

**2008 TRIGGER AQUATICS SPRING NATIONAL TUNE - UP  
AT NASSAU COUNTY AQUATIC CENTER  
SUNDAY 27 APRIL 2008**

**Eisenhower Park, East Meadow, New York 11554**

**Sanctioned by Metropolitan LMSC for USMS, Inc. Sanction #068-05**

**FACILITY**

Ten-lane 25-yard competition course with separate pool section available for continuous warm-up and cool down throughout the meet. **NO DIVING** permitted during warm-up or in separate warm-up section except in designated one-way sprint lane(s).

**DIRECTIONS**

**From East & West on the North Shore:** Take Grand Central/Northern State Parkway to Meadowbrook Parkway SOUTH to Exit M3 Stewart Avenue. Stay in LEFT exit ramp lane and then turn RIGHT at stop sign at end of exit ramp. Turn LEFT at first traffic light heading EAST on Stewart Avenue. At the end of Stewart Avenue, do NOT enter Eisenhower Park. Instead, turn RIGHT driving SOUTH on Merrick Avenue. First traffic light is Charles Lindbergh Boulevard. At SECOND traffic light, turn LEFT into pool parking lot #1A. If parking lot is full, alternative parking is available in lots #1 and #6A.

**From East & West on the South Shore:** Take the Southern State Parkway to Meadowbrook Parkway NORTH to Exit M5 Hempstead Turnpike EAST. Immediately move over to LEFT turn lanes and turn LEFT at first traffic light. Drive NORTH on Merrick Avenue alongside Eisenhower Park. Pass the first parking lot and Safety Town. At second Park entrance (Aquatic Center sign is posted at entrance), turn RIGHT at traffic light into pool parking lot. If parking lot is full, alternative parking is available in lots #1 and #6A.

**SCHEDULE**

Warm-Up 8:00AM; Meet Starts 9:00AM

**\*\*Limited entries will be accepted due to time constraints - please get them in early\*\***

**ELIGIBILITY**

Open to all swimmers age 18 and older who are current registered members of United States Masters Swimming. Include a copy of your 2008 USMS registration card with entry.

**AWARDS**

CUSTOM AWARDS FOR ALL SWIMMERS.

**SEEDING**

Swimmers will be seeded in heats according to entry time regardless of age or gender. NO TIME (NT) entries will be seeded in the first/slowest heat. Individual events 200 meters and shorter will be pre-seeded with heats conducted slowest to fastest.

**CHECK-IN**

**Positive check-in is required for the 400 I.M., 500 Free, 1000 Free. *Swimmers who do not check in will be scratched from the event!***

**ENTRY LIMIT**

Swimmers are permitted to enter/swim a MAXIMUM of FIVE (5) individual events.

**ENTRY FEES**

\$50 per swimmer payable via check or money order to **TRIGGER AQUATICS INC.**

**DEADLINE**

**Entry must be RECEIVED (not postmarked) by SATURDAY 19 APRIL 2008.** No late, phone, deck-entered, faxed or electronic entries accepted.

**MAIL TO**

Mail appropriate entry fee, neatly printed entry form, signed and dated liability release, and a legible copy of your current 2008 USMS registration card to: **Trigger Aquatics, Meet Director Steve Shtab, 324 Manor Road, Douglaston, NY 11363.**

**CONTACT**

Direct inquiries to Meet Directors Steve Shtab [triggerswimming@aol.com](mailto:triggerswimming@aol.com) AND Bob Kolonkowski [Rpk248@netzero.com](mailto:Rpk248@netzero.com)

