

Three Village Swim Club

P.O. Box 224

East Setauket NY 11733

WEBSITE - <http://www.tvsc.org>

Dear Coaches and Team Representatives:

Enclosed please find your sign up package as the

Three Village Swim Club

proudly hosts the

Metropolitan 2005 Silvers -South

At

Ward Melville High School

Old Town Road

East Setauket, NY

TEAMS WHO CAN PARTICIPATE IN SILVERS SOUTH ARE AS FOLLOWS:

Connetquot Swim Club, East Hampton YMCA, Farmingdale, Hauppauge, Huntington YMCA, Islip Aquatics, LIAC(Long Island Swimming), Lindenhurst, North Shore, Old Westbury Aquatics, Sachem Swim Club, Team Suffolk-Half Hollow Hills, Three Village Swim Club and West Islip Swim Club.

Please visit the Metro Web Site at www.metroswimming.org or the TVSC site at www.tvsc.org. Team entries should be sent via e-mail using Hy-Tek to Lynn Pozmanter (tvscmeetsecy@aol.com) or by mail to 5 Hannibal Court East Setauket, NY 11733 (631-246-9295)

We look forward to meeting all of your swimmers, parents and coaches as they compete in this championship meet. .

If you have any questions please do not hesitate to give me call. We look forward to seeing you there.

Larry Wachter, Meet Director (631) 737-6816 e-mail lhw3@optonline.net

Norm Fuchs, Meet Director (631) 751-7026 e-mail npfuchs@optonline.net

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If you have any questions please do not hesitate to give me call. We look forward to seeing you there.



Three Village Swim Club

Presents:

The 2005 Metro Swimming SILVERS CHAMPIONSHIPS-SOUTH
2005-TVSC-TVSC-MR

February 11, 12, 13, 2005
Friday, Saturday and Sunday
at Ward Melville HS
East Setauket NY

Sanction: This meet is sanctioned under United States Swimming and Metropolitan Swimming, Inc. **Sanction # 050203**

Site: Ward Melville High School Old Town Road, East Setauket, NY

Eligibility: All competitors must be registered with USA Swimming. Age as of February 11, 2005 will determine event eligibility. *Qualifying times must be achieved from January 31, 2004 and the entry deadline.* Swimmers with disabilities are strongly encouraged to attend. Please advise our meet directors if any special accommodations will be necessary.

Pool: The pool at Ward Melville HS is 25 yards and has 6 lanes with non-turbulent lane lines. Colorado Electronic Timing System and 6 line electronic scoreboard will be used.

Rules: Current USA Swimming rules will govern the meet. **ALL EVENTS ARE TIMED FINALS.** Entries must comply with 2004 Silvers Championships time standards as published by Metropolitan Swimming (Copy of which is included in the event package) . **NO TIME entries will not be accepted.** This is a championship meet and there will be no cuts, but to be accepted all entries must be received by the cut-off date.

Any swimmer not achieving the meet qualifying time at Silvers will have 30 days from the meet to send proof of time to the Metro Office. Any time not proven within 30 days will be subject to a \$50 fine (per event), payable to Metropolitan Swimming.

Time Trials: Time Trials will be available at the end of each session (*Time Permitting*) \$5.00 per trial payable to Three Village Swim Club.
Entrants are limited to (2) two time trials per weekend which will count as part of the 5 events maximum per day.

SCRATCHES: This meet will be deck seeded. Scratches will be due thirty (30) minutes before each published session start time. **Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.** Coaches must make sure that their swimmers understand that once they are scratched, they will not be reentered in the meet. Coaches should inform their swimmers to leave plenty of time for traffic etc. The coach of a swimmer that was seeded in an event, and is a **No-Show (NS)** in the event, must positively check the swimmer for the next days' events in order for that swimmer to be eligible to compete in the rest of the meet. Athletes who miss a race in which they were seeded and did not properly deck scratched **will be barred from their next individual event of the day.** If they miss their last event of the day they will be barred from their first event of the next day.

