

LONG ISLAND AQUATIC CLUB

presents

its Annual THANKSGIVING INVITATIONAL

NOVEMBER 27 – November 28, 2004

to be held at Nassau County Aquatic Center , Eisenhower Park, East Meadow, Long Island

Sanctioned by Metropolitan Swimming

sanction #041105

Order of Events

All events are Timed Finals

Saturday Morning 12 & Under
W.U. 8:00 am Start 9:00am

Saturday Afternoon 13 & Over
W.U. 2:00pm Start 3pm

Women's Event No.	Event	Men's Event No.		Women's Event No.	Event	Men's Event No.
1	11-12 100yd Butterfly	2		19	13 – 14 100yd Freestyle	20
3	10 & Under 50yd Butterfly	4		21	Senior 200yd Freestyle	22
5	11 – 12 50 d Backstroke	6		23	13 – 14 200 yd Butterfly	24
7	10 & Under 100yd Backstroke	8		25	Senior 100yd Butterfly	26
9	11 – 12 100yd Breaststroke	10		27	13 – 14 100yd Backstroke	28
11	10 & Under 50yd Breaststroke	12		29	Senior 200yd Backstroke	30
13	11 – 12 50yd Freestyle	14		31	13 –14 200yd Breaststroke	32
15	10 &Under 50yd Freestyle	16		33	Senior 100yd Breaststroke	34
17	11 – 12 500yd Freestyle	18		35	13 – 14 200yd Freestyle	36
				37	Senior 100yd Freestyle	38
				39	15 – 18 400yd IM	40
	Sunday Morning 12 & Under W.U. 8:00 am Start 9:00 am				Sunday Afternoon 13&Over W.U. 2:00pm Start 3pm	
41	11 – 12 100yd Freestyle	42		59	13 – 14 200yd IM	60
43	10& Under 100yd Freestyle	44		61	Senior 200yd IM	62
45	11 – 12 50yd Butterfly	46		63	13 – 14 100yd Butterfly	64
47	10 & Under 100yd Butterfly	48		65	Senior 200yd Butterfly	66
49	11 – 12 100yd Backstroke	50		67	13 – 14 200yd Backstroke	68
51	10 & Under 50yd Backstroke	52		69	Senior 100yd Backstroke	70
53	11 – 12 50yd Breaststroke	54		71	13 – 14 100yd Breaststroke	72
55	10 &Under 100yd Breaststroke	56		73	Senior 200yd Breaststroke	74
57	11 – 12 1000yd Freestyle	58		75	13 – 14 50yd Freestyle	76
				77	Senior 50yd Freestyle	77
				79	13 – 14 400yd IM	80

There is a 3 event per session per athlete limit.

NT are not accepted

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Pool:10 lane with non-turbulent lane lines. Hy-Tek and Colorado Timing will be used.

Awards: 1st, 2nd, 3rd.

**Entry Limitations: Athletes are limited to THREE (3) events per day
NT will not be accepted**

Entry fees: \$3.00 per individual event. Please make checks payable to Long Island Swimming. Non- HyTek entries are subject to a \$1.00 per swimmer fee. Please send an event summary report.

Entries due: November 16, 2004 at 5 p.m. If sending Express Mail, please sign waiver on front. Entries are by invitational only. If you would like to attend please contact Ginny Nussbaum at ginnynussbaum@hotmail.com for an invitation. If using Hy-Tek, Please include hard copy of entries.

E Mail Entries To: ginnynussbaum@hotmail.com

**Mail Entries To: Ginny Nussbaum
42 Merrick Ave.
Merrick, NY 11566
516.378.8467 fax:516.771.9128**

Admission: \$5.00 per adult. Program \$2.00.

METRO SAFETY GUIDELINES WILL BE ENFORCED.

DIRECTIONS:

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.State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At the first light on Merrick Ave. Make a right turn into the Parking lot for the Pool.

FROM WHITESTONE AND THROGS NECK BRIDGES

Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 East, Hempstead Tpke.. For pool see directions above.

FROM LA GUARDIA AIRPORT

Take Grand Central Parkway (to eastern Long Island) to Meadowbrook Parkway and follow above directions.

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ENTRY SUMMARY

Team _____ **Club Code** _____ **Association**
Address _____ **Town** _____ **State** _____ **Zip**
Contact Name _____ **E-Mail** _____ **Phone**

10 & UNDER WOMEN _____ # EVENTS _____ x \$3.00 = \$ _____

11-12 WOMEN _____ # EVENTS _____ x \$3.00 = \$ _____

13-14 WOMEN _____ # EVENTS _____ x \$3.00 = \$ _____

SENIOR WOMEN _____ # EVENTS _____ x \$3.00 = \$ _____

10 & UNDER MEN _____ # EVENTS _____ x \$3.00 = \$ _____

11-12 MEN _____ # EVENTS _____ x \$3.00 = \$ _____

13-14 MEN _____ # EVENTS _____ x \$3.00 = \$ _____

SENIOR MEN _____ # EVENTS _____ x \$3.00 = \$ _____

Total \$ _____

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

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