

NU-FINMEN SWIMMING
2016 35th Annual
Dr. Martin Luther King Jr. Swim Invitational
January 15, 16, 17, 2016

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #160118, time trial #160156-T
- LOCATION:** Nassau county Aquatic Center, Eisenhower Park, East Meadow, Long Island, NY 11554
- FACILITY:** 10 lane, 25 yd pool with 2 meter minimum depth. Colorado timing System, scoreboard readouts,Hy-Tex Meet Manager.
The pool **has not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session I: Friday, January 15, 2016, (9/10) (11/12) (13&over) warmup:5:00 PM, start 6:00PM
Session II: Saturday, January 16, 2016 (open) (13/14) warmup:7:00AM, start 8:00AM
Session III: Saturday, January 16, 2016 (8&un), warmup:12:15, start, 12:45PM
Session IV: Saturday, January 16, 2016 (9/10) (11/12), warmup:2:30PM, start 3:30PM
Session V: Sunday, January 17, 2016 (open) (13/14) warmup:7:00AM, start, 8:00AM
Session VI: Sunday, January 17, 2016, (9/10)m (11/12) warmup:1:00PM, start, 2:00PM
- FORMAT:** Timed Final events,
First 4 events of each session may be pre-seeded.
The meet will be deck seeded. Entries are run on Hy-Tek MM.
- 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.
No "Deck Registrations" will be accepted
Age on **January 15, 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:** All 9 & over athletes are limited to 3 events and 1 relay per session. 8 & under swimmers are permitted to swim 4 events.
Entries will be entered in the order they are received. If needed entries will be cut by time, and you will be notified by email.
- U.S. Mail Entries/Payment to: **Dawn Diaz, 3 Church Street, Hempstead, NY 11550**
Email Entries/Confirm Entry Receipt: djdiazdd@aol.com
If sending express mail, please sign the waiver on the front.
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **December 26, 2015**.
2: The final entry deadline for this meet is **January 1, 2016**
3: Metro entries received between **December 26, 2015** and **January 1, 2016** 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 even and **\$8.00** per relay must accompany the entries.
Make check payable to: **Nu-Finmen Swimming**.
Payment must be received by **January 15, 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 warmup with assigned lanes will be distributed each session along with scratch sheets.
Sprint lanes and General lanes will be available for the remaining 10 minutes of warmup.

- 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:** **Individual awards: custom ribbons 1st – 10th, relays: 1st – 3rd places. High point awards for each age group (male/female). Points awarded thru' 6th place, (no points awarded out of age group). Awards that are not picked up by end of meet will not be mailed.**
- OFFICIALS:** **Meet Referee:** Todd Trotman; kingfishtodd@aol.com
Officials wishing to volunteer should contact Meet Referee by **January 8th, 2016**, .
- ADMIN. OFFICIAL:** **Administrative Official:** Nicole Foo-McKenzie, dawn diaz
- MEET DIRECTOR:** **Jennifer Trotman, coachjenntrtoman@aol.com, Karima Tonge, Coachkarimat@aol.com**-Any questions in reference to the meet will only receive a response from a registered coach of a participating 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.
- 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"
- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
"[Click and Input water Depth at 1 meter and at 5 meters]"
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Nassau County Aquatic Center, and Nu-Finmen Swimming** ", M " , 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 liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."
- 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:** **Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.**
- ADMISSION:** **\$7.00 per person, per session 10 & over / programs - \$2.00 each**
- MERCHANTS:** **Food available in designated areas. A concession stand is operated by Nassau County Aquatic Center. No glass bottles allowed on pool deck.**
- PARKING:** **Ample free parking is available in the park.**
- DIRECTIONS:** **From Verrazano Narrows Bridge & Kennedy Airport:**
Follow signs to Belt Parkway/Long Island East. Take Belt Pkwy E. past Kennedy Airport. After Kennedy Airport stay in the left lane and look for signs to the Southern State Pkwy E. Take Southern State Pkwy E to Meadowbrook Pkwy N. to NY-24 Hempstead Turnpike (exit M4). On Hempstead Turnpike get in left lane. Make left at first light (Merrick Ave.), make right into Eisenhower Park.
From Whitestone & Throgs Neck Bridge: Take Cross Island Pkwy S to exit 29, Grand Central Pkwy E. follow Grand Central

Pkwy to Meadowbrook Pkwy S (Jones Beach) to NY-24 (exit M4) and follow directions to Eisenhower Park.

