

Long Island Express
Swim Team
Second Chance Challenge 2015
Swim Meet
February 6-8th 150206

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February 6th, 7th, and 8th
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Long Island Express 2015 Second Chance Challenge Swim Meet

February 6th, 7th and 8th 2015

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #150206
- LOCATION:** Hofstra University Swim Center
- FACILITY:** 8 Lane 50 meter pool. Colorado timing system 6000 will be used. * lane Colorado timing scoreboard will be used. Hy-Tek meet manager will be used to conduct the meet.
The pool has been certified in accordance with Article 104.2.2C (4). The competition pool is 9 ft. deep in the shallow end and 15 ft. deep in the deep end.
- SESSIONS:** Friday – all ages
Warm-up 4:00 PM
Start 5:00 PM
Saturday and Sunday -- Ages : 13-14 and 11-12
Warm-up 8:00 AM
Start 9:00 AM
Saturday and Sunday -- Ages: Open and 10 and unders
Warm – up 2:00 PM
Start 3:00 PM
- FORMAT:** Timed finals format
Deck seeded. Coaches will receive a list of swimmers by session. Swimmers must be scratched 30 minutes prior to the start of the session.
- ELIGIBILITY:** Open to all 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 February 6th, 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:** Swimmers will limited to 4 events per day.,
Entries will be cut on a first come first serve basis.
Entries must be on Hy-Tek.

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 mail entries.
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by January 13th, 2014 .
2: The final entry deadline for this meet is January 30, 2014
3: Metro entries received between January 14, and January 31, and all entries from other LSC's will be entered in the order they were received, as space allows.
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 February 6th 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 1st – 3rd place and Ribbons 4th – 8th place..](#)
- OFFICIALS:** **Meet Referee:** [Kris Sawicz KRZYSZTOFS0711@aol.com](mailto:Kris.Sawicz@comcast.net)
Officials wishing to volunteer should contact Meet Referee by **February 1st**
Rick Ferriola Liecoach@aol.com
- Administrative Referee**
MEET DIRECTOR: [Robert Ortof 28-01 202 street Bayside NY 11360](#)
[Phone – 718-352-2136](tel:7183522136)
[Email ROrtof@nyc.rr.com](mailto:ROrtof@nyc.rr.com)
- WATER DEPTH:** USA 2011 - 202.3.7 "The water depth is 7 feet at the shallow end and 15 feet at the diving end.
- 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](#) , Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** [Admission \\$4.00 per person Programs \\$2.00](#)
- MERCHANTS:** [No food or beverages will be served by host team. A merchandise concession will be available by outside vendor.](#)
- PARKING:** [Free parking on campus.](#)
- DIRECTIONS:** [Northern State to Exit 31A - Meadowbrook Parkway. Proceed to exit M4 “Hempstead and Coliseum” on sign. Hempstead Turnpike West to Dunkin Donuts. Turn right on to entrance of campus. Go to second stop sign and turn right. Go to past field to first stop sign. Swim Center will be on the right.](#)
- AUDIO** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. - Art. - 202.3 and 202.4
- Deck Changes** Deck changes are not allowed. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Long Island Express Swim Team

Friday February 6th
Warm-up 4:00 PM Start 5:00 PM

Girls	Event	Boys
1	10 & under 200 Free	2
3	11/12 200 Free	4
5	13-14 400 IM	6
7	Open 400 IM	8
9	10 and under 200 IM	10
11	11/12 200 IM	12
13	13-14 500 Free	14
15	Open 500 free	16

Saturday February 7th

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

Girls	Event	Boys
17	13-14 100 free	18
19	11/12 50 free	20
21	13-14 200 Breast	22
23	11/12 100 Breast	24
25	13-14 200 Fly	26
27	11/12 50 Fly	28
29	13-14 100 Back	30
31	11/12 100 Back	32
33	13-14 200 IM	34

Saturday February 7th

Warm-up 2:00 PM Start 3:00 PM

Girls	Event	Boys
35	Open 100 Free	36
37	10 and under 50 Free	38
39	Open 200 Breast	40
41	10 and under 100 Breast	42
43	Open 200 Fly	44
45	10 and under 50 Fly	46
47	Open 100 Back	48
49	10 and under 100 back	50
51	Open 200 IM	52

Sunday February 8th

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

Girls	Event	Boys
53	13-14 200 free	54
55	11-12 100 Free	56
57	13-14 100 Breast	58
59	11-12 50 Breast	60
61	13-14 100 Fly	62
63	11-12 100 Fly	64
65	13-14 200 Back	66
67	11-12 50 Back	68
69	13-14 50 Free	70
71	11-12 100 IM	72

Sunday February 8th

Warm-up 2:00 PM Start 3:00 PM

Girls	Event	Boys
73	Open 200 Free	74
75	10 and under 100 Free	76
77	Open 100 Breast	78
79	10 and under 50 Breast	80
81	Open 100 Fly	82
83	10 and under 100 Fly	84
85	Open 200 Back	86
87	10 and under 50 Back	88
89	Open 50 Free	90
91	10 and under 100 IM	92