

"[Click here and Place any Graphics or Logos in this area]"

Long Island Express Swim Team

"[Click here and Input Meet Name]"

"[Click here and Input Meet Date]"

"[Click here and Input Sanction Number]"

Long Island Express 2009 Octoberfest Swim Meet

October 23rd, 24th and 25th

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #"[Click and input sanction number](#)"
- LOCATION:** [Hofstra University Swim Center](#)
- FACILITY:** [8 Lane 50 meter pool. Colorado timing system 6000 will be used. * lane Colorado timing scoreboard will be used. Hy-Tek meet manager will be used to conduct the meet.](#)
The pool [has](#) been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** [Friday – all ages](#)
[Warm-up 4:00 PM](#)
[Start 5:00 PM](#)
[Saturday and Sunday -- Ages : 13-14 and 11-12](#)
[Warm-up 8:00 AM](#)
[Start 9:00 AM](#)
[Saturday and Sunday -- Ages: Open and 10 and unders](#)
[Warm – up 2:00 PM](#)
[Start 3:00 PM](#)
- FORMAT:** [Timed finals format](#)
[Deck seeded. Coaches will receive a list of swimmers by session. Swimmers must be scratched 30 minutes prior to the start of the session.](#)
- ELIGIBILITY:** Open to all 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 [October 23rd](#) 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:** [Swimmers will limited to 4 events per day.,](#)
[Entries will be cut on a first come first serve basis.](#)
[Entries must be on Hy-Tek.](#)
- U.S. Mail Entries/Payment to: [Robert Ortof](#)
[28-01 202 Street](#)
[Bayside NY 11360](#)
- Email Entries/Confirm Entry Receipt: ROrtof@nyc.rr.com
[Signature waiver for Express mail entries.](#)
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by September 25th .
2: The final entry deadline for this meet is [October 8th, 2009](#)
3: Metro entries received between [September 25th](#) and [October 8th](#) and all entries from other LSC's will be entered in the order they were received, as space allows.
An email confirming receipt of entries 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 [\\$3.00](#) per individual event must accompany the entries.
Make check payable to: [Long Island Express LTD.](#)
Payment must be received by [October 10th](#) 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 will be in place.
- 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:** Medals 1st – 3rd place and Ribbons 4th – 8th place..
- OFFICIALS:** Meet Referee: [Kris Sawicz KRZYSZTOFS0711@aol.com](mailto:Kris.Sawicz@krzysztofs0711.aol.com)
Officials wishing to volunteer should contact Meet Referee by **October 1st**.
- MEET DIRECTOR:** [Robert Ortof 28-01 202 street Bayside NY 11360](mailto:Robert.Ortof@nyc.rr.com)
Phone – 718-352-2136
Email ROrtof@nyc.rr.com
- 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 [Hofstra University](http://www.hofstra.edu) , Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** Admission \$4.00 per person Programs \$2.00
- MERCHANTS:** No food or beverages will be served by host team. A merchandise concession will be available by outside vendor.
- PARKING:** Free parking on campus.
- DIRECTIONS:** Meadowbrook Parkway to exit M7. Hempstead Turnpike West to Dunkin Donuts. Turn right on to entrance of campus. Go to second stop sign and turn right. Go to past field to first stop sign. Swim Center will be on the right.

Long Island Express Swim Team

Friday Oct 23rd
Warm-up 4:00 PM Start 5:00 PM

Girls	Event	Boys
1	10 & under 200 Free	2
3	11/12 200 Free	4
5	13-14 400 IM	6
7	Open 400 IM	8
9	10 and under 200 IM	10
11	11/12 200 IM	12
13	13-14 500 Free	14
15	Open 500 free	16

Saturday Oct 24th

Warm-up 8:00 AM Start 9:00 AM

Girls	Event	Boys
17	13-14 200 IM	18
19	11/12 100 IM	20
21	13-14 200 Back	22
23	11/12 100 Back	24
25	13-14 100 Fly	26
27	11/12 50 Fly	28
29	13-14 200 Breast	30
31	11/12 100 Breast	32
33	13-14 100 Free	34
35	11/12 50 Free	36

Saturday Oct 24th

Warm-up 2:00 PM Start 3:00 PM

Girls	Event	Boys
37	Open 200 IM	38
39	10 and under 100 IM	40
41	Open 200 Back	42
43	10 and under 100 Back	44
45	Open 100 Fly	46
47	10 and under 50 Fly	48
49	Open 200 Breast	50
51	10 and under 100 breast	52
53	Open 100 Free	54
55	10 and under 50 Free	56

Sunday Oct 25th

Warm-up 8:00 AM Start 9:00 AM

Girls	Event	Boys
57	13-14 200 free	58
59	11-12 100 Free	60
61	13-14 100 Back	62
63	11-12 50 Back	64
65	13-14 200 Fly	66
67	11-12 100 Fly	68
69	13-14 100 Breast	70
71	11-12 50 Breast	72
73	13-14 50 Free	74
75*	11-12 500 Free	76*

***Cut off time for event 75 & 76 is 6:10**

Sunday Oct 25th

Warm-up 2:00 PM Start 3:00 PM

Girls	Event	Boys
77	Open 200 Free	78
79	10 and under 100 Free	80
81	Open 100 Back	82
83	10 and under 50 Back	84
85	Open 200 Fly	86
87	10 and under 100 Fly	88
89	Open 100 Breast	90
91	10 and under 50 breast	92
93	Open 50 Free	94
95*	10 and under 500 Free	96*

***Cut off time for event 95 & 96 is 6:45**