

31st Annual
Dr. Martin Luther King Jr. Swim Invitational
January, 13, 14, 15 2012

Hosted by Nu-Finmen Swimming
Sanction#120112

31st Annual Dr. Martin Luther King, Jr. Swim Invitational

January 13, 14, 15, 2012

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
#"[Click and input sanction number]"
- LOCATION:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, Long Island, NY 11554
- FACILITY:** 10 lane 25 yd pool with 2 meter minimum depth.
Colorado Timing System, Scoreboard Readouts, Hy-Tek Meet Manager
This pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session I: Friday, January 13, 2012 – (12&un) (13&over) warm-up: 5:00PM, start: 6:00 Pm
Session 11: Saturday, January 14, 2012 (open) (13/14) warmup:7:00am, start 8:30AM
Session 111: Saturday, January 14, 2012 - (8&un) (9/10) (11/12) warmup:1:00pm, start:2:00PM
Session 1V: Sunday, January 15, 2012 - (open) (13/14)
Session V: Sunday, January 15, 2012 - (8&un) (9/10) (11/12) warmup:1:00PM, start 2:00PM
- FORMAT:** Timed Final events
First 4 events of each session may be pre-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 January 13, 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 limited to 3 events per session plus relay, 2 relays per event per team.
Entries by Hy-Tek Email, Entries not sent on Hy-Tek subjected to \$1.00 per event surcharge. NTS not accepted.
Entries will be entered in the order received and as space allows to keep within the time frame.
U.S. Mail Entries/Payment to: Nu-Finmen Swimming, 3 Church Street, Hempstead, NY11550
Email Entries/Confirm Entry Receipt: djdiazdd@aol.com
If sending express mail, please sign the waiver on the front.
An entry summary with
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **Friday, December 24, 2011**.
2: The final entry deadline for this meet is **Wednesday, December 28, 2011**
3: Metro entries received between **Friday, December 24th** and **Wednesday, December 28th** and all entries from other LSC's will be entered in the order they were received, as space allows.
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 \$3.00 per individual event and \$8.00 per relay must accompany the entries.
Make check payable to: Nu-Finmen Swimming. Payment must be received by January 13, 2012. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** General warm up day with assigned lanes will be distributed each session along with scratch sheets. The last 15 minutes of each warm up will be open for one way sprints with 2 lanes remaining open for general warm up.

- 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:** **Individual awards: custom ribbons 1st – 10th, relays: 1st - 3rd places. High point awards for each age group (male / female) points awarded thru' 6th place (no points awarded out of age group). Awards that are not picked up by end of meet will not be mailed.**
- OFFICIALS:** **Meet Referee: Jackie Spierer, musi0939@aol.com – 631-348-3586**
Officials wishing to volunteer should contact Meet Referee by **January 5, 2012**.
- MEET DIRECTOR:** **Jennifer Trotman: coachjenntrtman@aol.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.
"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".
- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **"Nassau County Aquatic Center, and Nu-Finmen Swimming"**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

Use of audio or visual recording devices including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- ADMISSION:** **\$6.00 per person, per session, (11 & over) / programs - \$2.00 each**
- MERCHANTS:** **Food available in designated areas. No glass bottles allowed on pool deck.**
- PARKING:** **Ample free parking available in the park.**
- DIRECTIONS:** **From Verranzo Narrows Bridge & Kennedy Airport:**
Follow signs to Belt Parkway/Long Island East. Take Belt Pkwy E. past Kennedy Airport. After Kennedy Airport stay in the left lane and look for signs to Southern State Pkwy E. Take Southern State Pkwy E. to Meadowbrook Pkwy N to NY-24 Hempstead Turnpike (exit M4). On Hempstead Turnpike get in left lane. Make left at first light (Merrick Ave.). Eisenhower Park is on the right. Turn right into parking lot for pool.

From Whitestone & Throgs Neck Bridges:
Take Cross Island Pkwy S to exit 29, Grand Central Pkwy E. Follow Grand Central Pkwy to Meadowbrook Pkwy S (Jones Beach) to NY-24 (exit M4) and follow above directions to Eisenhower Park.

