

**NASSAU LONG ISLAND AQUATIC CLUB AND
NASSAU COUNTY RECREATION AND PARKS DEPARTMENT
PRESENTS
THE 2003 LONG ISLAND OPEN
SWIMMING INVITATIONAL
sanction**

Date of Meet: July 10-13

Entries Due Tuesday, July 1, 2003

Submit Long Course Meter Times- Trials and Finals Meet Consol, Finals

**Preliminaries - 9:00 am
Finals - 5:00 pm**

No	Women		Event	Men		No
	LC Time Standard	SY Time Standard		LC Time Standard	SY Time Standard	
Thursday, July 10, 2003 TIMED FINAL EVENT						
1	9:29.59	10:40.29	800 M Freestyle	9:07.99	10:09.09	2
Friday, July 11, 2003						
3	1:01.89	54.39	100 M Freestyle	56.29	48.99	4
5	2:29.99	2:14.09	200 M Butterfly	2:18.39	2:01.79	6
7	2:30.59	2:09.99	200 M Backstroke	2:20.19	2:01.99	8
9	4:37.29	5:12.49	400 M Freestyle	4:19.99	4:50.39	10
11	NCT		400 M Freestyle Relay	NCT		12
Saturday, July 12, 2003						
13	2:13.09	1:57.79	200 M Freestyle	2:02.29	1:46.39	14
15	2:49.89	2:29.39	200 M Breaststroke	2:38.79	2:17.59	16
17	28.69	25.39	50 M Freestyle	25.89	22.49	18
19	5:19.39	4:39.99	400 M Individual Medley	4:56.89	4:14.19	20
21	NCT		800 M Freestyle Relay	NCT		22
Sunday, July 13, 2003						
23	18:09.69	17:50.39	1500 M Freestyle	17:31.09	16:53.99	24
25	1:07.29	59.99	100 M Butterfly	1:01.79	53.99	26
27	1:09.39	1:00.49	100 M Backstroke	1:04.99	56.39	28
29	1:18.29	1:08.39	100 M Breaststroke	1:12.49	1:03.09	30
31	2:31.19	2:12.69	200 M Individual Medley	2:19.99	2:01.19	32
33	NCT		400 M Medley Relay	NCT		34

If there are more than 400 entrants, the Preliminary Session may be divided into "A" and "B" sessions with 6 heats (5 of 400 meter events) in the "A" session.

FOR INFORMATION ON TRAVEL FUNDS FOR QUALIFYING SWIMMERS AND NATIONAL TEAM MEMBERS, PLEASE CONTACT:

**COACH DAVE FERRIS
NASSAU AQUATIC CENTER
EISENHOWER PARK
EAST MEADOW, NEW YORK 11554
(516) 572-0506 FAX (516) 572-0513
EMAIL nliac@worldnet.att.net**

THE LONG ISLAND OPEN

SWIMMING INVITATIONAL

Date of Meet: July 10-13

Entries Due: Tuesday, July 1, 2003

Submit Long Course Meter Times- IF STANDARD IS ACHIEVED IN YARDS, ENTER EVENT AT MINIMUM METER TIME / NATIONAL QUALIFIERS MAY ENTER AT APPROPRIATE NATIONAL METER MINIMUM.

10 lane Trials and 10 lane Consol, Finals

Start Times: Thursday 5 pm; other days Prelims: 9 am; Finals: 5pm

warm-up: Pool will open for warm-up at 1:00pm, Thursday; 6:00am the other days.

General Meeting: Thursday 3pm. VIP Room at the Aquatic Center.

Sanctioned by Metropolitan Swimming

Pool: Nassau County's Aquatic Center in Eisenhower Park, East Meadow, Long Island
10 lane by 50 meter competition pool w/ 2 meter min depth.
6 lane by 25 meter warm up pool
Colorado Timing system, Hy-Tek meet manager

Host of :

- 2002 FINA World Cup
- 2001 U.S. Open
- 2001 FINA World Cup
- 2001 Women's Division I Swimming & Diving Championships
- 1999 - 2003 Long Island Open
- 1999 Phillips 66 National Swimming Championships
- 1998 Goodwill Games
- 1998 Speedo Northeast Junior Championships

Eligibility: Swimmers must be USA Swimming registered (or other FINA member) in order to compete. Entries for swimmers without valid 2003 USA Swimming registrations will not be entered in the meet.

