



Sachem Swim Club  
Short Course Fall Swim Meet  
November 8, 2008  
USA Swimming Sanction #081107

Session 1 – 7:00 am Warm-up 8:00 am Start – Age groups : 11-12, 13-14  
Session 2 – 1:00 pm Warm-up 2:00 pm Start – Age groups : 8 under, 9-10, 15-18

**Location:** Sachem North High School Pool  
Long Island Expressway to Exit 60. Service Road to Hawkins Avenue  
Traffic Light. Continue North on Hawkins Avenue until Five Corners  
Intersection. Turn right on to Smith Street. High school is on the right.

**Awards:** Medals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 6<sup>th</sup> for individual events.

**Admission:** \$4 per adult - \$2 for session program.

**Eligibility:** Meet is open to all registered USA Swimmers. Age as of the first day of the meet determines the competition age group. Swimmers with disabilities are encouraged to participate.

**Rules:** USA Swimming Code of Conduct is in effect for the duration of the meet. Current USA Swimming Rules will govern the 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 entries must be in yards; NT's will not be accepted. Limit of 3 events per session. Individual events are \$3. All entries must be sent in Team Manager format, e-mailed to SSCregistrations@aol.com. All e-mails will be acknowledged with reply. Checks should be mailed with a master sheet printout of entries from Team Manager to the address below.

**Sachem Swim Club  
P.O. Box 381  
Lake Grove, NY 11755**

**Deadlines:** Metropolitan LSC teams will be given priority and entered on a first come first serve basis; entries must be received by October 23, 2008. Teams outside Metro LSC will be entered on October 25, 2008, in the order they were received. All entries received after October 25, 2008 will be entered in the order they were received, regardless of LSC affiliation, as space allows. Entries will not be accepted after October 30, 2008 or after the meet fills to capacity.

**Warm-up**

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

**Parents and**

**Coaches:** All coaches must present a valid USA Swimming Coach's card. Coaches are responsible for the behavior of their swimmers. No parents 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 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.

**Pool:** Colorado Electronic Timing System and 6-lane electronic scoreboard will be used for the 25 yards, 6 lane Pool.

**Food:** Hot and cold dishes, snacks, desserts and beverages will be available. Smoking or Alcoholic beverages will not be allowed anywhere on school property.

**Vendors:** Vendors will be available on site for the purchase of suits, bags, towels, goggles and apparel.

## LIST OF EVENTS

Warm-up 7am	Session 1	Start 8am
	Saturday November 8, 2008	
Girls	Event	Boys
1	11-12 50 Breast	2
3	13-14 100 Breast	4
5	11-12 100 Back	6
7	13-14 100 Back	8
9	11-12 50 Fly	10
11	13-14 100 Fly	12
13	11-12 100 Free	14
15	13-14 100 Free	16
17	11-12 50 Back	18
19	13-14 200 IM	20

Warm-up 1pm	Session 2	Start 2pm
	Saturday November 8, 2008	
Girls	Event	Boys
21	8 & Under 25 Free	22
23	9-10 50 Free	24
25	15-18 100 Free	26
27	8 & Under 25 Back	28
29	9-10 50 Back	30
31	15-18 100 Back	32
33	8 & Under 25 Fly	34
35	9-10 50 Fly	36
37	15-18 100 Fly	38
39	8 & Under 25 Breast	40
41	9-10 50 Breast	42
43	15-18 100 Breast	44