



**2010 January Joust Swim Meet**  
**January 22-24, 2010**  
Sanction #100111

# 2010 January Joust Swim Meet

Friday Evening January 22<sup>nd</sup> and Saturday & Sunday January 23<sup>rd</sup> & 24<sup>th</sup>

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 100111
- LOCATION:** Ward Melville High School Old Town Road, East Setauket, NY
- FACILITY:** The pool at Ward Melville HS is 25 yards and has 6 lanes with non-turbulent lane lines. Colorado Electronic Timing System and 6 line electronic scoreboard will be used.  
The pool **has not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Friday Evening: 5:15 pm warm up, 6 pm start. Saturday & Sunday will have 3 sessions each: AM session 7am warmup, 8am start. Middle Session: 12pm warmup, 12:45pm start. Late afternoon session: 5pm warmup, 5:45pm start. Sessions may be limited to 3 ½ hrs before scratches on Sat and Sunday. Any changes in warmup times will be posted 1 week before the start of the meet.
- FORMAT:** This meet is a timed finals format  
Deck seeding will be used.
- 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 22, 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:** **SWIMMERS MAY BE ENTERED IN A MAXIMUM OF 1 INDIVIDUAL EVENT FOR THE FRIDAY NIGHT SESSION, 3 MAXIMUM INDIVIDUAL FOR THE SATURDAY & SUNDAY SESSIONS.**  
**ALL ENTRIES MUST BE IN YARDS!! NT's WILL NOT BE ACCEPTED.**  
Entries will be accepted on a first come first served basis and cuts to keep within the time limits will be made in the same manner.  
Entries: preferred method is via email using Hytek Software.  
  
U.S. Mail: Entries/Payment to: **Three Village Swim Club c/o Lynn Pozmanter**  
**5 Hannibal Court East Setauket, NY 11733**  
Email Entries/Confirm Entry Receipt: **tvscmeetsecy@aol.com**  
**Please sign the signature waiver for entries sent by express mail.**
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **January 9, 2010**.  
2: The final entry deadline for this meet is **January 14, 2010 or until meet fills to capacity**  
3: Metro entries received between **January 9, 2010** and **January 14, 2010** 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 \$ **3.00** per individual event, 8.00 per relay must accompany the entries.  
Make check payable to: **Three Village Swim Club**.  
Payment must be received by **January 14, 2010** 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:** **First 40 minutes will be general warm-up. Lane assignments will be given at meet.**  
**Last 15 minutes: lanes 2 or more lanes will be open for one-way sprint. All other lanes will remain**

open for general warm-up. For session that have 45 min warmups, the schedule will be modified.

**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 awards will be medals 1st thru 3rd and ribbons 4th thru 6th.  
Relay awards will be medals 1st thru 3rd. Awards can only be picked up by a coach during the meet. Any awards not picked up will be mailed to the coach.

**OFFICIALS:** Meet Referee: Nelson Gonzalez email: [nelsonshorses1@aol.com](mailto:nelsonshorses1@aol.com), phone #631-654-8326  
Officials wishing to volunteer should contact Meet Referee by January 1, 2010

**MEET DIRECTOR:** Lynn Pozmanter [tvscmeetsecy@aol.com](mailto:tvscmeetsecy@aol.com) 631 246-9295  
Greg Muller [grmuller@optonline.net](mailto:grmuller@optonline.net) 631 821-3709

**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, Three Village Swim Club, Three Village Central School District, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

**ADMISSION:** Adults \$4.00 Program \$2.00 per session

**MERCHANTS:** A complete snack bar will be available in the cafeteria, including hot breakfast and lunch/dinner items. For the Friday Evening Session, it will be limited selections. We will have a vendor selling swim items as well.

**PARKING:** Parking will probably be on the North side of the school, which is the pool entrance. Ward Melville is undergoing extensive construction and the south lot is unavailable. Please go to our website the week of the meet for information [www.tvsc.org](http://www.tvsc.org)

**DIRECTIONS:** Long Island Expressway to exit 62 (Nicolls Road), North on Nicolls Rd to route 347, right (east) on Route 347 to Old Town Road, left (north) on Old Town Road ½ mile. High School is on the left, pool is on the north side of the building.

