable to :
Long Island Swimming**

Entry Fees:

\$10.00 per individual event

\$25.00 per relay team

Fees are due with entries. Please do not send cash. Please make sure the club name is clearly indicated on the check submitted.

WHERE TO SEND:

REGULAR MAIL

Dave Ferris

42 Merrick Ave.

Merrick, NY 11566

516.378.8467

longislandswimming@hotmail.com

Final Results

Teams have the following options for receiving results:

1/ Picking up a disk at the end of the meet

2/ Having a file in the format that you specify emailed to you

3/ A hard copy of results mailed after the meet
Please specify at the meet registration desk how you would like to receive your results.

Additional copies of results may be purchased for \$10.00.

Event Rules

All swimmers are limited to a maximum of seven (7) individual events plus relays. Swimmers are also limited to a maximum of 3 Individual Events per day (including Time Trials).

No more than Two(2) Relays per team may score

Time Trials

Time trials open to athletes in individual events only. NO TIME TRIALS FOR RELAY ONLY. Each swimmer will be limited to a maximum of 2 time trials and must adhere to the daily limit of events.

Time Trials shall be swum in the order listed under the meet program as follows:

1. First Day: that day's events only.
2. Second and all subsequent days: that day's events, followed by the events of the remaining day(s) of the meet, followed by the events of the previous days.

Time Trials Sanctions: \$10 event and \$25.00

Entry Fee for Time Trials

\$10.00/individual \$25.00/relay

payable in cash or check made payable to:
Long Island Swimming

Scratch Procedures

*The scratch box will be located at the Registration Desk until the ~~EMAIL~~ **EMAIL** of the General Meeting, and will be the ~~Box Mail~~ **Box Mail** after the meeting, the scratch ~~box will be located~~ **box will be located** with the Clerk of Course for the remainder of the meet.

*This meet will follow the National Championship Scratch Rules as Specified in rule 207.12.10. Specific procedures will be reviewed at the General Meeting.

Scratch Deadlines:

Thursday's Event

* 15 minutes following the adjournment of the general meeting.

Friday – **4:30 pm on Thursday afternoon**

Saturday -**5:30 pm the previous evening**

Relays and Relay Check-In Procedures

A. Relays - All relays are conducted on a timed final basis with only the two fastest heats to be swum in the final session. Teams are limited to two scoring relays in each relay event.

B. Each relay team must have at least one swimmer on it who entered (and competed) in an individual (non-bonus) event.

C Relay Check-In- Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, ages and order of swimming, for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation approximately one (1) hour prior to the start of relays. However, they may be changed up to the time of the swim.

Distance Freestyle

A. Distance Entry - Any swimmer who qualifies for the 800 and/or 1500 freestyle events may enter at their fastest time or at the time standard, if entered in two or more events on the day of the distance freestyle

B. Distance Check-In and Seeding - Entrants in the 800 and/or 1500 freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published one hour before the scheduled starting time for that event. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest

C. Order of Distance Events

The W800/M1500 freestyle events are conducted on a timed final basis. All timed final heats shall be swum as follows:

- a) Women's heats - slowest to fastest
- b) Men's heats - slowest to fastest

Finals Event Order

There will be a bonus final in each event (except the 800m and 1500m freestyle). The order of the final events shall be C, B, and A (bonus, consolation and championship).

***Top 16 Relays at night**

Meet Scoring

Scoring will be on a sixteen (16) place basis. Individual events: 20, 17,16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values.

Awards

Individual awards 1 - 8 places

Relay awards 1- 3 places

Team awards 1 - 3 places

High point 1 - 3 places both sexes.

Ready Room

A ready room will be used at this Championship prior to each 'A' final event. Each swimmer participating in the 'A' finals must report to the ready room 10 minutes preceding the event.

Membership Requirement

All persons expecting to receive a deck pass must bring their 2008 USA Swimming

membership cards in order to verify their membership. Deck passes for coaches, managers and officials will be issued only to members in good standing of USA Swimming. There will be no USA Swimming registration available on site.

Officials

*All certified officials are welcome to officiate at this meet.

Contact the Meet Referee for additional information.

