

2003 MSC SHORT COURSE DISTANCE INVITATIONAL
Saturday, October 25, 2003

Sanction #021101 - Sponsored by: **MARIST SWIM CLUB**
Held under the Sanction of the Metropolitan Swim Committee
Association of United States Swimming

- SITE:** James J. McCann Recreation Center, Marist College, 25 yard pool with six 7' lanes, non-turbulent lane dividers with Colorado Timing Systems. There is spectator seating & on-site parking.
- ENTRIES:** Entries can be submitted via a diskette using Hytek Team Manager. Charges are \$3.00 per individual event. There is a \$1.00/swimmer charge for non-disk entries. Fees and master entry roster must accompany entries. Make check payable to the **MARIST SWIM CLUB** and mail to **Larry VanWagner, Marist College, James McCann Center, Poughkeepsie, N.Y. 12601** or e-mail larry.vanwagner@marist.edu. Entries must be received no later than **October 17, 2003**. If you have any questions, call **MEET DIRECTOR, Marylu Byrnes**, at mbyrnes@citlink.net.
- RULES:** US Swimming rules govern this meet. **EVENTS** are **TIMED FINALS**.
- ELIGIBILITY:** All swimmers must be US Swimming registered. Age as of the first day of the meet determines competitor's age group.
- CONDITIONS:** **"NO TIME" entries WILL NOT be accepted. ALL cuts will be made on the basis of time.** Marist Swim Club reserves the right to enter all their swimmers regardless of time. **Distance events may be limited to 3 heats.** United States Swimming, Inc., Metropolitan Swimming, Inc., Marist College and Marist Swim Club and their agents or representatives shall be held free and harmless from all liabilities or claims or damages arising by reason of injuries to anyone during conduct of this event. All persons on deck must be USS registered and should have their registration card with them. This is a US Swimming rule and it will be enforced.
- WARMUPS:** There will be **NO Diving** during warmups except in designated sprint lanes. All lanes will be circular swimming until 1/2 hour before the start, then lanes 2 and 5 will be sprint lanes.
- AWARDS:** Awards will be given for the first 12 places in individual events. Medals for the first 6 places and ribbons for places 7-12. **NO** awards will be given for **OPEN** individual events.
- SEEDING:** On-deck seeding is in effect for the meet. Scratch sheets will be issued to coaches prior to each session. Scratches are to be indicated and initialed by the coach and returned to the score table 1/2 hour before the session starts. **SWIMMERS WHO ARRIVE AFTER SCRATCH SHEETS HAVE BEEN TURNED IN, SHOULD CHECK IN WITH THE CLERK OF COURSE.** LSC scratch rules will be in effect.
- ADMISSION:** There will be a daily admission charge of \$1.00 per adult.

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GIRLS EVENTS		BOYS EVENTS	GIRLS EVENTS	BOYS EVENTS
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SATURDAY AM SESSION 1

1	12&Under 500 Free	2
3	13-14 1000 Free	4
5	Open 1650 Free	6
7	12&Under 1000 Free	8

SESSIONS	WARMUP	START	NOTES:
Session 1	8 AM	9 AM	There will be NO DIVING during warm-ups. All lanes will be circular swimming until 1/2 hour before start, then lanes 2 & 5 will be one-way sprint lanes.