



# SPEEDO

**Long Island Challenge  
April 24-26, 2015  
Sanction #150401**

**Invited Teams: ABF(NE), AQUA, BAC, BAD, BGNW, CONDORS, MAG(NE), NJW(NJ), SAC, TS, TVSC other teams interested please contact Ginny Nussbaum at [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com)**

# **SPEEDO**

## **Long Island Challenge**

**April 24- 26, 2015**

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **150401**

**LOCATION:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY 11554

**FACILITY:** 10 Lane by 50 meter competition pool w/ 2 meter min depth  
The pool **Has Not been** certified in accordance with Article 104.2.2C (4)

**SESSIONS:** Doors to the Pool Deck and to the Spectator Stands Open NO EARLIER THAN 7:15AM – Plan accordingly  
Session One Timed Finals- Friday April 24 warm-up 4:30pm Start 5:30pm  
Session Two – Prelims– Saturday April 25 warm-up 7:30am Start 8:30am  
Session Three – 14&Unders timed finals – Saturday April 25 warm-up 12:30pm Start 1:30pm  
Session Four – Finals – Saturday April 25 warm-up 5:30pm Start 6:30pm  
Session Five – Prelims – Sunday April 26 warm-up 7:30am Start 8:30am  
Session Six – 14&Unders timed finals Sunday April 26 warm-up 12:30pm Start 1:30pm  
Session Seven – Finals – Sunday April 26 warm-up 5:30pm Start 6:30pm

**FORMAT:** This meet will be run in accordance with 2014 USA Swimming Rules.

All 10&U, 11-12, 13-14 events will be swum as timed finals. Senior events, with the exception of the 800/1500 and Relays, will be a trials and finals format, with bonus, consolation and championship finals (fastest 30 swimmers from preliminaries) held in the evening session. Teams are limited to 2 entries per relay-event. All relays are timed finals. The top 20 senior relays will be swum at night unless the relays have been checked in as explained below and specified that the relays will be swum only in the morning. All other heats of relays will be run at the end of the preliminary session.

The Event will be deck seeded

**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 **April 24, 2015** 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.

**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.  
Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**ENTRIES:** All invited swimmers must meet the attached time standards. NT's and Deck entries will not be accepted. Times converted from Short Course times are allowed.  
Swimmers may compete in a maximum of 3 individual events per day. Swimmers entered in more than three (3) individual events in a preliminary or timed final session who fail to scratch down to this number before the check-in/scratch deadline established for the session will only be eligible to swim in the first three (3) events in the chronological, not event order, for which the swimmer was entered in that session.

Hy-Tek Email entries only/Confirm Entry Receipt: [entries.liac@gmail.com](mailto:entries.liac@gmail.com)  
Payment to: **Karla Leite, 750F Stewart Ave., Garden City, NY 11530**

An email confirming receipt of entries will be sent to the address the entries are received from. If the sender does not hear from Karla within 48 hours your entry has not been received. Please contact Meet Director if you do not receive such a report within 48 hours of your original email.

