

WEST POINT SWIM CLUB  
WINTER INVITATIONAL  
JANUARY 31- FEBRUARY 2, 2003

SANCTION #021206

HELD UNDER THE SANCTION OF THE METROPOLITAN SWIM COMMITTEE, AN ASSOCIATION OF USA SWIMMING, INC.

SITE: ARVIN GYMNASIUM, CRANDALL POOL, UNITED STATES MILITARY ACADEMY, WEST POINT. THE POOL HAS 6 25-YARD LANES, WITH NON-TURBULENT LANE DIVIDERS AND COLORADO TIMING SYSTEM. THERE IS AMPLE SEATING.

PARKING: IS AVAILABLE WITHIN A SHORT WALKING DISTANCE FROM THE POOL. **FOR DIRECTIONS TO THE POOL AND PARKING, SEE THE ENCLOSED INSTRUCTIONS AT THE END OF THIS PACKET.**

ENTRIES: MAY BE SENT ON MASTER ENTRY SHEET OR HY-TEK DISK (OTHER FORMATS MUST BE SDIF3 FILE). IF USING HY-TEK, PLEASE INCLUDE A PRINTOUT. INCLUDE PHONE# AND NAME OF CONTACT.

**PLEASE NOTE: A CLUB OFFICIAL MUST SIGN THE WAIVER FOR THE WEST POINT MILITARY ACADEMY ON THE FRONT COVER PAGE IN ORDER FOR YOUR ENTRIES TO BE ACCEPTED.**

**WEST POINT SWIM CLUB WILL ADHERE TO THE 4 HOUR TIME LIMIT PER SESSION ESTABLISHED BY METROPOLITAN SWIMMING INC. THIS WILL BE A FIRST COME -FIRST SERVED MEET UNTIL THE 4 HOUR TIME LIMIT HAS BEEN MET.**

**ALL ENTRIES MUST BE IN YARDS. SWIMMER MAY ENTER 3 INDIVIDUAL EVENTS PER DAY.**

NO DECK ENTRIES WILL BE ALLOWED.

RULES: USA SWIMMING RULES GOVERN THIS MEET. ALL EVENTS ARE TIMED FINALS. METROPOLITAN SWIMMING ASSOCIATION SCRATCH RULES WILL BE IN EFFECT FOR THIS MEET.

ELIGIBILITY: ALL SWIMMERS MUST BE USA SWIMMING-REGISTERED. AGE AS OF THE FIRST DAY OF THE MEET DETERMINES COMPETITION AGE GROUP.

FEES: INDIVIDUAL EVENTS ARE \$3.00 FOR TIMED FINALS  
NON DISK ENTRIES-\$1.00 SURCHARGE PER SWIMMER. MAKE ENTRY FEES PAYABLE TO WEST POINT SWIM CLUB.

MAIL ENTRIES & FEES TO:

WEST POINT SWIM CLUB  
C/O LTC ART BILODEAU  
241-A BARNARD LOOP  
WEST POINT, NEW YORK 10996

# **ENTRIES MUST BE RECEIVED BY 1/17/03**

**Cuts will be notified no later than 1/23/03**

**AWARDS:** INDIVIDUAL AWARDS: CUSTOM MEDALS 1-8, RIBBONS 9-16 (**8 & UN, 9-10 & 11-12 ONLY**)  
**SEEDING:** ON-DECK SEEDING WILL BE IN EFFECT. HEAT SHEETS WILL BE POSTED IN THE POOL AREA.

**ADMISSION:** THERE WILL BE A NOMINAL CHARGE FOR ADMISSIONS AND PROGRAMS.

**REFRESHMENTS:** FOOD AND BEVERAGES WILL BE AVAILABLE FOR SALE AT THE MEET AND MUST BE CONSUMED IN DESIGNATED AREAS. *FEDERAL REGULATIONS PROHIBIT SMOKING IN ANY BUILDING ON WEST POINT AND WITHIN 50 FEET OF COMMON ENTRANCE WAYS.*

**NO FOOD IS ALLOWED ON DECK. LIQUID REFRESHMENTS MAY BE CONSUMED FROM PLASTIC BOTTLES. NO GLASS OR JUICE BOXES ARE ALLOWED**

**COACHES:** ARE RESPONSIBLE FOR POLICING THEIR SWIMMERS AS TO PROPER ATTIRE FOR LEAVING THE POOL AREA (SHIRTS & SHOES), CORRECTING THEIR SWIMMERS FOR USE OF FOUL LANGUAGE AND CLEANING UP THEIR AREAS. FAILURE TO COMPLY MAY CAUSE DISMISSAL FROM THE BUILDING BY WEST POINT MILITARY ACADEMY PERSONNEL.

