





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

**OFFICIALS:** **Meet Referee:** Rich Brown, [richbrown4@verizon.net](mailto:richbrown4@verizon.net)  
**Meet Admin:** Carolyn McNulty  
Officials wishing to volunteer should contact Meet Referee by **July 12, 2016**

**MEET**

**DIRECTOR:** Karla Leite, [klete@longislandswimming.com](mailto:klete@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

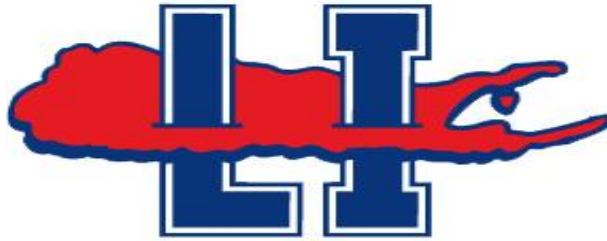
**MERCHANTS:** **A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.**  
**Hobbieswim will be available throughout the entire meet**

**PARKING:** There is ample parking. Nassau County residences are free, must show a drivers license. There is a \$10.00/car parking fee for all others.

**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**

**Junior Met 3 Invitational**

**July 13, 2016**

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

**SESSION I**

**WEDNESDAY JULY 13, 2016**

**WARM-UP 5PM**

**START 6PM**

<i>WOMEN</i>	<i>EVENT</i>	<i>MEN</i>
<i>1</i>	<i>12&amp;U 200m free</i>	<i>2</i>
<i>3</i>	<i>OPEN 100m free</i>	<i>4</i>
<i>5</i>	<i>10&amp;U 100m breast</i>	<i>6</i>
<i>7</i>	<i>11-12 50m breast</i>	<i>8</i>
<i>9</i>	<i>OPEN 200m breast</i>	<i>10</i>
<i>11</i>	<i>10&amp;U 50m fly</i>	<i>12</i>
<i>13</i>	<i>11-12 50m fly</i>	<i>14</i>
<i>15</i>	<i>OPEN 100 fly</i>	<i>16</i>



**LONG ISLAND AQUATIC CLUB**

presents

**Junior Met 3 INVITE**

**July 13, 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