**DEADLINE:** Entries must be received by : **April 14, 2015**

- ENTRY FEE:** \$6.00 per individual Senior event; \$10.00 per Relay; \$5.00 per 14&U individual event  
Make check payable to: **Long Island Swimming**  
Payment must be received by **April 14, 2015** 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 for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes.
- 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 draw a line through an individual event to indicate clearly that the individual event is a scratch or when an athlete is out of the session completely draw a line through the swimmers name who will not be participating in the session.
- There will be positive check in for the 800/1500 free and the relays at the head table. Relays that want to be swum only in the morning sessions must note that on the positive check in sheet not more than a half hour after warm ups end. If more than 20 relays will be swum (after scratches) then those relays that want to swim in the morning will be placed in morning heats. If 20 or fewer relays remain after scratches, all relays will be swum at night.
- For Senior Finals, the Scratch Rule for Championship Finals, as specified in the Metropolitan Swimming Policy Handbook, will be followed. In addition, a \$50 fine per swimmer will be imposed for those failing to show up for Sunday night finals.
- 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
- SCORING:** Scoring for the team title will be through 20 places for Senior events as follows: (24,20,19,18,17,16,15,14,13,12,11,9,8,7,6,5,4,3,2,1) for individual events and for relay events (48,40,38,36,34,32,30,28,26,24,22,18,16,14,12,10,8,6,4,2). Scoring for the team title will be through 10 places for Age Group Individual events as follows: (11,9,8, 7, 6, 5, 4, 3, 2, 1).
- RELAYS:** All relays must have the correct four names listed on the relay card in the correct order for that relay to be eligible. Coaches must turn in relay cards no later than 30 minutes prior to the event. All swimmers must be listed in the team's official entry file in order to participate in the meet, **including relay only swimmers**. It is the coach's responsibility to make sure their relay only swimmers are entered into the meet by the meet entry deadline. Coaches may request an athlete roster to verify. The order of the swimmers and the names may be changed by notifying the timer in the relay lane or the computer desk but must be done prior to the start of the heat. No changes will be made after the relay is swum. See "CHECK-IN and SCRATCHES" above for information on how to indicate that a relay only wants to swim in the morning or at night.
- AWARDS:** 1<sup>st</sup> – 10th place awards will be given to the 12&U athletes. 1<sup>st</sup>-3<sup>rd</sup> place awards will be given to the 13-14 and Senior Swimmers.
- OFFICIALS:** **Meet Referee:** Rich Brown, [richbrown4@verizon.net](mailto:richbrown4@verizon.net) **Meet Admin:** Jane Chan  
Officials wishing to volunteer should contact Meet Referee by **April 14, 2015**
- MEET DIRECTOR:** Ginny Nussbaum, [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com) 516.378.8467 – Questions concerning the meet will only be entertained when communicated via a certified coach on an invited 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"
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Nassau County Aquatic Center,**

**Long Island Aquatic Club, Long Island Swimming,,** 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 any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

**ADMISSION:** Admission - \$7.00                      Programs - \$2.00

**MERCHANTS:** A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck. Hobieswim will be available throughout the entire meet

**PARKING:** There is ample parking. Nassau County residences are free, must show a drivers license. There is a \$10.00/car parking fee for all others.

**DIRECTIONS: FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:**

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take So.State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.

**FROM WHITESTONE AND THROGS NECK BRIDGES**

Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead Tpke.(exit M4). On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.



**LONG ISLAND AQUATIC CLUB**  
Presents  
**The SPEEDO Long Island Challenge**  
April 24-26, 2015

To be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York

**FRIDAY APRIL 24, 2015**

**SESSION I**

**Senior Distance Timed Finals**

**WARM-UP 4:30 PM START 5:30PM**

WOMEN	STANDARD	EVENT	STANDARD	MEN
1	9:52.39	*800 Free		
		*1500 Free	17:54.99	2

\*800/1500 Free Limited to 4 Heats. The event will be swum fast to slow alternating Women/Men.

**SESSION II**

**SATURDAY APRIL 25, 2015**

**WARM-UP 7:30AM START 8:30AM**

**SESSION V**

**SUNDAY APRIL 26, 2015**

**WARM-UP 7:30AM START 8:30AM**

WOMEN	Standard	SENIOR EVENTS	Standard	Men	WOMEN	Standard	EVENT	Standard	Men
3	2:35.59	200 Fly	2:22.89	4	45	1:12.89	100 Fly	1:06.69	46
5	1:12.79	100 Back	1:06.79	6	47	2:21.99	200 Free	2:12.69	48
7	2:57.99	200 Breast	2:42.89	8	49	1:25.59	100 Breast	1:17.09	50
9	1:05.49	100 Free	59.59	10	51	30.69	50 Free	28.09	52
11	2:39.49	200 IM	2:26.39	12	53	2:39.49	200 Back	2:25.99	54
13	4:48.99	400 Free	4:30.89	14	55	5:34.49	400 IM	5:11.09	56
15	NT	*400 Medley Relay	NT	16	57	NT	*400 Free Relay	NT	58