## **SPECIAL NOTE:**

**METROPOLITAN SWIMMING INC. LSC MEMBERS MUST HAVE MEET ENTRY TIMES THAT ARE FASTER THAN SILVER CHAMPIONSHIP TIME STANDARDS AND MEET “AA” TIME STANDARDS. THIS MEET ENTRY QUALIFICATION STANDARD ONLY PERTAINS TO METROPOLITAN TEAMS.**

WEST POINT SWIM CLUB  
 JANUARY INVITATIONAL MEET  
 JANUARY 31- FEBRUARY 2, 2003

SESSION 1: FRIDAY, JANUARY 31, 2003

WARM-UP 5:00 PM    START 5:45 PM

GIRLS	EVENT	BOYS
1	OPEN 400 YD IM	2
3	13-14 400 YD IM	4
5	11-12 400 YD IM	6
7	OPEN 500 YD FREESTYLE	8
9	13-14 500 YD FREESTYLE	10
11	11-12 500 YD FREESTYLE	12

SESSION 2: SATURDAY, FEBRUARY 1, 2003

WARM-UP 7:30 AM    START 8:30 AM

GIRLS	EVENT	BOYS
13	13-14 200 YD IM	14
15	OPEN 200 YD IM	16
17	13-14 100 YD FREESTYLE	18
19	OPEN 100 YD FREESTYLE	20
21	13-14 200 YD BACKSTROKE	22
23	OPEN 200 YD BACKSTROKE	24
25	13-14 100 YD BREASTSTROKE	26
27	OPEN 100 YD BREASTSTROKE	28
29	13-14 200 YD BUTTERFLY	30
31	OPEN 200 YD BUTTERFLY	32

SESSION 3: SATURDAY, FEBRUARY 1, 2003

WARM-UP 12:30 PM    START 12:50 PM

GIRLS	EVENT	BOYS
33	OPEN 1,650 FREESTYLE	34

SESSION 4: SATURDAY, FEBRUARY 1, 2003

WARM-UP 2:15PM    START 3:00 PM

GIRLS	EVENT	BOYS
35	8-UNDER 25 YD FREESTYLE	36
37	9-10 50 YD FREESTYLE	38
39	11-12 50YD FREESTYLE	40
41	8-UNDER 25 YD BACKSTROKE	42
43	9-10 100 YD BACKSTROKE	44
45	11-12 100 YD BACKSTROKE	46
47	8-UNDER 25 YD BREASTSTROKE	48
49	9-10 50 YD BREASTSTROKE	50
51	11-12 50 YD BREASTSTROKE	52
53	8-UNDER 25 YD BUTTERFLY	54
55	9-10 100 YD BUTTERFLY	56
57	11-12 100 YD BUTTERFLY	58
59	8-UNDER 100 YD IM	60
61	9-10 200 YD IM	62
63	11-12 200 YD IM	64

WEST POINT SWIM CLUB  
JANUARY INVITATIONAL MEET  
JANUARY 31- FEBRUARY 2, 2003

SESSION 5 SUNDAY, FEBRUARY 2, 2003

WARM-UP 7:30AM START 8:30 AM

GIRLS	EVENT	BOYS
65	13-14 200 YD FREESTYLE	66
67	OPEN 200 YD FREESTYLE	68
69	13-14 100 YD BACKSTROKE	70
71	OPEN 100 YD BACKSTROKE	72
73	13-14 200 YD BREASTSTROKE	74
75	OPEN 200 YD BREASTSTROKE	76
77	13-14 100 YD BUTTERFLY	78
79	OPEN 100 YD BUTTERFLY	80
81	13-14 50 YD FREESTYLE	82
83	OPEN 50 YD FREESTYLE	84

