

Long Island Express

July 16th and 17th
Summer Sizzler Invitational Swim Meet

LIE Summer Sizzler 2011
July 16 and 17
110706

Invited Teams: Islip Aquatics, , Empire, Flushing, LaGuardia, Connetquot,
Cross Island YMCA, Huntington, Central Queens YMHA, North Shore,
Sachem, , Lindenhurst, Farmingdale, New York City Aquatic Club, Asphalt
Green Unified Aquatics, Long Beach, New York Sharks, Hauppauge

LIE July Summer Sizzler

July 16 and 17 2011

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **100706**
- 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:** **Saturday and Sunday 11-12, 13-14 8:00 Warm-up 9:00 Start**
Saturday and Sunday 10 and under , Open 2:00 Warm-up 3:00 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 **July 16, 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:** **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 : July 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 **July 6, 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 **July 5, 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.

Saturday July 17

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<u>1</u>	11/12 100 Free	<u>2</u>
<u>3</u>	13-14 100 Free	<u>4</u>
<u>5</u>	11/12 50 Fly	<u>6</u>
<u>7</u>	13-14 200 Fly	<u>8</u>
<u>9</u>	11/12 100 Breast	<u>10</u>
<u>11</u>	13-14 100 Breast	<u>12</u>
<u>13</u>	11/12 50 Back	<u>14</u>
<u>15</u>	13-14 100 Back	<u>16</u>

Saturday July 18

Warm-up 2:00 PM **Start 3:00 PM**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<u>17</u>	10 and Under 100 Free	<u>18</u>
<u>19</u>	Open 100 Free	<u>20</u>
<u>21</u>	10 and Under 50 Fly	<u>22</u>
<u>23</u>	Open 200 Fly	<u>24</u>
<u>25</u>	10 and Under 100 Breast	<u>26</u>
<u>27</u>	Open 100 Breast	<u>28</u>
<u>29</u>	10 and Under 50 Back	<u>30</u>
<u>31</u>	Open 100 Back	<u>32</u>

Sunday July 18, 2010

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<u>33</u>	11/12 50 Free	<u>34</u>
<u>35</u>	13-14 50 Free	<u>36</u>
<u>37</u>	11/12 100 Fly	<u>38</u>
<u>39</u>	13-14 100 Fly	<u>40</u>
<u>41</u>	11/12 50 Breast	<u>42</u>
<u>43</u>	13-14 200 Breast	<u>44</u>
<u>45</u>	11/12 100 Back	<u>46</u>
<u>47</u>	13-14 200 Back	<u>48</u>

Sunday July 18, 2010

Warm-up 2:00 PM **Start 3:00 PM**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<u>49</u>	10 and Under 50 Free	<u>50</u>
<u>51</u>	Open 50 Free	<u>52</u>
<u>53</u>	10 and Under 100 Fly	<u>54</u>
<u>55</u>	Open 100 Fly	<u>56</u>
<u>57</u>	10 and Under 50 Breast	<u>58</u>
<u>59</u>	Open 200 Breast	<u>60</u>
<u>61</u>	10 and Under 100 Back	<u>62</u>
<u>63</u>	Open 200 Back	<u>64</u>