

**26th ANNUAL DR., MARTIN LUTHER KING, JR.
SWIM INVITATIONAL
JANUARY 12, 13, 14, 2007**

SITE: Nassau County Aquatic Center, Eisenhower Park, East Meadow, LI

HOME OF THE GOODWILL GAMES & SPEEDO JR NATIONAL CHAMPIONSHIP

SPONSOR: NU-FINMEN SWIMMING, INC.

SANCTION: METROPOLITAN SWIMMING, INC. SANCTION: #070112

POOL: 10 Lane 25-yd pool with non-turbulent lane lines.
Hy-Tek and Colorado Timing System

ENTRIES: Events are Timed Finals. Swimmers are limited to 3 individual events per session, plus relays. Relays limited to 2 per event. Unattached swimmers may not swim on a relay as a team representative.

Fees & master entry sheet must accompany entries. NT (no times) not accepted.

Metro entries due Thursday, December 21, 2006; Non-Metro entries due Friday, December 22, 2006; Entries in yards; Time trials held if time permits

NO CHANGES AFTER Thursday, JANUARY 4, 2007

Entries not sent on Hy-Tek subjected to \$1.00 surcharge.

Entry fee is \$3.00 per event & \$8.00 per relay.

Mail to: Nu-Finmen Swimming,

c/o: Dawn Diaz, 3 Church Street, Hempstead, NY 11550

include name, phone number of head coach & or team contact person.

ELIGIBILITY: Swimmers must be registered with USA Swimming.

Age as of January 12, 2007 determines eligibility.

Swimmers with disabilities are encouraged to attend. Please advise our meet director, Jennifer Trotman, if any special accommodations necessary.

MEET OVERSCRIBED: Entries on a 1st-come basis. Cuts by **team**.

NuFinmen reserves the right to enter swimmers regardless of time.

RULES /CONDITIONS: USA Swim rules govern this meet. USA Swimming, Inc., Metropolitan Swimming, Inc., Nu-Finmen Swimming, Inc., Nassau County Aquatic Center & their agents or representatives shall be held free and harmless of liabilities, claims, or damages arising by reason of injuries to anyone during this event. All persons on deck must be registered

with USA Swimming & must wear certification (which will be checked) at all times during meet.

METROPOLITAN SAFETY GUIDELINES ENFORCED

WARM-UPS: Metro guidelines followed. Adjustments may be made to ensure a safe and proper warm-up.

SCRATCHES: Metropolitan Association scratch rules in affect. Scratches no later than 30 minutes before start of each session.

ADMISSION: \$5.00 per person per session, plus \$2 for program;
\$1.00 per child (under 10) per session

AWARDS: Individual: Custom ribbons 1st - 10th; relays: 1st - 3rd;

High point awards for each age group (male/female)

Points awarded thru' 6th place (no points awarded out of age group)

DIRECTIONS: From Verrano Narrows Bridge & Kennedy Airport: Follow signs to Belt Pkwy/Long Island East. Take Belt Pkwy E past Kennedy Airport. After Kennedy Airport stay in left lane to Southern State Pkwy E. Take Southern State Pkwy East to Meadowbrook Pkwy North to NY-24 Hempstead Turnpike E (exit M4). On Hempstead Turnpike get in left lane. Make left at 1st light (Merrick Ave). Eisenhower Park is on the right. Turn right into parking lot for pool.

From Whitestone & Throgs Bridges: Take Cross Island Pkwy South to exit 29, Grand Central Parkway East. Grand Central Pkwy to Meadowbrook Pkwy South (Jones Beach). Get off Meadowbrook Pkwy at NY24 East, Hempstead Turnpike. See above directions.

From LaGuardia Airport: Grand Central Parkway (Eastern Long Island) to Meadowbrook Parkway. Follow above directions.

NU-FINMEN SWIMMING

26th ANNUAL DR. MARTIN LUTHER KING, Jr. SWIM INVITATIONAL

SESSION I: FRIDAY, JANUARY 12, 2007

Warm-Up 5:00pm; Start 6:00pm

Female		EVENTS		MALE
	No slower		No slower	
1	3:02.11	10&UN 200 FREE	2:59.69	2
3	2:40.62	11&12 200 FREE	2:39.32	4
5	6:22.50	13&14 500 FREE	6:19.50	6
7	6:10.99	OPEN 500 FREE	5:37.29	8
9	3:31.99	10&UN 200 IND MED	3:27.89	10
11	3:02.88	11&12 200 IND MED	3:01.86	12
13	5:50.99	13&14 400 IND MED	5:30.99	14
15	5:40.99	OPEN 400 IND MED	5:14.89	16

(NUFINMEN SWIMMING reserves the right to limit the number of heats to make this session manageable. The 500 free & 400 IM may be limited to the TOP 3 heats.)

