

LONG ISLAND AQUATIC CLUB
Along with the Nassau County Parks and Recreation
PROUDLY PRESENT
THE 2008 SPEEDO CHAMPIONS SERIES

March 6-9, 2008

Open to USA Swimming Registered Swimmers in the Eastern Zone
 Sanctioned by Metropolitan Swimming #080307

Order of Events
Long Course Meters

Preliminaries - 9:00 am
Women's Events

Finals - 5:00 pm
Men's Events

Day 1 - Thursday, March 6
 Timed Finals 4:00 p.m.

1	1500 meter Freestyle 800 meter Freestyle	2
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Day 2 - Friday, March 7

3	200 meter Freestyle	4
5	100 meter Breaststroke	6
7	100 meter Butterfly	8
9	400 meter Individual Medley	10
11	800 meter Freestyle Relay	12

Day 3 - Saturday, March 8

13	200 meter Medley Relay	14
15	200 meter Butterfly	16
17	50 meter Freestyle	18
19	200 meter Breaststroke	20
21	100 meter Backstroke	22
23	400 meter Freestyle	24
25	400 meter Freestyle Relay	26

Day 4 - Sunday, March 9

27	200 meter Freestyle Relay	28
29	800 meter Freestyle	30
31	1500 meter Freestyle	32
33	200 meter Backstroke	34
35	100 meter Freestyle	36
37	200 meter Individual Medley	38
	400 meter Medley Relay	

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 – with 200's at the beginning of the session and the 400/800's at the end.**
2. **Thursday events (W-1500 & M-800) shall be swum slowest to fastest with all heats of the Women's 1500 prior to the Men's 800.**
3. **Sunday events (M1500 & W-800) only the fastest (single) heat swum in the final session. All other heats are to swim in the afternoon so that the second fastest men's heat is timed to end 60 minutes prior to finals.**
 - a) **Second fastest men's heat is last.**
 - b) **Second fastest women's heat is next to last.**
 - c) **Third fastest men's heat is third from last.**
 - d) **Third fastest women's heat is fourth from last. etc.**
4. **In Sunday's Finals, the events will swim in numerical order.**
5. **Daylight Savings Time begins at 2:00 am on Sunday, March 9, 2008. Clocks will be turned AHEAD one hour at that time.**

Administrative Information

Meet Referee

Fred Killian
302.994.3389

Meet Director

Ginny Nussbaum
42 Merrick Ave.
Merrick, NY 11566
516.378.8467
ginnyussbaum@hotmail.com

Ticket Information

All Sessions: \$40.00
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:
2007 USA Spring Nationals
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 –
February 26, 2008

Entry Information

* Entry to this meet is limited to swimmers registered with an LSC in the Eastern Zone.
* 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 Bob Matlack, bmatlack@verizon.net

* 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 February 26, 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.

FAX ENTRY deadline is 1:00 PM Monday March 3, 2008. Only swims occurring from Monday February 25, 2008 to Sunday March 2, 2008 which achieve a first time qualifying standard are eligible for fax entry. FAX entries must be made on the enclosed FAX entry form and may not be used to improve the seed time of a previously submitted entry.

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

* **Times will be verified through the USA Swimming SWIMS database. 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 an Observed or Approved Meet under USA Swimming rules; coaches should be prepared to show that the meet had such status.**

***ANY TIME NOT PROVEN IS SUBJECT TO A \$100.00 FINE**

**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

Ginny Nussbaum
42 Merrick Ave.
Merrick, NY 11566
516.378.8467

ginnyussbaum@hotmail.com

E-mail

Bob Matlack
bmatlack@verizon.net

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

BONUS EVENTS:

- | | |
|----------------------|-----------------|
| 1 time made | 1 bonus event |
| 2 times made | 2 bonus events |
| 3 times made | 1 bonus events |
| 4 or more times made | no bonus events |

Time Trials

Time trials open to athletes in individual events only. **NO TIME TRIALS FOR RELAY ONLY SWIMMERS.** 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.
3. Final Day: the day's events; that day's Distance freestyle events may be swum, followed by events of the previous days if time permits. If time is not available on the final day for the distance freestyle time trials, the Meet Referee, at their discretion, may offer it on an alternate day.

Time Trial Sanction #080352-T

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 start of the General Meeting, and will then be at the General Meeting. After the meeting, the scratch 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.

* Any team having a 'No Show' swimmer at Finals on Sunday evening will be fined \$50.00 per no-show; this fine must be paid before the team will be permitted to participate in any future Speedo Champions Series Meet held in the Eastern Zone.

Scratch Deadlines:

Thursday's events - 15 minutes following the adjournment of the General meeting.

Friday events - 4:30 pm on Thursday.

Saturday and Sunday events - 5:30 pm the previous evening

Relays and Relay Check-In Procedures

Top 16 Relays at night

A. Relays - All relays are conducted on a timed final basis with only the two fastest heats to be swum in the Finals 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 is 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 names of the competing relay swimmers 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, names and order may be changed up to the time of the swim.

