



**Spring Kickoff Invitational
May 12-13, 2012
Sanction #120506**

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 12-13, 2012

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #
- 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 12 warm-up 7:15-8:35am Start 8:45am
Session Two – 12&U - Saturday May 12 warm-up 11:30- 11:45pm Start 11:45pm
Session Three – Women's Open 800 free – Saturday May 12 warm-up 2:15-3:00pm Start 3:00pm
Session Four – Open – Saturday May 12 warm-up 4:00-4:50pm Start 5:00pm
Session Five – 12&U – Sunday May 12 warm-up 7:15-8:35am Start 8:45am
Session Six – 12&U – Sunday May 13 warm-up 11:15-11:30am Start 11:30am
Session Seven – Men's Open 800 free – Sunday May 13 warm-up 2:15-3:00pm Start 3:00pm
Session Eight – Open – Sunday May 13 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 12, 2012** 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 10, 2012

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 1, 2012

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, gnessbaum@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.
- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms
- 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.
Hobbieswim will be available throughout the entire meet
- PARKING:** There is ample free parking
- 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 12-13, 2012

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

SESSION I SATURDAY MAY 12, 2012 WARM-UP 7:15AM START 8:45AM				SESSION V SUNDAY MAY 13, 2012 WARM-UP 7:15AM START 8:45AM		
WOMEN	EVENT	MEN		WOMEN	EVENT	MEN
1	11&12 200m free	2		34	10&U 200m Free	35
3	10&U 100m free	4		36	11&12 100m Free	37
5	11&12 50m Fly	6		38	10&U 50m Fly	39
7	10&U 100m Fly	8		40	11&12 100m Fly	41
9	11&12 200m Back	10		XXX	10&U 100m Breast	42
11	10&U 100 Breast	XXX				
SESSION II SATURDAY MAY 12, 2012 WARM-UP 11:30AM START 11:45AM				SESSION VI SUNDAY MAY 13, 2012 WARM-UP 11:15AM START 11:30AM		
12	11-12 200 Butterfly	13		XXX	12&U 400m Free	43
14	10&U 50m back	15		44	11&12 200m Breast	45
16	11&12 100m back	17		46	10&U 100m Back	47
18	10&U 50m breast	19		48	11&12 50m Breast	49
20	11&12 50m free	21		50	10&U 50m free	51
22	12&U 400m Free	XXX				

SESSION III SATURDAY MAY 12, 2012 WARM-UP 2:15PM START 3:00PM				SESSION VII SUNDAY MAY 13, 2012 WARM-UP 2:15PM START 3:00PM		
23	OPEN 800m limited to 4 heats			OPEN 800m limited to 4 heats	52	

*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 12, 2012 WARM-UP 4:00PM START 5:00PM				SESSION VIII SUNDAY MAY 13, 2012 WARM-UP 4:00PM START 5:00PM		
WOMEN	EVENT	MEN		WOMEN	EVENT	MEN
24	OPEN 200m Free	25		53	OPEN 200m Back	54
26	OPEN 100m Fly	27		55	OPEN 100m Breast	56
28	OPEN 200m Breast	29		57	OPEN 200m Fly	58
30	OPEN 100m Back	31		59	OPEN 100m Free	60
32	OPEN 200m IM	33		61	OPEN 50m Free	62



LONG ISLAND AQUATIC CLUB
presents
THE SPRING KICKOFF SWIM MEET
MAY 12-13 2012

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

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