



2008 SHORT COURSE FALL INVITATIONAL
FRIDAY, SATURDAY, SUNDAY, OCTOBER 17, 18 AND 19
Metropolitan Swimming Sanction # 081008

SITE: McCann Center, Marist College, on-site parking, spectator seating.

ENTRIES: Please submit entries via email to mscentries@hotmail.com
Metro LSC deadline: Sept. 26. Non-Metro LSC deadline: Oct. 3.
Swimmers with disabilities are welcome. Receipt of entries will be confirmed by email.
Entries will not be considered received and accepted without full payment of fees. Cuts will be advised by email.

FEES: Individual Events \$3.00; Relays \$8.00. A check made out to "Marist Swim Club" must be received by: Larry VanWagner, Marist College, McCann Center, Poughkeepsie, NY 12601 by the appropriate deadline.

RULES: Current USA Swimming Rules and Code of Ethics will govern the duration of the meet. Metropolitan LSC warm-up procedures will be in effect. All events are timed finals.

ELIGIBILITY: All swimmers must be USA Swimming registered. Age as of the first day of the meet determines competitor's age group. Swimmers with disabilities are encouraged to enter. All persons on deck must be currently USA Swimming registered. All coaches must display current coaching credentials and have current CPR certification.

CONDITIONS: Metro LSC clubs will be given priority on a first come/first serve basis.
"NO TIME" entries will NOT be accepted, except for MSC swimmers.
Distance freestyle events may be limited to 3 heats.

USA Swimming, Inc., Metropolitan Swimming, Inc., Marist College, Marist Swim Club and their agents or representatives shall be held free and harmless from all liabilities or claims or damages arising by reason of injuries to anyone during conduct of this event.

AWARDS: Individual Events -- 1- 3 Place/Medals, 4-6 Place/Ribbons;
Relays 1-3 Place/ Ribbons; No awards will be given for Open events.

SEEDING: Scratch sheets will be collected 40 minutes prior to the start of each session. Heat sheets will be distributed and posted.

ADMISSION: Daily admission for adults \$4.00. Weekend Meet Program \$6.00.

CONCESSION: Food will be available at all sessions.

QUESTIONS: Contact Meet Director, Martha Boyko AJB615@aol.com or 845-224-4809.

2008 MSC SHORT COURSE FALL INVITATIONAL
 Friday, Saturday and Sunday, October 17, 18 and 19

**GIRLS
EVENTS**

**BOYS
EVENTS**

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EVENTS**

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FRIDAY SESSION 1

4PM Warm-up 5pm Start

1	11-12	200	Free					2
3	13-14	200	Free					4
5	10-U	200	Free					6
7	Open	200	Free					8
9	11-12	200	IM					10
11	13-14	500	Free					12
13	Open	500	Free					14

SATURDAY AM SESSION 2

8AM Warm-up 9AM Start

15	11-12	100	Breast					16
17	9-10	50	Breast					18
19	11-12	50	Free					20
21	9-10	50	Free					22
23	Open	200	Back					24
25	11-12	100	Fly					26
27	9-10	50	Fly					28
29	11-12	50	Back					30
31	9-10	100	Back					32
33	11-12	100	IM					34
35	9-10	200	Med Rly					36
37	11-12	200	Med Rly					38
39	13-14	400	IM					40
41	Open	400	IM					42

SATURDAY PM SESSION 3

1 Hour Warm-up, not before Noon

43	8-Under	50	Breast					44
45	Open	100	Breast					46
47	13-14	100	Breast					48
49	8-Under	50	Free					50
51	Open	50	Free					52
53	13-14	50	Free					54
55	8-Under	50	Fly					56
57	Open	200	IM					58
59	13-14	200	IM					60
61	8-Under	100	Med Rly					62
63	Open	200	Med Rly					64
65	13-14	200	Med Rly					66

SUNDAY AM SESSION 4

8AM Warm-up 9AM Start

67	Open	200	Breast					68
69	11-12	50	Breast					70
71	9-10	100	Breast					72
73	11-12	100	Free					74
75	9-10	100	Free					76
77	11-12	100	Back					78
79	9-10	50	Back					80
81	Open	200	Fly					82
83	9-10	100	Fly					84
85	11-12	50	Fly					86
87	9-10	100	IM					88
89	11-12	200	Free Rly					90
91	9-10	200	Free Rly					92

SUNDAY PM SESSION 5

1 Hour Warm-up not before Noon

93	8-Under	100	Free					94
95	Open	100	Free					96
97	13-14	100	Free					98
99	8-Under	50	Back					100
101	Open	100	Back					102
103	13-14	100	Back					104
105	8-Under	100	IM					106
107	Open	100	Fly					108
109	13-14	100	Fly					110
111	8-Under	100	Free Rly					112
113	Open	200	Free Rly					114
115	13-14	200	Free Rly					116

NOTES: There will be NO DIVING during warm-ups. All lanes will be circular swimming until 1/2 hour before start, then lanes 2 & 5 will be one-way sprint lanes.