NU-FINMEN SWIMMING
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INVITATIONAL

SESSION II: SATURDAY, JANUARY 13, 2007

Warm-Up: 7:00am, Start: 8:30am

FEMALE		EVENTS	MALE	
	No slower		No Slower	
17	2:32.29	OPEN 200 IND MED	2:19.79	18
19	2:53.89	13&14 200 IND MED	2:49.19	20
21	1:27.76	OPEN 100 BREAST	1:17.92	22
23	3:13.05	13&14 200 BREAST	3:12.14	24
25	2:43.79	OPEN 200 FLY	2:26.99	26
27	1:23.88	13&14 100 FLY	1:20.99	28
29	1:04.39	OPEN 100 FREE	1:02.69	30
31	2:40.19	13&14 200 FREE	2:38.99	32
33	2:46.85	OPEN 200 BACK	2:32.66	34
35	1:28.10	13&14 100 BACK	1:29.59	36
37	NCT	OPEN 400 MED REL	NCT	38
39	NCT	13&14 400 MED REL	NCT	40

SESSION III: SATURDAY, JANUARY 13, 2007

Warm-Up: 1:00pm, Start: 2:00pm

FEMALE		EVENTS	MALE	
	No slower		No slower	
41	1:45.81	9&10 100 IND MED	1:43.19	42
43	2:04.89	8&U 100 IND MED	2:06.20	44
45	44.79	11&12 50 BK	44.59	46
47	1:49.09	9&10 100 BK	1:46.79	48
49	1:44.89	11&12 100 BREAST	1:42.89	50
51	1:01.69	9&10 50 BREAST	1:00.67	52
53	1:00.93	8&U 50 FLY	1:00.95	54
55	1:55.19	9&10 100 FLY	1:53.41	56
57	45.79	11&12 50 FLY	45.79	58
59	57.97	8&U 50 FREE	57.97	60
61	48.52	9&10 50 FREE	47.59	62
63	1:33.89	11&12 100 FREE	1:31.49	64
65	NCT	10&UN 200 MED REL	NCT	66
67	NCT	11&12 200 MED REL	NCT	68

NU-FINMEN FINMEN SWIMMING

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SESSION IV: SUNDAY, JANUARY 14th, 2007

Warm-Up: 7:00am; Start: 8:00am

FEMALE		EVENTS	MALE	
	No slower		No slower	
69	2:54.99	OPEN 200 BREAST	2:48.99	70
71	1:37.61	13&14 100 BREAST	1:32.69	72
73	30.39	OPEN 50 FREE	26.29	74
75	33.69	13&14 50 FREE	31.69	76
77	1:25.39	OPEN 100 FLY	1:20.99	78
79	2:45.50	13&14 200 FLY	2:36.50	80
81	2:25.94	OPEN 200 FREE	2:18.56	82
83	1:16.83	13&14 100 FREE	1:12.59	84
85	1:24.38	OPEN 100 BACK	1:17.42	86
87	2:58.40	13&14 200 BACK	2:51.08	88
89	NCT	OPEN 400 FREE REL	NCT	90
91	NCT	13&14 400 FREE REL	NCT	92

***** **COACHES RELAY** *****

SESSION V: SUNDAY, JANUARY 14th, 2007

Warm-Up: 1:00pm; Start 2:00pm

FEMALE		EVENTS	MALE	
	No slower		No slower	
93	1:40.29	11&12 100 IM	1:35.88	94
95	1:04.61	8&UN 50 BACK	1:04.61	96
97	59.79	9&10 50 BACK	57.84	98
99	1:35.19	11&12 100 BACK	1:33.49	100
101	1:13.93	8&UN 50 BREAST	1:13.93	102
103	1:59.49	9&10 100 BREAST	1:57.79	104
105	51.39	11&12 50 BREAST	50.49	106
107	57.89	9&10 50 FLY	55.29	108
109	1:33.09	11&12 100 FLY	1:32.09	110
111	1:41.31	8&UN 100 FREE	1:41.31	112
113	1:33.89	9&10 100 FREE	1:31.49	114
115	43.91	11&12 50 FREE	41.29	116
117	NCT	10&UN 200 FREE REL	NCT	118
119	NCT	11&12 200 FREE REL	NCT	120

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**NU-FINMEN SWIMMING
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CLUB: _____ **CLUB CODE:** _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

COACH: _____

PHONE: _____ **E-MAIL ADDRESS:** _____

CLUB CONTACT: _____ **PHONE:** _____

Total Individual Events _____ x \$3.00 = _____

Total swimmers (non-disk surcharge) _____ x \$1.00 = _____

Total relays _____ x \$8.00 = _____

Total amount Due _____

Check payable to NU-FINMEN SWIMMING

C/O Dawn Diaz, 3 Church Street, Hempstead, NY 11550
(Please sign the "signature waiver" on envelope for Express Mail)

Waiver: USA Swimming Inc, Metropolitan Swimming Inc, Nu-Finmen Swimming, and Eisenhower Aquatic Center, their agents or representatives shall be held free and harmless from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of these events.

Signed (Club Official) _____

Please return with entry package. No entries will be processed without this signed waiver.