

SACHEM SWIM CLUB
LONG COURSE SUMMER SWIM MEET
SANCTION NO. 070708

- DATES:** Friday, Saturday & Sunday July 6th, July 7th, July 8th, 2007
- TIME:** Warm-up time: 6:00PM
Start: 7:00PM
- LOCATION:** Holtsville Pool Complex, Holtsville, NY
Long Island Expressway to Exit 61 (Patchogue/Holbrook Road)
Head South on Pat/Hol Road approx 4 miles to Buckley Road and head
East approx 2 miles. Holtsville Ecology Center is on the right side.
Entrance to pool parking lot on right. Free Parking.
- AWARDS:** Medals: 1st, 2nd, 3rd; Ribbons: 4th – 8th for individual events.
- ADMISSION:** \$5.00 per adult includes a program.
- ELIGIBILITY:** **Meet is open to all registered USS swimmers.** Age as of the first day
Of the meet determines the competition age group. Swimmers with
Disabilities are encouraged to participate.
- RULES:** **USS Swimming rules govern this meet.** All events are timed finals.
Metropolitan Association scratch rules will be in effect for this meet.
- ENTRIES:** Meet will be run using **Hy-Tek's Meet Manager**. All events are
timed finals. **ALL ENTRIES MUST BE IN METERS.** NT'S will
not be accepted. Swimmers are limited to 3 events per session.
Individual events are \$4.00. There is a \$1.00 per swimmer surcharge
for manual entries. E-mail your entries to: buckley4@optonline.net.
All e-mails will be Acknowledged with an e-mail reply. Please include
a printout of the master sheet with the entries. Checks should be mailed
to the address below.

**PLEASE NOTE: THIS IS A NEW E-MAIL CONTACT, IF YOU HAVE
AN OLD ADDRESS STORED, PLEASE MAKE SURE YOU UPDATE.**

If mailing your entries, they must be on a disk, with the master sheets
included. **Please sign the "signature waiver" for entries sent Express
Mail.** If verification is requested, please include a self-addressed,
stamped postcard. Mail entries and check to:

Sachem Swim Club
c/o Angela Buckley
39 Brian Street
Holbrook, NY 11741

Deadlines: **Metropolitan LSC teams** will be given priority and entered on a first Come first serve basis entries must be received by **June, 17th 2005**.

Teams **outside Metro LSC** will be entered on **June 15, 2007**, in the order they were received prior to and including June 22, 2007.

All entries received after June 22, 2007 will be entered in the order they were received, regardless of LSC affiliation, as space allows.

Entries will not be accepted after June 25th, 2007 or after the meet fills to capacity.

Sachem Swim club reserves the right to enter their swimmers regardless of times. No deck entries will be allowed.

Warm-up Procedures: Warm-up will follow the adopted Metropolitan Swimming Procedure.

Parents and

Coaches: **All coaches must be present and have a valid USS coach's card.** Coaches are responsible for the behavior of their swimmers. No parents are allowed on the pool deck. Any violation of facility rules or the destruction of property will result in the disqualification of the swimmer and the forfeiture of his/her awards. The acceptance of entries by the Sachem Swim Club will constitute a waiver for injuries suffered at this meet on the part of attending swimmers and coaches against the Sachem Swim Club and any of its representatives.

Course: Colorado Electronic Timing System, 50 meter, 8 lane pool.

Refreshments: Hot and cold dishes, snacks, desserts and beverages will be available. Seating will be available but is limited. It is recommended that you Bring folding chairs.

Diving pool will be closed – NO DIVING ALLOWED.

NO SMOKING anywhere in the pool complex.

**SACHEM LONG COURSE MEET
2007**

**WARM-UP: 6:00PM
START: 7:00PM**

FRIDAY, JULY 6TH

**SESSION 1
LIST OF EVENTS**

GIRLS	EVENT	BOYS
1	15 - 18 100 FLY	2
3	13 - 14 100 FLY	4
5	10 & UNDER 100 FLY	6
7	11 - 12 100 FLY	8
9	15 - 18 200 BREAST	10
11	13 - 14 200 BREAST	12
13	10 & UNDER 50 BREAST	14
15	11 - 12 50 BREAST	16
17	10 & UNDER 200 IM	18
19	13 - 14 200 IM	20
21	15 - 18 50 FREE	22
23	13 - 14 50 FREE	24
25	10 & UNDER 50 FREE	26
27	11 - 12 50 FREE	28

**SACHEM LONG COURSE MEET
2007**

**WARM-UP: 6:00PM
START: 7:00PM**

SATURDAY, JULY 7TH

**SESSION 2
LIST OF EVENTS**

GIRLS	EVENT	BOYS
29	15 - 18 200 BACK	30
31	13 - 14 200 BACK	32
33	10 & UNDER 100 FREE	34
35	11 - 12 100 FREE	36
37	15 - 18 100 FREE	38
39	13 - 14 100 FREE	40
41	10 & UNDER 100 BREAST	42
43	11 - 12 100 BREAST	44
45	15 - 18 100 BREAST	46
47	13 - 14 100 BREAST	48
49	11 - 12 200 IM	50
51	15 - 18 200 IM	52
53	10 & UNDER 50 BACK	54
55	11 - 12 50 BACK	56

SACHEM LONG COURSE MEET
2007

WARM-UP: 6:00PM
START: 7:00PM

SUNDAY, JULY 8TH

SESSION 3
LIST OF EVENTS

GIRLS	EVENT	BOYS
57	15 - 18 200 FLY	58
59	13 - 14 200 FLY	60
61	10 & UNDER 100 BACK	62
63	11 - 12 100 BACK	64
65	15 - 18 100 BACK	66
67	13 - 14 100 BACK	68
69	10 & UNDER 200 FREE	70
71	11 - 12 200 FREE	72
73	15 - 18 200 FREE	74
75	13 - 14 200 FREE	76
77	10 & UNDER 50 FLY	78
79	11 - 12 50 FLY	80