

Invitational Meet Announcement

Long Island Express

October 17, 18th and 19th

Swim Meet

Sanction # 141017

LIE Octoberfest

October 17th , 18th and 19th

Invited Teams: Hauppauge, Flushing, LaGuardia, Empire, Makos, Flying Dolphins, Sachem, West Islip, Islander Aquatics, Huntington YMCA, Gateway, New York City Aquatic Club, RAC

LIE Octoberfest

October 17th , 18th and 19th , 2014

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **141017**
TT sanction 141055-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 9-10 , Open 3:30 Warm-up 4:30 Start
Sat and Sunday 500 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 Oct 17th , **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:** **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 3, 2014 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 \$4.00 per individual event must accompany the entries.
Make check payable to: **Long Island Express LTD**
Payment must be received by Oct 17th , **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**
Officials wishing to volunteer should contact Meet Referee by October 3, 2014

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: **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 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 not allowed.

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

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

Friday Oct 17th

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 Oct 18

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 Oct 18

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
*31	Open 500 Free	*32

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

Saturday October 18

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
33	9-10 50 Free	34
35	Open 200 Free	36
37	9- 10 100 Fly	38
39	Open100 Breast	40
41	9-10 100 Breast	42
43	Open 100 Back	44
45	9-10 50 Back	46

Sunday October 19

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	13-14 200 Back	50
51	11/12 50 Fly	52
53	13-14 50 Free	54
55	11/12 50 Breast	56
57	13-14 200 Fly	58
59	11/12 100 Back	60

Sunday October 19

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

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

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

Sunday October 19

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<u>63</u>	9-10 100 Free	<u>64</u>
<u>65</u>	Open 200 Back	<u>66</u>
<u>67</u>	9-10 50 Fly	<u>68</u>
<u>69</u>	Open 50 Free	<u>70</u>
<u>71</u>	9-10 50 Breast	<u>72</u>
<u>73</u>	Open 200 Fly	<u>74</u>
<u>75</u>	9-10 100 Back	<u>76</u>