

Invitational Meet Announcement

Long Island Express

**May 20th, 21st, and 22nd
Invitational Swim Meet**

**LIE May Extravaganza
May 20th, 21st, 22nd
160505**

Invited Teams: Hauppauge, Huntington YMCA, Flushing, LaGuardia, Connetquot, Wagner, , Sachem, Farmingdale, West Islip Aquatic Club, MPNY, Central Queens, Islip Aquatics, Connetquot, Westchester, New York City Aquatic Club, New York Sharks

LIE May Extravaganza

May 20th 21st and 22nd 2016

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 160505

LOCATION: Hofstra University

FACILITY: 8 Lane 50 meter facility with Colorado timing system
The pool has been certified in accordance with Article 104.2.2C (4)

SESSIONS: Friday 13-14 15-18 Warm-up 4:00 Start 5:00
Saturday and Sunday 11-12, 10 and under 8:00 Warm-up 9:00 Start
Saturday and Sunday 13-14 , Open 1:30 Warm-up 2:30 Start
Sat and Sunday 400 Free and 400 IM 7:00 warm-up 7:30 start – these events will be swum fastest to slowest alternating women and men.

FORMAT: Timed finals
Deck seeding will be in place

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 22, 2015 will determine age for the entire meet.

DISABILITY SWIMMER S: 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: 3 Entries per day for 12 and unders - 3 Entries per day for 13 and overs will be permitted
Minimum age for Open events is 12
Entries will be cut on a first come first serve basis. Hy-Tek entries only.

U.S. Mail Entries/Payment to: Robert Ortof
28-01 202 Street
Bayside NY 11360
Email Entries/Confirm Entry Receipt: ROrtof@nyc.rr.com

DEADLINE: Entries must be received by : May 9th , 2016

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 \$5.00 per individual event must accompany the entries. Make check payable to: **Long Island Express LTD** Payment must be received by **May 18, 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 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 will be given 1-3 and ribbons 4-8**
- OFFICIALS :** **Meet Referee: Larry Sheinberg** jlinvestigationsny@gmail.com
Officials wishing to volunteer should contact Meet Referee by May 2, **2016**
- Admin Officials: MEET DIRECTOR:** **Rick Ferriola and Gil Smith**
Robert Ortof – Rortof@nyc.rr.com
- 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:** 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 th event.
- ADMISSION:** **\$4.00 Admission \$2.00 Programs**
- MERCHANTS:** **Metro Swim Shop will be present at the meet. No food or drink allowed in the building.**

PARKING: Parking immediately adjacent to facility.

DIRECTION S: LIE (495) to Exit 38 (Northern State Parkway) East, to the Meadowbrook Parkway Exit 31 A. Stay on Meadowbrook Parkway until Exit M4 (sign reads Hempstea and Coliseum (travel west) to Main gate (opposite Dunkin Donuts) – enter main gate and turn right at the stop sign at first major intersection – pool facility will be directly in front of you at first stop sign.

Distance Events The 400 Free and 400 IM will be swum fastest to slowest alternating women and men.

STARTING RULE COMPLIANCE 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.

Deck Changing Audio Locker rooms must be used. Deck changes are strictly prohibited.

Use of Audio and visual recording devices, including a cell phone is not permitted in changing area, behind the blocks, rest rooms or lockers. - Art 202.3 and 202.4

Friday Warm-up 4:00 PM Start 5:00 PM

Friday May 20th

Warm-up 4:00 PM Start 5:00 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	13-14 200 IM	2
3	Open 200 IM	4
5	13-14 100 Breast	6
7	Open 100 Breast	8
9	13-14 200 Fly	10
11	Open 200 Fly	12
13	13-14 100 Free	14
15	Open 100 free	16

Saturday May 21st

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
17	11/12 50 Free	18
19	9-10 50 Free	20
21	11/12 100 Fly	22
23	9-10 100 fly	24
25	11/12 100 Breast	26
27	9-10 100 Breast	28
29	11/12 50 Back	30
31	9-10 50 Back	32

Saturday May 21st

Warm-up 1:30 PM Start 2:30 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
33	* 13-14 200 Free	34
35	* Open 200 Free	36
37	13-14 100 Fly	38
39	Open 100 Fly	40
41	13-14 100 Back	42
43	Open 100 Back	44

***cut off time for these events is 2:45**

Saturday May 21st

Warm-up 7:00 PM Start 7:30 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
*45	Open 400 Free	*46

*This event will be limited to 7 heats of girls and 7 heats of boys and will be swum fastest to slowest alternating women and men.

Sunday May 22nd

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
47	11/12 100 Free	48
49	9-10 100 Free	50
51	11/12 50 Fly	52
53	9-10 50 Fly	54
55	11/12 50 Breast	56
57	9-10 50 Breast	58
59	11/12 100 Back	60
61	9-10 100 Back	62

Sunday May 22nd

Warm-up 1:30 PM Start 2:30 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
63	13-14 200 Back	64
65	Open 200 Back	66
67	13-14 50 Free	68
69	Open 50 Free	70
71	13-14 200 Breast	72
73	Open 200 Breast	74

Sunday May 22nd

Warm-up 7:00 PM Start 7:30 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
*75	Open 400 Individual Medley	*76

*This event will be limited to 7 heats of girls and 7 heats of boys and will be swum fastest to slowest alternating women and men.