Warm-up: The warm-up sessions will be organized by team, coaches may pickup warm-up sheets when they check-in. Sheets will also be posted by the official's area. First 40 minutes will be general warm-up. Last 20 minutes: lanes 2 & 5 will be open for one-way sprint. All other lanes will remain open for general warm-up. No diving will be allowed except in designated sprint lanes. All swimmers must be under direct supervision of the coach.

SESSION START TIMES: The warm up/start times may need to be adjusted if entries exceed the allotted warm up / start times time. All teams will be notified of any changes in the time by Tuesday, February 3, 2005
Tentative Warm-up times: Friday evening 4:30-5:30 pm
AM sessions:7-8 am. PM Sessions: 2-3pm

AWARDS: Individual events: medals: 1st-6rd; ribbons: 7th-12th. Additional Awards will be given to the top 12 JO Qualifying standard swimmers.

ENTRIES: *Swimmers are permitted up to 5 events per day maximum inclusive of Time Trials.* All entries must be accompanied by a Master Sheet and payment. Entries must be received no later than **Friday, February 3, 2005.** *There will be \$1.00 surcharge per Swimmer for entries not on disk or via email file.*

ENTRY FEES: The cost is \$3.00 per individual event. Make all checks payable to:
Three Village Swim Club.

METRO FEE: A \$1.00 per entrant surcharge is required for all Metro sanctioned championships. *Please include this in your entry check, a separate check is not necessary.*

SUBMISSIONS: Mail entries to: Three Village Swim Club
c/o Lynn Pozmanter
5 Hannibal Court
East Setauket, NY 11733

in .CL2 files as an attachment. Please request a return receipt of all email correspondence. Please mail a hardcopy as well to insure the accuracy of the emailed entries. If mailing your entries, they must be on a disk, with the master sheet included.

(Please sign the "signature waiver" for entries sent by Express Mail.)

If verification is requested, please send a self-addressed, stamped postcard.

The meet will be run on computer using Hy-Tek's Meet Manager. Visit www.tvsc.org for the Hy-tek event list.

Please include the following with all entries:

- Coach's name, email address and Phone Number
- Team Representative name, email address and Phone Number
- No faxed entries will be accepted
- No telephone entries will be accepted.

Any questions concerning this meet please contact:

Lynn Pozmanter (631) 246-9295

Larry Wachter (631) 737-6816

Norm Fuchs (631) 751-7026

School District Ward Melville High School is a smoke free campus. No parking
Rules: in front of the pool lobby (Fire Zone) Parking should be in the south parking lot. Access limited to the pool and lobby area only.
No food or beverages in glass containers are allowed in the pool areas.
Failure to observe this rule could result in a swimmer or spectator being ejected and all fees and awards forfeited.

Refreshments: A complete snack bar will be available in the cafeteria, including hot breakfast and lunch items.

Admission: Adults \$5.00 Program \$2.00 per session

Conditions: Upon acceptance of his/her entries, the participant waives all claims against the Three Village Swim Club, Metropolitan Swimming, USA Swimming, their agents or representatives for any injury occurring as a result of the meet.

Please Note: In the event swimmers are staged outside the pool deck area a representative(s) from each team shall be required to stay with the swimmers in the designated areas at all times.

Directions: Long Island Expressway to exit 62 (Nicolls Road), North on Nicolls Road to route 347, right (east) on Route 347 to Old Town Road, left (north) on Old Town Road $\frac{1}{2}$ mile. High School is on the left, pool is on the north side of the building. Park in the south lot and walk through building, auditorium entrance.

Three Village Swim Club "Metro Silvers South" - Ward Melville HS
February 11, 12 & 13, 2005
Sanction #050203

CLUB: _____ CLUB CODE: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
COACH: _____ PHONE: _____
E-MAIL ADDRESS: _____
CLUB CONTACT: _____ PHONE: _____

Entry Fees: Make check payable to: **Three Village Swim Club**

Total Individual Events _____ x \$3.00 = _____
Total Swimmers (non-disk surcharge) _____ x \$1.00 = _____
Metro Swimming Surcharge per entrant _____ x \$1.00 = _____
(A \$1.00 per entrant surcharge is required for all Metro sanctioned Championships)
TOTAL DUE to TVSC _____

Mail to: Lynn Pozmanter 5 Hannibal Court East Setauket, NY 11733
Email entries - tvscmeetsecy@aol.com (Hy-tek entry event list will be available on our website - www.tvsc.org)

(Please sign the "signature waiver" on envelope for entries sent by Express Mail.)

