



ROCKVILLE LINKS CLUB

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Rockville Centre, NY 11570

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2015 Long Island Swim League Trials and Championships

A very warm welcome to the 2015 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 Jim at Rockville no later than 5P.M. on Sunday July 26, 2015. 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 jwburns75@hotmail.com no later than this Friday, July 24.
 - 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 the 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 – Brookville
 - b. LANE 2 – Hempstead
 - c. LANE 3 – Plandome
 - d. LANE 4 – No. Hills
 - e. LANE 5 – No. Hempstead
 - f. LANE 6 – Rockville
 - g. 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 6 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