

29th Annual Dr. Martin Luther King, Jr. Swim Invitational
January 15, 16, 17 2010
100105

29th Annual Dr. Martin Luther King, Jr. Swim Invitational

JANUARY 15, 16, 17, 2010

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
#[Click and input sanction number]"
- LOCATION:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, Long Island
Home of the Goodwill Games & Speedo Jr. National Championships
- FACILITY:** 10 lane 25-yd pool with non-turbulent lane lines.
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: Friday, January 15, 2010,
Session 11: Saturday, January 16, 2010, Session 111, Saturday, January 16, 2010
Session 1V: Sunday, January 17, 2010, Session V: Sunday, January 17, 2010
- FORMAT:** Timed Finals
First 4 events of each session will be pre-seeded, after that meet is deck seeded
- 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 **January 15, 2010** 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:** Entries should be sent on Hy-Tek, entries not sent on Hy-Tek subjected to \$1.00 per event surcharge, No Times (NT's) not accepted. Limit 3 individual events per session plus relay
U.S. Mail Entries/Payment to: Nu-Finmen Swim, 3 Church St, Hempstead, NY 11550
Email Entries/Confirm Entry Receipt: djiazdd@aol.com
Sign the "signature waiver" for entries sent by Express Mail
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by Saturday, December 26, 2009
2: The final entry deadline for this meet is Thursday, December 31, 2009
3: Metro entries received between December 27, 2009 and December, 31, 2009 and entries from all other LSC's will be entered in the order they are 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 & \$8 per relay must accompany the entries.
Make check payable to: Nu-Finmen Swim, 3 Church Street, Hempstead, NY 11550 .
Payment must be received by **January 15, 2010** for email entries. Payment included with all mail entries.
Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** Assigned warmup day of the meet
- 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:** Individual Awards: Custom Ribbons 1st – 10th, Relays: 1st – 3rd places
High point awards for each age group (male / female)
Points awarded thru' 6th place (no points awarded out of age group).
- OFFICIALS:** Meet Referee: [Todd Trotman – kingfishtodd@aol.com](mailto:kingfishtodd@aol.com)
Officials wishing to volunteer should contact Meet Referee by **Saturday, January 2, 2010.**
- MEET DIRECTOR:** [Bob Trotman / Jennifer Trotman – 516-795-3387 – coachjenn@trotman@aol.com](mailto:coachjenn@trotman@aol.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 [Eisenhower Aquatic Center, Nu-Finmen Swimming](#), Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** \$5.00 per person per session, and \$2 for program
\$1.00 per child (under 12) per session
- MERCHANTS:** Food available in designated areas, food / glass bottles not allowed on pool deck
- PARKING:** Complimentary parking available
- DIRECTIONS:** From Verrazano Narrows Bridge & Kennedy Airport: follow signs to Belt Parkway/Long Island East. Take Belt Pkwy E past Kennedy Airport. After Kennedy Airport stay in left lane to Southern State Pkwy E. take Southern State Pkwy E to Meadowbrook Pkwy N to NY-24 Hempstead T'pke E (exit M4). On Hempstead T'pke get in left lane. Make left at 1st light (Merrick Av). Eisenhower Park is on the right. Turn right into parking lot for pool.
From Whitestone & Throgs Bridges: Take Cross Island Pkwy S to exit 29, Grand Central Pkwy E. Take Grand Central Pkwy to Meadowbrook Pkwy S (Jones Beach). Get off Meadowbrook Pkwy at NY-24 E, Hempstead T'pke. Then see above directions.
From LaGuardia Airport: Take Grand Central Pkwy (Eastern Long Island) to Meadowbrook Pkwy. Then follow above directions

Nu-Finmen Swimming

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Session 1: Friday, January 15, 2010, Warmup: 5:00PM, Start 6:00PM

FEMALE	EVENTS	MALE
1	10 & UN 200 FREE	2
3	11/12 200 FREE	4
5	13 & 14 500 FREE	6
7	OPEN 500 FREE	8
9	10 & UN 200 IM	10
11	11 / 12 200 IM	12
13	13 & 14 400 IM	14
15	OPEN 400 IM	16

(NuFinmen Swimming reserves the right to limit the number of heats to make this session manageable.)

