

**2013 32nd Annual
Dr. Martin Luther King Jr. Swim
Invitational**

130116

January 18, 19, 20 2013

2013 32nd Annual Dr. Martin Luther King, Jr. Swim Invitational

January 18, 19, 20 2013

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #130116
- LOCATION:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, Long Island, NY 11554
- FACILITY:** 10 lane, 25 yd pool with 2 meter minimum depth. Colorado Timing System, Scoreboard readouts, Hy-Tek Meet Manager.
The pool **has not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: Friday, January 18, 2013 (12&un) (13&over) warmup:5:00PM, start:6:00PM
Session 11: Saturday, January 19, 2013 (open) (13/14) warmup:7:00AM, start:8:30AM
Session 111: Saturday, January 19, 2013 (8&un) (9/10) (11/12) warmup:1:00PM, start:2:00PM
Session 1V: Sunday, January 20, 2013 (open) (13/14), warmup:7:00AM, start:8:00AM
Session V: Sunday, January 20, 2013 (8&un) (9/10) (11/12), warmup:1:00PM, start:2:00PM
- FORMAT:** Timed Final events
First 4 events of each session may be pre-seeded
- 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 **January 18, 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:** Limited to 3 events plus 1 relay per session. Entries run using Hy-Tek MM. NT's NOT accepted.
Entries entered in the order received and as space allows to keep within time frame.

U.S. Mail Entries/Payment to: **NU-Finmen Swimming, 3 Church Street, Hempstead, NY 11550**
Email Entries/Confirm Entry Receipt: djiazdd@aol.com
If sending express mail, please sign the waiver on the front.
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **December 26, 2012**.
2: The final entry deadline for this meet is **January 2, 2013**
3: Metro entries received between **December 26, 2012 and January 2, 2013** 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 and \$8.00 per relay must accompany the entries.
Make check payable to: **Nu-Finmen Swimming**.
Payment must be received by January 18, 2013 for email entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** General warmup with assigned lanes will be distributed each session along with scratch sheets. The last 10 minutes of warmup will be open for one way sprints with 2 lanes remaining open for general warmup.
- 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:** [Individual awards: custom ribbons 1st – 10th, relays: 1st – 3rd places. High point awards for each age group \(male/female\). Points awarded thru' 6th place \(no points awarded out of age group\). Awards that are not picked up by end of meet will not be mailed.](#)
- OFFICIALS:** **Meet Referee:** [Michele Gurrieri, \[Mcqswim6592@aim.com\]\(mailto:Mcqswim6592@aim.com\)](mailto:Michele.Gurrieri@aim.com) , [Kerry Fallarino \[kayfallar@aol.com\]\(mailto:kayfallar@aol.com\)](mailto:Kerry.Fallarino@aol.com)
Officials wishing to volunteer should contact Meet Referee by **January 15, 2013**.
- MEET DIRECTOR:** [Jennifer Trotman, \[coachjenntrtman@aol.com\]\(mailto:coachjenntrtman@aol.com\)](mailto:Jennifer.Trotman@aol.com) , [Robert Trotman](mailto:Robert.Trotman@aol.com)
[Dawn Diaz, \[djdiazdd@aol.com\]\(mailto:djdiazdd@aol.com\)](mailto:Dawn.Diaz@aol.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.
“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 locker rooms or other designated areas is not appropriate and is strongly discouraged.”
- 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."
["\[Click and Input water Depth at 1 meter and at 5 meters\]"](#)
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **“Nassau County Aquatic Center, and Nu-Finmen 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 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 or locker rooms**
- ADMISSION:** [\\$6.00 per person, per session, \(11 & over\) / programs - \\$2.00 each](#)
- MERCHANTS:** [Food available in designated areas. No glass bottles allowed on pool deck.](#)
- PARKING:** [Ample free parking available in the park.](#)
- DIRECTIONS:** [From Verranzo Narrows Bridge & Kennedy Airport:
Follow signs to Belt Parkway/Long Island East. Take Belt Pkwy E. past Kennedy Airport. After Kennedy Airport stay in the left lane and look for signs to the Southern State Pkwy E. Take Southern State Pkwy E. to Meadowbrook Pkwy N. to NY-24 Hempstead Turnpike \(exit M4\). On Hempstead Turnpike get in left lane. Make left at first light \(Merrick Ave.\). make right into Eisenhower Park.
From Whitestone & Throgs Neck Bridges:
Take Cross Island Pkwy S to exit 29, Grand Central Pkwy E. Follow Grand Central Pkwy to Meadowbrook Pkwy S \(Jones Beach\) to NY-24 \(exit M4\) and follow above directions to Eisenhower.](#)