SESSION 6: SUNDAY, FEBRUARY 2, 2003

WARM-UP 12:30 PM START 12:50 PM

GIRLS	EVENT	BOYS
85	12 & UNDER 1,650 FREESTYLE	86

SESSION 6: SUNDAY, FEBRUARY 2, 2003

WARM-UP 2:15 PM START 3:00 PM

GIRLS	EVENT	BOYS
87	8-UNDER 50 YD FREESTYLE	88
89	9-10 100 YD FREESTYLE	90
91	11-12 100 YD FREESTYLE	92
93	8-UNDER 50 YD BACKSTROKE	94
95	9-10 50 YD BACKSTROKE	96
97	11-12 50 YD BACKSTROKE	98
99	8-UNDER 50 YD BREASTSTROKE	100
101	9-10 100 YD BREASTSTROKE	102
103	11-12 100 YD BREASTSTROKE	104
105	8-UNDER 50 YD BUTTERFLY	106
107	9-10 50 YD BUTTERFLY	108
109	11-12 50 YD BUTTERFLY	110
111	10 & UNDER 100 Yd. IM	112
113	11-12 100 YD IM	114

WEST POINT SWIM CLUB  
 JANUARY INVITATIONAL MEET  
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CLUB \_\_\_\_\_ CLUB CODE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

COACH \_\_\_\_\_

CLUB CONTACT \_\_\_\_\_ E-MAIL: \_\_\_\_\_

PHONE \_\_\_\_\_ FAX \_\_\_\_\_

## EVENT SUMMARY

GIRLS		BOYS
	Final Events	
	Timed Finals Events	
	TOTAL	

Total Timed Finals Individual Events (GIRLS & BOYS) \_\_\_\_\_ X \$3.00 = \_\_\_\_\_

TOTAL SWIMMERS (NON DISK SURCHARGE) \_\_\_\_\_ X \$ 1.00 = \_\_\_\_\_

TOTAL DUE \_\_\_\_\_

MAKE CHECKS PAYABLE TO WEST POINT SWIM CLUB and MAIL TO:

WEST POINT SWIM CLUB  
 C/O LTC ART BILODEAU  
 241-A BARNARD LOOP  
 WEST POINT, NEW YORK 10996

**Waiver:** USA Swimming, Inc.; Metropolitan Swimming, Inc.; United States Military Academy, West Point; West Point Swim Club; their agents or representatives shall be held FREE AND harmless from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of these events.

Signed (club official) \_\_\_\_\_

**NO ENTRIES WILL BE PROCESSED WITHOUT THIS SIGNED WAIVER!!!!**

**ENTRIES MUST BE RECEIVED BY 1/17/03**

# **Directions to Arvin Gymnasium/Crandall Pool And Parking**

## Entering U.S. Military Academy at Thayer Gate (through the town of Highland Falls)

You're now on Thayer Rd. Come out of the security check and return to Thayer Rd (at the stop). Proceed forward through the stop. At about 1.25 miles, you'll pass Doubleday Field, a baseball diamond. In the next 300 or so yards you will see parking lots on your left. Park here. To get to Crandall, continue along Thayer Rd. another 100-150 yards to a five-way stop. Take the left road at 10 o'clock and you'll bump into Arvin Gym within 75 yards. Crandall Pool is on the right side of Arvin Gym.

## Entering U.S. Military Academy at Stony Lonesome Gate (from Rte. 9W)

From the exit, proceed through the security check and stay in the road for approximately 1 mile. At the bottom of a long, steep hill, take a left onto Delafield Rd. Drive to the next stop and take a right onto Merritt Rd. At the next stop (about 200 yds down), take a left onto Mills Rd. Drive 200 yards to a 3-way stop at the bottom of the hill. Go right onto Washington Rd. and proceed straight until you see parking lots on your right (about .3 m). To get to Crandall, go back up Washington Rd. to the 5-way stop. Take the left road at 10 o'clock and you'll bump into Arvin Gym within 75 yards. Crandall Pool is on the right side of Arvin Gym. (Caveat: roads in the vicinity of Delafield are under construction and the traffic routing is liable to change. If you are detoured away from Delafield Rd., look to go left onto Mills Rd. and it will take you back toward Washington Rd. and Arvin/Crandall Pool).