



2008 SHORT COURSE HOLIDAY INVITATIONAL
FRIDAY, SATURDAY, SUNDAY, December 19, 20 AND 21
Metropolitan Swimming Sanction # 081204

- SITE:** McCann Center, Marist College, on-site parking, spectator seating.
- ENTRIES:** Please submit entries via email to mscentries@hotmail.com
Metro LSC deadline: Dec. 5. Non-Metro LSC deadline: Dec. 12.
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.



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**GIRLS
EVENTS**

**BOYS
EVENTS**

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FRIDAY SESSION 1

1PM Warm-up 2PM Start

1 Open 1000 Free 2

FRIDAY SESSION 2

4PM Warm-up 5pm Start

3 11-12 200 Free 4
 5 13-14 200 Free 6
 7 10-U 200 Free 8
 9 Open 200 Free 10
 11 11-12 200 IM 12
 13 13-14 500 Free 14
 15 Open 500 Free 16

SATURDAY AM SESSION 3

8AM Warm-up 9AM Start

17 11-12 100 Breast 18
 19 9-10 50 Breast 20
 21 11-12 50 Free 22
 23 9-10 50 Free 24
 25 Open 200 Back 26
 27 11-12 100 Fly 28
 29 9-10 50 Fly 30
 31 11-12 50 Back 32
 33 9-10 100 Back 34
 35 11-12 100 IM 36
 37 9-10 200 Med Rly 38
 39 11-12 200 Med Rly 40
 41 13-14 400 IM 42
 43 Open 400 IM 44

SATURDAY PM SESSION 4

1 Hour Warm-up, not before Noon

45 8-Under 50 Breast 46
 47 Open 100 Breast 48
 49 13-14 100 Breast 50
 51 8-Under 50 Free 52
 53 Open 50 Free 54
 55 13-14 50 Free 56
 57 8-Under 50 Fly 58
 59 Open 200 IM 60
 61 13-14 200 IM 62
 63 8-Under 100 Med Rly 64
 65 Open 200 Med Rly 66
 67 13-14 200 Med Rly 68

SUNDAY AM SESSION 5

8AM Warm-up 9AM Start

69 Open 200 Breast 70
 71 11-12 50 Breast 72
 73 9-10 100 Breast 74
 75 11-12 100 Free 76
 77 9-10 100 Free 78
 79 11-12 100 Back 80
 81 9-10 50 Back 82
 83 Open 200 Fly 84
 85 9-10 100 Fly 86
 87 11-12 50 Fly 88
 89 9-10 100 IM 90
 91 11-12 200 Free Rly 92
 93 9-10 200 Free Rly 94

SUNDAY PM SESSION 6

1 Hour Warm-up not before Noon

95 8-Under 100 Free 96
 97 Open 100 Free 98
 99 13-14 100 Free 100
 101 8-Under 50 Back 102
 103 Open 100 Back 104
 105 13-14 100 Back 106
 107 8-Under 100 IM 108
 109 Open 100 Fly 110
 111 13-14 100 Fly 112
 113 8-Under 100 Free Rly 114
 115 Open 200 Free Rly 116
 117 13-14 200 Free Rly 118

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.