



**Three Village Swim Club
Presents:
The 2006 January Joust
Friday, Saturday and Sunday
January 27, 28, & 29 2006**

- Sanction:** This meet is sanctioned under United States Swimming and Metropolitan Swimming, Inc. **Sanction # 060203, Time Trial Sanction # 060150**
- Site:** Ward Melville High School Old Town Road, East Setauket, NY
- Eligibility:** Competitors must be registered with USA Swimming. Age as of January 27th will determine eligibility. 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. Deck seeding will be used. Scratches must be received no later than 30 minutes before the start of each session. Entries will be accepted on a first come first served basis and cuts to keep within the 4-hour session time limit will be made in the same manner.
- Warm-up:** 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.
- Entries :** The meet will be run on computer using Hy-Tek's Meet Manager. Entry fees are 3.00 per individual and 8.00 per relay. All events are timed finals. **ALL ENTRIES MUST BE IN YARDS!! NT's will not be accepted.**
SWIMMERS ARE LIMITED TO 3 EVENTS PER DAY.
TIME TRIALS ARE NOT INCLUDED IN THIS LIMIT.
E-mailed entries are encouraged, using Hy-Tek software. Please include a printout of the master sheet with the entries. All e-mail entries will be acknowledged with an e-mail reply. Please send to the following e-mail address:
tvscmeetsecy@aol.com
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. *In addition, there is a \$1.00 surcharge for any entries not sent on disk.*
Make Checks payable to Three Village Swim Club and mail with entries to:
Three Village Swim Club
c/o Lynn Pozmanter
5 Hannibal Court
East Setauket, NY 11733

Deadlines: All entries must be received no later than Saturday, January 21, 2006
Metropolitan LSC teams will be given priority and entered on a first come first served basis if their entries are received by January 14, 2006 8:00pm
Teams outside Metro LSC will be entered on January 17, 2006 at 8:00pm, in the order they were received, prior to and including January 14th at 8:00pm.
All Entries received after January 17, 2006 8:00pm will be entered in the order they were received, regardless of LSC affiliation, as space allows. Entries will not be accepted after Saturday January 21, 2006 8:00pm, or after the meet fills to capacity.

Any questions concerning this meet please contact:

Lynn Pozmanter (631) 246-9295

Larry Wachter (631) 737-6816

Time Trials: Must be submitted to the Meet Director. These will be swum after the last scheduled event of that session- TIME PERMITTING. A fee of \$5.00 is required at the time of registration for the time trial.

Awards: Individual awards will be medals 1st thru 3rd and ribbons 4th thru 6th. Relay awards will be medals 1st thru 3rd. Awards can only be picked up by a coach during the meet. Any awards not picked up will be mailed to the coach.

School District Rules: Ward Melville High School is a smoke free campus. No parking 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 \$3.00 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.

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.

TVSC- January Joust 2006-Events List

PLEASE NOTE: THIS IS A 7 SESSION MEET,
1 SESSION ON FRIDAY(DISTANCE),
SATURDAY AND SUNDAY HAVE 3 SESSIONS EACH.
MAKE SURE YOU ARE AWARE OF THE WARM-UP AND
START TIMES OF EACH SESSION.

Session 1- Friday January 27th 5:15 PM Warm-Up 6PM Start

<u>Event #</u>	<u>Event Name</u>
1	Girls 9-10 200 Free
2	Boys 9-10 200 Free
3	Girls 11-12 200 Free
4	Boys 11-12 200 Free
5	Girls 13-14 500 Free
6	Boys 13-14 500 Free
7	Girls 15-18 500 Free
8	Boys 15-18 500 Free
9	Girls 12 & Under 400 IM
10	Boys 12 & Under 400 IM
11	Girls 13-14 400 IM
12	Boys 13-14 400 IM
13	Girls 15-18 400 IM
14	Boys 15-18 400 IM

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Session 2 - Saturday January 28- 7AM warm-up 8AM Start

<u>Event #</u>	<u>Event Name</u>
15	Girls 9-10 100 Free
16	Boys 9-10 100 Free
17	Girls 8 & Under 50 Freestyle
18	Girls 9-10 50 Backstroke
19	Boys 9-10 50 Backstroke
20	Girls 8 & Under 25 Backstroke
21	Girls 9-10 100 Breaststroke
22	Boys 9-10 100 Breaststroke
23	Girls 8 & Under 50 Breaststroke
24	Girls 9-10 50 Butterfly
25	Boys 9-10 50 Butterfly
26	Girls 8 & Under 25 Butterfly
27	Girls 9-10 200 Medley Relay
28	Boys 9-10 200 Medley Relay
29	Girls 8 & Under 100 Medley Relay

