

Long Island Express

November 3rd, 4th, and 5th 2017

Autumn Frenzy

Sanction # 171111

LIE Autumn Frenzy
November 3rd, 4th, and 5th, 2017

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **171111**
TT sanction 1711-t

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)
The depth is 5.0 feet in the shallow end and 15.0 feet in the deep end.

SESSIONS: **Friday 13-14 15-18 Warm-up 4:00 Start 5:00**
Saturday and Sunday 11-12, 13-14 8:00 Warm-up 9:00 Start
Saturday and Sunday 10 and under, Open 2:00 warm-up 3:00 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 Nov 3rd , **2017** 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: **4 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. 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 : Oct 15, 2017 For Metro teams and October 21 for non Metro teams**

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 Oct 21st , 2017 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:** Larry Sheinberg jlinvestigationsny@gmail.com
: Officials wishing to volunteer should contact Meet Referee by October 22, 2017
- MEET DIRECTOR:** **Robert Ortof – Rortof@nyc.rr.com**
ADMIN REF: Rick Ferriola and Gil Smith
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.

Drones “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.”

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 Deck changes are prohibited !!

Use of Audio and visual recording devices, including a cell phone is not permitted in changing area, rest rooms, locker rooms and behind the blocks. - Art 202.3 and 202.4

Friday November 4^{3rd}

Warm-up 4:00 PM

Start 5:00 PM

Girls	Event	Boys
1	10 & under 200 Free	2
3	11/12 200 Free	4
5	13-14 400 IM	6
7	Open 400 IM	8
9	10 and under 200 IM	10
11	11/12 200 IM	12
13	13-14 500 Free	14
15	Open 500 free	16

Saturday November 4th

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

Girls	Event	Boys
17	13-14 100 Free	18
19	11/12 50 Free	20
21	13-14 200 Back	22
23	11/12 100 Back	24
25	13-14 100 Fly	26
27	11/12 50 Fly	28
29	13-14 100 Breast	30
31	11/12 100 Breast	32
33*	13-14 200 IM	*34
35	11/12 100 IM	36

*Cut off time 3:15

Saturday November 4th

Warm-up 2:00 PM Start 3:00 PM

Girls	Event	Boys
37	Open 100 Free	38
39	10 and under 50 Free	40
41	Open 200 Back	42
43	10 and under 100 Back	44
45	Open 100 Fly	46
47	10 and under 50 Fly	48
49	Open 100 Breast	50
51	10 and under 100 breast	52
53*	Open 200 IM	*54
55	10 and under 100 IM	56

*Cut off time 3:00

Sunday November 5th , 2016

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

Girls	Event	Boys
57	13-14 200 free	58
59	11-12 100 Free	60
61	13-14 100 Back	62
63	11-12 50 Back	64
65	13-14 200 Fly	66
67	11-12 100 Fly	68
69	13-14 200 Breast	70
71	11-12 50 Breast	72
73	13-14 50 Free	74
75*	11-12 500 Free	76*

***Cut off time for event 75 & 76 is 6:10**

Sunday November 5^h

Warm-up 2:00 PM Start 3:00 PM

Girls	Event	Boys
77	Open 200 Free	78
79	10 and under 100 Free	80
81	Open 100 Back	82
83	10 and under 50 Back	84
85	Open 200 Fly	86
87	10 and under 100 Fly	88
89	Open 200 Breast	90
91	10 and under 50 breast	92
93	Open 50 Free	94
95*	10 and under 500 Free	96*

***Cut off time for event 95 & 96 is 7:00**