

**Long Island Express Swim Team**

2009 Thanksgiving Swim Meet

November 27<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>

**091108**

# Long Island Express 2009 Thanksgiving Classic

November 27<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,  
#091108
- LOCATION:** Hofstra University Swim Center  
Hempstead, New York
- FACILITY:** 8 lane 50 meter pool. Colorado timing system 6000 will be used. 8 lane Colorado timing scoreboard will be used. Hy-Tek meet manager will be used to conduct the meet.  
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  
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 unders  
Warm-up 2:00 PM  
Start 3:00 PM
- FORMAT:** Timed finals  
Deck seeding
- 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 November 27<sup>th</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,  
The meet will be cut on a first come first serve basis.  
All entries must be done on Hy-Tek
- U.S. Mail Entries/Payment to: Robert Ortof  
28-01 202 Street  
Bayside NY 11360
- Email Entries/Confirm Entry Receipt: ROrtof@nc.rr.com  
Signature waiver for all 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 November 1st.  
2: The final entry deadline for this meet is November 17<sup>th</sup>  
3: Metro entries received between November 1st and November 17<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 \$3.00 per individual even must accompany the entries.  
Make check payable to: Long Island Express LTD.  
Payment must be received by November 20<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. Ribbons 4<sup>th</sup> -8<sup>th</sup> place..](#)
- OFFICIALS:** **Meet Referee:** [Kris Sawicz KRZYSZTOFS0711@aol.com](mailto:Kris.Sawicz@krzysztofs0711.aol.com)  
Officials wishing to volunteer should contact Meet Referee by [November 10th](#).
- MEET DIRECTOR:** [Robert Ortof](#)  
[28-01 202 Street](#)  
[Bayside NY 11360](#)  
[718-352-2136](tel:718-352-2136)  
[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, the participant waives all claims against [Hofstra University and Long Island Express Swim Team](#), Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** [\\$4.00 per person Programs \\$2.00](#)
- MERCHANTS:** [No food or beverages will be served by host team. An outside equipment vendor will be available.](#)
- PARKING:** [Free on campus parking available.](#)
- DIRECTIONS:** [Meadowbrook Parkway south to M7. Follow Hempstead turnpike west. Go to first traffic light, make a right, rear entrance to campus will be on left. Enter rear gate and proceed to first stop sign and make right. Next stop sign make left and park in lot. Pool is on your left.](#)

# Long Island Express Swim Team

Friday Nov 27<sup>th</sup>

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	10 and under 200 IM	6
7	11/12 200 IM	8
9	13-14 1000 Free	10
11	Open 1000 Free	12

Saturday Nov 28<sup>th</sup>

Warm-up 8:00 AM      Start 9:00 AM

Girls	Event	Boys
13	13-14 200 IM	14
15	11/12 100 IM	16
17	13-14 200 Back	18
19	11/12 100 Back	20
21	13-14 100 Fly	22
23	11/12 50 Fly	24
25	13-14 100 Breast	26
27	11/12 100 Breast	28
29*	13-14 500 Free	*30
31	11/12 50 Free	32

\*Cutoff time for event 29 – 5:45 and for event 30 5:30

Saturday Nov 28<sup>th</sup>

Warm-up 2:00 PM      Start 3:00 PM

Girls	Event	Boys
33	Open 200 IM	34
35	10 and under 100 IM	36
37	Open 200 Back	38
39	10 and under 100 Back	40
41	Open 100 Fly	42
43	10 and under 50 Fly	44
45	Open 100 Breast	46
47	10 and under 100 breast	48
49*	Open 500 Free	*50
51	10 and under 50 Free	52

Cut off time for event 49 5:45 and for event 50 5:25

**Sunday Nov 29<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>

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

**Sunday Nov 29<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>

**\*Cut off time for event 91 & 92 is 6:45**