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., Three Village Swim Club , Three Village Central School District 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.

It may be brought to the meet.

2005 Metro East Silver Champions --Events

Changes in Session start times may be made
depending upon the number of entries-
Coaches will be notified in advance

FRIDAY SESSION

4:30 WARM-UP / 5:30 START

<u>Event</u>	Silver Time <u>Standards</u>	
1. Girls 10 & Under 500 Free	6:45.00	7:14.99
2. Boys 10 & Under 500 Free	6:45.00	7:14.99
3. Girls 11-12 200 Free	2:15.50	2:31.89
4. Boys 11-12 200 Free	2:15.50	2:32.89
5. Girls 13-14 400 IM	5:08.00	5:38.99
6. Boys 13-14 400 IM	5:03.00	5:22.79
6A Girls 11-12 400 IM	5:28.00	5:59.99
6B Boys 11-12 400 IM	5:28.00	5:59.99
7. Girls 15-18 400 IM	5:07.00	5:36.29
8. Boys 15-18 400 IM	4:46.00	4:58.89
9. Girls 13-14 500 Free	5:36.00	6:05.59
10. Boys 13-14 500 Free	5:32.10	6:05.99
11. Girls 15-18 500 Free	5:32.00	5:54.99
12. Boys 15-18 500 Free	5:20.00	5:29.99

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SATURDAY AM SESSION

7 AM WARM-UP / 8 AM START

<u>Event</u>		<u>Silver Time Standards</u>
13. Girls 13-14 200 Free	2:08.00	2:22.99
14. Boys 13-14 200 Free	2:02.00	2:24.09
15. Girls 10 & Under 50 Breast	43.00	50.09
16. Boys 10 & Under 50 Breast	44.00	50.09
17. Girls 13-14 100 Breast	1:16.50	1:26.79
18. Boys 13-14 100 Breast	1:14.50	1:24.49
19. Girls 10 & Under 50 Free	32.30	36.69
20. Boys 10 & Under 50 free	32.30	36.69
21. Girls 13-14 50 Free	27.20	30.19
22. Boys 13-14 50 Free	25.70	28.29
23. Girls 10 & Under 100 Back	1:22.20	1:40.09
24. Boys 10 & Under 100 Back	1:22.20	1:40.09
25. Girls 13-14 100 Back	1:07.90	1:18.29
26. Boys 13-14 100 Back	1:05.00	1:19.49
27. Girls 10 & Under 50 Fly	37.10	45.39
28. Boys 10 & Under 50 Fly	37.60	45.39
29. Girls 13-14 100 Fly	1:07.50	1:14.59
30. Boys 13-14 100 Fly	1:05.00	1:14.99
31. Girls 10 & Under 200 IM	2:56.00	3:19.99
32. Boys 10 & Under 200 IM	3:00.00	3:19.99
33. Girls 13-14 200 IM	2:25.00	2:47.79
34. Boys 13-14 200 IM	2:19.00	2:29.19

