



2009 MSC SHORT COURSE HOLIDAY INVITATIONAL
FRIDAY, SATURDAY, SUNDAY, DECEMBER 11, 12 and 13
Metropolitan Swimming Sanction # 091208

Invited Teams:

This invitational is open to all Metro Clubs in good standing and other LSC's. Metro LSC clubs will be given priority on a first come/first serve basis. After the Metro deadline, all clubs will be entered on a first come/first serve basis.

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SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 091208

LOCATION: McCann Center, Marist College, Poughkeepsie, NY

FACILITY: The pool is 25 yards and has 6 lanes with non-turbulent lane lines. Colorado Electronic Timing System and 6 line electronic score board will be used. The pool has certified in accordance with Article 104.2.2C (4)

SESSIONS:

SESSION 1: FRIDAY AFTERNOON	1pm Warm-Up, 2pm Start
SESSION 2: FRIDAY EVENING	4pm Warm-Up, 5pm Start
SESSION 3: SATURDAY MORNING	8am Warm-Up, 9am Start
SESSION 4: SATURDAY AFTERNOON	1 Hour Warm-Up, not before Noon
SESSION 5: SUNDAY MORNING	8am Warm-Up, 9am Start
SESSION 6: SUNDAY AFTERNOON	1 Hour Warm-Up, not before Noon

FORMAT: All events are timed finals.
This is a deck seeded meet.

ELIGIBILITY: Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. Age on December 11, 2009 will determine age for the entire meet.

DISABILITY SWIMMERS: Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.

ENTRIES: All athletes are limited to enter 5 events per session.
NO TIME - "NT" entries will **NOT** be accepted except for MSC swimmers.
Distance events (500 Free and 400 IM) may be limited to 3 heats
Entries will be entered on a first come/ first serve basis.
Entries must be sent via Hy-tek file either by disk or e-mail. However, payment must be received by entry deadline for entries to be recognized. Please include a printout - Include phone #, E-mail address and name of contact.
U.S. Mail Entries/Payment to: **Larry VanWagner, Marist College, McCann Center, Poughkeepsie, NY 12601**
Email Entries/Confirm Entry Receipt: MSCEntries@hotmail.com
Please sign the signature waiver for entries sent by express mail.

DEADLINE: **Entries must be received by :** Metro LSC deadline: November 20 - Non-Metro LSC deadline: November 27

An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.

ENTRY FEE: An entry fee of \$3.00 per individual event and \$8.00 per relay event must accompany the entries. Make check payable to: **Marist Swim Club**
Payment must be received by **Metro – Nov 20** and **Non-Metro – Nov 27** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline may result in teams being barred from the meet.

WARM-UP: There will be NO DIVING during warm-ups – feet first entry only.
All lanes will be circular swimming until 1/2 hour before start, than lanes 2 & 5 will be one-way sprint lanes.

- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.
- COACHES:** In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
- AWARDS:** Individual Events – Medals will be awarded for 1- 3 Place and Ribbons for 4-6 Place; Ribbons for Relays 1-3 Place. No awards will be given for Open events.
- OFFICIALS:** **Meet Referee:** Corinne Cody at 845-496-5842 or corinneck@frontiernet.net
Officials wishing to volunteer should contact Meet Referee by **November 25, 2009**
- MEET DIRECTOR:** Martha Boyko, e-mail: AJB615@aol.com or 845-224-4809.
- RULES:** The current USA Swimming Rules and Regulations will apply.
The USA Swimming Code of Conduct is in effect for the duration of the meet.
The overhead start procedure may be used at the discretion of the meet Referee.
- SAFETY:** Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Marist College, Marist Swim Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** Admission for adults \$4.00 per session. Weekend Meet Program \$6.00.
- MERCHANTS:** Swim Shop and food will be available at all sessions.
- PARKING:** Abundant on-site parking available.
- DIRECTIONS:** Marist Swim Club uses the Marist College pool located in the McCann Center.
Use the Marist College South Gate entrance for easiest access to the pool.
- From Northern New York:**
- Take the New York State Thruway South to Exit 18 (New Paltz). Take Route 299 East to Route 9W South; continue on 9W to Route 44-55 (Mid-Hudson Bridge) Poughkeepsie. Make the first right off the bridge and immediately follow signs for Route 9 North, Hyde Park. Marist College is located approximately 1-1.5 miles north on the left side of Route 9.
- From New Jersey and Points South:**
- Take the New Jersey Turnpike to the Garden State Parkway North to the New York State Thruway. Take the Thruway North to Exit 17 (Newburgh). Take I-84 East to exit 13 (Route 9 North). Marist College is located approximately 15 miles north on the left side of Route 9.
- From New York City:**
- Take the Hutchinson River Parkway to 684 North to I-84. Take I-84 West to exit 13 (Route 9). Marist College is located approximately 15 miles north on the left side of Route 9.
- From Long Island:**
- From the Whitestone and Throggs Neck Bridges, take the Hutchinson River Parkway North to I-684; continue onto I-84 West to exit 13 (Rte 9 North). Marist College is located approximately 15 miles north on the left side of Rte 9.

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SESSION 1 FRIDAY AFTERNOON 1PM Warm-up 2pm Start

GIRLS Events		BOYS Events
1	Open 1000 Free	2

SESSION 2 FRIDAY EVENING 4PM Warm-up 5pm Start

GIRLS Events		BOYS Events
3	11-12 200 Free	4
5	13-14 200 Free	6
7	10-U 200 Free	8
9	Open 200 Free	10
11	11-12 200 IM	12
13	13-14 500 Free	14
15	Open 500 Free	16

SESSION 3 SATURDAY MORNING 8AM Warm-up 9AM Start

GIRLS Events		BOYS Events
17	11-12 100 Breast	18
19	9-10 50 Breast	20
21	11-12 50 Free	22
23	9-10 50 Free	24
25	Open 200 Back	26
27	11-12 100 Fly	28
29	9-10 50 Fly	30
31	11-12 50 Back	32
33	9-10 100 Back	34
35	11-12 100 IM	36
37	9-10 200 Med Relay	38
39	11-12 200 Med Relay	40
41	13-14 400 IM	42
43	Open 400 IM	44

SESSION 4 SATURDAY AFTERNOON 1 Hour Warm-up, not before Noon

GIRLS Events		BOYS Events
45	8-Under 50 Breast	46
47	Open 100 Breast	48
49	13-14 100 Breast	50
51	8-Under 50 Free	52
53	Open 50 Free	54
55	13-14 50 Free	56
57	8-Under 50 Fly	58
59	Open 200 IM	60
61	13-14 200 IM	62
66	8-Under 100 Med Relay	64
65	Open 200 Med Relay	66
67	13-14 200 Med Relay	68

SESSION 5 SUNDAY MORNING 8AM Warm-up 9AM Start

GIRLS Events		BOYS Events
69	Open 200 Brest	70
71	11-12 50 Breast	72
73	9-10 100 Breast	74
75	11-12 100 Free	76
77	9-10 100 Free	78
79	11-12 100 Back	80
81	9-10 50 Back	82
83	Open 200 Fly	84
85	9-10 100 Fly	86
87	11-12 50 Fly	88
89	9-10 100 IM	90
91	11-12 200 Free Relay	92
93	9-10 200 Free Relay	94

SESSION 6 SUNDAY AFTERNOON 1 Hour Warm-up, not before Noon

GIRLS Events		BOYS Events
95	8-Under 100 Free	96
97	Open 100 Free	98
99	13-14 100 Free	100
101	8-Under 50 Back	102
103	Open 100 Back	104
105	13-14 100 Back	106
107	8-Under 100 IM	108
109	Open 100 Fly	110
111	13-14 100 Fly	112
113	8-Under 100 Free Relay	114
115	Open 200 Free Relay	116
117	13-14 200 Free Relay	118