

**2009
Metropolitan Swimming
Connetquot Swim Club
Age Group Championships
East/Suffolk**

**March 20th – 22nd, 2009
Connetquot High School**

Sanction # 090308



**CONNETQUOT SWIM CLUB
PRESENTS
THE 2009 AGE GROUP CHAMPIONSHIPS
FRIDAY, SATURDAY, & SUNDAY
March 20th – 22nd, 2009
Sanction # 090308**

Metropolitan Swimming East/Suffolk teams eligible are Connetquot Swim Club, Bethpage PAL, East Hampton YMCA, Farmingdale Swim Club, Hauppauge Swim Club, Islip Aquatics, Long Island Express, North Shore Aquatics, Sachem Swim Club, Team Suffolk Hills, Three Village Swim Club and West Islip Swim Club.

Any questions – Anthony Gorgano – cscmeets@cscswimming.com

PLEASE CHECK OUR WEBSITE FOR ANY LAST MINUTE CHANGES TO WARM-UP AND START TIMES – www.cscswimming.com

Parking will be in the SOUTH lot for easiest access to the pool. The Connetquot School district has asked us to abide by this parking rule as other events are going on this very busy weekend. We will have parents in the lot to direct traffic. We ask that you cooperate with their directions. Handicapped parking only is permitted in the south lot in designated areas and will be strictly enforced, please abide by the rules for these designated parking spots.

Due to Team restructuring by the Metropolitan Swimming Organization of the eligible East/Suffolk County teams being mandated to swim with the South/Nassau division, CSC reserves the right to restructure the following session times and for this meet. We are sorry for the inconvenience; however, we must be able to compensate for this alteration. If further changes are necessary we will advise the clubs ASAP. Thank You

Please note Session Time Changes from last year:

SESSION 1: Friday Afternoon – 5:00 PM warm-up 6:00PM start – (all age groups)

SESSION 2: Saturday Morning – 6:30 AM warm-up 8:00AM – (13-14, 9-10)

SESSION 3: Saturday Afternoon – 1:30PM Warm-up – 3:00PM (11-12, 15-18)

SESSION 4: Sunday Morning – 6:30 AM warm-up 8:00AM – (13-14, 9-10)

SESSION 5: Sunday Afternoon – 1:30PM Warm-up – 3:00PM – (11-12, 15-18)

All events are Timed Finals.

Limit of 4 events a day per swimmer. The qualifying period is from April 7, 2008 to the entry deadline. “No Time” entries will not be accepted. All events must have been swum at least once before. **EIGHT and under swimmers are not permitted to compete in this meet.** Entry times cannot be faster than AGE GROUP times as specified by Metropolitan Swimming 2009 time standards.

The USA Code of Conduct is in effect for the duration of the meet.

Swimmers with disabilities are encouraged to attend. Please email Anthony Gorgano – cscmeets@cscswimming.com with any special accommodations that we need to make.

AWARDS: Individual medals for 1st through 6th place, ribbons 7th through 12th place for swimmers below the “silver” minimum standard. Overachiever ribbons will be awarded to swimmers who swim Silver, JO and Zone qualifying times in an event for a first time at this meet. Awards must be picked up at the end of the meet.

Entries

- Hy-Tek entries ONLY
- Email initial entries should be mailed to **Joe Hodosky** – cscmeets@cscswimming.com . Please include coach’s name, phone number and email address in the email. Please be sure to write your teams name and “Age Group Champs Entry” in the subject field of the email. Confirmation will be sent via email. Please email a hardcopy as well to insure the accuracy of the emailed entries.
- No late entries will be accepted
- “NT” entries will not be accepted. The event must have been swam at least once before
- ALL ENTRIES DUE BY MARCH 5, 2009. Entries will not be accepted after this date. NO DECK ENTRIES WILL BE ACCEPTED.
- \$3 per event plus \$1 per swimmer Metro Championship Surcharge payable to Connetquot Swim Club. **There should be NO checks made out to Metropolitan swimming.**
- ALL CHECKS DUE BY March 15, 2009 – Must be mailed to below address.
- Please complete the information sheet on the last page of this packet and return SIGNED with the checks

