

Invitational Meet Announcement



**Long Island Aquatic Club's Thanksgiving Invitational  
November 21-22, 2009  
091101**

**Invited Teams: AQUA, BAC(NJ), BAD, BASC, BBSC, BGNW, CAT(NJ), HAA, IA, LGAC, LBA, MAG(NE), MCS, NFS, NJW(NJ), SSC, TS, TVSC, WYW(CT), other teams interested please contact Ginny Nussbaum at [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com)**

# Long Island Aquatic Club's Thanksgiving Invite

November 21-22, 2009

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **091101**
- LOCATION:** **Nassau County Aquatic Center**  
**Eisenhower Park, East Meadow, NY 11554**
- FACILITY:** **10 Lane by 25 yard competition pool w/ 2 meter min depth**  
**Colorado Timing System, scoreboard readouts, Hy-Tek meet manager**  
The pool **Has been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session One – Saturday 11/21/09 12&U warm-up 8-8:50am start 9am**  
**Session Two – Saturday 11/21/09 13&14 and Open warm-up 2-2:50pm start 3pm**  
**Session Three – Sunday 11/22/09 12&U warm-up 8-8:50am start 9am**  
**Session Four – Sunday 11/22/09 13&14 and Open warm-up 2-2:50pm start 3pm**
- FORMAT:** **This is a Time Final event**  
**The meet will be Deck 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 **Nov. 21, 2009** 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 are limited to enter 3 events per session.**  
**Deck entries will not be accepted.**  
**NT's will not be accepted**  
**Entries are by invite only and will be entered in the order received as space allows.**  
**Hy-Tek Email entries will be accepted. An Entry Summary with a signed waiver must be sent to the office for entries to be considered by Nov. 12, 2009**
- U.S. Mail Entries/Payment to: **Ginny Nussbaum, 42 Merrick Ave., Merrick, NY 11566**  
Email Entries/Confirm Entry Receipt: **msenecal@optonline.net**  
**If sending express mail, please sign the waiver on the front.**
- DEADLINE:** **Entries must be received by : Nov. 10, 2009**
- An email confirming receipt of entries will be sent back 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 **\$4.00** per individual event must accompany the entries.  
Make check payable to: **Long Island Swimming**  
Payment must be received by **Nov. 21, 2009** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** **General warm up with assigned lanes for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be distributed along with the scratch sheet each session.**
- 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:** 1<sup>st</sup> – 10<sup>th</sup> place awards will be given to the 12&U athletes. 1<sup>st</sup> – 3<sup>rd</sup> for 13&Over events. Both 10&U and 8&U awards will be given in the 10&U events. Awards must be picked up by the end of the meet. Awards left will not be mailed to the club or individual at the conclusion of the event.

**OFFICIALS:** Meet Referee: **Holger Fietkau, 171 Atlantic Ave., Carle Place, NY 11514**  
Officials wishing to volunteer should contact Meet Referee by **Nov. 19, 2009**

**MEET DIRECTOR:** **Ginny Nussbaum, [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com) 516.378.8467** – Questions concerning the meet will only be entertained when communicated via a certified coach on the invited team.

**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.

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Nassau County Aquatic Center, Long Island Aquatic Club, Long Island Swimming**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

**ADMISSION:** Admission - \$5.00 10&over Programs - \$2.00

**MERCHANTS:** A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.  
Hobieswim will be available throughout the entire meet

**PARKING:** There is ample free parking available in the park

**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.) At first traffic light make a right. This is the entrance to the pool.

**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). On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.



**LONG ISLAND AQUATIC CLUB**

presents

its Annual **THANKSGIVING INVITATIONAL**

**NOVEMBER 21– 22, 2009**

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

**Order of Events**

**All events are Timed Finals**

**Saturday Morning 12 & Under  
W.U. 8:00 am Start 9:00am**

**Saturday Afternoon 13 & Over  
W.U. 2:00pm Start 3pm**

Women's Event No.	Event	Men's Event No.		Women's Event No.	Event	Men's Event No.
1	11-12 100yd Butterfly	2		19	13 – 14 100yd Freestyle	20
3	10 & Under 50yd Butterfly	4		21	Senior 200yd Freestyle	22
5	11 – 12 50 yd Backstroke	6		23	13 – 14 200 yd Butterfly	24
7	10 & Under 100yd Backstroke	8		25	Senior 100yd Butterfly	26
9	11 – 12 100yd Breaststroke	10		27	13 – 14 100yd Backstroke	28
11	10 & Under 50yd Breaststroke	12		29	Senior 200yd Backstroke	30
13	11 – 12 50yd Freestyle	14		31	13 –14 200yd Breaststroke	32
15	10 &Under 50yd Freestyle	16		33	Senior 100yd Breaststroke	34
17*	11 – 12 500yd Freestyle	18*		35	13 – 14 200yd Freestyle	36
	*may be limited to top 10			37	Senior 100yd Freestyle	38
				39*	15 – 18 400yd IM *may be limited to top 10	40*
	<b>Sunday Morning 12&amp;U W.U. 8:00am Start 9am</b>				<b>Sunday Afternoon 13&amp;Over W.U. 2:00pm Start 3pm</b>	
41	11 – 12 100yd Freestyle	42		59	13 – 14 200yd IM	60
43	10& Under 100yd Freestyle	44		61	Senior 200yd IM	62
45	11 – 12 50yd Butterfly	46		63	13 – 14 100yd Butterfly	64
47	10 & Under 100yd Butterfly	48		65	Senior 200yd Butterfly	66
49	11 – 12 100yd Backstroke	50		67	13 – 14 200yd Backstroke	68
51	10 & Under 50yd Backstroke	52		69	Senior 100yd Backstroke	70
53	11 – 12 50yd Breaststroke	54		71	13 – 14 100yd Breaststroke	72
55	10 &Under 100yd Breaststroke	56		73	Senior 200yd Breaststroke	74
57*	11 – 12 1000yd Freestyle	58*		75	13 – 14 50yd Freestyle	76
	*may be limited to top 10			77	Senior 50yd Freestyle	77
				79*	13 – 14 400yd IM *may be limited to top 10	80*



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Sanctioned by Metropolitan Swimming

sanction #091101

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**ENTRY SUMMARY**

Team \_\_\_\_\_ Club Code \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Contact Name \_\_\_\_\_ E-Mail \_\_\_\_\_

Phone \_\_\_\_\_

# 10 & UNDER WOMEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

# 11-12 WOMEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

# 13-14 WOMEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

# SENIOR WOMEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

# 10 & UNDER MEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

# 11-12 MEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

# 13-14 MEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

# SENIOR MEN \_\_\_\_\_ # EVENTS \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

Waiver of all claims for injury and acceptance of all meet rules are conditions for acceptance of entries.

\_\_\_\_\_  
Coach