

**LONG ISLAND AQUATIC CLUB
PRESENTS
THE 2005 SPEEDO CHAMPIONS SERIES**

March 10-13, 2005

This is an open meet. ALL LSC's are welcome
Sanctioned by Metropolitan Swimming #050350

**Order of Events
Long Course Meter**

**Preliminaries - 9:00 am
Women's Events**

**Finals - 5:00 pm
Men's Events**

Day 1 - Thursday, March 10

Timed Finals 4:00 p.m.

1	1650 yard Freestyle *	
	1000 yard Freestyle *	2

Day 2 - Friday, March 11

3	200 yard Freestyle	4
5	100 yard Breaststroke	6
7	100 yard Butterfly	8
9	400 yard Individual Medley	10
11	800 yard Freestyle Relay *	12

Day 3 - Saturday, March 12

13	4X50 Medley Relay * #	14
15	200 yard Butterfly	16
17	50 yard Freestyle	18
19	200 yard Breaststroke	20
21	100 yard Backstroke	22
23	500 yard Freestyle	24
25	400 yard Freestyle Relay *	26

Day 4 - Sunday, March 13

27	4X50 yard Freestyle Relay *	28
29	1000 yard Freestyle * +	
	1650 yard Freestyle * +	30
31	200 yard Backstroke	32
33	100 yard Freestyle	34
35	200 yard Individual Medley	36
37	400 yard Medley Relay *	38

*1000 & 1650 Freestyle & all Relay Events are positive check-in events. Swimmers/Teams must check in with the clerk of course by the scratch deadline for that event.

1000 Freestyle will be swum slowest to fastest women then men.

+Events 29 & 30 will be swum with the fastest heat of women and men in finals, the remaining heats will swim in the afternoon, slowest to fastest, alternating heats of women and men, with the 2nd fastest heat of men timed to finish at 4 PM (1 hour before the start of finals).

400 MR provable Cut Time

Administrative Information

Meet Referee

Meet Director
Ginny Nussbaum
42 Merrick Ave.
Merrick, NY 11566
516.378.8467
ginnynussbaum@hotmail.com

Ticket Information

All Sessions: \$40.00
Daily:
Prelims \$ 5.00
Finals \$10.00

Tickets will be available at the site.
Heat sheets and programs will be for sale at the meet.
Checks not accepted.

Facility

Nassau County Aquatic Center
Host of: 2004 Men's NCAA
Division I Championships
2001 Women's NCAA
Division I Championships
2001 US Open
2001-2004 World Cup
1998-2003 Long Island Open
1999 Phillips 66 Nationals
1998 Goodwill Games
1998 Speedo NE Juniors

10 lane by 25 yards competition pool
2 meter min depth
10 lane by 25 yards warm up pool
6 lane by 25 meter warm up pool

QUALIFYING PERIOD-January 1, 2004 –
February 28, 2005

Entry Information

* We prefer that you send a HYTEK commlink file, either on a 3.5 diskette labeled with the team name to the meet director or email to Bob Matlack, bmatlack@verizon.net

As an alternative you can send an entry file in SDIF format (please also include a hard copy) or just a hard copy of your entry. **Entries must be received no later than 11:59 PM Tuesday March 1, 2005.**

*An entry summary must accompany each entry, regardless whether entries are submitted on diskette or in writing.

*Paper entries must be made on the meet entry form.

*Entries not date marked or not received by the dates specified will not be accepted.

FAX ENTRY deadline is 1:00 PM Monday March 7, 2005. Only swims occurring from Monday February 28, 2005 to Sunday March 6, 2005 which achieve a first time qualifying standard are eligible for fax entry. FAX entries must be made on the enclosed FAX entry form and may not be used to improve the seed time of a previously submitted entry.

