

Connetquot Swim Club Presents  
The 2005 8 & Under Metropolitan Championships  
March 5-6, 2005  
Metropolitan Sanction # 050302

- Site:** Connetquot High School, Seventh Avenue, Bohemia, NY 11716. The pool is 6 lanes, 25 yards; non-turbulent lane dividers and a Daktronics electronic timing system with a six-lane scoreboard. There is ample parking on site and seating room for spectators.
- Eligibility:** All swimmers must be USS registered swimmers by the meet entry deadline. Age as of the first day of the meet determines the competition age group. Swimmers with disabilities are encouraged to enter.
- Rules:** Current US Swimming rules will govern the meet. All events are timed finals. Current USS rules will govern this meet. Metropolitan Association scratch rules will be in effect for this meet.
- Entries:** **MUST** be sent on Hy-Tek Disk. Please include a printout. Include a phone number, e-mail and name of contact person in your organization. Entry files may be e-mailed; however payment must be received by entry deadline for entries to be recognized. **ALL ENTRIES MUST BE IN YARD TIMES! NT's will not be accepted.** A swimmer may not be entered in more than 3 individual events per session.
- Entries will not be accepted after February 24, 2005 8:00 pm.*
- If you do not use Hy-Tek Software for your entries, you must include a printout listing of your entries and include a \$1.00 fee per swimmer entered.
- NO DECK ENTRIES WILL BE ALLOWED.**
- Fees:** Individual events are \$3.00. Relays are \$8.00. Mail all entries and fees to:
- Maureen Glenday  
70 Strong Avenue  
Babylon Village, NY 11702  
(516)672-0701  
[moglen@optonline.net](mailto:moglen@optonline.net)
- Please make checks payable to Connetquot Swim Club
- FED EX, UPS AND EXPRESS MAIL MUST SIGN SIGNATURE WAIVER!
- Awards:** Medals 1-3, ribbons 4-12. There will be a Team Spirit Award presented to the team who demonstrates the most Team Spirit; the winner will be determined by a vote held by the coaches representing all the teams attending this meet. Each team will receive one vote.
- Warm-Up:** Metro warm-up procedure will be in effect for this meet. Meet marshals will be on deck to enforce warm-up procedures.
- Seeding:** On-deck seeding will be in effect. Heat sheets will be posted around the pool deck.
- Refreshments:** Food and beverages will be available for sale at the meet. The concession stand offers a variety of foods and snacks for your enjoyment and may be consumed in designated areas only. SUFFOLK COUNTY HEALTH REGULATIONS PROHIBIT SMOKING IN ANY SCHOOL BUILDING.
- Vendors:** There will be a vendor available on site for the purchase of suits, bags, towels, shampoos, goggles, T-Shirts and apparel.
- Admission:** \$ 5.00 Admission. Includes program.

**PLEASE NOTE: THERE IS NO FOOD ALLOWED ON DECK. BEVERAGES MAY BE CONSUMED FROM PLASTIC BOTTLES. ABSOLUTELY NO GLASS BOTTLES OR CONTAINERS WILL BE ALLOWED.**

Coaches are responsible for policing their swimmers as to proper attire for leaving the pool area (shirts and shoes), correcting their swimmers for the use of foul language and cleaning their team area on deck.

## Event Listing

**NOTE:** Start times may need to be adjusted if entries exceed the allotted time. All teams will be notified of any changes prior to February 28, 2005.

### Session One - Saturday, March 5, 2005

(Warm-Up 7:00 am Start 8:00 am)

1. Girls 8 & Under 100 Medley Relay
2. Girls 7 & Under 100 Medley Relay
3. Girls 8 Year Olds 100 Freestyle
4. Girls 6 & Under 50 Freestyle
5. Girls 7 & Under 100 Freestyle
6. Girls 8 Year Olds 25 Backstroke
7. Girls 6 & Under 25 Backstroke
8. Girls 7 Year Olds 25 Backstroke
9. Girls 8 Year Olds 25 Butterfly
10. Girls 6 & Under 25 Butterfly
11. Girls 7 Year Olds 25 Butterfly
12. Girls 8 Year Olds 50 Breaststroke
13. Girls 7 & Under 50 Breaststroke
14. Girls 8 Year Olds 25 Freestyle
15. Girls 7 Year Olds 25 Freestyle
16. Girls 8 & Under 200 Freestyle Relay
17. Girls 7 & Under 200 Freestyle Relay

### Session Two - Saturday, March 5, 2005

(Warm-Up 1:00 pm Start 2:00 pm)

18. Boys 8 & Under 100 Medley Relay
19. Boys 7 & Under 100 Medley Relay
20. Boys 8 Year Olds 100 Freestyle
21. Boys 6 & Under 50 Freestyle
22. Boys 7 & Under 100 Freestyle
23. Boys 8 Year Olds 25 Backstroke
24. Boys 6 & Under 25 Backstroke
25. Boys 7 Year Olds 25 Backstroke
26. Boys 8 Year Olds 25 Butterfly
27. Boys 6 & Under 25 Butterfly
28. Boys 7 Year Olds 25 Butterfly
29. Boys 8 Year Olds 50 Breaststroke
30. Boys 7 & Under 50 Breaststroke
31. Boys 8 Year Olds 25 Freestyle
32. Boys 7 Year Olds 25 Freestyle
33. Boys 8 & Under 200 Freestyle Relay
34. Boys 7 & Under 200 Freestyle Relay

### Session Three Sunday, March 6, 2005

(Warm-Up 7 am Start 8 am)

