

Invitational Meet Announcement

# Long Island Express

May 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup>

Invitational Swim Meet

**LIE May Extravaganza**

**May 10<sup>th</sup> , 11<sup>th</sup> , 12<sup>th</sup>**

**190510**

**Invited Teams: Huntington YMCA, Gateway, LaGuardia, Sachem, Farmingdale,  
West Islip Aquatic Club, MPNY, Connetquot, Flying Dolphins, AGUA, Shorefront,  
New York City Aquatic Club, Islip Aquatics**

# LIE May Extravaganza Invitational

May 10<sup>th</sup> 11<sup>th</sup> and 12<sup>th</sup> 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **190510**  
TT 190555
- LOCATION:** **Hofstra University**
- FACILITY:** **Pool**  
**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.certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Friday 13-14 15-18 Warm-up 4:00 Start 5:00**  
**Saturday and Sunday 11-12, 10 and under 8:00 Warm-up 9:00 Start**  
**Saturday and Sunday 13-14 , Open 1:30 Warm-up 2:30 Start**  
**Sat and Sunday 400 Free and 400 IM 7:00 warm-up 7:30 start – these events will be swum fastest to slowest alternating women and men.**
- 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.  
No "Deck Registrations" will be accepted  
Age on **May 10, 2019** 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:** **3 Entries per day for 12 and unders - 3 Entries per day for 13 and overs will be permitted**  
**Minimum age for Open events is 12**  
**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@gmail.com**

- DEADLINE:** **Entries must be received by : May 1, 2019**  
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 **\$6.00** per individual event must accompany the entries.  
Make check payable to: **Long Island Express LTD**  
Payment must be received by **May 10, 2019** 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 warmup 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](mailto:jlinvestigationsny@gmail.com)**  
Officials wishing to volunteer should contact Meet Referee by **May 1, 2019**
- ADMIN. OFFICIAL:** **Administrative Official: Rick Ferriola and Gil Smith**
- MEETDIRECTOR:** **Robert Ortof – [rortof@gmail.com](mailto:rortof@gmail.com)**
- 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:** **All swimmers must wear footwear upon leaving the pool area.**  
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”**
- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."  
**2 meters – 5 meters**
- DISCLAIMER:** 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. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."
- AUDIO/VISUAL STATEMENT:** **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting block’s**  
**“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.”**

**DECK CHANGING:** Deck changes are prohibited.

**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 Hempstea 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.

**Distance Events** The 400 Free and 400 IM will be swum fastest to slowest alternating women and men.

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

Friday May 10<sup>th</sup>

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

### Girls Event Boys

1 13-14 200 IM 2

3 Open 200 IM 4

5 13-14 100 Breast 6

7 Open 100 Breast 8

9 13-14 200 Fly 10

11 Open 200 Fly 12

13 13-14 100 Free 14

15 Open 100 free 16

**Saturday May 11<sup>th</sup>**

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

**Girls Event Boys**

17 11/12 50 Free 18

19 9-10 50 Free 20

21 11/12 100 Fly 22

23 9-10 100 fly 24

25 11/12 100 Breast 26

27 9-10 100 Breast 28

29 11/12 50 Back 30

31 9-10 50 Back 32

**Saturday May 11<sup>th</sup>**

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

**Girls Event Boys**

33 \* 13-14 200 Free 34

35 \* Open 200 Free 36

37 13-14 100 Fly 38

39 Open100 Fly 40

41 13-14 100 Back 42

43 Open 100 Back 44

**\*cut off time for these events is 2:45**

**Saturday May 11<sup>th</sup>**

**Warm-up 7:00 PM Start 7:30 PM**

**Girls Event Boys**

\*45 Open 400 Free \*46

\*This event will be limited to 7 heats of girls and 7 heats of boys and will be swum fastest to slowest alternating women and men.

**Sunday May 12<sup>th</sup>**

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

**Girls Event Boys**

47 11/12 100 Free 48

49 9-10 100 Free 50

51 11/12 50 Fly 52

53 9-10 50 Fly 54

55 11/12 50 Breast 56

57 9-10 50 Breast 58

59 11/12 100 Back 60

61 9-10 100 Back 62

**Sunday May 12<sup>th</sup>**

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

**Girls Event Boys**

63 13-14 200 Back 64

65 Open 200 Back 66

67 13-14 50 Free 68

69 Open 50 Free 70

71 13-14 200 Breast 72

73 Open 200 Breast 74

**Sunday May 12<sup>th</sup>**

**Warm-up 7:00 PM Start 7:30 PM**

**Girls Event Boys**

\*75 Open 400 Individual Medley \*76

\*This event will be limited to 7 heats of girls and 7 heats of boys and will be swum fastest to slowest alternating women and men.



## Metropolitan Swimming Photographer Registration Form

**As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.**

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

**THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.**

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID \_\_\_\_\_ # \_\_\_\_\_

Taking photos of \_\_\_\_\_

On behalf of \_\_\_\_\_

Purpose \_\_\_\_\_

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet