

*Long Island Express Swim Team*

**Winterfest 2019 Swim Meet  
January 18<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup>**

**Sanction #190114**

# Long Island Express 2019 Winterfest Swim Meet

January 18<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>,

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **#190114** and Time Trial Sancton # 190158

**LOCATION:** Hofstra University Swim Center

**FACILITY:** 8 Lane 50 meter pool with a depth of 8 feet at the shallow portion and 15 feet at the deep end. Colorado timing system 6000 will be used. Colorado timing scoreboard will be used. Hy-Tek meet manager will be used to conduct the meet. Depth 7 ft shallow and 15 feet at deep end.  
The pool has been certified in accordance with Article 104.2.2C (4)

**SESSIONS:** Friday – all ages  
Warm-up 4:00 PM  
Start 5:00 PM  
Session 2  
Warm-up 7:00  
Start 7:30  
Saturday and Sunday -- Ages : 13-14 and 11-12  
Warm-up 8:00 AM  
Start 9:00 AM  
Saturday and Sunday -- Ages: Open and 10 and under  
Warm – up 2:00 PM  
Start 3:00 PM

**FORMAT:** Timed finals format  
Deck seeded. Coaches will receive a list of swimmers by session. Swimmers must be scratched 30 minutes prior to the start of the session.

**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<sup>h</sup>** 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:** Swimmers will limited to 4 events per day.,  
Entries will be cut on a first come first serve basis.  
Entries must be on Hy-Tek.

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 mail entries.

**DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by December 30<sup>th</sup> .  
2: The final entry deadline for this meet is **January 8<sup>th</sup> 2019**  
3: Metro entries received between **December 31<sup>st</sup>** and **January 9<sup>th</sup>**  
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 \$5.00 per individual event must accompany the entries.  
Make check payable to: **Long Island Express LTD.**  
Payment must be received by **January 18<sup>th</sup>** 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 1<sup>st</sup> – 3<sup>rd</sup> place and Ribbons 4<sup>th</sup> – 8<sup>th</sup> place..**

**OFFICIALS:** **Meet Referee:** Larry Sheinberg [JLInvestigations@aol.com](mailto:JLInvestigations@aol.com)  
Officials wishing to volunteer should contact Meet Referee by December 30<sup>th</sup>

**MEET  
DIRECTOR:**

**Robert Ortof**  
**28-01 202 street**  
**Bayside NY 11360**  
**Phone – 718-352-2136**  
**Email [ROrtof@nyc.rr.com](mailto:ROrtof@nyc.rr.com)**

**ADMIN  
REFEREE  
RULES:**

Rick Ferriola [Liecoach@aol.com](mailto:Liecoach@aol.com)  
Gil Smith Papabear122346@aol.com  
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**, 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 event.

**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.”

**ADMISSION:  
DECK  
CHANGE  
MERCHANTS  
:**

**Admission \$4.00 per person Programs \$2.00**  
Deck changing is prohibited !!  
**No food or beverages will be served by host team. A merchandise concession will be available by outside vendor.**

**PARKING:**

**Free parking on campus.**

**DIRECTIONS:**

**Meadowbrook Parkway to exit M4, (route 24 west) Hempstead Turnpike West to Dunkin Donuts. Turn right on to entrance of campus. Go to second stop sign and turn right. Go to past field to first stop sign. Swim Center will be on the right.**

**AUDIO**

**Use of Audio or visual recording devices, including a**

cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the blocks.. - Art. - 202.3 and 202.4

Deck Changes

Deck changing is prohibited !!

**Friday January 18<sup>h</sup>**

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>1</b>	10 & under 200 Free	<b>2</b>
<b>3</b>	11/12 200 Free	<b>4</b>
<b>5</b>	13-14 400 IM	<b>6</b>
<b>7</b>	Open 400 IM	<b>8</b>
<b>9</b>	10 and under 200 IM	<b>10</b>
<b>11</b>	11/12 200 IM	<b>12</b>

**Friday January 18<sup>th</sup> Session 2**

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

<b>13</b>	<b>13-14 500 Free</b>	14
<b>15</b>	<b>Open 500 Free</b>	16

**Saturday January 19<sup>th</sup>**

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

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

**\*Limited to 6 heats**

**Saturday January 19<sup>th</sup>**

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>35</b>	Open 100 Free	<b>36</b>
<b>37</b>	10 and under 50 Free	<b>38</b>
<b>39</b>	Open 200 Back	<b>40</b>
<b>41</b>	10 and under 100 Back	<b>42</b>
<b>43</b>	Open 100 Fly	<b>44</b>
<b>45</b>	10 and under 50 Fly	<b>46</b>
<b>47</b>	Open 100 Breast	<b>48</b>
<b>49</b>	10 and under 100 breast	<b>50</b>
<b>51</b>	Open 200 IM *	<b>52</b>

**\*limited to 6 heats**

**Sunday January 20<sup>th</sup>**

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>53</b>	13-14 200 free*	<b>54</b>
<b>55</b>	11-12 100 Free	<b>56</b>
<b>57</b>	13-14 100 Back	<b>58</b>
<b>59</b>	11-12 50 Back	<b>60</b>
<b>61</b>	13-14 200 Fly	<b>62</b>
<b>63</b>	11-12 100 Fly	<b>64</b>
<b>65</b>	13-14 200 Breast	<b>66</b>
<b>67</b>	11-12 50 Breast	<b>68</b>
<b>69</b>	13-14 50 Free	<b>70</b>
<b>71*</b>	11-12 500 Free	<b>72*</b>

**\*Limited to 6 heats**

**\*Cut off time for event 71 & 72 is 6:10**

**Sunday January 20<sup>th</sup>**

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>73</b>	Open 200 free*	<b>74</b>
<b>75</b>	10 and under 100 Free	<b>76</b>
<b>77</b>	Open 100 Back	<b>78</b>
<b>79</b>	10 and under 50 Back	<b>80</b>
<b>81</b>	Open 200 Fly	<b>82</b>
<b>83</b>	10 and under 100 Fly	<b>84</b>
<b>85</b>	Open 200 Breast	<b>86</b>
<b>87</b>	10 and under 50 Breast	<b>88</b>
<b>89</b>	Open 50 Free	<b>90</b>
<b>91</b>	10 and under 500 Free	<b>92*</b>

**\*Limited to 6 heats**

**\*Cut off time for event 91 & 92 is 7:00**