

# **Long Island Express**

**Invitational Swim Meet  
October 19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> 2018  
Swim Meet  
Sanction # 181017**

**Empire, Flying Dolphins, Sachem, New York City Aquatic Club,  
LaGuardia, Flushing, West Islip, Matchpoint**

**LIE Octoberfest**  
**October 19<sup>th</sup> 20<sup>th</sup> 21<sup>st</sup> , 2018**

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **181017**  
TT sanction 181058

**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**  
**Friday Session 2 – Start 15 minutes after the end of event 12**  
**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 Oct 19<sup>th</sup> , **2018** will determine age for the entire meet.

**DISABILITY SWIMMER:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.  
**S:** 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. The 500's will be cut by time.**  
**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 4, 2018 For Metro teams and October 8 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 12<sup>th</sup>, 2017 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 3, 2018
- 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.
- Drones** "Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present."
- 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 behind the blocks, in changing area, rest rooms or lockers. - Art 202.3 and 202.4
- MERCHAN** **Metro Swim Shop will be present at the meet. No food or drink allowed in the**

**TS:** 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 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.

**Friday October 19<sup>th</sup>**

h

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

**Session 1**

<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>

**15 minute break**

**Session 2**

<b>13*</b>	13-14 500 Free	<b>14*</b>
<b>15*</b>	Open 500 free	<b>16*</b>

**Cut off Evt 13-14 6:00.00**

**Evt 15    5:45.00**

**Evt 16    5:30.00**

**Saturday Oct 20<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>

\*Cut off time 3:00

**Saturday October 20<sup>h</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 Back	<b>40</b>
<b>41</b>	10 and under 100 Back	<b>42</b>
<b>43</b>	Open 100 Fly	<b>44</b>
<b>45</b>	10 and under 50 Fly	<b>46</b>
<b>47</b>	Open 100 Breast	<b>48</b>
<b>49</b>	10 and under 100 breast	<b>50</b>
<b>51*</b>	Open 200 IM	<b>*52</b>

\*Cut off time 2:45

**Sunday October 21 , 2018**

**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 Back	<b>58</b>
<b>59</b>	11-12 50 Back	<b>60</b>
<b>61</b>	13-14 200 Fly	<b>62</b>
<b>63</b>	11-12 100 Fly	<b>64</b>
<b>65</b>	13-14 200 Breast	<b>66</b>
<b>67</b>	11-12 50 Breast	<b>68</b>
<b>69</b>	13-14 50 Free	<b>70</b>
<b>71*</b>	11-12 500 Free	<b>72*</b>

**\*Cut off time for event 71 & 72 is 6:00**

**Sunday October 21<sup>h</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 Back	<b>78</b>
<b>79</b>	10 and under 50 Back	<b>80</b>
<b>81</b>	Open 200 Fly	<b>82</b>
<b>83</b>	10 and under 100 Fly	<b>84</b>
<b>85</b>	Open 200 Breast	<b>86</b>
<b>87</b>	10 and under 50 breast	<b>88</b>
<b>89</b>	Open 50 Free	<b>90</b>
<b>91*</b>	10 and under 500 Free	<b>92*</b>

**\*Cut off time for event 91 & 92 is 7:00**

