

Long Island Express

May 13-14-15

Invitational Swim Meet

LIE May Extravaganza

May 14-15-16

100503

Invited Teams: Islip Aquatics, Hauppauge, Huntington YMCA, Flushing, LaGuardia, Connetquot, Long Beach Aquatics, North Shore, Sachem, New York Sharks, Newburgh, Lindenhurst, Farmingdale, Condors, New York City Aquatic Club, Patriot Swim Club, Wagner, West Islip Aquatic Club.

LIE May Extravaganza

May 13-14-15 2011

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **100503**
- LOCATION:** **Hofstra University**
- FACILITY:** **8 Lane 50 meter facility with Colorado timing system**
The pool **has been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Friday 13-14 15-18 Warm-up 4:00 Start 5:00**
Saturday and Sunday 11-12, 13-14 8:00 Warm-up 9:00 Start
Saturday and Sunday 10 and under , Open 3:00 Warm-up 4:00 Start
Sat and Sunday 400 Free and 400 IM 1:30 warm-up 2:00 start
- FORMAT:** **Timed finals**
Deck seeding will be in place
- 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 13, 2010** 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:** **4 Entries per day will be permitted**
Entries will be cut on a first come first serve basis – if after all teams are accepted there needs to be additional cuts they will be made by time. Hy-Tek entries only.
- U.S. Mail Entries/Payment to: **Robert Ortof**
28-01 202 Street
Bayside NY 11360
- Email Entries/Confirm Entry Receipt: **ROrtof@nyc.rr.com**
Signature waiver for express mailed entries
- DEADLINE:** **Entries must be received by : May 6, 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 Express LTD**
Payment must be received by **May 14, 2011** 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 will be in place**
- 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 indicate clearly individual events scratches and which swimmers 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:** **Medals will be given 1-3 and ribbons 4-8**

- OFFICIALS:** Meet Referee: **Kris Sawicz**
Officials wishing to volunteer should contact Meet Referee by **April 28, 2011**
- MEET DIRECTOR:** **Robert Ortof – Rortof@nyc.rr.com**
- 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 **Hofstra University and Long Island Express**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** **\$4.00 Admission \$2.00 Programs**
- MERCHANTS:** **Metro Swim Shop will be present at the meet. No food or drink allowed in the building.**
- PARKING:** **Parking immediately adjacent to facility.**
- DIRECTIONS:** **LIE (495) to Exit 38 (Northern State Parkway) East, to the Meadowbrook Parkway Exit 31 A. Stay on Meadowbrook Parkway until Exit M4 (sign reads Hempstead and Coliseum (travel west) to Main gate (opposite Dunkin Donuts) – enter main gate and turn right at the stop sign at first major intersection – pool facility will be directly in front of you at first stop sign.**
- STARTING RULE COMPLIANCE** 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.

Friday Warm-up 4:00 PM Start 5:00 PM

Friday May 14

Warm-up 4:00 PM Start 5:00 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<u>1</u>	13-14 200 IM	<u>2</u>
<u>3</u>	Open 200 IM	<u>4</u>
<u>5</u>	13-14 100 Fly	<u>6</u>
<u>7</u>	Open 100 Fly	<u>8</u>
<u>9</u>	13-14 200 Breast	<u>10</u>
<u>11</u>	Open 200 Breast	<u>12</u>
<u>13</u>	13-14 100 Free	<u>14</u>
<u>15</u>	Open 100 free	<u>16</u>

Saturday May 15

Warm-up 8:00 AM Start 9:00 AM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
17	11/12 100 Free	18
19	13-14 200 Free	20
21	11/12 50 Fly	22
23	13-14 100 Breast	24
25	11/12 100 Breast	26
27	13-14 100 Back	28
29	11/12 50 Back	30

Saturday May 15

Warm-up 1:30 PM Start 2:00 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
*31	Open 400 Free	*32

*This event will be limited to 5 heats of girls and 5 heats of boys

Saturday May 15

Warm-up 3:00 PM Start 4:00 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
33	10 and Under 100 Free	34
35	Open 200 Free	36
37	10 and Under 50 Fly	38
39	Open 100 Breast	40
41	10 and Under 100 Breast	42
43	Open 100 Back	44
45	10 and Under 50 Back	46

Sunday May 16

Warm-up 8:00 AM Start 9:00 AM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
47	11/12 50 Free	48
49	13-14 200 Back	50
51	11/12 100 Fly	52
53	13-14 50 Free	54
55	11/12 50 Breast	56
57	13-14 200 Fly	58
59	11/12 100 Back	60

Sunday May 16

Warm-up 1:30 PM

Start 2:00 PM

Girls

Event

Boys

*61

Open 400 Individual Medley

*62

*This event will be limited to 5 heats of girls and 5 heats of boys

Sunday May 16

Warm-up 3:00 PM

Start 4:00 PM

Girls

Event

Boys

63	10 and Under 50 Free	64
65	Open 200 Back	66
67	10 and Under 100 Fly	68
69	Open 50 Free	70
71	10 and Under 50 Breast	72
73	Open 200 Fly	74
75	10 and Under 100 Back	76