



SPEEDO

Long Island Challenge
April 22-24, 2016
Sanction #

Invited Teams: AGUA, BAC(NJ), BAD, BGNW, ABF(NE), CONDORS, NBAC(MD), NJW(NJ), UDAC(PA), TS, TVSC, , WYW(CT) other teams interested please contact Ginny Nussbaum at gnussbaum@longislandswimming.com

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Long Island Challenge

April 22- 24, 2016

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #

LOCATION: Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY 11554
FACILITY: 10 Lane by 50 meter competition pool w/ 2 meter min depth
The pool **Has Not been** certified in accordance with Article 104.2.2C (4)

SESSIONS: Doors to the Pool Deck and to the Spectator Stands Open NO EARLIER THAN 7:15AM – Plan accordingly
Session One Timed Finals- Friday April 22 warm-up 4:30pm Start 5:30pm
Session Two – Prelims– Saturday April 23 warm-up 7:30am Start 8:30am
Session Three – 14&Unders timed finals – Saturday April 23 warm-up 12:30pm Start 1:30pm
Session Four – Finals – Saturday April 23 warm-up 5:30pm Start 6:30pm
Session Five – Prelims – Sunday April 24 warm-up 7:30am Start 8:30am
Session Six – 14&Unders timed finals Sunday April 24 warm-up 12:30pm Start 1:30pm
Session Seven – Finals – Sunday April 24 warm-up 5:30pm Start 6:30pm

FORMAT: This meet will be run in accordance with 2016 USA Swimming Rules.

All 10&U, 11-12, 13-14 events will be swum as timed finals. Senior events, with the exception of the 800/1500 and Relays, will be a trials and finals format, with bonus, consolation and championship finals (fastest 30 swimmers from preliminaries) held in the evening session. Teams are limited to 2 entries per relay-event. All relays are timed finals. The top 20 senior relays will be swum at night unless the relays have been checked in as explained below and specified that the relays will be swum only in the morning. All other heats of relays will be run at the end of the preliminary session.

The Event 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 **April 22, 2016** 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.

AUDIO/VISUAL STATEMENT: Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged

ENTRIES: All invited swimmers must meet the attached time standards. NT's and Deck entries will not be accepted. Times converted from Short Course times are allowed.
Swimmers may compete in a maximum of 3 individual events per day. Swimmers entered in more than three (3) individual events in a preliminary or timed final session who fail to scratch down to this number before the check-in/scratch deadline established for the session will only be eligible to swim in the first three (3) events in the chronological, not event order, for which the swimmer was entered in that session.

Hy-Tek Email entries only/Confirm Entry Receipt: entries.liac@gmail.com
Payment to: **Karla Leite, 750F Stewart Ave., Garden City, NY 11530**

An email confirming receipt of entries will be sent to the address the entries are received from. If the sender does not hear from Karla within 48 hours your entry has not been received. Please contact Meet Director if you do not receive such a report within 48 hours of your original email.