**The seeding order is: SC yds, LCM, SCM

***Verification of time for all timed final events (including relays) is required with entry Times will be verified through the USA Swimming SWIMS database. Coaches entering with times not in the database should be prepared to prove the time with a copy of official meet results. Highschool, College and YMCA Swims must be from a swim officially observed by USA Swimming. *ANY TIME NOT PROVEN IS SUBJECT TO A \$100.00 FINE**

**Please make checks payable to :
Long Island Swimming**

Entry Fees:

\$10.00 per individual event

\$25.00 per relay team

Fees are due with entries. Please do not send cash. Please make sure the club name is clearly indicated on the check submitted.

WHERE TO SEND:

REGULAR MAIL

Ginny Nussbaum

42 Merrick Ave.

Merrick, NY 11566

516.378.8467

ginnynussbaum@hotmail.com

Final Results

Teams have the following options for receiving results:

- 1/ Picking up a disk at the end of the meet
 - 2/ Having a file in the format that you specify emailed to you
 - 3/ A hard copy of results mailed after the meet
- Please specify at the meet registration desk how you would like to receive your results. Additional copies of results may be purchased for \$10.00.

Event Rules

All swimmers are limited to a maximum of seven (7) individual events plus relays. Swimmers are also limited to a maximum of 3 Individual Events per day (including Time Trials).

No more than Two(2) Relays per team may score. At least one (1) swimmer from each relay must be entered in the meet in an individual event.

BONUS EVENTS: Swimmers making 1 qualifying time will be permitted to enter one bonus event. Swimmers making 2 or more qualifying times will be permitted to enter 2 bonus events.

Time Trials

Time trials will be open to all registered meet participants including relay-only swimmers. Each swimmer will be limited to a maximum of 2 time trials and must adhere to the daily limit of events.

Time Trials shall be swum in the order listed under the meet program as follows:

1. First Day: that day's events only.
2. Second and all subsequent days: that day's events, followed by the events of the remaining day(s) of the meet, followed by the events of the previous days.
3. Final Day: the day's events; that day's 1650 freestyle events may be swum, followed by events of the previous days if time permits. If time is not available on the final day for the 1650 time trials, the Meet Referee, at their discretion, may offer it on an alternate day.

Entry Fee for Time Trials

\$10.00/individual \$25.00/relay

payable in cash or to:

Long Island Swimming

Scratch Procedures

*The scratch box will be located at the Registration Desk prior to the start of the meet and until the General Meeting.

*The scratch box will be at the General Meeting.

*After the General Meeting, the scratch box will be located with the Clerk of Course for the remainder of the meet.

Scratch Deadlines:

Thursday's Event

* 15 minutes following the adjournment of the general meeting.

Friday, Saturday, and Sunday's Events

***5:30 pm the previous evening**

Relays and Relay Check-In Procedures

A. Relays - All relays are conducted on a timed final basis with only the two fastest heats to be swum in the final session. Teams are limited to two scoring relays in each relay event.

B. Relay Check-In- Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, ages and order of swimming, for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation approximately one (1) hour prior to the start of relays. However, they may be changed up to the time of the swim.

Distance Freestyle

A. Distance Entry - Any swimmer who qualifies for the 1000 and/or 1650 freestyle events may enter at their fastest time or at the time standard, if entered in two or more events on the day of the distance freestyle

B. Distance Check-In and Seeding - Entrants in the 1000 and/or 1650 freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before, except for the women's 1000 freestyle and men's 1650 freestyle, which will be published two hours before the scheduled starting time for that event. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest

C. Order of Distance Events

The 1000 freestyle events are conducted on a timed final basis. All timed final heats shall

be swum as follows:

- a) Women's heats - slowest to fastest
- b) Men's heats - slowest to fastest

The 1650 freestyle events are conducted on a timed final basis and shall have only the fastest (single) heat swum in the final session. All other heats are to be held during preliminaries. All preliminary heats shall be swum alternately:

- a) Second fastest men's heat last
- b) Second fastest women's heat next to last
- c) Third fastest men's heat third from last
- d) Third fastest women's heat fourth from last and continuing until all heats are swum

Finals Event Order

There will be a bonus final in each event (except the 1000y and 1650y freestyle). The order of the final events shall be C, B, and A (bonus, consolation and championship).