D. The "Sunday Relay Rule" will be in effect. Any Sunday relay that wishes to swim at Prelims (during the morning session) may do so. All Sunday relays should indicate a preference for Prelims or Finals when checking-in with the Clerk of Course (i.e., by the 5:30 pm Saturday deadline.) Up to the fastest sixteen relays that wish to swim in the evening will swim at Finals; the other relays will swim during the morning Prelims.

E. Entries to the 200 yd Medley Relay are provable based on a 400 Medley Relay time.

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 at the end of finals the evening before, except for the women's 800 freestyle and men's 1500 freestyle, which will be published two hours 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 W1500 & M800 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

The W800 & M1500 freestyle events are conducted on a timed final basis and shall have only the fastest (single) heat swum in the Finals session. All other heats are to swim in the afternoon so that the second fastest men's heat is timed to end at 4:00 PM. Both events will swim slowest to fastest. The heats swum in the afternoon will alternate between the M1500 and the W800 in the following pattern:

a) Second fastest men's heat last

b) Second fastest women's heat next to last

c) Third fastest men's heat third from last

d) Third fastest women's heat fourth from

last and continuing until all heats are swum

Finals Event Order

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

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. An application is available at the Eastern Zone website –

<http://www.pvswim.org/eastzone/index.html>

Officials that have not submitted an application are welcome to attend the Official's Briefing held one hour before the start of each session.

* This meet has been designated as an Officials Qualifying Meet (OQM) for officials wanting to renew or advance their N2 or N3 certifications. A Request for Evaluation form is available at the Eastern Zone website and should be submitted prior to the 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 2:00 pm
General Meeting room at pool

Thursday, March 6 2:30 pm
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

Wednesday, March 5	5:00 pm - 9:00 pm	12:00pm VIP Room
Thursday, March 6	9:00 am - 9:00 pm*	2:30 pm VIP Room
Friday, March 7	6:00 am - 9:00 pm	VIP Room
Saturday, March 8	6:00 am - 9:00 pm*	
Sunday, March 9	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.

Credentials pickup for Swimmers, Coaches & Officials

Thursday, March 6	1:30 pm - 7:00 pm
Friday, March 7	6:30 am - 9:00 am
Saturday, March 8	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

Best Western Mill River Manor
173 Sunrise Hwy
Rockville Centre, NY 11570
(516)678.1300
\$129.00 + tax 20 Rms
Cut off date – Feb. 6, 2008

Residence Inn
9 Gerhard Rd.
Plainview, NY
(516)433.6200
\$129.00 +tax 30 Rms
Ref: Long Island Aquatic Club
Cut off date – Feb. 5, 2008

Red Roof Inn
699 Dibble Dr.
Westbury, NY 11793
(516)794.2555
\$121.99 +tax Thurs.
\$133.99 +tax Fri./Sat./Sun.
Cut off date – Feb 6, 2008

Holiday Inn –
215 Sunnyside Blvd
Plainview, NY 11803
516.349.7400
\$115.00 + tax 50 Rms
Ref: LIA
Cut off date – Feb 6, 2008

LaQuinta Inn
Stewart Ave.
Garden City, NY 11530
516.705.9000
\$149.00 + tax 30 double/double
Ref: Speedo Series Champions /Sectionals

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

Econo Lodge
429 Duffy Ave.
Hickville, NY 11801
(516)433-3900 ext. 141
\$99.00 + tax 18 Rms
Cut off date Feb. 15, 2008

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

Garden City Hotel
45 7th St
Garden City, NY 11530
(516)747.3000
\$170.00 +tax 30 Rms
Cut off Date – Feb. 18, 2008

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.

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Along with the Nassau County Parks and Recreation
PROUDLY PRESENT
THE 2008 SPEEDO CHAMPIONS SERIES

March 6-9, 2008

Open USA Swimming Registered Swimmers in the Eastern Zone
Sanctioned by Metropolitan Swimming #080307

ENTRY SUMMARY
DUE no later than 11:59 PM Tuesday February 26, 2008

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

Address _____ **Town** _____

State _____ **Zip** _____ **E-Mail** _____

Contact _____ **Phone** _____

We have entered the following events:

WOMEN INDIVIDUAL EVENTS _____ **X \$10.00 =** _____

MEN INDIVIDUAL EVENTS _____ **X \$10.00 =** _____

WOMEN RELAY EVENTS _____ **X \$25.00 =** _____

MEN RELAY EVENTS _____ **X \$25.00 =** _____

TOTAL =

Waiver of all claims for injury and acceptance of all meet rules are conditions for acceptance of entries.

Coach

THE SPEEDO CHAMPIONS SERIES

March 6 - 9, 2008

FAX ENTRY SUMMARY

Team _____ Club Code _____ LSC _____

Coach _____ E-Mail _____ Phone _____

Address _____ Town _____ State _____ Zip _____

FAX QUALIFICATION PERIOD - February 25, 2008 - March 2, 2008: Only swims achieving the qualifying time standards for the first time from Monday 2/25/08 - Sunday 3/2/08(11:59pm) may be sent by FAX transmission- 516.771.9128. FAX DEADLINE: 1:00PM Monday, March 3, 2008.

