



**Spring Kickoff Invitational
May 14-15, 2016
Sanction #**

**Invited Teams: AGUA, BAC, BAD, BGNW, BBSC, CAT(NJ),CONDORS, GAEL,
GMA, HAA, LGAC, NFS, NJW(NJ), TS, TVSC, WYW(CT), other teams interested
please contact Ginny Nussbaum at
gnessbaum@longislandswimming.com**

Spring Kickoff Invitational

May 14-15, 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:** Session One – 12&U – Saturday May 14 warm-up 8-8:50am Start 9am
Session Two – 12&U 400 Free, Open 800 Free- Saturday May 14 – warm-up 1:30pm Start 2pm
Session Three – Open – Saturday May 14 warm-up 4-4:50pm Start 5pm
Session Four – 12&U – Sunday May 15 warm-up 8-8:50am Start 9am
Session Five – Open – Sunday May 15 warm-up 1:30-2:20pm Start 2:30pm
- FORMAT:** The meet is a Timed 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 May 14, 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
- DECK CHANGING:** 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 prohibited.
- 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.
Hy-Tek Email entries will be accepted
- U.S. Mail Entries/Payment to: **Karla Leite, 170 Michael Drive. Syosset, NY 11791**
Email Entries/Confirm Entry Receipt: entries.liac@gmail.com
If sending express mail, please sign the waiver on the front.
- 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.
- DEADLINE:** **Entries must be received by :** April 26, 2016
- ENTRY FEE:** An entry fee of \$5.00 per individual event must accompany the entries.
Make check payable to: **Long Island Swimming**
Payment must be received by **May 14, 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 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 draw a line through an individual

event to indicate clearly that 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.

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: **1st – 10th place awards will be given to the 12&U athletes. Events 21 & 22 will be awarded for 1st-10th for both 10&U and 11-12. Both 9-10 and 8&U awards will be given in the 10&U events. 1st-3rd place awards will be given to the OPEN SWIMMERS.**

OFFICIALS: **Meet Referee:** Rich Brown, richbrown4@verizon.net
Meet Admin: Jane Chan
Officials wishing to volunteer should contact Meet Referee by **May 13, 2016**

MEET

DIRECTOR: **Karla Leite, Kleite@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.
"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.

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"

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: **All tickets will be sold online - <http://www.liswimming.com/hosted-meets.html>
\$8.35 Adult / Session - \$7.00 plus \$1.35 online fees
All children over the age of 3 require a ticket
Meet heat sheets will be available on meet mobile
No programs will be sold**

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

Hobbieswim 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 Tpk.(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 Spring Kickoff Invitational

May 14-15, 2016

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

SESSION I

SATURDAY MAY 14, 2016

WARM-UP 8AM START 9AM

WOMEN	EVENT	MEN		WOMEN	EVENT	MEN
1	11-12 200m free	2		33	10&U 200m Free	34
3	10&U 100m free	4		35	11-12 100m Free	36
5	11-12 50m Fly	6		37	10&U 50m Fly	38
7	10&U 100m Fly	8		39	11-12 100m Fly	40
9	11-12 200m back	10		41	10&U 100m Breast	42
11	10&U 50m back	12		43	11-12 200m Breast	44
13	11-12 50m breast	14		45	10&U 100m Back	46
15	10&U 50m breast	16		47	11-12 100m Back	48
17	11-12 50m Free	18		49	10&U 50m free	50

SESSION IV

SUNDAY MAY 15, 2016

WARM-UP 8AM START 9AM

SESSION II

SATURDAY MAY 14, 2016

WARM-UP 1:30PM START 2PM

WOMEN	EVENT	MEN
19	12&U 400m Free	20
21	OPEN 800m Free	22

*Start time for session 2 may be moved earlier depending on the length of session 1

SWIMMERS MUST PROVIDE THEIR OWN TIMER FOR SESSION II

SESSION III

SATURDAY MAY 14, 2016

WARM-UP 4PM START 5PM

WOMEN	EVENT	MEN		WOMEN	EVENT	MEN
23	OPEN 200m Free	24		51	OPEN 200m Fly	52
25	OPEN 100m Fly	26		53	OPEN 100m Breast	54
27	OPEN 200m Breast	28		55	OPEN 200m Back	56
29	OPEN 100m Back	30		57	OPEN 100m Free	58
31	OPEN 200m IM	32		59	OPEN 50m Free	60

SESSION V

SUNDAY MAY 15, 2016

WARM-UP 1:30PM START 2:30PM



LONG ISLAND AQUATIC CLUB
 presents
THE SPRING KICKOFF SWIM MEET
MAY 14-15 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&UNDER	WOMEN _____	# EVENTS _____ x \$5.00 = \$ _____
# 11-12	WOMEN _____	# EVENTS _____ x \$5.00 = \$ _____
# SENIOR	WOMEN _____	# EVENTS _____ x \$5.00 = \$ _____
# 10 &UNDER	MEN _____	# EVENTS _____ x \$5.00 = \$ _____
# 11-12	MEN _____	# EVENTS _____ x \$5.00 = \$ _____
# SENIOR	MEN _____	# EVENTS _____ x \$5.00 = \$ _____

Total \$ _____

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

Coach