***Top 16 Relays at night**

Meet Scoring

Scoring will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values.

Awards

Individual awards 1 - 3 places
Relay awards 1- 3 places
Team awards 1 - 3 places
High point 1 - 3 places both sexes.

Ready Room

A ready room will be used at this Championship prior to each 'A' final event. Each swimmer participating in the 'A' finals must report to the ready room 10 minutes preceding the event.

Membership Requirement

All persons expecting to receive a deck pass must bring their 2005 USA Swimming membership cards in order to verify their membership. Deck passes for coaches, managers and officials will be issued only to members in good standing of USA Swimming. There will be no USA Swimming registration available on site.

Registration

Credentials for coaches, managers and chaperones to serve as admittance passes shall be issued to those persons listed on the submitted team entry forms and according to the following formula, based upon the total size of the team, whether comprised of one or both sexes. Athletes entered in the meet will receive

a deck pass as part of their entry fee.

* 1-7 swimmers in individual events, or 1-only relay team with any number of alternates: 1 Deck Pass

*8-14 swimmers in individual events: 2 Deck Passes

*15-25 swimmers in individual events: 4 Deck Passes

*26-36 swimmers in individual events: 5 Deck Passes

*Unattached swimmers with a team are to be included in above schedule even if listed on separate entry blank.

* Unattached swimmers not with a team: 1 Deck Pass

Check-In

Plan to arrive in time for the General Meeting. **You are responsible for all business conducted at this meeting.** If, for any reason, you cannot attend the meeting, be sure to find out what occurred.

Meeting Schedule

Thursday, March 10 2:00pm
General Meeting room at pool

Thursday, March 10 2:30pm
Officials' Briefing room at pool

Coaches' Packet

For coaches who plan to attend this meet without swimmers, there will be a special packet available for \$60.00, that will contain a general admission pass, heat sheets, a psych sheet, team roster and inclusion on the mailing list for final results. The packet is available during regular registration hours. Current USA Swimming coach members purchasing this packet may receive a deck pass.

Site Information

***Information / Lost & Found**

Information will be available at the Registration table. The lost and found is located in the lifeguard office.

***Lockers**

There is ample locker space for athletes. There is no towel service available. The facility and Long Island Aquatic Club are not responsible for

lost or stolen items.

***Medical Assistance**

Lifeguards are trained for emergency situations.
A first aid room is located on deck.

***Parking**

There is ample free parking at the facility.

***Concessions**

A concession stand will be available during the meet.

***Hospitality**

A hospitality room for coaches and officials is located in a room at the Aquatic Center.

Aquatic Center Complex Hours

Wednesday, March 10 1:00 pm - 9:00 pm

Thursday, March 12 9:00 am - 9:00 pm*

Friday, March 13 6:00 am - 9:00 pm*

Saturday, March 14 6:00 am - 9:00 pm*

Sunday, March 15 6:00 am - 9:00 pm*

*The competition pool will be available for practice except during the meet. The warm-up

pool will be available at all times.

Credentials pickup for Swimmers, Coaches & Officials

Thursday, March 11 1:30 pm - 7:00 pm

Friday, March 12 6:30 am – 9:00 am

Saturday, March 13 As needed - contact
Meet director

Credentials must be worn at all times. \$10.00 will be charged for replacement of badges.