2005 Metro East Silver Champions --Events

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SATURDAY PM SESSION

2 PM WARM-UP / 3 PM START

<u>Event</u>		<u>Silver</u> <u>Time</u> <u>Standards</u>
35. Girls 11-12 200 Breast	2:56.00	3:19.99
36. Boys 11-12 200 Breast	3:00.00	3:19.99
37. Girls 15-18 200 Free	2:06.00	2:16.59
38. Boys 15-18 200 Free	1:55.00	2:01.69
39. Girls 11-12 100 Back	1:12.30	1:24.99
40. Boys 11-12 100 Back	1:14.00	1:25.79
41. Girls 15-18 100 Breast	1:16.20	1:23.89
42. Boys 15-18 100 Breast	1:08.50	1:13.89
43. Girls 11-12 50 Free	28.70	32.49
44. Boys 11-12 50 Free	28.70	32.49
45. Girls 15-18 50 Free	27.00	28.49
46. Boys 15-18 50 free	23.80	26.59
47. Girls 11-12 50 Breast	37.50	44.29
48. Boys 11-12 50 Breast	38.10	43.79
49. Girls 15-18 100 Back	1:06.50	1:13.09
50. Boys 15-18 100 Back	1:00.50	1:06.89
51. Girls 11-12 50 Fly	31.80	37.19
52. Boys 11-12 50 Fly	32.60	39.69
53. Girls 15-18 100 Fly	1:06.00	1:12.59
54. Boys 15-18 100 Fly	59.00	1:05.59
55. Girls 11-12 200 IM	2:32.30	2:54.09
56. Boys 11-12 200 IM	2:36.70	2:59.09
57. Girls 15-18 200 IM	2:23.50	2:43.09
58. Boys 15-18 200 IM	2:11.00	2:33.79
59. Girls 11-12 200 Back	2:37.00	2:59.99
60. Boys 11-12 200 Back	2:40.00	2:59.99

2005 Metro East Silver Champions --Events

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SUNDAY AM SESSION

7 AM WARM-UP / 8 AM START

<u>Event</u>	<u>Silver Time Standards</u>	
61. Girls 10 & Under 100 Free	1:11.50	1:21.49
62. Boys 10 & Under 100 Free	1:12.60	1:21.49
63. Girls 13-14 100 Free	59.00	1:06.09
64. Boys 13-14 100 Free	56.00	1:02.59
65. Girls 10 & Under 50 Back	38.00	44.39
66. Boys 10 & Under 50 Back	38.00	44.39
67. Girls 13-14 200 Back	2:26.50	2:48.99
68. Boys 13-14 200 back	2:23.00	2:41.49
69. Girls 10 & Under 100 Breast	1:34.00	1:51.39
70. Boys 10 & Under 100 Breast	1:36.00	1:51.39
71. Girls 13-14 200 Breast	2:43.00	3:02.99
72. Boys 13-14 200 Breast	2:43.00	2:59.99
73. Girls 10 & Under 100 Fly	1:30.00	1:40.99
74. Boys 10 & Under 100 Fly	1:30.00	1:40.99
75. Girls 13-14 200 Fly	2:31.00	2:42.59
76. Boys 13-14 200 Fly	2:30.00	2:38.59
77. Girls 10 & Under 100 IM	1:21.00	1:31.59
78. Boys 10 & Under 100 IM	1:23.00	1:31.59
79. Girls 10 & Under 200 Free	2:36.00	2:55.59
80. Boys 10 & Under 200 Free	2:40.00	2:55.59

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SUNDAY PM SESSION

2 PM WARM-UP / 3 PM START

<u>Event</u>	<u>Silver Time Standards</u>	
81. Girls 11-12 200 Fly	2:40.00	2:59.99
82. Boys 11-12 200 Fly	2:40.00	2:59.99
83. Girls 11-12 100 Free	1:02.30	1:11.39
84. Boys 11-12 100 Free	1:02.70	1:11.59
85. Girls 15-18 100 Free	58.20	1:03.59
86. Boys 15-18 100 Free	52.60	57.49
87. Girls 11-12 50 Back	33.60	39.09
88. Boys 11-12 50 Back	34.00	42.19
89. Girls 15-18 200 Back	2:24.00	2:36.29
90. Boys 15-18 200 Back	2:13.10	2:22.89
91. Girls 11-12 100 Breast	1:20.50	1:34.59
92. Boys 11-12 100 Breast	1:24.10	1:31.89
93. Girls 15-18 200 Breast	2:43.00	2:56.99
94. Boys 15-18 200 Breast	2:32.00	2:42.79
95. Girls 11-12 100 Fly	1:12.40	1:29.19
96. Boys 11-12 100 Fly	1:14.50	1:28.99
97. Girls 15-18 200 Fly	2:30.00	2:39.99
98. Boys 15-18 200 Fly	2:19.00	2:30.99
99. Girls 11-12 100 IM	1:11.50	1:21.69
100. Boys 11-12 100 IM	1:12.30	1:22.59
101. Girls 11-12 500 Free	6:04.00	6:35.79
102. Boys 11-12 500 Free	6:04.00	6:41.99