

**Long Island Express Swim Team**

2015 Halloween Special

October 30, 31 and November 1

**151016**

**Time Trial Sanction #151056-T**

# Long Island Express 2015 Halloween Special

October 30, 31 and November 1

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction #151016]
- LOCATION:** Hofstra University Swim Center  
Hempstead, New York
- 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 will be used to conduct the meet.  
The pool has been certified in accordance with Article 104.2.2C (4). The pool depth is 7 feet at the shallow end and 15 feet at the deep end.
- SESSIONS:** Friday – 10 and unders and Open  
Warm-up 4:00 PM  
Start 5:00 PM  
Saturday – Ages 13-14 and 11-12  
Warm-up 1:00 PM  
Start 2:00 PM  
Warm-up for 1650 6:00 PM  
Start of 1650 7:00 PM  
Sunday -Ages 13-14 and 11-12  
Warm-up 8:00 AM  
Start 9:00 AM  
Sunday – Ages Open and 10 and unders  
Warm-up 2:00 PM  
Start 3:00 PM
- FORMAT:** Timed finals  
Deck seeding
- 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 30<sup>th</sup>** 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,  
The meet will be cut on a first come first serve basis.  
All entries must be done on Hy-Tek

U.S. Mail Entries/Payment to: **Robert Ortof**  
**28-01 202 Street**  
**Bayside NY 11360**

Email Entries/Confirm Entry Receipt: **ROrtof@nc.rr.com**  
**Signature waiver for all 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 October 10<sup>th</sup> .  
2: The final entry deadline for this meet is October 15<sup>th</sup>  
3: Metro entries received between October 11<sup>th</sup> and October 15<sup>th</sup> 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 \$ 4.00 per individual even must accompany the entries. Make check payable to: **Long Island Express LTD.** Payment must be received by October 25<sup>th</sup> 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 1<sup>st</sup> – 3<sup>rd</sup> place. Ribbons 4<sup>th</sup> -8<sup>th</sup> place..**
- OFFICIALS:** **Meet Referee: Nelson Gonzalez Nelsonshorses1@aol.com**  
Officials wishing to volunteer should contact Meet Referee by October 18<sup>th</sup> .
- MEET DIRECTOR:** **Robert Ortof**  
**28-01 202 Street**  
**Bayside NY 11360**  
**718-352-2136**  
**ROrtof@nyc.rr.com**
- ADMIN Ref RULES:** Rick Ferriola  
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, it is understood that **Hofstra University and Long Island Express Swim Team**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- ADMISSION:** **\$4.00 per person Programs \$2.00**
- MERCHANTS :** **No food or beverages will be served by host team. An outside equipment vendor will be available.**
- PARKING:** **Free on campus parking available.**
- DIRECTIONS:** **Meadowbrook Parkway south to M4 (route 24 west). Follow Hempstead turnpike west. Go to first traffic light, make a right, rear entrance to campus will be on left. Enter rear gate and proceed to first stop sign and make right. Next stop sign make left and park in lot. Pool is on your left.**
- AUDIO** Use of audio or visual recording devices including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Deck Changes** Deck changes are not allowed. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

# Long Island Express Swim Team

Friday Oct 30, 2015

Warm-up 4:00 PM      Start 5:00 PM

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

Saturday Oct 31, 2015

Warm-up 1:00 PM      Start 2:00 PM

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

**Saturday Oct 31, 2015  
6:00 warm-up 7:00 Start**

<b>37*</b>	Open 1650 Free	<b>38*</b>
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**\*Cut off time for Event 37 19:30 and Event 38 is 18:45**

**Sunday Nov 1<sup>st</sup>**

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>39</b>	13-14 200 free	<b>40</b>
<b>41</b>	11-12 100 Free	<b>42</b>
<b>43</b>	13-14 100 Back	<b>44</b>
<b>45</b>	11-12 50 Back	<b>46</b>
<b>47</b>	13-14 200 Fly	<b>48</b>
<b>49</b>	11-12 100 Fly	<b>50</b>
<b>51</b>	13-14 200 Breast	<b>52</b>
<b>53</b>	11-12 50 Breast	<b>54</b>
<b>55</b>	13-14 50 Free	<b>56</b>
<b>57*</b>	11-12 500 Free	<b>58*</b>

**\*Cut off time for event 57 & 58 is 6:10**

**Sunday Nov 1<sup>st</sup>**

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>59</b>	Open 200 Free	<b>60</b>
<b>61</b>	10 and under 100 Free	<b>62</b>
<b>63</b>	Open 100 Back	<b>64</b>
<b>65</b>	10 and under 50 Back	<b>66</b>
<b>67</b>	Open 200 Fly	<b>68</b>
<b>69</b>	10 and under 100 Fly	<b>70</b>
<b>71</b>	Open 200 Breast	<b>72</b>
<b>73</b>	10 and under 50 breast	<b>74</b>
<b>75</b>	Open 50 Free	<b>76</b>
<b>77*</b>	10 and under 500 Free	<b>78</b>

**\*Cut off time for event 77 & 78 is 7:00**

