

2003 MSC SHORT COURSE HOLIDAY INVITATIONAL
Friday, Saturday and Sunday - December 12, 13 and 14, 2003

Sanction # 021201 - 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 Hy-Tek 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 **November 28, 2003**. If you have any questions, call the **MEET DIRECTOR, Marylu Byrnes** at mbyrnes@citlink.net.
- RULES:** USS 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 for 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 SESSION 1				FRIDAY SESSION 2			
1	Open 1000 Free	2		3	11-12 200 Free	4	
				5	13-14 200 Free	6	
				7	10-U 200 Free	8	
				9	Open 200 Free	10	
				11	11-12 200 IM	12	
				13	13-14 500 Free	14	
				15	Open 500 Free	16	
SATURDAY AM SESSION 3				SATURDAY PM SESSION 4			
17	11-12 100 Free	18		45	8-Under 50 Free	46	
19	9-10 100 Free	20		47	Open 50 Free	48	
21	11-12 100 Breast	22		49	13-14 50 Free	50	
23	9-10 50 Breast	24		51	8-Under 50 Breast	52	
25	Open 200 Back	26		53	Open 100 Breast	54	
27	11-12 100 Fly	28		55	13-14 100 Breast	56	
29	9-10 50 Fly	30		57	8-Under 50 Fly	58	
31	11-12 50 Back	32		59	Open 100 Fly	60	
33	9-10 100 Back	34		61	13-14 100 Fly	62	
35	11-12 100 IM	36		63	8-Under 100 Med Rly	64	
37	9-10 200 Med Rly	38		65	Open 200 Med Rly	66	
39	11-12 200 Med Rly	40		67	13-14 200 Med Rly	68	
41	13-14 400 IM	42					
43	Open 400 IM	44					
SUNDAY AM SESSION 5				SUNDAY PM SESSION 6			
69	11-12 50 Free	70		95	8-Under 100 Free	96	
71	9-10 50 Free	72		97	Open 100 Free	98	
73	Open 200 Breast	74		99	13-14 100 Free	100	
75	11-12 50 Breast	76		101	8-Under 50 Back	102	
77	9-10 100 Breast	78		103	Open 100 Back	104	
79	11-12 100 Back	80		105	13-14 100 Back	106	
81	9-10 50 Back	82		107	8-Under 100 IM	108	
83	Open 200 Fly	84		109	Open 200 IM	110	
85	9-10 100 Fly	86		111	13-14 200 IM	112	
87	11-12 50 Fly	88		113	8-Under 100 Free Rly	114	
89	9-10 100 IM	90		115	Open 200 Free Rly	116	
91	11-12 200 Free Rly	92		117	13-14 200 Free Rly	118	
93	9-10 200 Free Rly	94					

SESSIONS	WARMUP	START	NOTES:
Session 1	1 PM	2 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 PM	5 PM	
Session 3&5	8 AM	9 AM	
Session 4&6	Following AM session. Warm-up not before 12 PM. Start not before 1 PM.		