

Long Island Express

**June 28th, 29th and 30th
Invitational Swim Meet**

LIE June Jamboree
June 28th, 29th, 30th
190611

Invited Teams: **Huntington YMCA, LaGuardia, Sachem, Farmingdale, West Islip Aquatic Club, MPNY, East Hampton YMCA New York City Aquatic Club, Connetquot, Flying Dolphins, Three Village Swim Club, Queens Aquatic Club, Islip Aquatics, Long Beach Aquatics**

LIE June Jamboree Invitational

June 28th 29th 30th

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **190611**
TT sanction -190655T

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, 9-10 8:00 Warm-up 9:00 Start
Saturday and Sunday 13-14 , Open 1:30 Warm-up 2:30 Start
Sat and Sunday 400 Free and 400 IM 7:00 warm-up 7:30 start – these events will be swum fastest to slowest alternating women and men.

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 **28th , 2019** will determine age for the entire meet.

DISABILITY SWIMMER S: 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 for 12 and unders - 3 Entries per day for 13 and overs will be permitted**
Minimum age for Open events is 12
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@gmail.com**

DEADLINE: **Entries must be received by : June 20th , 2019**

TIMERS 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.
Teams may be asked to provide timers based on entry size.

- ENTRY FEE:** An entry fee of \$6.00 per individual event must accompany the entries. Make check payable to: **Long Island Express LTD**
Payment must be received by June 28nd , 2019 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 June 17th , 2019
- Admin Officials: MEET DIRECTOR:** **Rick Ferriola and Gil Smith**
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:** 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 th 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.**

Photo Form

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

PARKING: Drones

Parking immediately adjacent to facility.

“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.”

DIRECTION S:

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 Hempstea 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.

Distance Events

The 400 Free and 400 IM will be swum fastest to slowest alternating women and men.

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. **Deck changes are strictly prohibited.**

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

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

Friday June 28th

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 29th

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<u>17</u>	11/12 50 Free	<u>18</u>
<u>19</u>	9-10 50 Free	<u>20</u>
<u>21</u>	11/12 100 Fly	<u>22</u>
<u>23</u>	9-10 100 fly	<u>24</u>
<u>25</u>	11/12 100 Breast	<u>26</u>
<u>27</u>	9-10 100 Breast	<u>28</u>
<u>29</u>	11/12 50 Back	<u>30</u>
<u>31</u>	9-10 50 Back	<u>32</u>

Saturday June 29th

Warm-up 1:30 PM Start 2:30 PM

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

***cut off time for these events is 2:45**

Saturday June 29th

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

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

*This event will be limited to 7 heats of girls and 7 heats of boys and will be swum fastest to slowest alternating women and men.

Sunday June 30th

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	9-10 100 Free	50
51	11/12 50 Fly	52
53	9-10 50 Fly	54
55	11/12 50 Breast	56
57	9-10 50 Breast	58
59	11/12 100 Back	60
61	9-10 100 Back	62

Sunday June 30th

Warm-up 1:30 PM Start 2:30 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

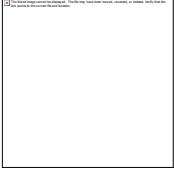
Sunday June 30th

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 and will be swum

fastest to slowest alternating women and men.



Metropolitan Swimming Photographer Registration Form

As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.

Name _____

Phone Number _____

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID _____ # _____

Taking photos of _____

On behalf of _____

Purpose _____

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____