

CONNETQUOT SWIM CLUB
HOLIDAY MEET
December 5. 6 & 7, 2003

- LOCATION:** Connetquot High School – 7th Street, Bohemia, NY 11716
- TIMES:**
- | | | | |
|---------|-----------|--------|--------------|
| Warm-up | Evening | 5:00pm | Start 6:15pm |
| | Morning | 7:00am | Start 8:15am |
| | Afternoon | 1:00pm | Start 2:15pm |
- FACILITIES:** 6 Lane pool. Daktronics Electronic Timing System
Hy-Tek Meet Manager will be used to conduct the meet
- ELIGIBILITY:** All entrants must be USS registered swimmers.
- ENTRY FEES:** \$3.00/individual event - \$8.00/relay (Checks payable to **CONNETQUOT SWIM CLUB**). **All entries must be received by Mail or email not later than two weeks prior to the first day of each meet.**
- MAIL ENTRIES AND INQUIRIES:** Rita Lorentz
3 Natalie Court
Ronkonkoma, NY 11779
(631) 588-2723
Em- rlor2723@optonline.net
- AWARDS:** Medals for 1st, 2nd, 3rd places, Ribbons for 4th-12th places
Heat winner ribbons will be awarded.
- CONDITIONS:** All entry items must be in yards
Entries will be taken on a first come, first serve basis
No NT's (No times) will be accepted
All events are timed finals
- WARM UP:** Warm up will follow the adopted Metropolitan Swimming Procedure.

**PARENTS &
COACHES:**

All coaches must be able to present a valid USS coaching certification card. Coaches are responsible for the behavior of their swimmers. Any violation of facility rules or the destruction of property will result in disqualification of the swimmer and forfeiture of his/her awards. Acceptance of entries by Connetquot Swim Club will construe a waiver from injuries suffered at this meet on the part of attending swimmers and coaches against the Connetquot Swim Club and any of its representatives.

RULES:

Current USA swimming rules will govern the meet. Connetquot High School and Connetquot Swim Club shall be held free and harmless from all liabilities or claims or damages arising by reason of injuries to anyone during the conduct of this event. All persons on deck must be USA SWIMMING registered and must have their registration card with them. This is a USA Swimming rule and it will be enforced.

ACCOMODATIONS:

Refreshments, hot, cold dishes, snacks, desserts and beverages will be available.

NO FOOD OR GLASS BOTTLES WILL BE ALLOWED ON
THE POOL DECK OR IN THE SPECTATOR AREA
NO SMOKING IS PERMITTED ON SCHOOL PROPERTY

ADMISSIONS:

\$4.00 PER ADULT, EACH SESSION (INCLUDES PROGRAM)

DIRECTIONS:

From Long Island Expressway East or West – Take 495 to Exit 59. Get off and use the service road till you get to Ocean Ave. Take Ocean South, over the RR tracks and bear right at the fork. Continue South to Veterans Highway. Make a right on Vets and Take 1 block to Sycamore Avenue (there will be a pool store on the left side of the road). Make a left onto Sycamore, make the first right after you get onto Sycamore onto 7th Street. The school is at the end of the street.

From Sunrise Highway: East or West – to Oakdale Bohemia Road North. Make a left at the light (Sycamore Ave) North on Sycamore to 7th Street. The school is at the end of the street.

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Sanction # 031202

Session I
Friday
Warm-up 5:00 pm Start 6:15 pm

GIRLS		BOYS
1	400 IM	2
3	500 FREESTYLE	4
5	1000 FREESTYLE	6
7	1650 FREESTYLE	8

Session II
Saturday
Warm-up 7:00am Start 8:15

9	13-14 200 FREE RELAY	10
11	9-10 200 FREE RELAY	12
13	13-14 100 BACKSTROKE	14
15	9-10 50 BACKSTROKE	16
17	13-14 200 BREASTSTROKE	18
19	9-10 100 BREASTSTROKE	20
21	13-14 200 FREESTYLE	22
23	9-10 50 FREESTYLE	24
25	13-14 100 BUTTERFLY	26
27	9-10 50 BUTTERFLY	28

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Session III

Saturday

Warm-up 1:00pm Start 2:15pm

GIRLS

29	15-18 200 FREE RELAY
31	11-12 200 FREE RELAY
33	15-18 100 BACKSTROKE
35	8 & U 25 BACKSTROKE
37	11-12 50 BACKSTROKE
39	15-18 200 BREASTSTROKE
41	8 & U 25 BREASTSTROKE
43	11-12 100 BREASTSTROKE
45	15-18 200 FREESTYLE
47	8 & U 50 FREESTYLE
49	11-12 50 FREESTYLE
51	15-18 100 BUTTERFLY
53	11-12 50 BUTTERFLY

BOYS

30
32
34
36
38
40
42
44
46
48
50
52
54

Session IV

Sunday

Warm-up 7:00am Start 8:15

55	13-14 200 BACKSTROKE	56
57	9-10 100 BACKSTROKE	58
59	13-14 100 BREASTSTROKE	60
61	9-10 50 BREASTSTROKE	62
63	13-14 50 FREESTYLE	64
65	9-10 100 FREESTYLE	66
67	13-14 200 IM	68
69	9-10 100 IM	70
71	13-14 200 MEDLEY RELAY	72
73	9-10 200 MEDLEY RELAY	74

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Session V
SUNDAY
Warm-up 1:00pm Start 2:15pm

GIRLS

75	15-18 200 BACKSTROKE
77	8 & UNDER 50 BACKSTROKE
79	11-12 100 BACKSTROKE
81	15-18 100 BREASTSTROKE
83	8 & UNDER 25 BUTTERFLY
85	11-12 50 BREASTSTROKE
87	15-18 50 FREESTYLE
89	8 & UNDER 25 FREESTYLE
91	11-12 100 FREESTYLE
93	15-18 200 IM
95	11-12 100 IM
97	15-18 200 MEDLEY RELAY
99	11-12 200 MEDLEY RELAY

BOYS

76
78
80
82
84
86
88
90
92
94
96
98
100