



***WINTER SUNSHINE***  
***DECEMBER 4-5, 2009***

***SANCTION# 091212***

**SANCTION:** HELD UNDER THE SANCTION OF USA SWIMMING/METROPOLITAN SWIMMING INC  
#091212

**LOCATION:** BEACON HIGH SCHOOL, 101 MATTEAWAN ROAD, BEACON, NY 12508

**FACILITY:** THE POOL IS A 6 LANE, 25 YARD POOL WITH NON TURBULENT LANE DIVIDERS AND COLORADO TIMING SYSTEM. THERE IS ON DECK SEATING FOR SPECTATORS (SPACE IS LIMITED). SWIMMERS WILL BE SEATED IN THE GYMNASIUM DURING COMPETITION WITH A DESIGNATED SEATING AREA FOR EACH TEAM. EACH TEAM IS RESPONSIBLE FOR HAVING A PARENT VOLUNTEER IN THE GYMNASIUM.

**SESSIONS:** THERE WILL BE FOUR SESSIONS TO THE MEET: FRIDAY, DEC. 4<sup>TH</sup> WARM UP 4:00PM  
START 5:00PM  
SATURDAY, DEC. 5<sup>TH</sup> WARM UP 7:00AM  
START 8:00AM  
WARM UP 12:00PM  
START 1:00PM  
WARM UP 3:30PM  
START 4:30PM

EACH SESSION WILL BE LIMITED TO 3 HOURS.

**FORMAT:** TIMED FINALS, THERE WILL BE NO DECK SEATING FOR EVENTS. THERE WILL BE A "CLERK OF COURSE" IN THE GYMNASIUM TO LINE UP ATHLETES.

**ELIGIBILITY:** OPEN TO ALL USA SWIMMING/METROPOLITAN SWIMMING INC. REGISTERED SWIMMERS. ALL SWIMMERS PARTICIPATING IN THIS MEET MUST BE REGISTERED BY THE FIRST DAY OF THE MEET AGE DECEMBER 4, 2009 WILL DETERMINE AGE OF FOR THE ENTIRE MEET.

**DISABILITY SWIMMERS:** SWIMMERS WITH DISABILITIES ARE ENCOURAGED TO ATTEND. CONTACT THE MEET DIRECTOR IF YOU NEED SPECIAL CONSIDERATION. THE ATHLETE (OR THE ATHLETE'S COACH) IS ALSO RESPONSIBLE FOR NOTIFYING THE MEET REFEREE OF ANY DISABILITY PRIOR TO THE COMPETITION.

**ENTRIES:** MUST BE SENT ON HY-TEK DISK (OR OTHER FORMATS MUST BE SDIF3 FILE). IF USING HY-TEK, PLEASE INCLUDE A PRINTOUT. **PLEASE NOTE: A CLUB THAT DOES NOT SEND ENTRIES IN A HY-TEK FORMAT WILL BE ASSESSED \$1.00 FEE PER SWIMMER. A CLUB OFFICIAL MUST SIGN THE WAIVER FOR THE BEACON CITY SCHOOL DISTRICT ON THE ENTRY PAGE IN ORDER FOR YOUR ENTRIES TO BE ACCEPTED.** ALL SWIMMERS WILL BE LIMITED TO 3 ENTRIES PER SESSION. E-MAIL ENTRIES TO **BIGBLUESWIMMING@AOL.COM**

U.S MAIL ENTRIES/PAYMENTS TO: BIG BLUE SWIMMING  
PO Box 774  
BEACON, NY 12590

**DEADLINES:** METRO LSC TEAMS WILL BE GIVEN PRIORITY ON A FIRST COME/FIRST SERVED BASIS. METRO TEAM ENTRIES MUST BE RECEIVED BY **Nov. 16, 2009**  
THE FINAL ENTRY DEADLINE WILL BE **Nov. 23, 2009**  
**METRO ENTRIES MUST BE RECEIVED BY THE ABOVE DATE, LSC'S WILL BE ENTERED IN THE ORDER RECEIVED AS SPACE ALLOWS.** PLEASE CONTACT MEET DIRECTOR IF YOU DO NOT RECEIVE AN E-MAIL RECEIPT WITHIN 2 DAYS OF ORIGINAL E-MAIL.