DEADLINE: Entries must be received by : **April 12, 2016**

- ENTRY FEE:** \$6.00 per individual Senior event; \$10.00 per Relay; \$5.00 per 14&U individual event
Make check payable to: **Long Island Swimming**
Payment must be received by **April 12, 2016** 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 for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes.
- 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 draw a line through an individual event to indicate clearly that the individual event is a scratch or when an athlete is out of the session completely draw a line through the swimmers name who will not be participating in the session.
- There will be positive check in for the 800/1500 free and the relays at the head table. Relays that want to be swum only in the morning sessions must note that on the positive check in sheet not more than a half hour after warm ups end. If more than 20 relays will be swum (after scratches) then those relays that want to swim in the morning will be placed in morning heats. If 20 or fewer relays remain after scratches, all relays will be swum at night.
- For Senior Finals, the Scratch Rule for Championship Finals, as specified in the Metropolitan Swimming Policy Handbook, will be followed. In addition, a \$50 fine per swimmer will be imposed for those failing to show up for Sunday night finals.
- 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
- SCORING:** Scoring for the team title will be through 20 places for Senior events as follows: (24,20,19,18,17,16,15,14,13,12,11,9,8,7,6,5,4,3,2,1) for individual events and for relay events (48,40,38,36,34,32,30,28,26,24,22,18,16,14,12,10,8,6,4,2). Scoring for the team title will be through 10 places for Age Group Individual events as follows: (11,9,8, 7, 6, 5, 4, 3, 2, 1).
- RELAYS:** All relays must have the correct four names listed on the relay card in the correct order for that relay to be eligible. Coaches must turn in relay cards no later than 30 minutes prior to the event. All swimmers must be listed in the team's official entry file in order to participate in the meet, **including relay only swimmers**. It is the coach's responsibility to make sure their relay only swimmers are entered into the meet by the meet entry deadline. Coaches may request an athlete roster to verify. The order of the swimmers and the names may be changed by notifying the timer in the relay lane or the computer desk but must be done prior to the start of the heat. No changes will be made after the relay is swum. See "CHECK-IN and SCRATCHES" above for information on how to indicate that a relay only wants to swim in the morning or at night.
- AWARDS:** 1st – 10th place awards will be given to the 12&U athletes. 1st-3rd place awards will be given to the 13-14 and Senior Swimmers.
- OFFICIALS:** **Meet Referee:** Rich Brown, richbrown4@verizon.net **Meet Admin:** Jane Chan
Officials wishing to volunteer should contact Meet Referee by **April 14, 2015**
- MEET DIRECTOR:** Ginny Nussbaum, gnussbaum@longislandswimming.com 516.378.8467 – Questions concerning the meet will only be entertained when communicated via a certified coach on an 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.
"Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer's legal guardian, to ensure compliance with this requirement"

- MEET DECORUM:** Each club is requested to handle its own team and discipline problems. Anyone found vandalizing county property; stealing or displacing disorderly conduct will be subject to disqualification, ejection from the meet and possible criminal prosecution.
- 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. It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- ADMISSION:** Pre-sale admission tickets will be available on <http://www.longislandswimming.com/hosted-meets.html>
\$10.00 per session
\$32.00 Senior Session Pass for entry to 2 prelim sessions and 2 final sessions
\$44.00 All weekend pass for entry to 2 prelim sessions 2 age group sessions and 2 final sessions.
Programs and heat sheets will be available on Meet Mobile.
- DECK CHANGING:** **Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited**
- 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 parking.
- 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
The SPEEDO Long Island Challenge
April 22-24, 2016

To be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York

FRIDAY APRIL 22, 2016

SESSION I

Senior Distance Timed Finals

WARM-UP 4:30 PM START 5:30PM

WOMEN	STANDARD	EVENT	STANDARD	MEN
1	9:44.09	*800 Free		
		*1500 Free	17:37.29	2

*800/1500 Free Limited to 4 Heats. The event will be swum fast to slow alternating Women/Men.

SESSION II

SATURDAY APRIL 23, 2016

WARM-UP 7:30AM START 8:30AM

SESSION V

SUNDAY APRIL 24, 2016

WARM-UP 7:30AM START 8:30AM

WOMEN	Standard	SENIOR EVENTS	Standard	Men		WOMEN	Standard	EVENT	Standard	Men
3	2:30.89	200 Fly	2:20.59	4		51	1:08.19	100 Fly	1:03.79	52
5	1:10.49	100 Back	1:05.49	6		53	2:16.39	200 Free	2:07.29	54
7	2:52.49	200 Breast	2:41.89	8		55	1:21.89	100 Breast	1:14.49	56
9	1:05.49	100 Free	58.69	10		57	29.69	50 Free	26.89	58
11	2:34.79	200 IM	2:22.79	12		59	2:32.89	200 Back	2:21.99	60
13	4:45.19	400 Free	4:32.19	14		61	5:26.79	400 IM	5:03.39	62
15	NT	*400 Medley Relay	NT	16		63	NT	*400 Free Relay	NT	64