Session 3 - Saturday, January 28th 11:00 AM Warm-up 12 PM Start

<u>Event #</u>	<u>Event Name</u>
30	Girls 11-12 50 Freestyle
31	Boys 11-12 50 Freestyle
32	Boys 8 & Under 50 Freestyle
33	Girls 11-12 200 Backstroke
34	Boys 11-12 200 Backstroke
35	Boys 8 & Under 25 Backstroke
36	Girls 11-12 50 Breaststroke
37	Boys 11-12 50 Breaststroke
38	Boys 8 & Under 50 Breaststroke
39	Girls 11-12 50 Butterfly
40	Boys 11-12 50 Butterfly
41	Boys 8 & Under 25 Butterfly
42	Girls 11-12 200 Medley Relay
43	Boys 11-12 200 Medley Relay
44	Boys 8 & Under 100 Medley Relay

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Session 4 - Saturday January 28- 3:30 PM warm-up 4:30PM Start

<u>Event #</u>	<u>Event Name</u>
45	Girls 13-14 100 Free
46	Boys 13-14 100 Free
47	Girls 15-18 100 Free
48	Boys 15-18 100 Free
49	Girls 13-14 100 Back
50	Boys 13-14 100 Back
51	Girls 15-18 100 Back
52	Boys 15-18 100 Back
53	Girls 13-14 200 Breaststroke
54	Boys 13-14 200 Breaststroke
55	Girls 15-18 200 Breaststroke
56	Boys 15-18 200 Breaststroke
57	Girls 13-14 100 Butterfly
58	Boys 13-14 100 Butterfly
59	Girls 15-18 100 Butterfly
60	Boys 15-18 100 Butterfly
61	Girls 13-14 200 Medley Relay
62	Boys 13-14 200 Medley Relay
63	Girls 15-18 200 Medley Relay
64	Boys 15-18 200 Medley Relay

Session 5 - Sunday January 29- 7AM warm-up 8AM Start

<u>Event #</u>	<u>Event Name</u>
65	Girls 9-10 50 Breaststroke
66	Boys 9-10 50 Breaststroke
67	Girls 8 & Under 100 IM
68	Girls 9-10 100 Backstroke
69	Boys 9-10 100 Backstroke
70	Girls 8 & Under 50 Backstroke
71	Girls 9-10 50 Freestyle
72	Boys 9-10 50 Freestyle
73	Girls 8 & Under 25 Breaststroke
74	Girls 9-10 100 Butterfly
75	Boys 9-10 100 Butterfly
76	Girls 8 & Under 25 Freestyle
77	Girls 9-10 200 Freestyle Relay
78	Boys 9-10 200 Freestyle Relay
79	Girls 8 & Under 100 Freestyle Relay

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Session 6 - Sunday, January 29th 11:00 AM Warm-up 12 PM Start

<u>Event #</u>	<u>Event Name</u>
80	Girls 11-12 100 Backstroke
81	Boys 11-12 100 Backstroke
82	Boys 8 & Under 100 IM
83	Girls 11-12 100 Breaststroke
84	Boys 11-12 100 Breaststroke
85	Boys 8 & Under 50 Backstroke
86	Girls 11-12 100 Butterfly
87	Boys 11-12 100 Butterfly
88	Boys 8 & Under 25 Breaststroke
89	Girls 11-12 100 Freestyle
90	Boys 11-12 100 Freestyle
91	Boys 8 & Under 25 Freestyle
92	Girls 11-12 200 Freestyle Relay
93	Boys 11-12 200 Freestyle Relay
94	Boys 8 & Under 100 Freestyle Relay

Session 7- Sunday January 29- 3:30 PM warm-up 4:30PM Start

<u>Event #</u>	<u>Event Name</u>
95	Girls 13-14 200 Backstroke
96	Boys 13-14 200 Backstroke
97	Girls 15-18 200 Backstroke
98	Boys 15-18 200 Backstroke
99	Girls 13-14 100 Breaststroke
100	Boys 13-14 100 Breaststroke
101	Girls 15-18 100 Breaststroke
102	Boys 15-18 100 Breaststroke
103	Girls 13-14 50 Freestyle
104	Boys 13-14 50 Freestyle
105	Girls 15-18 50 Freestyle
106	Boys 15-18 50 Freestyle
107	Girls 13-14 200 Butterfly
108	Boys 13-14 200 Butterfly
109	Girls 15-18 200 Butterfly
110	Boys 15-18 200 Butterfly
111	Girls 13-14 200 Freestyle Relay
112	Boys 13-14 200 Freestyle Relay
113	Girls 15-18 200 Freestyle Relay
114	Boys 15-18 200 Freestyle Relay

THREE VILLAGE SWIM CLUB-JANUARY JOUST MEET
JANUARY 27, 28, & 29, 2006

Club: _____ Club Code: _____

Address: _____ City _____ State: _____ Zip: _____

Coach: _____ Phone: _____ E-Mail Address: _____

Club Contact: _____ Phone: _____ E-Mail Address: _____

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

Total Individual Events _____ x \$3.00 = _____

Total Swimmers (non-disk surcharge) _____ x \$1.00 = _____

TOTAL AMOUNT DUE _____ **Due no later than January 20, 2006**

Mail to: Lynn Pozmanter, 5 Hannibal Court, East Setauket, NY 11733

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

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., Ward Melville HS Pool, and the Three Village 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.