

2003 MSC SHORT COURSE FALL INVITATIONAL
Friday, Saturday and Sunday October 31, 1 and 2, 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 and \$8.00 per relay 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. Ribbons for the first three places in relay events. **NO** awards will be given for **OPEN** individual or relay 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 \$3.00 per adult. Programs are \$6.00 for the meet. Food will be available.

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GIRLS EVENTS		BOYS EVENTS	GIRLS EVENTS	BOYS EVENTS
FRIDAY PM SESSION 1				
1	11-12 200 Free	2		
3	13-14 200 Free	4		
5	10-U 200 Free	6		
7	Open 200 Free	8		
9	11-12 200 IM	10		
11	13-14 500 Free	12		
13	Open 500 Free	14		
SATURDAY AM SESSION 2				
15	11-12 100 Free	16		
17	9-10 100 Free	18		
19	11-12 100 Breast	20		
21	9-10 50 Breast	22		
23	Open 200 Back	24		
25	11-12 100 Fly	26		
27	9-10 50 Fly	28		
29	11-12 50 Back	30		
31	9-10 100 Back	32		
33	11-12 100 IM	34		
35	9-10 200 Med Rly	36		
37	11-12 200 Med Rly	38		
39	13-14 400 IM	40		
41	Open 400 IM	42		
SATURDAY PM SESSION 3				
		43	8-Under 50 Free	44
		45	Open 50 Free	46
		47	13-14 50 Free	48
		49	8-Under 50 Breast	50
		51	Open 100 Breast	52
		53	13-14 100 Breast	54
		55	8-Under 50 Fly	56
		57	Open 100 Fly	58
		59	13-14 100 Fly	60
		61	8-Under 100 Med Rly	62
		63	Open 400 Med Rly	64
		65	13-14 400 Med Rly	66
SUNDAY AM SESSION 4				
67	11-12 50 Free	68		
69	9-10 50 Free	70		
71	Open 200 Breast	72		
73	11-12 50 Breast	74		
75	9-10 100 Breast	76		
77	11-12 100 Back	78		
79	9-10 50 Back	80		
81	Open 200 Fly	82		
83	9-10 100 Fly	84		
85	11-12 50 Fly	86		
87	9-10 100 IM	88		
89	11-12 200 Free Rly	90		
91	9-10 200 Free Rly	92		
SUNDAY PM SESSION 5				
		93	8-Under 100 Free	94
		95	Open 100 Free	96
		97	13-14 100 Free	98
		99	8-Under 50 Back	100
		101	Open 100 Back	102
		103	13-14 100 Back	104
		105	8-Under 100 IM	106
		107	Open 200 IM	108
		109	13-14 200 IM	110
		111	8-Under 100 Free Rly	112
		113	Open 400 Free Rly	114
		115	13-14 400 Free Rly	116

SESSIONS	WARMUP	START	NOTES:
Session 1	4 PM	5 PM	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.
Session 2&4	8 AM	9 AM	
Session 3&5	Following AM session Warm-up not before 12 PM Start not before 1 PM.		