



Spring Kickoff Invitational
May 14-15, 2011
Sanction #110502

Invited Teams: AQUA, BAC, BAD BASC, BGNW, BBSC, CAT(NJ),CONDORS, HAA, IA, LGAC, LBA, MAG(NE), MSC, NFS, NJW(NJ), NS, TS, TVSC, WYW(CT), other teams interested please contact Ginny Nussbaum at gnussbaum@longislandswimming.com

Spring Kickoff Invitational

May 14-15, 2011

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **110502**
- LOCATION:** **Nassau County Aquatic Center**
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** **10 Lane by 50 meter competition pool w/ 2 meter min depth**
The pool **Has Not been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session One – 12&U – Saturday May 14 warm-up 7:30-8:35am Start 8:45am**
Session Two – 12&U - Saturday May 14 warm-up 11:45- 12:00pm Start 12:00pm
Session Three – Women’s Open 800 free – Saturday May 14 warm-up 2:30-3:15pm Start 3:15pm
Session Four – Open – Saturday May 14 warm-up 4:00-4:50pm Start 5:00pm
Session Five – 12&U – Sunday May 15 warm-up 7:45-8:35am Start 8:45am
Session Six – 12&U – Sunday May 15 warm-up 11:15-11:30am Start 11:30am
Session Seven – Men’s Open 800 free – Sunday May 15 warm-up 2:30-3:15pm Start 3:15pm
Session Eight – Open – Sunday May 15 warm-up 4:00-4:50pm Start 5:00pm
- FORMAT:** **The meet is a Timed Final Event**
The meet will be Deck Seeded
- ELIGIBILITY:** Open to all Invited 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 **May 14, 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 3 events per session – no more than 5 events per day for 12&U**
Deck entries will not be accepted
NT’s will not be accepted
Entries are by invite only Hy-Tek Email entries will be accepted. AN Entry Summary with a signed waiver must be sent to the office for entries to be considered by Thursday May 6, 2010

U.S. Mail Entries/Payment to: **Karla Leite, 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:** **Entries must be received by : Tuesday May 3, 2011**

An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$4.00** per individual event must accompany the entries.
Make check payable to: **Long Island Swimming**
Payment must be received by **May 15, 2010** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- 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 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 start of the session. Coaches are asked to draw a line through an individual event to indicate clearly that individual event is a scratch or when an athlete is out of the session completely draw a line through the swimmers name who will not be participating in the session.
- 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:** 1st – 10th place awards will be given to the 12&U athletes. Events 21 & 22 will be awarded for 1st-10th for both 10&U and 11-12. Both 9-10 and 8&U awards will be given in the 10&U events. 1st-3rd place awards will be given to the OPEN SWIMMERS.
- OFFICIALS:** Meet Referee: Ari Nakkab, 878 Flanders Drive, North Woodmere, NY 11581 Officials wishing to volunteer should contact Meet Referee by May 13, 2011
- MEET DIRECTOR:** Ginny Nussbaum, gnussbaum@longislandswimming.com 516.378.8467 – Questions concerning the meet will only be entertained when communicated via a certified coach on an invited team.
- 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.
"Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement."
- 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.
"Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer's legal guardian, to ensure compliance with this requirement"
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Nassau County Aquatic Center, Long Island Aquatic Club, Long Island Swimming, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** Admission – AM Sessions sold together for \$7.00 or individually for \$7.00
PM Sessions \$7.00
ALL DAY PASS \$12.00
Admission – 800 session included with either an AM or PM session purchase
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 Spring Kickoff Invitational

May 14-15, 2011

To be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York

SESSION I SATURDAY MAY 14, 2011 WARM-UP 7:30AM START 8:45AM				SESSION V SUNDAY MAY 15, 2011 WARM-UP 7:45AM START 8:45AM		
WOMEN	EVENT	MEN		WOMEN	EVENT	MEN
1	11&12 200m free	2		33	10&U 200m Free	34
3	10&U 100m free	4		35	11&12 100m Free	36
5	11&12 50m Fly	6		37	10&U 50m Fly	38
7	10&U 100m Fly	8		39	11&12 100m Fly	40
9	11&12 200m Back	10		41	10&U 100m Breast	42
SESSION II SATURDAY MAY 14, 2011 WARM-UP 11:45AM START 12:00PM				SESSION VI SUNDAY MAY 15, 2011 WARM-UP 11:15AM START 11:30AM		
11	10&U 50m back	12		43	11&12 200m Breast	44
13	11&12 50m free	14		45	10&U 100m Back	46
15	10&U 50m breast	16		47	11&12 100m Back	48
17	11&12 50m breast	18		49	10&U 50m free	50
19	12&U 400m Free	20		51	11&12 200m fly	52

SESSION III SATURDAY MAY 14, 2011 WARM-UP 2:30PM START 3:15PM				SESSION VII SUNDAY MAY 15, 2011 WARM-UP 2:30PM START 3:15PM		
21	OPEN 800m limited to 4 heats			OPEN 800m limited to 4 heats		22

*Start time for session II & VI may be moved earlier depending on the length of session I&V

SWIMMERS MUST PROVIDE THEIR OWN TIMER FOR THE 12&U 400m Free and the Open 800m Free

SESSION IV SATURDAY MAY 14, 2011 WARM-UP 4:00PM START 5:00PM				SESSION VIII SUNDAY MAY 15, 2011 WARM-UP 4:00PM START 5:00PM		
WOMEN	EVENT	MEN		WOMEN	EVENT	MEN
23	OPEN 200m Free	24		53	OPEN 200m Back	54
25	OPEN 100m Fly	26		55	OPEN 100m Breast	56
27	OPEN 200m Breast	28		57	OPEN 200m Fly	58
29	OPEN 100m Back	30		59	OPEN 100m Free	60
31	OPEN 200m IM	32		61	OPEN 50m Free	62



LONG ISLAND AQUATIC CLUB
presents
THE SPRING KICKOFF SWIM MEET
MAY 14-15 2011

to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island
Sanctioned by Metropolitan Swimming
sanction #110502

ENTRY SUMMARY

Team _____ Club Code _____

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