NU-FINMEN SWIMMING

29th Annual Dr. Martin Luther King, Jr, Swim Invitational

SESSION 11: SATURDAY, JANUARY 16, 2010

WARMUP: 7:00AM

START: 8:30AM

FEMALE	EVENTS	MALE
17	OPEN 200 IM	18
19	13 & 14 200 IM	20
21	OPEN 100 BREAST	22
23	13 & 14 200 BREAST	24
25	OPEN 200 FLY	26
27	13 & 14 100 FLY	28
29	OPEN 100 FREE	30
31	13 & 14 200 FREE	32
33	OPEN 200 BACK	34
35	13 & 14 100 BACK	36
37	OPEN 400 MED RELAY	38
39	13 & 14 OPEN MED RELAY	40

SESSION 111: SATURDAY, JANUARY 16, 2010

WARMUP: 1:00PM

START: 2:00PM

FEMALE	EVENTS	MALE
41	9 / 10 100 IM	42
43	8 & UN 100 IM	44
45	11 / 12 50 BACK	46
47	9 / 10 100 BACK	48
49	11 / 12 100 BREAST	50
51	9 / 10 50 BREAST	52
53	8 & UN 50 FLY	54
55	9 / 10 100 FLY	56
57	11 / 12 50 FLY	58
59	8 & UN 50 FREE	60
61	9 / 10 50 FREE	62
63	11 / 12 100 FREE	64
65	10 & UN 200 MED RELAY	66
67	11 / 12 200 MED RELAY	68

**NU-FINMEN SWIMMING
29TH ANNUAL DR. MARTIN LUTHER KING, JR, SWIM INVITATIONAL**

SESSION 1V: SUNDAY, JANUARY, 17, 2010

**WARMUP: 7:00AM
START: 8:00AM**

FEMALE	EVENTS	MALE
69	OPEN 200 BREAST	70
71	13 / 14 100 BREAST	72
73	OPEN 50 FREE	74
75	13 / 14 50 FREE	76
77	OPEN 100 FLY	78
79	13 / 14 200 FLY	80
81	OPEN 200 FREE	82
83	13 / 14 100 FREE	84
85	OPEN 100 BACK	86
87	13 / 14 200 BACK	88
89	OPEN 400 FREE RELAY	90
91	13 / 14 400 FREE RELAY	92

***** COACHES RELAY *****

SESSION V: SUNDAY, JANUARY 17, 2010

**WARMUP: 1:00PM
START: 2:00 PM**

FEMALE	EVENTS	MALE
93	11/ 12 100 IM	94
95	8 & UN 50 BACK	96
97	9 / 10 50 BACK	98
99	11 / 12 100 BACK	100
101	8 & UN 50 BREAST	102
103	9 / 10 100 BREAST	104
105	11 / 12 50 BREAST	106
107	9 / 10 50 FLY	108
109	11 / 12 100 FLY	110
111	8 & UN 100 FREE	112
113	9 / 10 100 FREE	114
115	11 / 12 50 FREE	116
117	10 & UN 200 FREE RELAY	118
119	11 / 12 200 FREE RELAY	120

**29th Annual Dr. Martin Luther King Swim Invitational
Nu-Finmen Swimming
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CLUB: _____ **CLUB CODE:** _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

PHONE: _____ **E-MAIL:** _____

CLUB CONTACT: _____ **PHONE:** _____

Total Individual Events _____ **x \$3.00 =** _____

Total swimmers (non-hy-tek surcharge) _____ **x \$1.00 =** _____

Total Relays _____ **x \$8.00 =** _____

Total Due = _____

(return this form with hard copy & check by January 15, 2010)

**Check payable: Nu-Finmen Swimming
3 Church Street, Hempstead, NY 11550**

(sign signature on express mail)

Signed (club official): _____

Dr. Martin Luther King's Essay

Encourage your swimmers to submit an essay on Dr. King's Dream.

200 – 250 words typed 12 font, double spaced. Put first and last name, age and team on essay,

“In what aspects have Dr. King's dreams been achieved and not achieved. Submit to meet director, no later than the completion of Session 3 on Saturday. First place winner receives \$100.00 savings bond.