HOTELS AND MOTELS

MEET HOTEL

Hilton Garden Inn
1575 Privado Road
Westbury, NY 11590
516.683.8200

Long Island Marriott Hotel and Conference Center
101 James Doolittle Boulevard
Uniondale, NY 11533-3637
(516)794-3800 (516)794-5936

Wingate Inn
Stewart Ave.
Garden City, NY 11530
516.705.9000

Best Western Hotel & Convention Center
80 Clinton Street
Hempstead, NY 11550-4210
(516)486-4100

Econo Lodge
429 Duffy Ave.
Hickville, NY 11801
(516)433-3900

Howard Johnson-Westbury
120 Jericho Tpk.
Westbury, NY 11793
(516)333-9700

Coliseum Motor Inn
Hempstead Tpke
E. Meadow, NY 11554
516.794.2100

DIRECTIONS to NASSAU COUNTY'S AQUATIC CENTER:

FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport, after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take So.St. Pkwy East to Meadowbrook Parkway North (exit 22N). Follow directions to the pool.

FROM WHITESTONE AND THROGS NECK BRIDGES:

Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy (changes name to Northern State Pkwy.) to Meadowbrook Parkway southbound (Jones Beach). Follow directions to the pool.

FROM LA GUARDIA AIRPORT:

Take Grand Central Parkway (to eastern Long Island) to Meadowbrook Parkway southbound (Jones Beach). Follow directions to the pool.

TO THE POOL:

Heading North take Meadowbrook Pkwy to NY-24 Hempstead Turnpike (exit M4)(this exit is M5 when heading South) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Avenue). At the first traffic light make a right into the pool parking lot.

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presents
THE SPEEDO CHAMPIONS SERIES
March 10 - 13, 2005

Sanctioned by Metropolitan Swimming
050350

ENTRY SUMMARY
DUE no later than 11:59 PM Tuesday March 1, 2005

Team _____ **Club Code** _____ **Association** _____

Address _____ **Town** _____

State _____ **Zip** _____ **E-Mail** _____

Contact _____ **Phone** _____

We have entered the following events:

WOMEN INDIVIDUAL EVENTS _____ **X \$10.00 =** _____

MEN INDIVIDUAL EVENTS _____ **X \$10.00 =** _____

WOMEN RELAY EVENTS _____ **X \$25.00=** _____

MEN RELAY EVENTS _____ **X \$25.00=** _____

TOTAL =

Waiver of all claims for injury and acceptance of all meet rules are conditions for acceptance of entries.

Coach

THE SPEEDO CHAMPIONS SERIES

March 10 - 13, 2005

FAX ENTRY SUMMARY

Team _____ **Contact** _____

Address _____ **Town** _____ **State** _____ **Zip** _____

E-Mail _____ **Phone** _____

Club Code _____ **LSC** _____

FAX QUALIFICATION PERIOD – February 28, 2005 - March 6, 2005: Only swims achieving the qualifying time standards for the first time from Monday 2/28/05 - Sunday 3/6/05(11:59pm) may be sent by FAX transmission- 516.771.9128. FAX DEADLINE: 1:00PM Monday, March 7, 2005.

Athlete's Signature: _____

Coaches' Signature: _____

We have entered the following events on this FAX entry form:

Women Individual Events _____ **X \$10.00 =** _____ **Relay Events** _____ **X \$25.00 =**

Men Individual Events _____ **X \$10.00 =** _____ **Relay Events** _____ **X \$25.00 =**

USE THIS SECTION FOR INDIVIDUAL EVENTS

the FAX entry deadline.
USE THIS SECTION FOR RELAY TEAM EVENTS

Print Name _____ **Age** _____

Team Name _____ **A B**

Team Name

Has your team previously sent entries to this meet? Yes No

E-mail

Has your team previously sent entries to this meet? Yes No

Event# _____ **400Fr**

Female _____ **Male**

Qualifying time

USA Registration #

Date Achieved

Swimmer previously entered in meet? Yes No

Name

Event# _____ **Event** _____ **Time**
Date Achieved

1.

Event# _____ **Event** _____ **Time**
Date Achieved

2.

Events# _____ **Event** _____ **Time**
Date Achieved

3.

4.

