

Long Island Express Swim Team

May 10-11 Extravaganza

- Sanction** The meet is sanctioned under United States Swimming and Metropolitan Swimming Inc. **Sanction # 080504**
- Hosted by** Long Island Express Swim Team
- Location** Hofstra University Swim Center
- Times** Saturday - - Ages: 13 and 14 & 11 and 12
Warm-up 4:00 PM
Start 5:00 PM
Sunday - - Ages: Open & 10 and unders
Warm-up 7:00 AM
Start 8:00 AM
- Facility** 8 lane 50 meter pool. Colorado timing system 6000 will be used. 8 lane Colorado timing scoreboard will be used. Hy-Tek meet manager computer will be used to conduct the meet.
- Format** All events are timed finals. First eight teams received will be entered in the computer. Then the meet will be cut to maintain the 4 hour time limit by time. All entries exceeding this limit will be returned. Please include e-mail address.
- Entry limit** **Swimmers** will be limited to **3 events per day**.
- Scratches** Coaches will receive a list of swimmers by session. Swimmers must be scratched 30 minutes prior to the start of the session
- Entry Fees** \$4.00 per event
Entry fee payment must accompany entries. Please no phone or fax entries.
Make checks payable to Long Island Express LTD
- Mail Entries** Robert Ortof
Long Island Express
28-01 202 Street
Bayside NY 11360
718-352-2136
- Email entries:** ROrtof@nyc.rr.com

Long Island Express Swim Team

Saturday May 10

Warm-up 4:00 PM Start 5:00 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	13-14 200 IM	2
3	11/12 100 Free	4
5	13-14 200 Fly	6
7	11/12 100 Breast	8
9	13-14 100 Breast	10
11	11/12 100 Fly	12
13	13-14 200 Back	14
15	11/12 100 Back	16
17	13-14 100 Free	18
19	11/12 50 Free	20

Sunday May 11

Warm-up 7:00 AM Start 8:00 AM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
21	Open 200 Breast	22
23	10 and under 100 Free	24
25	Open 100 Free	26
27	10 and under 100 Breast	28
29	Open 200 Fly	30
31	10 and under 50 Fly	32
33	Open 100 back	34
35	10 and under 100 back	36
37	Open 200 IM	38
39	10 and under 50 Free	40

Deadline All entries must be received by May 5th and must be in meter times. Non Metro teams will be accepted on May 1st . No NT's will be accepted. Please process your entries as soon as possible. Please include first and last names of swimmers, ages and USS numbers must be submitted. If using HY-Tek, please include a hard copy of your entries along with your disk.

Admission **Adult Admission(18 and over)**
\$4.00 per person
And Programs **\$2.00 per person**

Parking Free parking on campus.
Please use lot immediately adjacent to Swim Center.

Spectators Only swimmers, coaches and officials will be allowed on deck. Everyone else must remain in the spectator area. No smoking allowed in the building. No food or glass bottles allowed on pool deck.

Concessions No food or beverages will be served by the meet host.

Insurance All swimmers in meet must be currently registered with USS through Metropolitan Swimming Inc. or some other LSC. It is the responsibility of the individual athletes and /or team they represent to be sure that they are registered.

Rules Current USA Swimming rules will govern this meet.

Age Age group will be determined by the swimmer's age as of the first day of the meet.

Awards Medals 1st-3rd place and ribbons 4th-8th place in all age groups.
Awards will be given only to a coach or team representative at the end of each session. All awards for each team must be picked up. No awards will be mailed, except in case of computer failure.