Event Limit: All swimmers are limited to a maximum of 3 individual events, including Time Trials, plus relay per day. Swimmers are eligible to compete in events provided that they have equaled or bettered the attached time standard. Swimmers may enter as many events as they have qualifying times but may only compete in three (3) individual events per day (including time trials).

Entry Fees: An entry fee of \$4.00 per individual event and \$8.00 per relay event must accompany the entries. Make checks payable to "Friends of Nassau Long Island Aquatic Club". Entries will not be considered received and accepted without full payment of fees.

Entries: HyTek program entries on 3 1/2" diskette, labeled with the team name (along with a hard copy) are requested. An Entry Summary must accompany each entry, regardless whether entries are submitted on diskette or in writing. All diskettes will be returned with final results. Entries must be submitted in meter times only. Deck entries will not be accepted. Email entries to : msginny@att.net

Entry Deadline: Entries must be received by Tuesday, July 1, 2003

Mail Entries to: Meet Director: Ginny Nussbaum

Nassau County Aquatic Center

Eisenhower Park

East Meadow, NY 11554

Telephone: (516) 572-0509

Email: msginny@att.net

Fax: (516) 572-0513

Awards: Long Island Open awards will be presented to the top 3 finishers in individual and top 1 finisher in relay events. Team Award will be presented to the top scoring team. Scoring for the team title will be first through 20 places as follows: Individual (24,21,20,19,18,17,16,15,14,13,11,9,8,7,6,5,4,3,2,1). Relays will be double.

Rules: USA Swimming rules will govern.

Scratch Procedures: The National Scratch Procedures will be used. Positive check-in for the 800 will close 15 minutes following the conclusion of the **General Meeting**. The scratch deadline for all subsequent days' events shall be 30 minutes after the start of the finals' sessions. In order there will be Consolation and Championship Final for all events except 800 and 1500 freestyle

800 Freestyle: The event will be swum fastest to slowest, alternating women's and men's heats. The scratch box will close 15 minutes following the conclusion of the general meeting.

1500 Freestyle: will be swum fastest to slowest alternating women's and men's heats at the end of Sunday morning preliminaries. The fastest heat of each will be swum at night as the first two events. Three heats of each will be swum at end of prelims; any others at end of "B" session.

ADMISSION: \$3.00 for trials each day and \$7.00 for finals each day. A \$25.00 pass for the entire meet is also available. Programs will be available for \$5.00. Heat sheets for each session will be \$2.00.

OFFICIALS: HEAD REFEREE: Frank Ching

HEAD STARTER:

This is a NATIONAL CERTIFICATION MEET for officials. Officials Meetings will be held one hour prior to the start of trials and finals each day of the meet.

HOTELS AND MOTELS

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

Adelphi University
Garden City, NY 11530
Adelphi Conference Center
Pam McClenagan
(516)877-3455
\$25.00/person

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
Amy Sharkey

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

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:

Take Meadowbrook Pkwy to NY-24 Hempstead Turnpike (exit M5) 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.

NASSAU LONG ISLAND AQUATIC CLUB
 presents
Long Island Open
July 18- 21, 2002
 to be held at **NASSAU COUNTY AQUATIC CENTER, Long Island**
Sanctioned by Metropolitan Swimming
sanction #

ENTRY SUMMARY

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

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

Contact _____ **Phone** _____ **EMAIL** _____

WOMEN _____ # **EVENTS** _____ x **\$4.00** = \$ _____

MEN _____ # **EVENTS** _____ x **\$4.00** = \$ _____

WOMEN RELAY _____ # **EVENTS** _____ x **\$8.00** = \$ _____

MEN RELAY _____ # **EVENTS** _____ x **\$8.00** = \$ _____

Total \$ _____

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

Coach