Checks must be mailed to:
Connetquot Swim Club
P.O. Box 280
Bohemia, New York, 11716
Phone number – 631-864-8153

***Please sign the signature waiver for express mail.**

Confirmation of receipt of entries can be emailed to
Joe Hodosky – cscmeets@cscswimming.com

METROPOLITAN SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES AND SCRATCH RULES WILL BE IN EFFECT.

WARM-UP: The warm-up sessions will be organized by team, coaches may pickup warm-up sheets when they check-in.

SESSION

START TIMES: The warm up / start times may need to be adjusted if entries exceed the allotted time. All teams will be notified of any changes in the time by Monday, March 16, 2009. Information will be on our website www.cscswimming.org as well.

ADMISSION: \$5 per session \$2 per Program

Metropolitan Scratch Procedure for Timed Finals Meets is as follows:

Any swimmer, who is seeded, must swim the event unless he/she declares his/her intention not to swim in the following manner:

1. Go to the Referee, before the event and state you do not wish to swim, and
2. Stand BEHIND your assigned block until the swimmers in your heat have been sent off by the Starter.
3. The swimmer is then disqualified from THAT EVENT for the delay of the meet.
4. This counts as an event against the total-per-day allowance.

If a swimmer fails to follow this procedure, he/she will be barred from his/her next individual event of the meet.

If it is necessary to have a group of swimmers off the deck due to the size of the meet a club representative will need to be available at the off-deck location to monitor your swimmers.

CLUB/SCHOOL DISTRICT RULES

Connetquot High School is a smoke free campus. Access is limited to pool and lobby only. No food, beverages or glass containers are allowed in the pool area. Failure to comply could result in the swimmer or spectator being ejected and all fees and awards forfeited.

Coaches: Please in inform all families that No Parents/Adults will be allowed in the seeding/staging area for security reasons.

FACILITY: The Connetquot High School Natatorium Pool.

- 25 yards, 6 lanes with non-turbulent lane lines and Daktronics electronic timing system.
- Underwater speaker system will be utilized during warm-ups and for official use during meet.
- **REFRESHMENTS** - A complete food concession will be available in the lobby area, during the meet. This will include breakfast sandwiches and complete hot meals for lunch and dinner. No glass is allowed anywhere in the building.

DIRECTIONS: **Connetquot High School** 190 7th Street, Bohemia, NY 11716 (631) 244-2228
 Please use Google Map for detailed directions or you go to www.cscswimming.com and under the “Questions? Contact Us”, “Swim Pool Location” tab for easy access.

2009 AGE GROUP INVITATIONAL EVENTS

Session 1

Friday Afternoon – 5:00 PM warm-up - 6:00PM start – (all age groups)

Age Group Not faster than:	Girls Event #	Event	Boys Event #	Age Group Not faster than:
2:36.00	1	9-10 200 Free	2	2:40.00
2:14.00	3	11-12 200 Free	4	2:15.50
5:07.00	5	13-14 400 IM	6	4:55.00
5:05.00	7	15-18 400 IM	8	4:45.20
5:36.00	9	13-14 500 Free	10	5:25.00
5:32.00	11	15-18 500 Free	12	5:20.00

Session 2

Saturday Morning – 6:30 AM Warm-up 8:00 AM start – (13-14, 9-10)

