

2018 Long Island Swim League Trials and Championships

Welcome to the 2018 L.I.S.L. Championships! This packet is designed to provide you with the general information regarding the swim championships. Please read through everything carefully, share the information with your staff, swim team members, and parents.

1. All FINAL individual entries must be submitted to Alex at Plandome no later than 5 P.M. on Sunday, July 29, 2018. Please use blue or black ink only to complete the cards.
 - a. Please use extreme care when completing the cards. Double and triple check that all information is completed accurately, as even seemingly minor mistakes can spiral into confusion when trying to organize lane assignments prior to Trials.
2. Only two (2) swimmers from each club may be entered in each event.
 - a. You are allowed one alternate per event. Write the alternate's name on the back of the card identified as HEAT 1.
3. Your fastest swimmer from each event must be put in the second Heat (Heat 2).
4. If you have only one swimmer for an event, please write NO ENTRY instead of a name on the timecard for HEAT 1 of that specific event.
5. Each club must provide two timers. Please email the names of your two timers to alex.vincent622@gmail.com no later than this Friday, July 27th.
 - a. At Trials and Champs there will be 2 adult timers in each lane. The average of these two times will be used as the official time. These times will be used for recording purposes. The official's rundown/decision is final and overrules the timer's results. (Rule #1)
 - b. Please note that all 4 officials act as stroke judges at Trials and Champs.
 - c. If a swimmer is trying to break a record, make sure that you notify the head official in advance and the swimmer must have three timers behind their lane.
6. This year the lane assignments are as follows:
 - a. LANE 1 – Plandome
 - b. LANE 2 – North Hills
 - c. LANE 3 – North Hempstead
 - d. LANE 4 – Rockville
 - e. LANE 5 – Hempstead

Please note: These lane assignments are one lane over from event 50 of last year's championships

7. Event 1 (8 & Under Girls Free) will be in your assigned lane for BOTH Heats 1 & 2.
8. Event 2 (8 & Under Boys Free) will move one lane, with Lane 5 moving into Lane 1, 1 into 2, 2 into 3, etc.
9. Warm Ups at Trials and Champs will be in the assigned lanes in #6
 - a. Thursday warm-ups will start at 9:00 and end at 9:50
 - b. Saturday warm-ups will start at 8:30 and end at 9:25
 - c. Please be aware of the LISL Rule #11 (for swimmers) and #12 (for parents), which state: **"Poor sporting behavior, foul language, etc. by a competitor may result in**

disqualification removal of said swimmer from the swim meet. Points accumulated by the swimmer in the event (Trials/Champs count as one) will result in their points being deducted for their team. The swim competitor will not be replaced for the duration of that meet. This includes not swimming in relays.”

10. Please advise swimmers to use caution when entering the pool. Please monitor your swimmers during warm-up to ensure their safety and keep swimmers **off the lane lines**.
11. Only Country Club Team caps or “Swim Across America” caps are acceptable during Trials and Championships. Caps with pictures, solicitations, and slogans are not allowed. They can be turned inside out as long as wording does not show. No Jewelry!
12. Please remind all spectators that only coaches, swimmers and timers will be allowed behind the roped off areas.
13. Awards will be given out during the meet:
 - a. Freestyle and Backstroke awards will be given out after Backstroke
 - b. Breaststroke and Butterfly awards will be given out after Butterfly
 - c. Relay awards given out after the Staff Race
 - d. MVP Awards after the Relay Awards
 - e. Team Sportsmanship after the MVP Awards
 - f. Dual Meet Champions after the Sportsmanship
 - g. Team Champions given out after the Dual Meet Champs
14. Please advise your members to carpool if at all possible.
15. There will be a full barbecue on Saturday. The cost is \$13 per person, which can be paid in cash or charged to your respective club account.
16. Pool directors and head coaches will have lunch provided inside the clubhouse following the meet. Tickets will be provided for assistant coaches to go through the barbecue line.