

**WEST POINT SWIM CLUB  
LONG COURSE KICKOFF INVITATIONAL  
17 & 18 MAY 2003**

**SANCTION # 030501**

HELD UNDER 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 FIFTY-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 STRICTLY 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 METERS. SWIMMER MAY ENTER 3 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 PER SWIM. 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 VALERIE BRENNER  
4 FRANK ROAD  
STONY POINT, NEW YORK 10980

**ENTRIES MUST BE RECEIVED BY 2 May 03  
(Cuts will be notified no later than 7 May 03)**

**AWARDS:** INDIVIDUAL AWARDS: 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.

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## SCHEDULE OF SESSIONS & EVENTS

SESSION 1: SATURDAY, 17 MAY 2003

WARM-UP 7:00 AM / START 7:45 AM

GIRLS	EVENT	BOYS
1	OPEN 200 IM	2
3	11-12 50M FREE	4
5	OPEN 100M FREE	6
7	11-12 100M BACK	8
9	OPEN 200M BACK	10
11	11-12 50M BREAST	12
13	OPEN 100M BREAST	14
15	11-12 100M FLY	16
17	OPEN 200M FLY	18
19	11-12 200M FREE	20
21	OPEN 400M FREE	22

SESSION 2: SATURDAY, 17 MAY 2003

WARM-UP 12:30 PM / START 1:15 PM

GIRLS	EVENT	BOYS
23	13-14 200 IM	24
25	10 & UNDER 50M FREE	26
27	13-14 100M FREE	28
29	10 & UNDER 100M BACK	30
31	13-14 200M BACK	32
33	10 & UNDER 50 BREAST	34
35	13-14 100M BREAST	36
37	10 & UNDER 100M FLY	38
39	13-14 200M FLY	40
41	10 & UNDER 200M FREE	42
43	13-14 400M FREE	44

SESSION 3: SUNDAY, 18 MAY 2003

WARM-UP 7:00 AM / START 7:45 AM

GIRLS	EVENT	BOYS
45	OPEN 200M FREE	46
47	11-12 100M FREE	48
49	OPEN 100M BACK	50
51	11-12 50M BACK	52
53	OPEN 200M BREAST	54
55	11-12 100M BREAST	56
57	OPEN 100M FLY	58
59	11-12 50M FLY	60
61	OPEN 50M FREE	62
63	11-12 200M IM	64
65	OPEN 400M IM	66

SESSION 4: SUNDAY, 18 MAY 2003

WARM-UP 12:15 PM / START 1:15 PM

GIRLS	EVENT	BOYS
67	13-14 200M FREE	68
69	10 & UNDER 100M FREE	70
71	13-14 100M BACK	72
73	10 & UNDER 50 M BACK	74
75	13-14 200M BREAST	76
77	10 & UNDER 100M BREAST	78
79	13-14 100M FLY	80
81	10 & UNDER 50M FLY	82
83	13-14 50M FREE	84
85	10 & UNDER 200M IM	86
87	13-14 400M IM	88

**WEST POINT SWIM CLUB**  
**LONG COURSE KICKOFF INVITATIONAL**  
**17 & 18 MAY 2003**

CLUB \_\_\_\_\_ CLUB CODE \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

COACH \_\_\_\_\_

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

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

**EVENT SUMMARY: #GIRLS \_\_\_\_\_ #BOYS \_\_\_\_\_**

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 with ENTRIES TO:

WEST POINT SWIM CLUB  
C/O BILL BRENNER  
4 FRANK ROAD  
STONY POINT, NEW YORK 10980

**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 2 May 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, go right and uphill toward the military checkpoint. Proceed through the checkpoint and stay in the road for approximately 1 mile. At the bottom of a long, steep hill and just before the football stadium, bear left and continue downhill, staying to the left as you drive around Lusk Reservoir. Staying in the roadbed, you'll soon start downhill again, toward the Hudson. At the 3-way stop at the bottom of the hill, go right onto Washington Rd. Proceed about .2 mile to a 5-way STOP. Go straight through the STOP until you see parking lots on your right (about ¼ 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.