

LONG ISLAND AQUATIC CLUB

Presents

SUMMER FUN INVITATIONAL

JUNE 28 - 29, 2008

To be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, Long Island

Sanctioned by Metropolitan Swimming

Sanction # 080602

Date of Meet: June 28-29, 2008

Entries Due Tuesday June 17, 2008

Submit Long Course Meter Times

SATURDAY JUNE 28, 2008

SUNDAY JUNE 29, 2008

SESSION 1 8:00 am warm-up 9:00 Start

SESSION 3 8:00am warm-up 9:00 start

WOMEN	EVENT	MEN
1. 10&U	100 M Backstroke	2.
3. 11-12	100 M Butterfly	4.
5. 10&U	100 M Butterfly	6.
7. 11-12	50 M Breaststroke	8.
9. 10&U	50 M Breaststroke	10.
11. 11-12	50 M Freestyle	12.
13. 10&U	50 M Freestyle	14.
*15. 12&U	400 M Freestyle	*16.

***May Be limited to 2 heats**

WOMEN	EVENT	MEN
*39. 12&U	400 M IM	*40.
41. 10&U	100 M Free	42.
43. 11-12	100 M Free	44.
45. 10&U	100 M Breast	46.
47. 11-12	100 M Breast	48.
49. 10&U	50 M Back	50.
51. 11-12	50 M Back	52.
53. 10&U	50 M Fly	*54.

***May Be limited to 2 heats**

SESSION 2 1:30pm warm-up 2:30 Start

SESSION 4 1:30pm warm-up 2:30 Start

WOMEN	EVENT	MEN
17. 13-14	200M Freestyle	18.
19. Senior	200M Freestyle	20.
21. 13-14	100 M Butterfly	22.
23. Senior	100 M Butterfly	24.
25. 13-14	200 M Backstroke	26.
27. Senior	200 M Backstroke	28.
29. 13-14	100M Breaststroke	30.
31. Senior	100 M Breaststroke	32.
33. 13-14	100 M Freestyle	34.
35. Senior	100 M Freestyle	36.
*37. Senior	400 M Free	*38.

*** May be limited to 2 heats**

WOMEN	EVENT	MEN
55. 13-14	200 M I M	56.
57. Senior	200M I M	58.
59. 13-14	200 M Butterfly	60.
61. Senior	200 M Butterfly	62.
63. 13-14	100 M Backstroke	64.
65. Senior	100 M Backstroke	66.
67. 13-14	200 M Breaststroke	68.
69. Senior	200M Breaststroke	70.
71. 13-14	50 M Freestyle	72.
73. Senior	50 M Freestyle	74.
*75. Senior	Olympic distance	*76.

***May Be limited to 2 heats**

Pool: Goodwill Games Aquatic Center in Eisenhower Park, East Meadow, Long Island
10 lane by 50 meter competition pool w/ 2 meter min depth.
6 lane by 25 meter warm up pool
Colorado Timing system, Hy-Tek meet manager

Host of: **1998 Speedo Northeast Junior Championships**
1998 Goodwill Games
1999 Phillips 66 National Swimming Championships
1999 Long Island Open - Grand Prix
2000 Long Island Open
2001 Women's Division I Swimming & Diving Championships
2001 FINA World Cup
2001 U.S. Open
2004 World Cup
2004 Men's Division I Swimming & Diving Championships
2001-2005, 2008 Speedo Champion Series

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SUMMERTIME CLASSIC

JUNE 28-29, 2008

To be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, Long Island

Sanctioned by Metropolitan Swimming

Sanction #

Eligibility: Swimmers must be USA Swimming registered (or other FINA member) in order to compete. Entries for swimmers without valid 2008 USA Swimming registrations will not be entered in the meet. Coaches wanting to stay on the pool deck must carry their valid certifications with them during the meet. **Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.**

Entry Fees: An entry fee of \$4.00 per individual event, \$1.00 additional for Metro Non-Hy-Tek entries, must accompany the entries. Make checks payable to **“Long Island Swimming”**. Entries will not be considered received and accepted without full payment of fees.

Entries: All athletes are limited to enter 3 events per session. Hy-Tek E-mail entries are preferred - Hy-Tek program entries on 3 1/2" diskette, labeled with the team name (along with a hard copy) is the second option of entry. **An Entry Summary with a signed waiver must accompany each entry, regardless whether entries are submitted on via e-mail, diskette or in writing.** All results will be e-mailed to the team representative. Entries must be submitted in **LCmeter** times only. **NTs will not be accepted. Deck entries will not be accepted.**
Email entries to: msenecal@optonline.net

Mail all paper work and money to:

Meet Director Ginny Nussbaum

42 Merrick Avenue

Merrick, NY 11566

Must put meet entry and date of meet on the envelope

Telephone: (516) 378-8467

Fax: (516) 771-9128

GinnyNussbaum@hotmail.com

Deadline: Entries must be received by June 17, 2008 IF SENDING EXPRESS MAIL, PLEASE SIGN THE WAIVER ON FRONT. Entries will be entered in the order received as space allows.

Awards: 1st – 10th. Events 15, 16, 39 & 40 will be awarded 1 to 10 for both 10 & U & 11 – 12. Both 9-10 and 8 & U awards will be given in the 10 & U events.

Admission: \$5.00 per adult. Program \$2.00.

MEET MARSHALL: It is requested that teams entering this meet assign a coach as a Meet Marshall during the warm-up and actual duration of each session.

METRO SAFETY GUIDELINES WILL BE ENFORCED.

THE USA SWIMMING CODE OF CONDUCT IS IN EFFECT FOR THE DURATION OF THE MEET.

NO FOOD OR GLASS BOTTLES ALLOWED ON DECK.

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JUNE 28-29, 2008
to be held at **NASSAU COUNTY AQUATIC CENTER, Long Island**
Sanctioned by Metropolitan Swimming
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ENTRY SUMMARY

Team _____ **Club Code** _____ **Association** _____

Address _____ **Town** _____ **State** _____ **Zip** _____

Contact _____ **Phone** _____

# 10 & UNDER WOMEN _____	# EVENTS _____	x	\$4.00	=	\$ _____
# 11-12 WOMEN _____	# EVENTS _____	x	\$4.00	=	\$ _____
# 13-14 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	=	\$ _____
# 13-14 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

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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.) Follow Merrick Ave. and signs to pool entrance on your right.

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). For pool see directions above.

FROM LA GUARDIA AIRPORT

Take Grand Central Parkway (to eastern Long Island) to Meadowbrook Parkway and follow above directions.