



**Junior Met 3 Invitational
July 8, 2015
Sanction #150704**

**Invited Teams: AQUA, BAC, BAD, BASC, BGNW, BBSC, CAT(NJ),CONDORS,
GAEL, GATE, HAA, LGAC, MAG(NE), MSC, NFS, NJW(NJ), TS, TVSC, WYW(CT),
other teams interested please contact Ginny Nussbaum at
gnussbaum@longislandswimming.com**

Junior Met 3 Invitational

July 8, 2015

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **150704**
- 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:** **Session One – All Age Groups –warm-up 5pm Start 6pm**
- FORMAT:** **The meet is a Timed Final Event**
The meet 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 **July 8, 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 Athletes are limited to enter 3 events per session.**
Deck entries will not be accepted.
NT's will not be accepted
Entries are by invite only.
Hy-Tek Email entries will be accepted
- U.S. Mail Entries/Payment to: **Karla Leite, 750F Stewart Ave., Garden City, NY 11530**
Email Entries/Confirm Entry Receipt: entries.liac@gmail.com
If sending express mail, please sign the waiver on the front.
- 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.
- DEADLINE:** **Entries must be received by : June 16, 2015**
- ENTRY FEE:** An entry fee of \$5.00 per individual event must accompany the entries.
Make check payable to: **Long Island Swimming**
Payment must be received by **July 8, 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 with assigned lanes for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be distributed along with the scratch sheet each session.**
- 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 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.

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: **1st – 10th place awards will be given to the 12&U athletes. Events 21 & 22 will be awarded for 1st-10th for both 10&U and 11-12. Both 9-10 and 8&U awards will be given in the 10&U events. 1st-3rd place awards will be given to the OPEN SWIMMERS.**

OFFICIALS: **Meet Referee:** Rich Brown, richbrown4@verizon.net
Meet Admin: Carolyn McNulty
Officials wishing to volunteer should contact Meet Referee by **July 6, 2015**

MEET

DIRECTOR: Karla Leite, klete@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.
"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.

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.
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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: All tickets will be sold online - <http://www.liswimming.com/hosted-meets.html>
\$8.35 Adult / Session - \$7.00 plus \$1.35 online fees
All children over the age of 3 require a ticket
Meet heat sheets will be available on meet mobile
No programs will be sold

MERCHANTS: **A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.**
Hobbieswim 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 Tpk.(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

Junior Met 3 Invitational

July 8, 2015

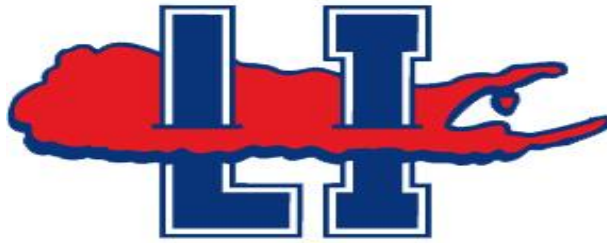
To be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York

SESSION I

WEDNESDAY JULY 8, 2015

WARM-UP 5PM START 6PM

<i>WOMEN</i>	<i>EVENT</i>	<i>MEN</i>
<i>1</i>	<i>12&U 200m free</i>	<i>2</i>
<i>3</i>	<i>OPEN 100m free</i>	<i>4</i>
<i>5</i>	<i>10&U 100m breast</i>	<i>6</i>
<i>7</i>	<i>11-12 50m breast</i>	<i>8</i>
<i>9</i>	<i>OPEN 200m breast</i>	<i>10</i>
<i>11</i>	<i>10&U 50m fly</i>	<i>12</i>
<i>13</i>	<i>11-12 50m fly</i>	<i>14</i>
<i>15</i>	<i>OPEN 100 fly</i>	<i>16</i>



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presents

Junior Met 3 INVITE

July 8, 2015

to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island

Sanctioned by Metropolitan Swimming

sanction #150704

ENTRY SUMMARY

Team _____ Club Code _____

Address _____

Town _____ State _____ Zip _____

Contact _____ Phone _____ E-Mail _____

10&UNDER WOMEN _____ # EVENTS _____ x \$5.00 = \$ _____

11-12 WOMEN _____ # EVENTS _____ x \$5.00 = \$ _____

SENIOR WOMEN _____ # EVENTS _____ x \$5.00 = \$ _____

10 &UNDER MEN _____ # EVENTS _____ x \$5.00 = \$ _____

11-12 MEN _____ # EVENTS _____ x \$5.00 = \$ _____

SENIOR MEN _____ # EVENTS _____ x \$5.00 = \$ _____

Total \$ _____

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

Coach