



Age Group Invitational
Hosted by Long Island Aquatic Club
April 1-3, 2011
Sanction #110301

Age Group Invitational

April 1-3, 2011

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #110301
- LOCATION:** Nassau County Aquatic Center
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 10 lane, 25 yard competition pool w/ 2 meter min depth
Colorado Timing System, scoreboard readouts, Hy-Tek meet manager,
The pool **has not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:**
- | | | |
|------------------------------|-------------------------|---------------------------|
| Session 1: Friday, April 1 | Warm-ups at 4:00-5:50pm | Session starts at 5:00 pm |
| Session 2: Saturday, April 2 | Warm-ups at 8:00-8:50am | Session starts at 9:00 am |
| Session 3: Saturday, April 2 | Warm-ups at 3:00-3:50pm | Session starts at 4:00 pm |
| Session 4: Sunday, April 3 | Warm-ups at 8:00-8:50am | Session starts at 9:00 am |
| Session 5: Sunday, April 3 | Warm-ups at 2:00-2:50pm | Session starts at 3:00 pm |
- FORMAT:** This is a Timed Final Event
The meet will be Deck Seeded. All scratches are due back 30 minutes prior to the end of warm-ups
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on **March 22, 2011** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.
The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** All athletes are limited to enter 4 events per session. 8 & Under swimmers are not permitted to compete in this meet. Entry times cannot be faster than AGE GROUP times as specified by Metropolitan Swimming 2011 time standards. NT's entries are not permitted.
Entry times must have been achieved between January 1, 2010 and the meet entry deadline, March 22, 2011.
Hy-Tek Email entries will be accepted. An email confirmation will be sent back. If you do not receive the confirmation email within 2 days of your original email, it is up to you to get in touch with the meet director to discuss the entry.
An Entry Summary, payment and a signed waiver must be sent to our office for entries to be considered accepted by Thursday, March 24, 2011.
- U.S. Mail Entries/Payment to: **Ginny Nussbaum, 750F Stewart Ave., Garden City, NY 11530**
Email Entries/Confirm Entry Receipt: entries.liac@gmail.com
If sending express mail, please sign the waiver on the front.
- DEADLINE:** 1: The following Metro teams are eligible to attend; Bethpage, Connetquot, East Hampton, Farmingdale, Hauppauge, Huntington Y, Islip Aquatic, Lindenhurst, Long Beach, Long Island Express, LIAC, North Shore, Sachem Swim Club, Team Suffolk, Three Village, West Islip
2: The final entry deadline for this meet is **Tuesday, March 22, 2011**
- ENTRY FEE:** An entry fee of **\$3.00** per individual event the plus \$1.00 per swimmer Metro Championship Surcharge must accompany the entries.
Make check payable to: **Long Island Swimming**.
Payment must be received by **Thursday, March 24, 2011**.

WARM-UP:	General warm up with assigned lanes for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be distributed along with the scratch sheet at each session.
SCRATCHES:	Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the conclusion of warm-up of the session. Coaches are asked to indicate clearly, by either drawing a line or highlighting through the athlete's name for the athlete to be completely scratched from the session or through an event to indicate the event is to be scratched for the session. Metropolitan Scratch Procedure for Timed Final Meets is as follows; Any swimmer, who is seeded, must swim the event unless he/she declares his/her intention not to swim in the following manner; 1. Go to the Referee, before the event and state you do not wish to swim, and 2. Stand BEHIND your assigned block until the swimmers in your heat have been sent off by the starter. 3. The swimmer is then disqualified from THAT EVENT for the delay of the meet. 4. This counts as an event against the total-per-day allowance. If a swimmer fails to follow this procedure, he/she will be barred from his/her next individual event of the meet.
COACHES:	In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
AWARDS:	Individual medals for 1 st – 10 th place, ribbons 11 th – 20 th place for swimmers below the silver minimum standard. Overachiever ribbons will be awarded to swimmers who swim Silver, JO and Zone qualifying times in an event for a first time at this meet. All awards must be picked up at the end of the meet. We will not mail awards which are ready 20 minutes following the conclusion of the last event..
OFFICIALS:	Meet Referee: Ari Nakkab, 878 Flanders Drive, North Woodmere, NY 11581 Officials wishing to volunteer should contact Meet Referee by March 30, 2011.
MEET DIRECTOR:	Ginny Nussbaum, ginny_nussbaum@hotmail.com 516-378-8467 – Questions concerning the meet will only be entertained when communicated via a certified coach.
RULES:	The current USA Swimming Rules and Regulations will apply. The USA Swimming Code of Conduct is in effect for the duration of the meet. The overhead start procedure may be used at the discretion of the meet Referee.
SAFETY:	Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.
DISCLAIMER:	Upon acceptance of his/her entries, the participant waives all claims against Nassau County, Nassau County Aquatic Center, Long Island Swimming, Long Island Aquatic Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
ADMISSION:	Admission - \$7.00 10&Over Programs - \$2.00
MERCHANTS:	A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck. Hobieswim will be available throughout the entire meet.
PARKING:	There is ample free parking available in the park

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.) At first traffic light make a right. This is the entrance 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 to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead Tpke.(exit M4). On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.