Registration

Credentials for coaches, managers and chaperones to serve as admittance passes shall be issued to those persons listed on the submitted team entry forms and according to the following formula, based upon the total size of the team, whether comprised of one or both sexes. Athletes entered in the meet will receive a deck pass as part of their entry fee.

* 1-7 swimmers in individual events, or 1-only relay team with any number of alternates: 1 Deck Pass

*8-14 swimmers in individual events: 2 Deck Passes

*15-25 swimmers in individual events: 4 Deck Passes

*26-36 swimmers in individual events: 5 Deck Passes

*Unattached swimmers with a team are to be included in above schedule even if listed on separate entry blank.

* Unattached swimmers not with a team: 1 Deck Pass

Check-In

Plan to arrive in time for the General Meeting. **You are responsible for all business conducted at this meeting.** If, for any reason, you cannot attend the meeting, be sure to find out what occurred.

Meeting Schedule

Thursday, March 6 2:00pm
General Meeting room at pool

Thursday, March 6 2:30pm
Officials' Briefing room at pool

Coaches' Packet

For coaches who plan to attend this meet without swimmers, there will be a special packet available for \$60.00, that will contain a general admission pass, heat sheets, a psych sheet, team roster and inclusion on the mailing list for final results. The packet is available during regular registration hours.

Site Information

*Information / Lost & Found

Information will be available at the Registration table. The lost and found is located in the lifeguard office.

*Lockers

There is ample locker space for athletes. There is no towel service available. The facility and Long Island Aquatic Club are not responsible for lost or stolen items.

*Medical Assistance

Lifeguards are trained for emergency situations. A first aid room is located on deck.

*Parking

There is ample free parking at the facility.

*Concessions

A concession stand will be available during the

meet.

*Hospitality

A hospitality room for coaches and officials is located in a room at the Aquatic Center.

Aquatic Center Complex Hours

Thursday, July 17 12:00 pm - 9:00 pm*

Friday, July 18 6:00 am - 9:00 pm*

Saturday, July 19 6:00 am - 9:00 pm*

*The competition pool will be available for practice except during the meet. The warm-up pool will be available at all times.

12:00pm
VIP Room
2:30 pm
Credentials pickup for Swimmers, Coaches & Officials

Thursday, July 17 1:30 pm - 7:00 pm

Friday, July 18 As needed - contact Meet director

Credentials must be worn at all times. \$10.00 will be charged for replacement of badges.

HOTELS AND MOTELS

Long Island Marriott Hotel and Conference Center
101 James Doolittle Boulevard
Uniondale, NY 11533-3637
(516)794-3800 (516)794-5936

LaQuinta Inn
Stewart Ave.
Garden City, NY 11530
516.705.9000

Best Western Mill River Manor
173 Sunrise Hwy
Rockville Centre, NY 11570
(516)678.1300

Hampton Inn & Suites
125 Merrick Rd
Rockville Centre, NY
(516)599.1700

Residence Inn
9 Gerhard Rd.
Plainview, NY
(516)433.6200

Econo Lodge
429 Duffy Ave.
Hickville, NY 11801
(516)433-3900 ext. 141

Red Roof Inn
699 Dibble Dr..
Westbury, NY 11793
(516)794.2555

Coliseum Motor Inn
Hempstead Tpke
E. Meadow, NY 11554
516.794.2100

Holiday Inn –
215 Sunnyside Blvd
Plainview, NY 11803
516.349.7400

Garden City Hotel
45 7th St
Garden City, NY 11530
(516)747.3000

DIRECTIONS to NASSAU COUNTY'S AQUATIC CENTER:

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.St. Pkwy East to Meadowbrook Parkway North (exit 22N). Follow directions 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 (changes name to Northern State Pkwy.) to Meadowbrook Parkway southbound (Jones Beach). Follow directions to the pool.

FROM LA GUARDIA AIRPORT:

Take Grand Central Parkway (to eastern Long Island) to Meadowbrook Parkway southbound (Jones Beach). Follow directions to the pool.

TO THE POOL:

Heading North take Meadowbrook Pkwy to NY-24 Hempstead Turnpike (exit M4)(this exit is M5 when heading South) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Avenue). At the first traffic light make a right into the pool parking lot.