

Long Island Express Swim Team
June 28th – 29th , 2008 Swim Meet

- Sanction** The meet is sanctioned under United States Swimming and Metropolitan Swimming Inc. **Sanction # 080603**
- Hosted by** **Long Island Express Swim Team**
- Location** **Hofstra University Swim Center**
- Times** **Saturday ---- Ages: 13- 14 and 11-12**
Warm-up 4:00 PM
Start 5:00 PM
Sunday ---- Ages: 10 and under and Open
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 time 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 June 28th

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

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

Sunday June 29th

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

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

<u>Deadline</u>	All entries must be received by June 20th and must be in meter times. Non Metro teams will be accepted on June 23 rd . 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.
<u>Admission</u>	Adult Admission(18 and over)
	\$4.00 per person
<u>And Programs</u>	\$2.00 per person
<u>Parking</u>	Free parking on campus. Please use lot immediately adjacent to Swim Center.
<u>Spectators</u>	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.
<u>Concessions</u>	No food or beverages will be served by the meet host.
<u>Insurance</u>	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.
<u>Rules</u>	Current USA Swimming rules will govern this meet. Code of Conduct will be in effect. Swimmers with disabilities are invited.
<u>Age</u>	Age group will be determined by the swimmer's age as of the first day of the meet.
<u>Awards</u>	Medals 1 st -3 rd place and ribbons 4 th -8 th 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.