NU-FINMEN SWIMMING
2013 32ND ANNUAL DR. MARTIN LUTHER KING JR. SWIM INVITATIONAL

SESSION 1: FRIDAY, JANUARY 18, 2013
WARMUP: 5:00, START: 6:00PM

FEMALE	EVENTS	MALE
1	10 UN 200 FREE	2
3	11/ 12 200 FREE	4
5	13/14 500 FREE	6
7	OPEN 500 FREE	8
9	10 & UN 200 IM	10
11	11/12 200 IM	12
13	13/14 400 IM	14
15	OPEN 400 IM	16

(Nu-Finmen Swim reserves the right to limit the number of heats in this session to keep within the time limit)

SESSION 11: SATURDAY, JANUARY 19, 2013
WARMUP: 7:00AM, START: 8:30AM

FEMALE	EVENTS	MALE
17	OPEN 200 IM	18
19	13 / 14 200 IM	20
21	OPEN 100 BREAST	22
23	13 / 14 200 BREAST	24
25	OPEN 200 FLY	26
27	13 / 14 100 FLY	28
29	OPEN 100 FREE	30
31	13/14 200 FREE	32
33	OPEN 200 BACK	34
35	13 / 14 100 BACK	36
37	OPEN 200 MED RELAY	38
39	13 / 14 200 MED RELAY	40

SESSION 111: SATURDAY, JANUARY 19, 2013
WARMUP: 1:00PM, START: 2:00PM

FEMALE	EVENTS	MALE
41	9 / 10 100 IM	42
43	8 & UN 100 IM	44
45	11 / 12 50 BACK	46
47	9 / 10 100 BACK	48
49	11 / 12 100 BREAST	50
51	9 / 10 50 BREAST	52
53	8 & UN 50 FLY	54
55	9 / 10 100 FLY	56
57	11 / 12 50 FLY	58
59	8 & UN 50 FREE	60
61	9 / 10 100 FREE	62
63	11 / 12 100 FREE	64
65	10 & UN 200 MED RELAY	66
67	11 / 12 200 MED RELAY	68

NU-FINMEN SWIMMING
2013 32ND ANNUAL DR. MARTIN LUTHER KING JR. SWIM INVITATIONAL
SESSION 1V: SUNDAY, JANUARY 20, 2013
WARMUP: 7:00 AM, START 8:00AM

FEMALE	EVENTS	MALE
69	OPEN 200 BREAST	70
71	13 / 14 100 BREAST	72
73	OPEN 50 FREE	74
75	13 / 14 50 FREE	76
77	OPEN 100 FLY	78
79	13 / 14 200 FLY	80
81	OPEN 200 FREE	82
83	13 / 14 100 FREE	84
85	OPEN 100 BACK	86
87	13 / 14 200 BACK	88
89	OPEN 200 FREE RELAY	90
91	13 / 14 200 FREE RELAY	92

***** COACHES RELAY is at conclusion of Session 1V*****

SESSION V: SUNDAY, JANUARY 20, 2013
WARMUP: 1:00 PM, START: 2:00PM

FEMALE	EVENTS	MALE
93	11 / 12 100 IM	94
95	8 & UN 50 BACK	96
97	9 / 10 50 BACK	98
99	11 / 12 100 BACK	100
101	8 & UN 50 BREAST	102
103	9 / 10 100 BREAST	104
105	11 / 12 50 BREAST	106
107	9 / 10 50 FLY	108
109	11 / 12 100 FLY	110
111	8 & UN 100 FREE	112
113	9 & 10 100 FREE	114
115	11 / 12 50 FREE	116
117	10 & UN 200 FREE RELAY	118
119	11 / 12 200 FREE RELAY	120