

Long Island Express  
Swim Team  
Second Chance Challenge 2016  
Swim Meet  
February 5-7<sup>th</sup> 160202

*Long Island Express Swim Team*

**Second Chance Challenge Swim Meet**  
**February 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup>**  
**160202**

TT sanction 160252

# Long Island Express 2016 Second Chance Challenge Swim Meet

February 5th, 6th and 7th 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #160202 TT 160252
- LOCATION:** Hofstra University Swim Center
- FACILITY:** 8 Lane 50 meter pool. Colorado timing system 6000 will be used. \* 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 competition pool is 9 ft. deep in the shallow end and 15 ft. deep in the deep end.
- SESSIONS:** Friday – all ages  
Warm-up 4:00 PM  
Start 5:00 PM  
Saturday and Sunday -- Ages : 13-14 and 11-12  
Warm-up 8:00 AM  
Start 9:00 AM  
Saturday and Sunday -- Ages: Open and 10 and unders  
Warm – up 2:00 PM  
Start 3:00 PM
- FORMAT:** Timed finals format  
Deck seeded. Coaches will receive a list of swimmers by session. Swimmers must be scratched 30 minutes prior to the start of the session.
- 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 February 5<sup>th</sup>, 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.
- ENTRIES:** Swimmers will limited to 4 events per day.,  
Entries will be cut on a first come first serve basis.  
Entries must be on Hy-Tek.
- U.S. Mail Entries/Payment to: Robert Ortof  
28-01 202 Street  
Bayside NY 11360  
Email Entries/Confirm Entry Receipt: ROrtof@nyc.rr.com  
Signature waiver for 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 January 13<sup>th</sup>, 2016 .  
2: The final entry deadline for this meet is January 26, 2016  
3: Metro entries received between January 14, and January 31, 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 event must accompany the entries.  
Make check payable to: Long Island Express LTD.  
Payment must be received by February 6<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 and Ribbons 4<sup>th</sup> – 8<sup>th</sup> place..](#)
- OFFICIALS:** **Meet Referee:** [Larry Sheinberg jlinvestigationsny@gmail.com](mailto:lshainberg@investigationssny.com)  
Officials wishing to volunteer should contact Meet Referee by **February 1<sup>st</sup>**  
**Administrative Referee** Rick Ferriola [Liecoach@aol.com](mailto:Liecoach@aol.com)  
[Gil Smith Papabear122346@aol.com](mailto:Gil_Smith_Papabear122346@aol.com)  
**MEET DIRECTOR:** [Robert Ortof 28-01 202 street Bayside NY 11360](mailto:Robert.Ortof@nyc.rr.com)  
[Phone – 718-352-2136](tel:718-352-2136)  
[Email ROrtof@nyc.rr.com](mailto:ROrtof@nyc.rr.com)
- WATER DEPTH:** USA 2011 - 202.3.7 "The water depth is 7 feet at the shallow end and 15 feet at the diving end.
- 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 [Hofstra University](#) , Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** [Admission \\$4.00 per person Programs \\$2.00](#)
- MERCHANTS:** [No food or beverages will be served by host team. A merchandise concession will be available by outside vendor.](#)
- PARKING:** [Free parking on campus.](#)
- DIRECTIONS:** [Northern State to Exit 31A - Meadowbrook Parkway. Proceed to exit M4 “Hempstead and Coliseum” on sign. Hempstead Turnpike West to Dunkin Donuts. Turn right on to entrance of campus. Go to second stop sign and turn right. Go to past field to first stop sign. Swim Center will be on the right.](#)
- AUDIO** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. - Art. - 202.3 and 202.4
- Deck Changes** Deck changes are prohibited.

# Long Island Express Swim Team

**Friday February 5<sup>th</sup>**  
**Warm-up 4:00 PM      Start 5:00 PM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>1</b>	10 & under 200 Free	<b>2</b>
<b>3</b>	11/12 200 Free	<b>4</b>
<b>5</b>	13-14 400 IM	<b>6</b>
<b>7</b>	Open 400 IM	<b>8</b>
<b>9</b>	10 and under 200 IM	<b>10</b>
<b>11</b>	11/12 200 IM	<b>12</b>
<b>13</b>	13-14 500 Free	<b>14</b>
<b>15</b>	Open 500 free	<b>16</b>

**Saturday February 6<sup>th</sup>**

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>17</b>	13-14 100 free	<b>18</b>
<b>19</b>	11/12 50 free	<b>20</b>
<b>21</b>	13-14 200 Breast	<b>22</b>
<b>23</b>	11/12 100 Breast	<b>24</b>
<b>25</b>	13-14 200 Fly	<b>26</b>
<b>27</b>	11/12 50 Fly	<b>28</b>
<b>29</b>	13-14 100 Back	<b>30</b>
<b>31</b>	11/12 100 Back	<b>32</b>
<b>33</b>	13-14 200 IM	<b>34</b>

**Saturday February 6<sup>th</sup>**

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>35</b>	Open 100 Free	<b>36</b>
<b>37</b>	10 and under 50 Free	<b>38</b>
<b>39</b>	Open 200 Breast	<b>40</b>
<b>41</b>	10 and under 100 Breast	<b>42</b>
<b>43</b>	Open 200 Fly	<b>44</b>
<b>45</b>	10 and under 50 Fly	<b>46</b>
<b>47</b>	Open 100 Back	<b>48</b>
<b>49</b>	10 and under 100 back	<b>50</b>
<b>51</b>	Open 200 IM	<b>52</b>

**Sunday February 7<sup>th</sup>**

**Warm-up 8:00 AM    Start 9:00 AM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>53</b>	13-14 200 free	<b>54</b>
<b>55</b>	11-12 100 Free	<b>56</b>
<b>57</b>	13-14 100 Breast	<b>58</b>
<b>59</b>	11-12 50 Breast	<b>60</b>
<b>61</b>	13-14 100 Fly	<b>62</b>
<b>63</b>	11-12 100 Fly	<b>64</b>
<b>65</b>	13-14 200 Back	<b>66</b>
<b>67</b>	11-12 50 Back	<b>68</b>
<b>69</b>	13-14 50 Free	<b>70</b>
<b>71</b>	11-12 100 IM	<b>72</b>

**Sunday February 7<sup>th</sup>**

**Warm-up 2:00 PM    Start 3:00 PM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>73</b>	Open 200 Free	<b>74</b>
<b>75</b>	10 and under 100 Free	<b>76</b>
<b>77</b>	Open 100 Breast	<b>78</b>
<b>79</b>	10 and under 50 Breast	<b>80</b>
<b>81</b>	Open 100 Fly	<b>82</b>
<b>83</b>	10 and under 100 Fly	<b>84</b>
<b>85</b>	Open 200 Back	<b>86</b>
<b>87</b>	10 and under 50 Back	<b>88</b>
<b>89</b>	Open 50 Free	<b>90</b>
<b>91</b>	10 and under 100 IM	<b>92</b>