\*Top 20 Relays will be swum at Finals

**SESSION III 14&Under Timed Final**

**SATURDAY April 25, 2015**

**WARM-UP 12:30PM START 1:30PM**

**SESSION VI 14&U Timed Final**

**SUNDAY April 26, 2015**

**WARM-UP 12:30PM START 1:30PM**

WOMEN	Standard	EVENT	Standard	Men	WOMEN	Standard	EVENT	Standard	Men
17	2:29.29	13-14 200 Free	2:21.99	18	59	2:58.89	11-12 200 IM	2:56.59	60
19	2:59.29	11-12 200 fly	2:54.49	20	61	1:21.19	10&U 100 Free	1:20.39	62
21	2:58.39	10&U 200 Free	2:51.89	22	63	3:10.89	13-14200breast	3:00.19	64
23	1:28.19	13-14 100 breast	1:21.29	24	65	35.79	11-12 50 Fly	35.89	66
25	1:33.79	11-12 100 breast	1:31.69	26	67	41.49	10&U 50 Fly	40.89	68
27	1:46.49	10&U 100 breast	1:45.79	28	69	1:15.69	13-14 100 Fly	1:10.39	70
29	32.19	13-14 50 free	29.49	30	71	1:23.29	11-12 100 Back	1:22.49	72
31	33.39	11-12 50 free	32.49	32	73	1:35.19	10&U100 Back	1:31.69	74
33	36.29	10&U 50 free	35.69	34	75	2:50.99	13-14 200 IM	2:40.99	76
35	2:45.69	13-14 200 fly	2:36.59	36	77	2:37.59	11-12 200 Free	2:33.69	78
37	38.49	11-12 50 back	37.99	38	79	1:17.19	13-14 100 back	1:13.59	80
39	43.49	10&U 50 back	43.29	40	81	48.09	10&U50Breast	48.19	82
41	2:45.69	13-14 200 back	2:37.69	42	83	42.09	11-1250Breast	41.99	84
43	3:18.49	10&U 200 IM	3:17.49	44	85	1:09.69	13-14 100 Free	1:05.29	86
87	NT	11-12 200 Medley Relay	NT	88	91	NT	11-12 200 Free Relay	NT	91
89	NT	13-14 200 Medley Relay	NT	90	93	NT	13-14 200 Free Relay	NT	94



**LONG ISLAND AQUATIC CLUB**

Presents

**The Long Island Challenge**

**April 24-26, 2015**

To be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York

**SESSION IV Senior Finals**

**SATURDAY APRIL 25, 2015**

**WARM-UP 5:30PM START 6:30PM**

**SESSION VII Senior Finals**

**SUNDAY APRIL 26, 2015**

**WARM-UP 5:30PM START 6:30PM**

<b>WOMEN</b>	<b>EVENT</b>	<b>Men</b>		<b>WOMEN</b>	<b>EVENT</b>	<b>Men</b>
<b>3</b>	<b>Senior 200 Fly</b>	<b>4</b>		<b>45</b>	<b>Senior 100 Fly</b>	<b>46</b>
<b>5</b>	<b>Senior 100 Back</b>	<b>6</b>		<b>47</b>	<b>Senior 200 Free</b>	<b>48</b>
<b>7</b>	<b>Senior 200 Breast</b>	<b>8</b>		<b>49</b>	<b>Senior 100 Breast</b>	<b>50</b>
<b>9</b>	<b>Senior 100 Free</b>	<b>10</b>		<b>51</b>	<b>Senior 50 Free</b>	<b>52</b>
<b>11</b>	<b>Senior 200 IM</b>	<b>12</b>		<b>53</b>	<b>Senior 200 Back</b>	<b>54</b>
<b>13</b>	<b>Senior 400 Free</b>	<b>14</b>		<b>55</b>	<b>Senior 400 IM</b>	<b>56</b>
<b>15</b>	<b>Senior 400 Medley Relay</b>	<b>16</b>		<b>57</b>	<b>Senior 400 Free Relay</b>	<b>58</b>

Finals will be swum in the following order: C, B, A.



LONG ISLAND AQUATIC CLUB  
presents  
THE LONG ISLAND CHALLENGE  
APRIL 24-26 2015

to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island  
Sanctioned by Metropolitan Swimming  
sanction #150401

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ENTRY SUMMARY

Team \_\_\_\_\_ Club Code \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Contact \_\_\_\_\_ Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

# 10&U WOMEN # ENTRIES \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_

# 11-12 WOMEN # ENTRIES \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_

# 13-14 WOMEN # ENTRIES \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_

SENIOR WOMEN # ENTRIES \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_

RELAY WOMEN # ENTRIES \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_

# 10&U MEN # ENTRIES \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_

# 11-12 MEN # ENTRIES \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_

# 13-14 MEN # ENTRIES \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_

SENIOR MEN # ENTRIES \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_

RELAY MEN # ENTRIES \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

Waiver of all claims for injury and acceptance of all meet rules are conditions for acceptance of entries.

\_\_\_\_\_  
Coach