



**Long Island Aquatic Club's Thanksgiving Invitational
November 15-16, 2013**

Sanction #131104

Invited Teams: AQUA, BAC(NJ), BAD, BASC, BBSC, BGNW, CAT(NJ), CPAC, HAA, IA, LGAC, LBA, MAG(NE), MSC, NFS, NJW(NJ), NS, TS, TVSC, WYW(CT), other teams interested please contact Ginny Nussbaum at gnussbaum@longislandswimming.com

Long Island Aquatic Club's Thanksgiving Invite

November 15-16, 2013

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 131104
- LOCATION:** Nassau County Aquatic Center
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 10 Lane by 25 yard competition pool w/ 2 meter min 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 One – Friday 11/15/13 12&U warm-up 4-4:50pm start 5pm
Session Two – Saturday 11/16/13 13&14 and Open warm-up 7-7:50am start 8am
Session Three – Saturday 11/16/13 12&U warm-up 12:30-1:15pm start 1:20pm
Session Four – Saturday 11/16/13 13&14 and Open warm-up 5:30pm start 6:20pm
- FORMAT:** This is a Time Final event
The meet will be Deck Seeded
- 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. 15 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.
- 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

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
- ENTRIES:** **All Athletes are limited to enter 3 events per session.**
Deck entries will not be accepted.
NT's will not be accepted
Entries are by invite only and will be entered in the order received as space allows.
Hy-Tek Email entries will be accepted. An Entry Summary with a signed waiver must be sent to the office for entries to be considered by Nov. 14, 2013

U.S. Mail Entries/Payment to: **Ginny Nussbaum, 750F Stewart Ave., Garden City, NY 11530**
Email Entries/Confirm Entry Receipt: entries.liac@gmail.com
If sending express mail, please sign the waiver on the front.
An email confirming receipt of entries will be sent back 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.
- DEADLINE:** **Entries must be received by : Nov. 4, 2013**
- ENTRY FEE:** An entry fee of **\$4.00** per individual event must accompany the entries.
Make check payable to: **Long Island Swimming**
Payment must be received by **Nov. 15, 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 with assigned lanes. Sprint lanes and General lanes will be available. Lane assignments will be distributed along with the scratch sheet each session.**
- 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: **1st – 10th place awards will be given to the 12&U athletes. 1st – 3rd for 13&Over events. Both 10&U and 8&U awards will be given in the 10&U events. Awards must be picked up by the end of the meet. Awards left will not be mailed to the club or individual at the conclusion of the event.**

OFFICIALS: **Meet Referee:** Rich Brown, richbrown4@verizon.net
Officials wishing to volunteer should contact Meet Referee by **Nov 13, 2013**

MEET

DIRECTOR: Ginny Nussbaum, gnussbaum@longislandswimming.com 516.378.8467 – Questions concerning the meet will only be entertained when communicated via a certified coach on the invited team.

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.
"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."

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"

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Nassau County Aquatic Center, Long Island Aquatic Club, Long Island 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 any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

ADMISSION: Admission - \$7.00 10&over Programs - \$2.00

MERCHANTS: A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.
Hobbieswim will be available throughout the entire meet

PARKING: There is ample free parking available in the park

DIRECTIONS: FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take So.State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.

FROM WHITESTONE AND THROGS NECK BRIDGES

Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead Tpke.(exit M4). On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.



LONG ISLAND AQUATIC CLUB

presents

its Annual **THANKSGIVING INVITATIONAL**

NOVEMBER 15– 16, 2013

to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island

Order of Events

All events are Timed Finals

Friday 11/15 12 & Under

W.U. 4:30 pm Start 5:20pm

Saturday 11/16 13 & Over

W.U. 7:00am Start 8am

Women's Event No.	Event	Men's Event No.		Women's Event No.	Event	Men's Event No.
1	11-12 100yd Butterfly	2		19	13 – 14 100yd Freestyle	20
3	10 & Under 50yd Butterfly	4		21	Senior 200yd Freestyle	22
5	11 – 12 50 yd Backstroke	6		23	13 – 14 200 yd Butterfly	24
7	10 & Under 100yd Backstroke	8		25	Senior 100yd Butterfly	26
9	11 – 12 100yd Breaststroke	10		27	13 – 14 100yd Backstroke	28
11	10 & Under 50yd Breaststroke	12		29	Senior 200yd Backstroke	30
13	11 – 12 50yd Freestyle	14		31	13 –14 200yd Breaststroke	32
15	10 &Under 50yd Freestyle	16		33	Senior 100yd Breaststroke	34
17*	11 – 12 500yd Freestyle	18*		35	13 – 14 200yd Freestyle	36
	*may be limited to top 10			37	Senior 100yd Freestyle	38
				39*	15 – 18 400yd IM *may be limited to top 10	40*
	Saturday 11/16 12&U W.U. 12:30pm Start 1:20pm				Saturday 11/16 Afternoon 13&Over W.U. 5:30pm Start 6:20pm	
41	11 – 12 100yd Freestyle	42		59	13 – 14 200yd IM	60
43	10& Under 100yd Freestyle	44		61	Senior 200yd IM	62
45	11 – 12 50yd Butterfly	46		63	13 – 14 100yd Butterfly	64
47	10 & Under 100yd Butterfly	48		65	Senior 200yd Butterfly	66
49	11 – 12 100yd Backstroke	50		67	13 – 14 200yd Backstroke	68
51	10 & Under 50yd Backstroke	52		69	Senior 100yd Backstroke	70
53	11 – 12 50yd Breaststroke	54		71	13 – 14 100yd Breaststroke	72
55	10 &Under 100yd Breaststroke	56		73	Senior 200yd Breaststroke	74
57*	11 – 12 1000yd Freestyle	58*		75	13 – 14 50yd Freestyle	76
	*may be limited to top 10			77	Senior 50yd Freestyle	77
				79*	13 – 14 400yd IM *may be limited to top 10	80*



LONG ISLAND AQUATIC CLUB

presents

its Annual **THANKSGIVING INVITATIONAL**

NOVEMBER 15 - 16, 2013

to be held at Nassau County Aquatic Center, Eisenhower Park, East Meadow, Long Island

Sanctioned by Metropolitan Swimming

sanction #131104

ENTRY SUMMARY

Team _____ Club Code _____

Address _____ City _____

State _____ Zip _____

Contact Name _____ E-Mail _____

Phone _____

10 & UNDER WOMEN _____ # EVENTS _____ x \$4.00 = \$ _____

11-12 WOMEN _____ # EVENTS _____ x \$4.00 = \$ _____

13-14 WOMEN _____ # EVENTS _____ x \$4.00 = \$ _____

SENIOR WOMEN _____ # EVENTS _____ x \$4.00 = \$ _____

10 & UNDER MEN _____ # EVENTS _____ x \$4.00 = \$ _____

11-12 MEN _____ # EVENTS _____ x \$4.00 = \$ _____

13-14 MEN _____ # EVENTS _____ x \$4.00 = \$ _____

SENIOR MEN _____ # EVENTS _____ x \$4.00 = \$ _____

Total \$ _____

Waiver of all claims for injury and acceptance of all meet rules are conditions for acceptance of entries.

Coach