

**NASSAU LONG ISLAND AQUATIC CLUB**  
**presents**  
**The Junior Mets '1'**  
**July 2, 2003**  
**to be held at Nassau County Aquatic Center, Long Island**  
**Sanctioned by Metropolitan Swimming**  
**sanction #030703**

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WEDNESDAY, JULY 2, 2003

Warm-up 5:15 pm Start 6:00 pm

GIRLS	EVENT	BOYS
1.	10 & Under 50 M Freestyle	2.
3.	11-12 50 M Freestyle	4.
5.	Senior 50 M Freestyle	6.
7.	10 & Under 100 M Backstroke	8.
9.	11-12 100 M Backstroke	10.
11.	Senior 200 M Backstroke	12.
13.	10 & Under 50 M Breaststroke	14.
15.	11-12 50 M Breaststroke	16.
17.	Senior 100 M Breaststroke	18.
19.	10 & Under 100 M Butterfly	20.
21.	11-12 100 M Butterfly	22.
23.	Senior 200 M Individual Medley	24.

FACILITY: Nassau County Aquatic Center

AWARDS: Medals for 1st, 2nd, 3rd.

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 (exit M4) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave). Follow Merrick Ave. and signs to pool. Entrance is on your right.

**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 at NY-24 Hempstead Tpke. (Exit M4). For pool see directions above.

**FROM LA GUARDIA AIRPORT**

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

ENTRIES: Must be in **long course** times. Entries using the Hy-Tek program are requested. Please include computer-generated entry form. **NT's will not be accepted.** Email entries to: msginny@att.net

ENTRY FEES: \$3.00 per individual event. \$1.00 per swimmer for non-Hy-Tek entries. Make checks payable to "Friends of Nassau/ Long Island Aquatic Club" and send to

Ginny Nussbaum	Phone: 516 - 572 - 0509
Aquatic Center	Fax: 516 - 572 - 0513
Eisenhower Park	Email: msginny@att.net
East Meadow, NY 11554	

ENTRY DEADLINE: Entries are due by **June 24, 2003**, accepted on a first come basis.

ADMISSION: \$3.00 per adult, \$1.00 per child 12 & Under. Program: \$2.00

**METROPOLITAN SWIMMING SAFETY GUIDELINES WILL BE IN EFFECT.**  
**NO FOOD OR GLASS BOTTLES ALLOWED ON DECK.**

**NASSAU LONG ISLAND AQUATIC CLUB**  
**presents**  
**The Junior Mets '2'**  
**July 8, 2003**  
**to be held at Nassau County Aquatic Center, Long Island**  
**Sanctioned by Metropolitan Swimming**  
**sanction #030704**

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TUESDAY, JULY 8, 2003

Warm-up 5:15 pm Start 6:00 pm

GIRLS	EVENT	BOYS
1.	10 & Under 100 M Freestyle	2.
3.	11-12 100 M Freestyle	4.
5.	Senior 100 M Freestyle	6.
7.	10 & Under 50 M Backstroke	8.
9.	11-12 50 M Backstroke	10.
11.	Senior 200 M Breaststroke	12.
13.	10 & Under 50 M Breaststroke	14.
15.	11-12 50 M Butterfly	16.
17.	Senior 100 M Butterfly	18.
19.	12 & Under 200 M Individual Medley**	20.
21.	Senior 400 M Freestyle	22.

FACILITY: Nassau County Aquatic Center

AWARDS: Medals for 1st, 2nd, 3rd.  
\*\* Separate awards for 10 & under and 11-12 age groups

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 (exit M4) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave). Follow Merrick Ave. and signs to pool. Entrance is on your right.

**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 at NY-24 Hempstead Tpke. (Exit M4). For pool see directions above.

**FROM LA GUARDIA AIRPORT**

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

ENTRIES: Must be in **long course** times. Entries using the Hy-Tek program are requested. Please include computer-generated entry form. **NT's will not be accepted.** Email entries to [msginny@att.net](mailto:msginny@att.net)

ENTRY FEES: \$3.00 per individual event. \$1.00 per swimmer for non-Hy-Tek entries. Make checks payable to "Friends of Nassau/Long Island Aquatic Club" and send to:

Ginny Nussbaum	Phone: 516 - 572 - 0509
Aquatic Center	Fax: 516 - 572 - 0513
Eisenhower Park	Email: <a href="mailto:msginny@att.net">msginny@att.net</a>
East Meadow, NY 11554	

ENTRY DEADLINE: Entries are due by **July 1, 2003**, accepted on a first come basis.

ADMISSION: \$3.00 per adult, \$1.00 per child 12 & Under. Program: \$2.00

**METROPOLITAN SWIMMING SAFETY GUIDELINES WILL BE IN EFFECT.**  
**NO FOOD OR GLASS BOTTLES ALLOWED ON DECK.**

**NASSAU LONG ISLAND AQUATIC CLUB**  
presents  
**The Junior Mets '3'**  
**July 16, 2002**  
to be held at Nassau County Aquatic Center, Long Island  
Sanctioned by Metropolitan Swimming  
sanction #030705

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WEDNESDAY, JULY 16, 2003 Warm-up 5:15 pm Start 6:00 pm

GIRLS	EVENT	BOYS
1.	12 & Under 200 M Freestyle **	2.
3..	Senior 200 M Freestyle	4.
5.	10 & Under 50 M Backstroke	6.
7.	11-12 50 M Backstroke	8.
9.	Senior 100 M Backstroke	10.
11.	10 & Under 100 M Breaststroke	12.
13.	11-12 100 M Breaststroke	14.
15.	Senior 200 M Butterfly	16.
17.	10 & Under 50 M Butterfly	18.
19.	11-12 50 M Butterfly	20.
21.	Senior 200 M Individual Medley	22.

FACILITY: Nassau County Aquatic Center

AWARDS: Medals for 1st, 2nd, 3rd.  
\*\* Separate awards for 10 & Under and 11-12 age groups.

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 (exit M4) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave). Follow Merrick Ave. and signs to pool. Entrance is on your right.

**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 at NY-24 Hempstead Tpke. (Exit M4). For pool see directions above.

**FROM LA GUARDIA AIRPORT**

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

ENTRIES: Must be in **long course** times. Entries using the Hy-Tek program are requested. Please include computer-generated entry form. **NT's will not be accepted.** Email entries to: [msginny@att.net](mailto:msginny@att.net)

ENTRY FEES: \$3.00 per individual event. \$1.00 per swimmer for non-Hy-Tek entries. Make checks payable to "Friends of Nassau/Long Island Aquatic Club" and send to

Ginny Nussbaum Phone: 516 - 572 - 0509  
Aquatic Center Fax: 516 - 572 - 0513  
Eisenhower Park Email: [msginny@att.net](mailto:msginny@att.net)  
East Meadow, NY 11554

ENTRY DEADLINE: Entries are due by **July 8, 2003**, accepted on a first come basis.

ADMISSION: \$3.00 per adult, \$1.00 per child 12 & Under. Program: \$2.00

**METROPOLITAN SWIMMING SAFETY GUIDELINES WILL BE IN EFFECT.**  
**NO FOOD OR GLASS BOTTLES ALLOWED ON DECK.**