*Top 20 Relays will be swum at Finals

SESSION III 14&Under Timed Final

SATURDAY April 23, 2016

WARM-UP 12:30PM START 1:30PM

SESSION VI 14&U Timed Final

SUNDAY April 24, 2016

WARM-UP 12:30PM START 1:30PM

WOMEN	Standard	EVENT	Standard	Men		WOMEN	Standard	EVENT	Standard	Men
17	2:29.29	13-14 200 Free	2:21.99	18		65	2:58.89	11-12 200 IM	2:55.89	66
19	1:21.89	11-12 100 fly	1:20.39	20		67	1:21.19	10&U 100 Free	1:20.39	68
21	2:58.39	10&U 200 Free	2:51.89	22		69	3:10.89	13-14200breast	2:59.49	70
23	1:28.19	13-14 100 breast	1:21.29	24		71	35.79	11-12 50 Fly	35.89	72
25	1:33.79	11-12 100 breast	1:31.69	26		73	41.49	10&U 50 Fly	40.89	74
27	1:46.49	10&U 100 breast	1:44.69	28		75	1:15.69	13-14 100 Fly	1:10.39	76
29	32.19	13-14 50 free	29.49	30		77	1:23.29	11-12 100 Back	1:22.39	78
31	33.39	11-12 50 free	32.49	32		79	1:34.79	10&U100 Back	1:31.69	80
33	36.29	10&U 50 free	35.69	34		81	2:50.99	13-14 200 IM	2:40.39	82
35	2:45.69	13-14 200 fly	2:36.59	36		83	2:37.59	11-12 200 Free	2:33.39	84
37	38.49	11-12 50 back	37.99	38		85	1:17.19	13-14 100 back	1:12.89	86
39	43.49	10&U 50 back	43.29	40		87	48.09	10&U50Breast	48.19	88
41	2:45.59	13-14 200 back	2:37.69	42		89	42.09	11-1250Breast	41.99	90
43	1:12.89	11-12 100 Free	1:10.49	44		91	1:09.69	13-14 100 Free	1:05.29	92
45	3:17.59	10&U 200 IM	3:16.89	46		93	1:37.00	10&U 100 Fly	1:37.00	94
47	NT	11-12 200 Medley Relay	NT	48		95	NT	11-12 200 Free Relay	NT	96
49	NT	13-14 200 Medley Relay	NT	50		97	NT	13-14 200 Free Relay	NT	98



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SESSION IV Senior Finals
SATURDAY APRIL 23, 2016
WARM-UP 5:30PM START 6:30PM

SESSION VII Senior Finals
SUNDAY APRIL 24, 2016
WARM-UP 5:30PM START 6:30PM

WOMEN	EVENT	Men		WOMEN	EVENT	Men
3	Senior 200 Fly	4		51	Senior 100 Fly	52
5	Senior 100 Back	6		53	Senior 200 Free	54
7	Senior 200 Breast	8		55	Senior 100 Breast	56
9	Senior 100 Free	10		57	Senior 50 Free	58
11	Senior 200 IM	12		59	Senior 200 Back	60
13	Senior 400 Free	14		61	Senior 400 IM	62
15	Senior 400 Medley Relay	16		63	Senior 400 Free Relay	64

Finals will be swum in the following order: C, B, A.



LONG ISLAND AQUATIC CLUB
Presents
THE LONG ISLAND CHALLENGE
APRIL 24-26 2016

to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island
Sanctioned by Metropolitan Swimming
sanction #

ENTRY SUMMARY

Team _____ Club Code _____

Address _____

Town _____ State _____ Zip _____

Contact _____ Phone _____ E-Mail _____

10&U WOMEN # ENTRIES _____ x \$5.00 = \$ _____

11-12 WOMEN # ENTRIES _____ x \$6.00 = \$ _____

13-14 WOMEN # ENTRIES _____ x \$6.00 = \$ _____

SENIOR WOMEN # ENTRIES _____ x \$6.00 = \$ _____

RELAY WOMEN # ENTRIES _____ x \$10.00 = \$ _____

10&U MEN # ENTRIES _____ x \$5.00 = \$ _____

11-12 MEN # ENTRIES _____ x \$6.00 = \$ _____

13-14 MEN # ENTRIES _____ x \$6.00 = \$ _____

SENIOR MEN # ENTRIES _____ x \$6.00 = \$ _____

RELAY MEN # ENTRIES _____ x \$10.00 = \$ _____

Total \$ _____

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

Coach