

Long Island Express

February IMX Swim Meet

February 8, 9, 10

LIE February IMX Meet

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Sanction #130209

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #130209
- 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)
- SESSIONS:** Friday Warm-up 4:00 Start 5:00
Saturday and Sunday 10 and under, 13-14 8:00 Warm-up 9:00 Start
Saturday and Sunday 11-12 , Open 3:00 Warm-up 4:00 Start
Sat and Sunday 400 IM 1:00 warm-up 1:30 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 February 8, 2013 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 will be permitted
Entries will be cut on a first come first serve basis . Some events may be limited by time. 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 : January 28, 2013
- 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 January 29, 2013 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
IMX AWARDS TO EACH AGE 9,10,11,12,13,14 and then Open**
- OFFICIALS:** **Meet Referee: Kris Sawicz**
Officials wishing to volunteer should contact Meet Referee by January 31, **2013**
- MEET
DIRECTOR:** **Robert Ortof – Rortof@nyc.rr.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:** 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 and Long Island Express**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- 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 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.**

**STARTING
RULE
COMPLIANCE
DECK
CHANGING**

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.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms and rest rooms is not appropriate and is strongly discouraged.

AUDIO

Use of Audio or visual recording devices, including cell phones is not permitted in changing areas. rest rooms or locker rooms. -
Art. - 202.3 and 202.4

FOR YOUR SWIMMER TO RECEIVE A FULL IMX SCORE and TO BE INCLUDED IN THE HIGH POINT AWARDS GIVEN OUT AT THE MEET, THEY MUST SWIM ALL OF THE REQUIRED IMX AGE GROUP EVENTS BELOW !!!!!

- 9 and 10 – 200 free, 200 IM, 100 fly, 100 back, 100 breast
- 11-12 – 500 free, 200 IM, 100 fly, 100 back, 100 breast
- 13-14 – 500 free, 400 IM, 200 IM, 200 fly, 200 back, 200 breast
- Open – 500 free, 400 IM, 200 IM, 200 fly, 200 back, 200 breast

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

Friday February 8, 2013

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	9-10 200 Free	2
3	11-12 500 Free	4
5	13-14 500 Free	6
7	Open 500 Free	8

Saturday February 9, 2013

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
9	9-10 200 IM IMX	10
11	13-14 200 IM IMX	12
13	9-10 100 Back IMX	14
15	13-14 200 Back IMX	16
17	9-10 50 Breast	18
19	13-14 50 Free	20
21	9-10 50 Fly	22

Saturday February 9

Warm-up 1:00 PM Start 1:30 PM

<u>Girls</u>	<u>Event</u>	
23	Open 400 IM	24

Saturday February 9

Warm-up 3:00 PM Start 4:00 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
25	11-12 200 IM IMX	26
27	Open 200 IM IMX	28
29	11-12 100 Back IMX	30
31	Open 200 Back IMX	32
33	11-12 50 Breast	34
35	Open 50 Free	36
37	11-12 50 Fly	38

Sunday February 10, 2013

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
39	9-10 100 Breast IMX	40
41	13-14 200 Breast IMX	42
43	9-10 100 Fly IMX	44
45	13-14 200 Fly IMX	46
47	9-10 50 Free	48
49	13-14 100 Free	50
51	9-10 50 Back	52

Sunday February 10, 2013

Warm-up 1:00 PM Start 1:30 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
53	13-14 400 Individual Medley	54

Sunday February 10, 2013

Warm-up 3:00 PM Start 4:00 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
55	11-12 100 Breast IMX	56
57	Open 200 Breast IMX	58
59	11-12 100 Fly IMX	60
61	Open 200 Fly IMX	62
63	11-12 50 Free	64
65	Open 100 Free	66
67	11-12 50 Back	68