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2016 35th ANNUAL DR. MARTIN LUTHER KING JR. SWIM INVITATIONAL

SESSION 1: FRIDAY, JANUARY 15, 2016
WARMUP: 5:00PM, START: 6:00PM

FEMALE	EVENTS	MALE
1	9/10 200	2
3	11/12 200 FREE	4
5	13/14 500 FREE	6
7	OPEN 500 FREE	8
9	13/14 400 IM	10
11	OPEN 400 IM	12

(Nu-Finmen Swimming reserves the right to limit the heats in this session to keep within the time limit.)
(NO 8&UN in this session)

SESSION 11: SATURDAY, JANUARY 16, 2016
WARMUP: 7:00AM, START: 8:00AM

FEMALE	EVENTS	MALE
13	13/14 200 IM	14
15	OPEN 200 IM	16
17	13/14 100 FLY	18
19	OPEN 100 BREAST	20
21	13/14 100 BREAST	22
23	OPEN 100 FREE	24
25	13/14 200 FREE	26
27	OPEN 200 BACK	28
29	13/14 100 BACK	30
31	OPEN 200 MED RELAY	32
33	13/14 200 MED RELAY	34

SESSION 111: SATURDAY, JANUARY 16, 2016
WARMUP: 12:15 PM, START: 12:45PM

FEMALE	EVENTS	MALE
35	8 & UN 50 FREE	36
37	8 & UN 25 BK	38
39	8 & UN 50 FLY	40
41	8 & UN 25 BREAST	42
43	8 & UN 25 FREE	44
45	8 & UN 100 FREE RELAY	46

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**SESSION 1V: SATURDAY, JANUARY 16, 2016
WARMUP: 2:30PM, START 3:30PM**

FEMALE	EVENTS	MALE
47	9/10 100 IM	48
49	11/12 100 BACK	50
51	9/10 50 BACK	52
53	11/12 100 BREAST	54
55	9/10 50 BREAST	56
57	11/12 50 FLY	58
59	9/10 100 FLY	60
61	11/12 100 FREE	62
63	9/10 50 FREE	64
65	11/12 200 MED RELAY	66
67	9/10 200 MED RELAY	68

**SESSION V: SUNDAY, JANUARY 17, 2016
WARMUP: 7:00AM, START: 8:00AM**

FEMALE	EVENTS	MALE
69	OPEN 200 BREAST	70
71	13/14 200 BREAST	72
73	OPEN 100 FLY	74
75	13/14 50 FREE	76
77	OPEN 50 FREE	78
79	13/14 200 BACK	80
81	OPEN 100 BACK	82
83	13/14 100 BACK	84
85	OPEN 200 FREE	86
87	13/14 200 FREE RELAY	88
89	OPEN 200 FREE RELAY	90

***** **COACHES RELAY** *****

**SESSION V1: SUNDAY, JANUARY 17, 2016
WARMUP: 1:00PM, START: 2:00PM**

FEMALE	EVENTS	MALE
91	11/12 200 IM	92
93	9/10 100 BACK	94
95	11/12 50 BACK	96
97	9/10 100 BREAST	98
99	11/12 50 BREAST	100
101	9/10 50 FLY	102
103	11/12 100 FLY	104
105	9/10 100 FREE	106
107	11/12 50 FREE	108
109	9/10 200 FREE RELAY	110