Nu-Finmen Swimming
31st ANNUAL DR. MARTIN LUTHER KING JR. SWIM INVITATIONAL

SESSION 1: FRIDAY, JANUARY 13, 2012,

WARMUP: 5:00 PM, START: 6:00PM

FEMALE	EVENTS	MALE
1	10 & UN 200 FREE	2
3	11 / 12 200 FREE	4
5	13 / 14 500 FREE	6
7	OPEN 500 FREE	8
9	10 & UN 200 IM	10
11	11 / 12 200 IM	12
13	13 / 14 400 IM	14
15	OPEN 400 IM	16

(Nu-Finmen Swim reserves the right to limit the number of heats in this session to keep within the time limit)

SESSION II: SATURDAY, JANUARY 14, 2012

WARMUP: 7:00AM, START: 8:30AM

FEMALE	EVENTS	MALE
17	OPEN 200 IM	18
19	13 / 14 200 IM	20
21	OPEN 100 BREAST	22
23	13 / 14 200 BREAST	24
25	OPEN 200 FLY	26
27	13 / 14 100 FLY	28
29	OPEN 100 FREE	30
31	13 / 14 200 FREE	32
33	OPEN 200 BACK	34
35	13 / 14 100 BACK	36
37	OPEN 200 MED RELAY	38
39	13 / 14 200 MED RELAY	40

SESSION III: SATURDAY, JANUARY 14, 2012

WARMUP: 1:00PM, START, 2:00PM

FEMALE	EVENTS	MALE
41	9 / 10 100 IM	42
43	8 & UN 100 IM	44
45	11 / 12 50 BACK	46
47	9 / 10 100 BACK	48
49	11/12 100 BREAST	50
51	9 / 10 50 BREAST	52
53	8 & UN 50 FLY	54
55	9 / 10 100 FLY	56
57	11 / 12 50 FLY	58
59	8 & UN 50 FREE	60
61	9 / 10 50 FREE	62
63	11 / 12 100 FREE	64
65	10 & UN 200 MED RELAY	66

SESSION IV: Sunday, JANUARY 15, 2012**WARMUP: 7:00AM, START: 8:00AM**

FEMALE	EVENTS	MALE
69	OPEN 200 BREAST	70
71	13 / 14 100 BREAST	72
73	OPEN 50 FREE	74
75	13 / 14 50 FREE	76
77	OPEN 100 FLY	78
79	13 / 14 200 FLY	80
81	OPEN 200 FREE	82
83	13 / 14 100 FREE	84
85	OPEN 100 BACK	86
87	13 / 14 200 BACK	88
89	OPEN 200 FREE RELAY	90
91	13 / 14 200 FREE RELAY	92

COACHES RELAY is at the conclusion of Session IV**SESSION V: SUNDAY, JANUARY 15, 2012****WARMUP: 1:00PM, START, 2:00PM**

FEMALE	EVENTS	MALE
93	11 / 12 100 IM	94
95	8 & UN 50 BACK	96
97	9 / 10 50 BACK	98
99	11 / 12 100 BACK	100
101	8 & UN 50 BREAST	102
103	9 / 10 100 BREAST	104
105	11 / 12 50 BREAST	106
107	9 / 10 50 FLY	108
109	11 / 12 100 FLY	110
111	8 & UN 100 FREE	112
113	9 / 10 100 FREE	114
115	11 / 12 50 FREE	116
117	10 & UN 200 FREE RELAY	118
119	11 / 12 200 FREE RELAY	120

NU-FINMEN SWIMMING
31ST ANNUAL DR. MARTIN LUTHER KING JR. SWIM INVITATIONAL
JANUARY 13, 14, 15, 2012

CLUB: _____ CLUB CODE: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
PHONE: _____ EMAIL: _____
CLUB CONTACT: _____ PHONE: _____
TOTAL INDIVIDUAL EVENTS: _____ x \$3.00 = _____
TOTAL SWIMMER (non- HYTEK surcharge) _____ x \$1.00 = _____
TOTAL RELAYS _____ x \$8.00 = _____
TOTAL DUE = _____

Return this form with hard copy and check
Check payable Nu-Finmen Swimming
3 church Street,
Hempstead, NY 11550
(sign signature on express mail)
Signed club official _____

Dr. Martin Luther King's Essay

Encourage your swimmers to submit an essay on Dr. King's Dream.

Essay Criteria:

- 200 – 250 word typed essay on "How would you further Dr. Martin Luther King Jr.'s dream in your community or surrounding community and why"
- 12 font
- Double space
- Swimmers first and last name, age and team name must be on the first page of the essay
- Submit to meet director no later than the completion of Session 3 on Saturday.
- First place winner receives \$200.00 US Savings Bond.