Age Group- Not faster than:	Girls Event #	Event	Boys Event #	Age Group- Not faster than:
2:08.00	13	13-14 200 Free	14	2:01.00
43.00	15	9-10 50 Breast	16	44.00
1:16.50	17	13-14 100 Breast	18	1:13.00
32.10	19	9-10 50 Free	20	32.00
27.00	21	13-14 50 Free	22	25.30
1:22.20	23	9-10 100 Back	24	1:22.20
1:06.60	25	13-14 100 Back	26	1:03.00
36.60	27	9-10 50 Fly	28	36.80
1:05.70	29	13-14 100 Fly	30	1:01.60
2:56.00	31	9-10 200 IM	32	3:00.00
2:23.50	33	13-14 200 IM	34	2:15.00

Session 3

Saturday Afternoon – 1:30 PM Warm-up 3:00 PM start – (11-12, 15-18)

Age Group- Not faster than:	Girls Event #	Event	Boys Event #	Age Group- Not faster than:
2:04.50	35	15-18 200 Free	36	1:55.00
37.20	37	11-12 50 Breast	38	37.60
1:15.20	39	15-18 100 Breast	40	1:07.50
28.60	41	11-12 50 Free	42	28.30
26.60	43	15-18 50 Free	44	23.80
1:11.10	45	11-12 100 Back	46	1:11.60
1:06.50	47	15-18 100 Back	48	1:00.50
31.60	49	11-12 50 Fly	50	32.10
1:05.50	51	15-18 100 Fly	52	59.00
2:31.50	53	11-12 200 IM	54	2:32.60
2:22.10	55	15-18 200 IM	56	2:11.00

Session 4

Sunday Morning – 6:30 AM Warm-up 8:00 AM start – (13-14, 9-10)

Age Group- Not faster than:	Girls Event #	Event	Boys Event #	Age Group- Not faster than:
1:27.10	57	9-10 100 Fly	58	1:28.00
58.50	59	13-14 100 Free	60	55:00
1:11.50	61	9-10 100 Free	62	1:11.60
2:22.60	63	13-14 200 Back	64	2:17.00
37.50	65	9-10 50 Back	66	38.00
2:43.00	67	13-14 200 Breast	68	2:40.00
1:34.00	69	9-10 100 Breast	70	1:36.00
2:31.00	71	13-14 200 Fly	72	2:25.00
1:21.00	73	9-10 100 IM	74	1:22.00

Session 5

Sunday Afternoon – 1:30 PM Warm-up 3:00 PM start – (11-12, 15-18)

Age Group- Not faster than:	Girls Event #	Event	Boys Event #	Age Group- Not faster than:
1:12:10	75	11-12 100 Fly	76	1:13.50
57.80	77	15-18 100 Free	78	52.30
1:01.80	79	11-12 100 Free	80	1:02.20
2:24.00	81	15-18 200 Back	82	2:13.10
33.30	83	11-12 50 Back	84	33.30
2:43.00	85	15-18 200 Breast	86	2:31.00
1:20.50	87	11-12 100 Breast	88	1:21.60
2:30.00	89	15-18 200 Fly	90	2:18.00
1:11.30	91	11-12 100 IM	92	1:12.30
6:04.00	93	11-12 500 Free	94	6:04.00

2009-MR-Age Group Championships East/Suffolk - CSC

March 20th – 22nd, 2009

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CLUB: _____ CLUB CODE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACH: _____

PHONE: _____ E-MAIL ADDRESS: _____

CLUB CONTACT: _____ PHONE: _____

Entry Fees AND Metro Surcharge: Make check payable to: **Connetquot Swim Club**

Total Individual Events _____ x \$3.00 = _____

Metropolitan Swimming Surcharge per entrant _____ x \$1.00 = _____

TOTAL DUE to CSC _____

Mail to: Age Groups Entries – CSC P.O. Box 280 Bohemia, N.Y. 11716

Email entries – cscmeets@cscswimming.com

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

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., Connetquot Swim Club , Connetquot School District 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) _____

Print (Club Official) _____ Position _____

No entries will be processed without this signed waiver.

Email or USPS copy will suffice, please send original with entries check. Swimmers will be unable to swim until this form is received completed.