

Long Island Express Fall Kickoff

Swim Meet

November 2nd 3rd and 4th , 2018

Swim Meet

Sanction # 181116

LIE Fall Kickoff
November 2nd 3rd and 4th , , 2018

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **181116**
TT sanction 181154

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**
Friday Session 2 – Start 15 minutes after the end of event 12
Saturday and Sunday 11-12, 13-14 8:00 Warm-up 9:00 Start
Saturday and Sunday 10 and under, Open 2:00 warm-up 3:00 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 Nov 2nd , **2018** will determine age for the entire meet.

DISABILITY SWIMMER: Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.
S: 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. The 500's will be cut by time.**
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 24, 2018 For Metro teams and October 14 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 \$5.00 per individual event must accompany the entries. Make check payable to: **Long Island Express LTD**. Payment must be received by Oct 24th, 2018 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:** Larry Sheinberg jlinvestigationsny@gmail.com
: Officials wishing to volunteer should contact Meet Referee by October 20, 2018
- 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.
- Drones** “Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.”
- 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** Deck changes are prohibited !!
Use of Audio and visual recording devices, including a cell phone is not permitted behind the blocks, in changing area, rest rooms or lockers. - Art 202.3 and 202.4
- MERCHAN** **Metro Swim Shop will be present at the meet. No food or drink allowed in the**

TS: building.

PARKING: Parking immediately adjacent to facility.

DIRECTION S: 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.

Friday November 2nd

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

Session 1

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

15 minute break

Session 2

13*	13-14 500 Free	14*
15*	Open 500 free	16*

Cut off Evt 13-14 6:00.00

Evt 15 5:45.00

Evt 16 5:30.00

Saturday November 3rd 2018

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 Back	22
23	11/12 100 Back	24
25	13-14 100 Fly	26
27	11/12 50 Fly	28
29	13-14 100 Breast	30
31	11/12 100 Breast	32
33*	13-14 200 IM	*34

*Cut off time 3:00

Saturday November 3rd

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 Back	40
41	10 and under 100 Back	42
43	Open 100 Fly	44
45	10 and under 50 Fly	46
47	Open 100 Breast	48
49	10 and under 100 breast	50
51*	Open 200 IM	*52

*Cut off time 2:45

Sunday November 4th , 2018

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 Back	58
59	11-12 50 Back	60
61	13-14 200 Fly	62
63	11-12 100 Fly	64
65	13-14 200 Breast	66
67	11-12 50 Breast	68
69	13-14 50 Free	70
71*	11-12 500 Free	72*

***Cut off time for event 71 & 72 is 6:00**

Sunday November 4th

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 Back	78
79	10 and under 50 Back	80
81	Open 200 Fly	82
83	10 and under 100 Fly	84
85	Open 200 Breast	86
87	10 and under 50 breast	88
89	Open 50 Free	90
91*	10 and under 500 Free	92*

***Cut off time for event 91 & 92 is 7:00**