

# **Long Island Express**

**November 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> 2016**

**Autumn Frenzy**

**Sanction # 161114**

# LIE Autumn Frenzy

November 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup>, 2016

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **161114**  
TT sanction 161154-t

**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)  
The depth is 5.0 feet in the shallow end and 15.0 feet in the deep end.

**SESSIONS:** **Friday 13-14 15-18 Warm-up 4:00 Start 5:00**  
**Saturday and Sunday 11-12, 13-14 8:00 Warm-up 9:00 Start**  
**Saturday and Sunday 10 and under, Open 2:00 warm-up 3:00 start**

**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 Nov 4<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:** **4 Entries per day for 12 and unders - 3 Entries per day for 13 and overs will be permitted**  
**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**  
**Signature waiver for express mailed entries**

**DEADLINE:** **Entries must be received by : Oct 17, 2016 For Metro teams and October 21 for non Metro teams**

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 Oct 21st , 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](mailto:jlinvestigationsny@gmail.com)  
: Officials wishing to volunteer should contact Meet Referee by October 22, 2016
- MEET DIRECTOR:** **Robert Ortof – Rortof@nyc.rr.com**  
**ADMIN REF:** Rick Ferriola and Gil Smith  
**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 and Long Island Express**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- 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.**

**DIRECTIONS:** I-495 to Exit 38 (Northern State Parkway) East, to the Meadowbrook Parkway Exit 31 A. Stay on Meadowbrook Parkway until Exit M4 (sign reads Hempstead 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.

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

**Friday November 4<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 November 5<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 Back	<b>22</b>
<b>23</b>	11/12 100 Back	<b>24</b>
<b>25</b>	13-14 100 Fly	<b>26</b>
<b>27</b>	11/12 50 Fly	<b>28</b>
<b>29</b>	13-14 100 Breast	<b>30</b>
<b>31</b>	11/12 100 Breast	<b>32</b>
<b>33*</b>	13-14 200 IM	<b>*34</b>
<b>35</b>	11/12 100 IM	<b>36</b>

\*Cut off time 3:15

**Saturday November 5<sup>th</sup>**

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>37</b>	Open 100 Free	<b>38</b>
<b>39</b>	10 and under 50 Free	<b>40</b>
<b>41</b>	Open 200 Back	<b>42</b>
<b>43</b>	10 and under 100 Back	<b>44</b>
<b>45</b>	Open 100 Fly	<b>46</b>
<b>47</b>	10 and under 50 Fly	<b>48</b>
<b>49</b>	Open 100 Breast	<b>50</b>
<b>51</b>	10 and under 100 breast	<b>52</b>
<b>53*</b>	Open 200 IM	<b>*54</b>
<b>55</b>	10 and under 100 IM	<b>56</b>

\*Cut off time 3:00

**Sunday November 6<sup>th</sup> , 2016**

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>57</b>	13-14 200 free	<b>58</b>
<b>59</b>	11-12 100 Free	<b>60</b>
<b>61</b>	13-14 100 Back	<b>62</b>
<b>63</b>	11-12 50 Back	<b>64</b>
<b>65</b>	13-14 200 Fly	<b>66</b>
<b>67</b>	11-12 100 Fly	<b>68</b>
<b>69</b>	13-14 200 Breast	<b>70</b>
<b>71</b>	11-12 50 Breast	<b>72</b>
<b>73</b>	13-14 50 Free	<b>74</b>
<b>75*</b>	11-12 500 Free	<b>76*</b>

**\*Cut off time for event 75 & 76 is 6:10**

**Sunday November 6<sup>h</sup>**

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>77</b>	Open 200 Free	<b>78</b>
<b>79</b>	10 and under 100 Free	<b>80</b>
<b>81</b>	Open 100 Back	<b>82</b>
<b>83</b>	10 and under 50 Back	<b>84</b>
<b>85</b>	Open 200 Fly	<b>86</b>
<b>87</b>	10 and under 100 Fly	<b>88</b>
<b>89</b>	Open 200 Breast	<b>90</b>
<b>91</b>	10 and under 50 breast	<b>92</b>
<b>93</b>	Open 50 Free	<b>94</b>
<b>95*</b>	10 and under 500 Free	<b>96*</b>

**\*Cut off time for event 95 & 96 is 7:00**