FAX entry procedure can be used only for times achieved between the initial entry deadline and

MEN'S ENTRY FORM

Athlete Name						
Registration #						
Coaches Signature						
Swimmers Signature						
Entry Time	Event	Event Number	Time Standard			Entry Time
(Please note SCY, SCM, LCM)			SCY	SCM	LCM	(Please note SCY, SCM, LCM)
	Thursday, March 10					
	1000 Freestyle	2	10:09.89	8:58.59	9:11.39	
	Friday, March 11					
	200 Freestyle	4	1:46.49	1:58.09	2:01.49	
	100 Breaststroke	6	1:02.19	1:09.09	1:10.39	
	100 Butterfly	8	54.09	1:00.09	1:00.89	
	400 Individual Medley	10	4:15.09	4:43.19	4:49.89	
	800 Freestyle Relay	12	7:22.39	8:06.69	8:14.79	
	Saturday, March 12					
	4X50 Medley Relay	14	400 MR Provable Cut Time	400 MR Provable Cut Time	400 MR Provable CutTime	
	200 Butterfly	16	2:01.49	2:14.89	2:16.29	
	50 Freestyle	18	22.49	24.99	25.59	
	200 Breaststroke	20	2:15.39	2:30.29	2:32.99	
	100 Backstroke	22	55.09	1:01.19	1:02.89	
	500 Freestyle	24	4:48.39	4:10.89	4:18.59	
	400 Freestyle Relay	26	3:21.89	3:44.09	3:48.69	
	Sunday, March 13					
	4X50 Free Relay	28	1:32.69	1:42.99	1:45.49	
	1650 Freestyle	30	16:43.99	16:35.19	17:21.99	
	200 Backstroke	32	1:59.39	2:12.59	2:15.39	
	100 Freestyle	34	48.99	54.39	55.69	
	200 Individual Medley	36	1:59.79	2:12.99	2:16.59	
	400 Medley Relay	38	3:46.99	4:15.59	4:19.69	

WOMEN'S ENTRY FORM

Athlete Name						
Registration #						
Coaches Signature						
Swimmers Signature						
Entry Time	Event	Event Number	Time Standard			Entry Time
(Please note SCY, SCM, LCM)			SCY	SCM	LCM	(Please note SCY, SCM, LCM)
	Thursday, March 10					
	1650 Freestyle	1	17:54.39	17:43.19	18:16.79	
	Friday, March 11					
	200 Freestyle	3	1:57.79	2:10.79	2:12.69	
	100 Breaststroke	5	1:08.89	1:16.49	1:18.29	
	100 Butterfly	7	1:00.09	1:06.79	1:07.49	
	400 Individual Medley	9	4:39.99	5:09.69	5:12.99	
	800 Freestyle Relay	11	8:05.39	8:58.89	9:06.69	
	Saturday, March 12					
	4X50 Medley Relay	13	400 MR Provable Cut Time	400 MR Provable Cut Time	400 MR Provable Cut Time	
	200 Butterfly	15	2:13.49	2:28.19	2:29.49	
	50 Freestyle	17	25.39	28.19	28.59	
	200 Breaststroke	19	2:30.49	2:47.09	2:49.39	
	100 Backstroke	21	1:01.09	1:07.89	1:09.39	
	500 Freestyle	23	5:12.49	4:32.59	4:38.19	
	400 Freestyle Relay	25	3:45.79	4:10.89	4:14.99	
	Sunday, March 13					
	4X50 Free Relay	27	1:44.59	1:56.19	1:57.79	
	1000 Freestyle	25	10:40.29	9:19.99	9:34.99	
	200 Backstroke	27	2:11.89	2:26.49	2:28.99	
	100 Freestyle	29	54.79	1:00.89	1:01.69	
	200 Individual Medley	31	2:12.49	2:26.59	2:30.59	
	400 Medley Relay	33	4:12.29	4:40.29	4:44.09	