



Sachem Swim Club  
Short Course Winter Swim Meet  
January 8<sup>th</sup> – 10<sup>th</sup>, 2010  
**USA Swimming Sanction # 100102**

# 2010 MR Sachem Swim Club Winter Meet

January 8<sup>th</sup> – 10<sup>th</sup>, 2010

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 100102
- LOCATION:** Sachem North High School Pool
- FACILITY:** Colorado Electronic Timing System and 6-lane electronic scoreboard. 25 yards, 6 lane Pool  
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1 – 5:00 pm Warm-up 6:00 pm Start – January 8<sup>th</sup>: 12 & Under, 13 & Over  
Session 2 – 7:00 am Warm-up 8:00 am Start – January 9<sup>th</sup>: 11-12, 13-14  
Session 3 – 1:00 pm Warm-up 2:00 pm Start – January 9<sup>th</sup>: 8 & under, 9-10, 15-18  
Session 4 – 7:00 am Warm-up 8:00 am Start – January 10<sup>th</sup>: 11-12, 13-14  
Session 5 – 1:00 pm Warm-up 2:00 pm Start – January 10<sup>th</sup>: 8 & under, 9-10, 15-18
- FORMAT:** All events are timed finals. Slow to fast standard Pre-Seed Seeding. Metropolitan Association scratch rules will be in effect for this meet.
- ELIGIBILITY:** Open to all 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 January 8, 2010 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:** Limit of 3 events per session. Meet will be run using Hy-Tek's Meet Manager. All entries must be in yards; NT's will not be accepted. All entries must be sent in Team Manager format  
  
U.S. Mail Entries/Payment to: **Sachem Swim Club, P.O. Box 381, Lake Grove, NY 11755**  
Email Entries/Confirm Entry Receipt: **ssc\_sec@optonline.net**
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by December 22, 2009.  
2: The final entry deadline for this meet is December 28, 2009 or after the meet fills to capacity.  
3: Metro entries received between December 23, 2009 and December 28, 2009 and all entries from other LSC's will be entered in the order they were received, as space allows.  
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 per individual event must accompany the entries.  
Make check payable to: **Sachem Swim Club**.  
Payment must be received by December 31, 2009 for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** Warm-up will follow the adopted Metropolitan Swimming Procedure. Assigned 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:** Medals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 6<sup>th</sup> for individual events.

- OFFICIALS:** **Meet Referee:** Nelson Gonzalez, Email - nelsonshorses1@aol.com  
 Officials wishing to volunteer should contact Meet Referee by December 21, 2009.
- MEET DIRECTOR:** **Agnes Cento, Lesley Miller, Email – ssc\_sec@optonline.net**
- 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 Sachem Swim Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** \$5 per adult - \$2 for session program.
- MERCHANTS:** Vendors will be available on site for the purchase of suits, bags, towels, goggles and apparel. Hot and cold dishes, snacks, desserts, and beverages will be available.
- PARKING:** School parking lots available for use.
- DIRECTIONS:** Long Island Expressway to Exit 60. Service Road to Hawkins Avenue Traffic Light. Continue North on Hawkins Avenue until Five Corners Intersection. Turn right on to Smith Street. School is on the right.

## LIST OF EVENTS

Warm-up 5pm	Session 1 Friday January 8, 2010	Start 6pm
	Event	Boys
<b>Girls</b>		
1	12 & Under 200 IM	2
3	13 & Over 400 IM	4
5	12 & Under 500 Free	6
7	13 & Over 500 Free	8

Warm-up 7am	Session 2 Saturday January 9, 2010	Start 8am
	Event	Boys
<b>Girls</b>		
9	11-12 100 Breast	10
11	13-14 100 Breast	12
13	11-12 100 Back	14
15	13-14 100 Back	16
17	11-12 50 Fly	18
19	13-14 200 Fly	20
21	11-12 100 Free	22
23	13-14 100 Free	24
25	11-12 50 Back	26
27	13-14 200 Free	28

Warm-up 1pm	Session 3	Start 2pm
	Saturday January 9, 2010	
Girls	Event	Boys
29	15-18 200 IM	30
31	8 & Under 25 Free	32
33	9-10 100 Free	34
35	15-18 100 Free	36
37	8 & Under 25 Back	38
39	9-10 100 Back	40
41	15-18 100 Back	42
43	8 & Under 25 Fly	44
45	9-10 50 Fly	46
47	15-18 100 Fly	48
49	8 & Under 25 Breast	50
51	9-10 50 Breast	52
53	15-18 200 Breast	54

Warm-up 7am	Session 4	Start 8am
	Sunday January 10, 2010	
Girls	Event	Boys
55	11-12 100 IM	56
57	13-14 200 IM	58
59	11-12 100 Fly	60
61	13-14 100 Fly	62
63	11-12 50 Breast	64
65	13-14 200 Breast	66
67	11-12 200 Back	68
69	13-14 200 Back	70
71	11-12 50 Free	72
73	13-14 50 Free	74

Warm-up 1pm	Session 5	Start 2pm
	Sunday January 10, 2010	
Girls	Event	Boys
75	15-18 200 Free	76
77	8 & Under 50 Back	78
79	9-10 50 Back	80
81	15-18 200 Back	82
83	8 & Under 50 Fly	84
85	9-10 100 Fly	86
87	15-18 200 Fly	88
89	8 & Under 50 Breast	90
91	9-10 100 Breast	92
93	15-18 100 Breast	94
95	8 & Under 50 Free	96
97	9-10 50 Free	98
99	15-18 50 Free	100