

Invitational Meet Announcement

Long Island Express

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

**LIE June Jamboree
June 20,21,22
140607**

**Invited Teams: Central Queens, Empire, Gateway, Hauppauge,
Huntington YMCA, Flushing, , Connetquot, Long Beach Aquatics, Metro
Area Life, Sachem, Farmingdale, Hurricanes , West Islip Aquatic Club.**

LIE June Jamboree

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **140607**
- LOCATION:** **Hofstra University**
- FACILITY:** **8 Lane 50 meter facility that is 5.5 feet deep in the shallow end and 15.6 feet deep in the deep end with a 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, 13-14 8:00 Warm-up 9:00 Start
Saturday and Sunday 10 and under , Open 3:30 Warm-up 4:30 Start
Sat and Sunday 400 Free and 400 IM 1:30 warm-up 2:00 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 June 20, 2014 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:** **3 Entries per day will be permitted**
Entries will be cut on a first come first serve basis – if after all teams are accepted, if there needs to be additional cuts they will be made by time. 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 : June 7, 2014**
- 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 June 14, **2014** 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: Kris Sawicz-** krzysztofs711@aol.com
Officials wishing to volunteer should contact Meet Referee by June 5, 2014

**MEET
DIRECTOR:** **Rick Ferriola –** 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: 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: **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.**

**STARTING
RULE
COMPLIANCE
DECK
CHANGES
AUDIO**

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.

Locker rooms must be used for changing purposes. Deck changes will not be allowed.

Use of Audio or visual recording devices, including cell phones is not permitted in changing areas, rest rooms or locker rooms. - Art. - 202.3 and 202.4

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

Friday June 20

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 Fly	6
7	Open 100 Fly	8
9	13-14 200 Breast	10
11	Open 200 Breast	12
13	13-14 100 Free	14
15	Open 100 free	16

Saturday June 21

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	13-14 200 Free	20
21	11/12 100 Fly	22
23	13-14 100 Breast	24
25	11/12 100 Breast	26
27	13-14 100 Back	28
29	11/12 50 Back	30

Saturday June 21

Warm-up 1:30 PM Start 2:00 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<u>*31</u>	Open 400 Free	<u>*32</u>

*This event will be limited to 8 heats of girls and 8 heats of boys

Saturday June 21

Warm-up 3:30 PM Start 4:30 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<u>33</u>	10 and Under 50 Free	<u>34</u>
<u>35</u>	Open 200 Free	<u>36</u>
<u>37</u>	10 and Under 100 Fly	<u>38</u>
<u>39</u>	Open 100 Breast	<u>40</u>
<u>41</u>	10 and Under 100 Breast	<u>42</u>
<u>43</u>	Open 100 Back	<u>44</u>
<u>45</u>	10 and Under 50 Back	<u>46</u>

Sunday June 22

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<u>47</u>	11/12 100 Free	<u>48</u>
<u>49</u>	13-14 200 Back	<u>50</u>
<u>51</u>	11/12 50 Fly	<u>52</u>
<u>53</u>	13-14 50 Free	<u>54</u>
<u>55</u>	11/12 50 Breast	<u>56</u>
<u>57</u>	13-14 200 Fly	<u>58</u>
<u>59</u>	11/12 100 Back	<u>60</u>

Sunday June 22

Warm-up 1:30 PM Start 2:00 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<u>*61</u>	<u>Open 400 Individual Medley</u>	<u>*62</u>

*This event will be limited to 7 heats of girls and 7 heats of boys

Sunday June 22

Warm-up 3:30 PM Start 4:30 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<u>63</u>	<u>10 and Under 100 Free</u>	<u>64</u>
<u>65</u>	<u>Open 200 Back</u>	<u>66</u>
<u>67</u>	<u>10 and Under 50 Fly</u>	<u>68</u>
<u>69</u>	<u>Open 50 Free</u>	<u>70</u>
<u>71</u>	<u>10 and Under 50 Breast</u>	<u>72</u>
<u>73</u>	<u>Open 200 Fly</u>	<u>74</u>
<u>75</u>	<u>10 and Under 100 Back</u>	<u>76</u>