LONG ISLAND AQUATIC CLUB
presents
The Metropolitan Age Group Championships
April 1-3, 2011

to be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, Long Island
Sanctioned by Metropolitan Swimming
sanction #110301

ENTRY SUMMARY

Team _____ Club Code _____

Address _____ City _____

State _____ Zip _____

Contact Name _____ E-Mail _____

Phone _____

10 & UNDER WOMEN _____ # EVENTS _____ x \$3.00 = \$ _____

11-12 WOMEN _____ # EVENTS _____ x \$3.00 = \$ _____

13-14 WOMEN _____ # EVENTS _____ x \$3.00 = \$ _____

SENIOR WOMEN _____ # EVENTS _____ x \$3.00 = \$ _____

10 & UNDER MEN _____ # EVENTS _____ x \$3.00 = \$ _____

11-12 MEN _____ # EVENTS _____ x \$3.00 = \$ _____

13-14 MEN _____ # EVENTS _____ x \$3.00 = \$ _____

SENIOR MEN _____ # EVENTS _____ x \$3.00 = \$ _____

Total \$ _____

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

Coach

South / Nassau Age Group Invitational
April 1-3, 2011

Session 1

Friday Afternoon – 4:00-4:50 warm-up – 5:00pm start – (All age groups)

Age Group Not faster than:	Girls Event #	Event	Boys Event #	Age Group Not Faster than:
2:36.00	1	9-10 200 Free	2	2:34.00
2:14.00	3	11-12 200 Free	4	2:15.50
5:07.00	5	13-14 400 IM	6	4:55.00
5:05.00	7	15-18 400 IM	8	4:45.20
5:36.00	9	13-14 500 Free	10	5:25.00
5:32.00	11	15-18 500 Free	12	5:17.00

Session 2

Saturday Morning – 8-8:50am warm-up – 9:00am start – (9-10 and 13-14)

Age Group Not faster than:	Girls Event #	Event	Boys Event #	Age Group Not Faster than:
2:08.00	13	13-14 200 Free	14	2:01.00
43.00	15	9-10 50 Breast	16	44.00
1:16.50	17	13-14 100 Breast	18	1:12.00
32.10	19	9-10 50 Free	20	32.00
27.00	21	13-14 50 Free	22	25.30
1:22.20	23	9-10 100 Back	24	1:22.20
1:06.60	25	13-14 100 Back	26	1:03.00
36.60	27	9-10 50 fly	28	36.80
1:05.70	29	13-14 100 Fly	30	1:01.60
2:56.00	31	9-10 200 IM	32	2:56.00
2:23.50	33	13-14 200 IM	34	2:15.00

Session 3

Saturday Afternoon – 3-3:50pm warm-up – 4:00pm start – (11-12 and 15-18)

Age Group Not faster than:	Girls Event #	Event	Boys Event #	Age Group Not Faster than:
2:04.50	35	15-18 200 Free	36	1:55.00
37.20	37	11-12 50 Breast	38	37.60
1:15.20	39	15-18 100 Breast	40	1:06.50
28.60	41	11-12 50 Free	42	28.30
26.60	43	15-18 50 Free	44	23.80
1:11.10	45	11-12 100 Back	46	1:11.60
1:06.50	47	15-18 100 Back	48	1:00.50
31.60	49	11-12 50 fly	50	32.10
1:05.50	51	15-18 100 Fly	52	58.00
2:31.50	53	11-12 200 IM	54	2:32.60
2:22.10	55	15-18 200 IM	56	2:08.00

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Session 4

Sunday Morning – 8-8:50am warm-up – 9:00am start – (9-10 and 13-14)

Age Group Not faster than:	Girls Event #	Event	Boys Event #	Age Group Not Faster than:
1:27.10	57	9-10 100 Fly	58	1:28.00
58.50	59	13-14 100 Free	60	55.00
1:11.50	61	9-10 100 Free	62	1:11.60
2:22.60	63	13-14 200 Back	64	2:17.00
37.50	65	9-10 50 Back	66	38.00
2:43.00	67	13-14 200 Breast	68	2:39.00
1:34.00	69	9-10 100 Breast	70	1:36.00
2:31.00	71	13-14 200 Fly	72	2:25.00
1:21.00	73	9-10 100 IM	74	1:22.00

Session 5

Sunday Afternoon – 2-2:50pm warm-up – 3:00pm start – (11-12 and 15-18)

Age Group Not faster than:	Girls Event #	Event	Boys Event #	Age Group Not Faster than:
1:12.10	75	11-12 100 Fly	76	1:13.50
57.80	77	15-18 100 Free	78	52.30
1:01.80	79	11-12 100 Free	80	1:02.20
2:23.00	81	15-18 200 Back	82	2:11.00
33.30	83	11-12 50 Back	84	33.30
2:43.00	85	15-18 200 Breast	86	2:30.10
1:20.50	87	11-12 100 Breast	88	1:21.60
2:30.00	89	15-18 200 Fly	90	2:13.00
1:11.30	91	11-12 100 IM	92	1:12.30
6:04.00	93	11-12 500 Free	94	6:04.00