

**LONG ISLAND AQUATIC CLUB
PRESENTS
THE 2003 SPEEDO CHAMPIONS SERIES**

March 13-16,2003

This is a closed meet. The following LSC's may participate, NJ, Metro, Adirondack, Niagara,
CT, ME, Maine

Preliminaries - 9:00 am Women's Events	Order of Events Short Course Yards	Finals - 5:00 pm Men's Events
	Day 1 - Thursday, March 13	
	Timed Finals 4:00 p.m.	
1	1000 yards Freestyle *	2
	Day 2 - Friday, March 14	
3	200 yards Freestyle	4
5	100 yards Breaststroke	6
7	100 yards Butterfly	8
9	400 yards Individual Medley	10
11	800 yards Freestyle Relay *	12
	Day 3 - Saturday, March 15	
13	200 yards Butterfly	14
15	50 yards Freestyle	16
17	200 yards Breaststroke	18
19	100 yards Backstroke	20
21	500 yards Freestyle	22
23	400 yards Freestyle Relay *	24
	Day 4 - Sunday, March 16	
25	1650 yards Freestyle * +	26
27	200 yards Backstroke	28
29	100 yards Freestyle	30
31	200 yards Individual Medley	32
33	400 yards Medley Relay *	34

*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.

+Events 25 & 26 will be swum in accordance with article 207.6.2D. The fastest heat of women and men will swim 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).

Administrative Information

Meet Referee

Meet Director
Ginny Nussbaum
Aquatic Center
Eisenhower Park
E. Meadow, NY 11554
516.572.0509 w
516.572.0513 f
msginny@worldnet.att.net

Ticket Information

All Sessions: \$25.00
Daily:
 Prelims \$ 3.00
 Finals \$ 7.00

Tickets will be available at the site.
Heat sheets and programs will be for sale at the meet.
Checks accepted.
Make checks payable to:
 Friends of NLIAC Swimming

Facility

Nassau County Aquatic Center
Host of: 2001 Women's NCAA
Division I Championships
2000 Long Island Open
1999 Long Island Open
1999 Phillips 66 Nationals
1998 Goodwill Games
1998 Long Island Open
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, 2002
through March 2, 2003.

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, age@localnet.com

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 4, 2003.** Membership Verification Forms are also due by the entry deadline.

*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 datemarked or not received by the dates specified will not be accepted.

FAX ENTRY deadline is 1:00 PM Monday March 10, 2003. Only swims occurring from Monday March 3, 2003 to Sunday March 9, 2003 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 yards, SC meters, LC meters

***PROOF OF TIME MUST ACCOMPANY ENTRY**

***MEET RESULTS WILL SERVE AS PROOF**

***PRRF ALSO MAY BE SUBMITTED VIA YOUR TEAM MANAGER ENTRY FILE.**

***High School, College & YMCA Swims must be observed by USA Swimming to be a valid proof of time.**

***ANY TIME NOT PROVEN IS SUBJECT TO A \$100.00 FINE**

Please make checks payable to :

Friends of NLIAC Swimming

Entry Fees: \$7.50 per individual event and
\$15.00 per relay event.

WHERE TO SEND:

REGULAR MAIL

Ginny Nussbaum

Aquatic Center

Eisenhower

E. Meadow, NY 11554

516.572.0509

EMAIL

Bob Matlack

age@localnet.com

516.572.0513(f)

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 Limit

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).

Two(2) Relays per team. At least one (1) swimmer from each relay must be entered in the meet in an individual event.

Time Trials

Any swimmer entered in an individual event may participate in the Time Trials. Relay only swimmers are not permitted to enter Time Trials. 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

\$7.50 payable in cash or to:
Friends of NLIAC 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**

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 place

Relay awards 1- 3 place

Team awards 1 - 3 place

High point 1 - 3 place both sexes.

Membership Requirement

All persons expecting to receive a deck pass must bring their 2003 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 13 12:00pm
General Meeting VIP Room

Thursday, March 13 2:30 pm
Officials' Briefing VIP Room

Coaches' Packet

For coaches who plan to attend this meet without swimmers, there will be a special packet available for \$45.00, 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 be responsible for lost or stolen items.

*Medical Assistance

A first aid room will be 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 the VIP room at the Aquatic Center.

Aquatic Center Complex Hours

Wednesday, March 12 1:00 pm - 9:00 pm

Thursday, March 13 9:00 am - 9:00 pm*

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

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

Sunday, March 16 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

Wednesday, March 12 1:00 pm - 6:00 pm

Thursday, March 13 8:00 am - 12:00 pm
1:30 pm - 7:00 pm

Friday, March 14 As needed - contact
Meet director

Saturday, March 15 As needed - contact
Meet director

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

To keep the prelim session to a maximum of 4 hours the warm up pool will be used for competition when needed.

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

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
Amy Sharkey

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

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.

