

# Long Island Express

June 19<sup>th</sup> 20<sup>th</sup> and 21<sup>st</sup>  
Invitational Swim Meet

LIE June Jamboree  
June 19<sup>th</sup> 20<sup>th</sup> and 21<sup>st</sup>  
150608

**Invited Teams:** Gateway, Hauppauge, Huntington YMCA, Flushing, Phoenix, Connetquot, Sachem, Farmingdale, Condor Swim Club, West Islip Aquatic Club, Nile Crocodile, MPNY, Ridgefield Aquatics, Central Queens, Connetquot, Long Beach

# LIE June Jamboree

June 19<sup>th</sup> , 20<sup>th</sup> and 21<sup>st</sup> , 2015

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **150608**  
Time trial sanction # 150651

**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) Depth 5 feet in the shallow end and 15 feet in the deep end.

**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 1:00 Warm-up 2:00 Start**  
**Sat and Sunday 400 Free and 400 IM 7:00 warm-up 7:30 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 June 19, **2015** 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:** **3 Entries per day for 12 and unders - 3 Entries per day for 13 and overs will be permitted**  
**Entries will be cut on a first come first serve basis – if after all teams are accepted there needs to be additional cuts they will be made 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 : June 9, 2015**

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 June 13, 2015 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: Kris Sawicz [KRZYSZTOFS0711@aol.com](mailto:KRZYSZTOFS0711@aol.com)**  
: Officials wishing to volunteer should contact Meet Referee by June 3, 2015
- Admin Ref:** **Rick Ferriola and Gil Smith**  
**MEET DIRECTOR:** **Robert Ortof – [Rortof@nyc.rr.com](mailto: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, it is understood that USA Swimming. Inc. Metropolitan Swimming.Inc **Hofstra University and Long Island Express shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.**
- 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** 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** Locker rooms must be used. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Use of Audio and visual recording devices, including a cell phone is not permitted in changing area, rest rooms or lockers. - Art 202.3 and 202.4

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

**Friday June 19**

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
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 June 20**

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
17	11/12 50 Free	18
19	10 and under 50 Free	20
21	11/12 100 Fly	22
23	10 and Under 100 fly	24
25	11/12 100 Breast	26
27	10 and under 100 Breast	28
29	11/12 50 Back	30
31	10 and Under 50 Back	32

**Saturday June 20**

**Warm-up 1:00 PM      Start 2:00 PM**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
33	13-14 200 Free	34
35	Open 200 Free	36
37	13-14 100 Fly	38
39	Open 100 Fly	40
41	13-14 100 Back	42
43	Open 100 Back	44

**Saturday June 20**

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
*45	Open 400 Free	*46

\*This event will be limited to 7 heats of girls and 7 heats of boys

**Sunday June 21**

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
47	11/12 100 Free	48
49	10 and under 100 Free	50
51	11/12 50 Fly	52
53	10 and under 50 Fly	54
55	11/12 50 Breast	56
57	10 and under 50 Breast	58
59	11/12 100 Back	60
61	10 and under 100 Back	62

**Sunday June 21**

**Warm-up 1:00 PM      Start 2:00 PM**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
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 June 21**

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<u>*75</u>	Open 400 Individual Medley	<u>*76</u>

\*This event will be limited to 7 heats of girls and 7 heats of boys