Athlete's Signature: _____

Coaches' Signature: _____

We have entered the following events on this FAX entry form:

Women Individual Events _____ X \$10.00 = _____ Relay Events _____ X \$25.00 =

Men Individual Events _____ X \$10.00 = _____ Relay Events _____ X \$25.00 =

USE THIS SECTION FOR INDIVIDUAL EVENTS

EVENTS

Print Name _____ Age _____

Team Name _____ A B

Team Name _____

Has your team previously sent entries to this meet? Yes _____ No _____

USA Registration # _____

Event# _____ 400Free

Has your team previously sent entries to this meet? Yes _____ No _____

Event# _____ 400 Medley

Female _____ Male _____

Event# _____ 800 Free

Event# _____ 200 Free

Event# _____ 200 Medley

Swimmer previously entered in meet? Yes No

Qualifying time _____

Event# _____ Event _____ Time _____
Date Achieved _____

Date Achieved _____

Event# _____ Event _____ Time _____
Date Achieved _____

Name & USA Registration #

1. _____

Events# _____ Event _____ Time _____
Date Achieved _____

2. _____

FAX entry procedure can be used only for times achieved between the initial entry deadline and the FAX entry deadline.

3. _____

4. _____

USE THIS SECTION FOR RELAY TEAM

MEN'S ENTRY FORM

Athlete Name						
Registration #						
Coaches Signature						
Swimmers Signature						
Entry Time (Please note SY, SM, LCM) If Bonus Event – Mark *BONUS*	Event	Event Number	Time Standard			Entry Time (Please note SY, SM, LCM) If Bonus Event – Mark *BONUS*
			SY	SM	LCM	
Thursday, March 6						
	800 Freestyle	2	10:01.99	8:52.99	9:08.79	
Friday, March 7						
	200 Freestyle	4	1:46.49	1:58.09	2:01.49	
	100 Breaststroke	6	1:02.19	1:09.09	1:10.39	
	100 Butterfly	8	53.89	59.89	1:00.89	
	400 Individual Medley	10	4:15.09	4:43.19	4:49.89	
	800 Freestyle Relay	12	7:22.39	8:06.69	8:14.79	
Saturday, March 8						
	4X50 Medley Relay	14	3:46.99	4:15.59	4:15.59	
	200 Butterfly	16	2:00.89	2:14.19	2:16.29	
	50 Freestyle	18	22.49	24.99	25.59	
	200 Breaststroke	20	2:15.39	2:30.29	2:32.99	
	100 Backstroke	22	55.09	1:01.19	1:02.89	
	400 Freestyle	24	4:48.39	4:10.89	4:18.59	
	400 Freestyle Relay	26	3:21.89	3:44.09	3:48.69	
Sunday, March 9						
	4X50 Free Relay	28	1:32.69	1:42.19	1:45.49	
	1500 Freestyle	30	16:43.99	16:35.19	17:21.99	
	200 Backstroke	32	1:59.39	2:12.59	2:15.39	
	100 Freestyle	34	48.79	54.19	55.69	
	200 Individual Medley	36	1:59.79	2:12.99	2:16.59	
	400 Medley Relay	38	3:46.99	4:15.59	4:19.69	

WOMEN'S ENTRY FORM

Athlete Name						
Registration #						
Coaches Signature						
Swimmers Signature						
Entry Time (Please note SY, SM, LCM) If Bonus Event – Mark *BONUS*	Event	Event Number	Time Standard			Entry Time (Please note SY, SM, LCM) If Bonus Event – Mark *BONUS*
			SY	SM	LCM	
Thursday, March 6						
	1500 Freestyle	1	17:54.39	17:43.19	18:16.79	
Friday, March 7						
	200 Freestyle	3	1:55.99	2:08.19	2:11.49	
	100 Breaststroke	5	1:08.29	1:15.89	1:18.29	
	100 Butterfly	7	59.19	1:05.79	1:06.99	
	400 Individual Medley	9	4:36.79	5:07.29	5:18.79	
	800 Freestyle Relay	11	8:05.39	8:58.89	9:06.69	
Saturday, March 8						
	4X50 Medley Relay	13	4:12.29	4:40.29	4:44.29	
	200 Butterfly	15	2:11.49	2:25.99	2:29.49	
	50 Freestyle	17	24.99	27.79	28.59	
	200 Breaststroke	19	2:28.39	2:44.79	2:49.39	
	100 Backstroke	21	1:00.29	1:06.99	1:08.99	
	400 Freestyle	23	5:05.99	4:29.89	4:37.19	
	400 Freestyle Relay	25	3:45.79	4:10.89	4:14.99	
Sunday, March 9						
	4X50 Free Relay	27	1:44.59	1:56.19	1:57.79	
	800 Freestyle	29	10:39.19	9:19.99	9:34.99	
	200 Backstroke	31	2:10.39	2:24.79	2:28.99	
	100 Freestyle	33	53.99	59.99	1:01.89	
	200 Individual Medley	35	2:10.89	2:25.09	2:29.69	
	400 Medley Relay	37	4:12.29	4:40.29	4:44.09	