35. Girls 8 & Under 100 Freestyle Relay
36. Girls 7 & Under 100 Freestyle Relay
37. Girls 8 year Old 100 Indiv. Medley
38. Girls 7 & Under 100 Indiv. Medley
39. Girls 6 & Under 25 Freestyle
40. Girls 8 Year Olds 50 Backstroke
41. Girls 6 & Under 50 Backstroke
42. Girls 7 Year Olds 50 Backstroke
43. Girls 8 Year Olds 25 Breaststroke
44. Girls 6 & Under 25 Breaststroke
45. Girls 7 Year Olds 25 Breaststroke
46. Girls 8 Year Olds 50 Butterfly
47. Girls 7 & Under 50 Butterfly
48. Girls 8 Year Olds 50 Freestyle
49. Girls 7 & Under 50 Freestyle
50. Girls 8 & Under 200 Medley Relay
51. Girls 7 & Under 200 Medley Relay

### Session Four Sunday, March 6, 2005

(Warm-Up 1:00pm Start 2:00 pm)

52. Boys 8 & Under 100 Freestyle Relay
53. Boys 7 & Under 100 Freestyle Relay
54. Boys 8 year Old 100 Indiv. Medley
55. Boys 7 & Under 100 Indiv. Medley
56. Boys 6 & Under 25 Freestyle
57. Boys 8 Year Olds 50 Backstroke
58. Boys 6 & Under 50 Backstroke
59. Boys 7 Year Olds 50 Backstroke
60. Boys 8 Year Olds 25 Breaststroke
61. Boys 6 & Under 25 Breaststroke
62. Boys 7 Year Olds 25 Breaststroke
63. Boys 8 Year Olds 50 Butterfly
64. Boys 7 & Under 50 Butterfly
65. Boys 8 Year Olds 50 Freestyle
66. Boys 7 & Under 50 Freestyle
67. Boys 8 & Under 200 Medley Relay
68. Boys 7 & Under 200 Medley Relay

# The 2005 8 & Under Metropolitan Championships

Sanction # 050302

March 5-6, 2005

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_

Coach's Name \_\_\_\_\_

Day Phone # \_\_\_\_\_ Evening Phone # \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

## Meet Entry Report

Female Individual Entries \_\_\_\_\_ x \$3.00 = \_\_\_\_\_

Male Individual Entries \_\_\_\_\_ x \$3.00 = \_\_\_\_\_

Female Relay Entries \_\_\_\_\_ x \$8.00 = \_\_\_\_\_

Male Relay Entries \_\_\_\_\_ x \$8.00 = \_\_\_\_\_

Non-HyTek Surcharge per Swimmer \_\_\_\_\_ x \$1.00 = \_\_\_\_\_

**Total Amount Entries (Make Check Payable to Connetquot Swim Club) = \_\_\_\_\_**

**Mail Check and Entry Information by February 24, 2005 to:**

**Maureen Glenday  
70 Strong Avenue  
Babylon Village, NY 11702**

**FedEx, UPS and Express mail must sign signature waiver!**

Here is a list of hotels nearby who have set aside special rates for Metropolitan Swim teams who are attending the 8 & under Swim Championships. Please reserve early as the rooms will go quickly. When making your reservations, please request to speak to the contact person for that hotel to insure that you get the special rate. Have a great stay and we look forward to seeing you at the 8 & Unders Championships!

**Holiday Inn**

**3845 Veteran's Memorial Highway, Ronkonkoma, NY 11779 631-471-0425**

**Hotel Contact:** Deb Mc Clure, Sales Manager  
**8 & Under Metro Room Rate:** \$95.00 per night  
**Reservation Cutoff Date:** February 21, 2005

The Holiday Inn is located less than a mile from the competition site. There is an on-site restaurant serving breakfast, lunch and dinner. Room service is available until 11:00 pm. Each room offers a coffeemaker, blow-dryer, iron and complimentary hi-speed internet connectivity as well as the Nickelodeon Channel for the kids! There is an exercise room available and an on-site lounge for Mom and Dad to relax and socialize. In case you forget anything, there is a gift shop/convenience store located in the lobby. There are restaurants and d various fast food restaurants very close by for your dining needs. Contact Deb McClure to make your team's reservations.

**Hampton Inn**

**1600 Veteran's Memorial Highway, Islandia, NY 11749 631-234-0400x702**

**Hotel Contact:** Linda Cuiffo-Urban  
**8 & Under Metro Room Rate:** \$99.00 per night  
**Reservation Cutoff Date:** February 12, 2005

Approximately 1.5 miles from competition site, this rate includes a free continental breakfast. There are various local restaurants and fast food establishments located nearby. Your room has a coffeemaker, blow-dryer and iron for your comfort. Dave and Busters, a popular eatery and entertainment establishment can easily accommodate a group if you want your team to eat together. There is a full listing of local restaurants available at the front desk. Contact Linda Cuiffo-Urban to make your team's reservations.

**Islandia Marriott Long Island**

**3635 Express Drive North, Islandia, NY 11749 631-232-3000x7120**

**Hotel Contact:** Diana Pabon  
**8 & Under Metro Room Rate:** \$99.00 per night  
**Reservation Cutoff Date:** February 12, 2005

Located just off the Long Island Expressway, the Islandia Marriott offers many amenities for you to enjoy during your stay. The hotel boasts a pool which is open from 7am - 10pm, an exercise room and an on-site restaurant with hours for breakfast lunch and dinner available. Room service is also available until 11:00pm. In room amenities include a blow-dryer, coffeemaker and iron as well as hi-speed internet connectivity at a rate of \$9.95 every 24 hours. Cable services including children's and family channels are available. There is a lounge/bar on site which offers a lite menu. Contact Diana Pabon to make your team's reservations. You can find the hotel on the internet at [www.islandiamarriott.com](http://www.islandiamarriott.com)