**School District Rules** Ward Melville High School is a smoke free campus. No parking in front of the pool lobby ( Fire Zone) Access limited to the pool and lobby area only. No food or beverages in glass containers are allowed in the pool areas. Failure to observe this rule could result in a swimmer or spectator being ejected and all fees and awards forfeited.

## THE 2010 JANUARY JOUST MEET EVENT LIST

Friday Saturday & Sunday

January 22-24, 2010

Friday 5:15 PM Warmup 6:00 PM Start

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	9-10 200 FREESTYLE	2
3	11-12 500 FREESTYLE	4
5	13-14 500 FREESTYLE	6
7	15-18 500 FREESTYLE	8
9	12 & UNDER 400 I.M.	10
11	13-14 400 I.M.	12
13	15-18 400 I.M.	14

Saturday 7 AM Warmup 8:00 AM Start

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
15	9-10 200 IM	16
17	GIRLS 8 & UNDER 50 FREE	
18	9-10 50 FREE	19
20	GIRLS 8 & U 25 BACKSTROKE	
21	9-10 100 BACKSTROKE	22
23	GIRLS 8 & UNDER 25 FLY	
24	9-10 50 FLY	25
26	GIRLS 8 & UNDER 50 BREAST	
27	9-10 100 BREAST	28
29	GIRLS 8 & U 100 MEDLEY RELAY	
30	9-10 200 MEDLEY RELAY	31

**Saturday 12 PM Warmup 12:45 PM Start**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
32	11-12 200 FLY	33
	BOYS 8 & UNDER 50 FREE	34
35	11-12 100 FREE	36
	BOYS 8 & U 25 BACKSTROKE	37
38	11-12 200 BACKSTROKE	39
	BOYS 8 & UNDER 25 FLY	40
41	11-12 100 BREAST	42
	BOYS 8 & UNDER 50 BREAST	43
44	11-12 50 FLY	45
	BOYS 8 & U 100 MEDLEY RELAY	46
47	11-12 200 MEDLEY RELAY	48

**Saturday PM 5 PM Warmup 5:45 PM Start**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
49	15-18 200 I.M.	50
51	13-14 100 FREE	52
53	15-18 100 FREE	54
55	13-14 100 BACKSTROKE	56
57	15-18 200 BACKSTROKE	58
59	13-14 200 BREASTSTROKE	60
61	15-18 100 BREASTSTROKE	62
63	13-14 200 BUTTERFLY	64
65	15-18 100 BUTTERFLY	66

**Sunday 7 AM Warmup 8 AM Start**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
67	GIRLS 8 & UNDER 100 IM	
68	9-10 50 BREASTSTROKE	69
70	GIRLS 8 & U 25 BREAST	
71	9-10 100 FREE	72
73	GIRLS 8 & UNDER 25 FREE	
74	9-10 50 BACKSTROKE	75
76	GIRLS 8 & U 50 BACKSTROKE	
77	9-10 100 BUTTERFLY	78
79	GIRLS 8 & U 100 FREE RELAY	
80	9-10 200 FREE RELAY	81

**Sunday 12 PM Warmup 12:45 PM Start**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
82	11-12 200 IM	83
	BOYS 8 & UNDER 100 IM	84
85	11-12 200 BREASTSTROKE	86
	BOYS 8 & UNDER 25 BREAST	87
88	11-12 50 FREE	89
	BOYS 8 & UNDER 25 FREE	90
91	11-12 100 BACKSTROKE	92
	BOYS 8 & UNDER 50 BACK	93
94	11-12 100 BUTTERFLY	95
	BOYS 8 & U 100 FREE RELAY	96
97	11-12 200 FREE RELAY	98

**Sunday 5 PM Warmup 5:45 PM Start**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
99	13-14 200 IM	100
101	15-18 100 BACKSTROKE	102
103	13-14 200 BACKSTROKE	104
105	15-18 200 BREASTSTROKE	106
107	13-14 100 BREASTSTROKE	108
109	15-18 50 FREE	110
111	13-14 50 FREE	112
113	15-18 200 BUTTERFLY	114
115	13-14 100 BUTTERFLY	116