LONG ISLAND AQUATIC CLUB
presents
THE SPEEDO CHAMPIONS SERIES
March 13 - 16, 2003

Sanctioned by Metropolitan Swimming

ENTRY SUMMARY
DUE no later than 11:59 PM Tuesday March 4, 2003

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

Address _____ **Town** _____

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

Contact _____ **Phone** _____

We have entered the following events:

WOMEN INDIVIDUAL EVENTS _____ **X \$7.50 =** _____

MEN INDIVIDUAL EVENTS _____ **X \$7.50 =** _____

WOMEN RELAY EVENTS _____ **X \$15.00=** _____

MEN RELAY EVENTS _____ **X \$15.00=** _____

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 13 - 16, 2003

FAX ENTRY SUMMARY

Team _____ **Contact** _____

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

E-Mail _____ **Phone** _____

Club Code _____ **LSC** _____

FAX QUALIFICATION PERIOD - March 3, 2003 - March 9, 2003: Only swims achieving the qualifying time standards for the first time from Monday 3/3/03 - Sunday 3/9/03(11:59pm) may be sent by FAX transmission- 516.572.0513. FAX DEADLINE: 1:00PM Monday, March 10, 2003.

Athlete's Signature: _____

Coaches' Signature: _____

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

Women Individual Events _____ X \$7.50 = _____ **Relay Events** _____ X \$15.00 = _____

Men Individual Events _____ X \$7.50 = _____ **Relay Events** _____ X \$15.00 = _____

USE THIS SECTION FOR INDIVIDUAL EVENTS

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 800Fr 400 Med**

Female _____ **Male** _____

Qualifying time _____

USA Registration # _____

Date Achieved _____

Swimmer previously entered in meet? Yes _____ No _____

Name _____ **Age Ind. Entry Time**

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

1. _____

2. _____

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

3. _____

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

4. _____

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

MEN'S ENTRY FORM

	Athlete Name					
	Registration #					
	Coaches Signature					
	Swimmers Signature					
Entry Time	Event	Event Number	Time Standard			Entry Time
(Please note SY, SM, LCM)			SY	SM	LCM	(Please note SY, SM, LCM)
	Thursday, March 13					
	1000 Freestyle	2	10:09.89	10:57.49	9:11.39	
	Friday, March 14					
	200 Freestyle	4	1:46.49	1:57.59	2:01.49	
	100 Breaststroke	6	1:00.99	1:07.59	1:09.79	
	100 Butterfly	8	53.39	58.39	1:00.39	
	400 Individual Medley	10	4:14.09	4:40.69	4:49.89	
	800 Freestyle Relay	12	7:22.39	8:06.69	8:41.59	
	Saturday, March 15					
	200 Butterfly	14	1:57.89	2:08.79	2:13.59	
	50 Freestyle	16	22.49	24.79	25.59	
	200 Breaststroke	18	2:13.99	2:29.79	2:32.99	
	100 Backstroke	20	54.59	1:00.59	1:02.89	
	500 Freestyle	22	4:48.39	4:10.89	4:18.59	
	400 Freestyle Relay	24	3:19.69	3:39.69	3:46.09	
	Sunday, March 16					
	1650 Freestyle	26	16:43.99	16:26.09	17:21.99	
	200 Backstroke	28	1:57.79	2:10.49	2:15.39	
	100 Freestyle	30	48.79	53.79	55.69	
	200 Individual Medley	32	1:59.29	2:11.49	2:16.59	
	400 Medley Relay	34	3:43.19	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 SY, SM, LCM)			SY	SM	LCM			
	Thursday, March 13							
	1000 Freestyle	1	10:40.29	9:19.99	9:34.99			
	Friday, March 14							
	200 Freestyle	3	1:57.19	2:08.89	2:12.09			
	100 Breaststroke	5	1:08.39	1:16.19	1:18.29			
	100 Butterfly	7	59.99	1:05.79	1:07.29			
	400 Individual Medley	9	4:39.99	5:07.99	5:22.19			
	800 Freestyle Relay	11	8:05.19	8:53.79	9:04.19			
	Saturday, March 15							
	200 Butterfly	13	2:10.39	2:22.99	2:27.19			
	50 Freestyle	15	25.39	28.19	28.59			
	200 Breaststroke	17	2:27.29	2:44.39	2:47.99			
	100 Backstroke	19	1:00.59	1:06.19	1:09.39			
	500 Freestyle	21	5:10.79	4:28.29	4:38.19			
	400 Freestyle Relay	23	3:44.99	4:07.49	4:12.69			
	Sunday, March 16							
	1650 Freestyle	25	17:54.39	17:43.19	18:16.79			
	200 Backstroke	27	2:09.99	2:23.79	2:28.99			
	100 Freestyle	29	54.39	59.79	1:01.69			
	200 Individual Medley	31	2:12.49	2:25.89	2:30.59			
	400 Medley Relay	33	4:11.29	4:36.49	4:44.09			