**ENTRY FEE:** AN ENTRY FEE OF \$3.00 PER INDIVIDUAL EVENT MUST ACCOMPANY THE ENTRIES. MAKE CHECK PAYABLE TO BIG BLUE SWIMMING

- WARM UP:** THERE WILL BE A GENERAL WARM-UP PERIOD OF 30 MINUTES AND 20 MINUTES OF START AND SPRINT LANES.
- SCRATCHES:** COACHES WILL BE GIVEN SCRATCH SHEETS UPON CHECK-IN FOR EACH SESSION. ALL SCRATCHES ARE DUE NO LATER THAN 30 MINUTES PRIOR TO THE START OF THE SESSION. COACHES ARE ASKED TO INDICATE CLEARLY INDIVIDUAL EVENTS SCRATCHES AND WHICH SWIMMERS WILL NOT BE PARTICIPATING IN THE SESSION.
- COACHES:** IN ACCORDANCE WITH METROPOLITAN SWIMMING INC. POLICY, ONLY THOSE COACHES WHO DISPLAY CURRENT, VALID USA SWIMMING CREDENTIALS WILL BE PERMITTED TO ACT IN A COACHING CAPACITY AT THIS MEET. COACHES WHO DO NOT POSSESS THESE CREDENTIALS WILL BE REQUIRED TO LEAVE THE DECK AREA.
- AWARDS:** CUSTOM MEDALS 1-3 RIBBONS 4-12 (14 & UNDER)
- OFFICIALS:** **MEET REFEREE**
- MEET DIRECTOR:** LINDA PORTCH – [PORTCHLJ@AOL.COM](mailto:PORTCHLJ@AOL.COM) OR LARRY COLLINS - [BIGBLUESWIMMING@AOL.COM](mailto:BIGBLUESWIMMING@AOL.COM) (914)474-4277
- RULES:** THE CURRENT USA SWIMMING RULES AND REGULATIONS WILL APPLY.  
**THE USA SWIMMING CODE OF CONDUCT IS IN EFFECT FOR THE DURATION OF THE MEET.**  
THE OVERHEAD START PROCEDURE MAY BE USED AT THE DISCRETION OF THE MEET REFEREE.
- SAFETY:** METROPOLITAN SAFETY AND WARM-UP PROCEDURES WILL BE IN EFFECT. MARSHALS WILL BE PRESENT THROUGHOUT WARM-UPS AND COMPETITION, AND HAVE THE AUTHORITY TO REMOVE, WITH THE CONCURRENCE OF THE MEET REFEREE, ANY SWIMMER, COACH, CLUB, OR SPECTATOR FOR FAILURE TO FOLLOW THE SAFETY RULES.
- DISCLAIMER:** UPON ACCEPTANCE OF HIS/HER ENTRIES, THE PARTICIPANT WAIVES ALL CLAIMS AGAINST; BIG BLUE SWIMMING; AND BEACON CITY SCHOOL DISTRICT THEIR AGENTS OR REPRESENTATIVES, METROPOLITAN SWIMMING INC., USA SWIMMING INC., THEIR AGENTS OR REPRESENTATIVES FOR ANY INJURY OCCURRING AS A RESULT OF THE MEET.
- ADMISSION:** \$5.00 ADMISSION. PROGRAM FEE \$2.00
- MERCHANDISE:** FOOD AND BEVERAGES WILL BE AVAILABLE FOR SALE AT THE MEET AND MUST BE CONSUMED IN DESIGNATED AREA OUTSIDE THE AQUATIC CENTER.  
**FEDERAL REGULATION PROHIBITS SMOKING IN ANY BUILDING IN THE BEACON CITY SCHOOL DISTRICT AND WITHIN 50 FEET OF SCHOOL PROPERTY.**
- DIRECTIONS:** **FROM NEW YORK CITY** TAKE 87 (NYS THRUWAY ) NORTH TO THE NEWBURGH EXIT AND TAKE ROUTE 84 EAST TOWARDS BEACON, NEW YORK. CROSS THE NEWBURGH-BEACON BRIDGE, TAKE THE FIRST EXIT PAST THE TOLL PLAZA (EXIT 11). AT THE RED LIGHT TURN RIGHT AND FOLLOW ROAD TO NEXT RED LIGHT, TAKE LEFT HAND TURN ONTO VERPLANCK AVENUE & FOLLOW TO 2<sup>ND</sup> RED LIGHT (VERPLANCK AVE & MATTEAWN RD) AT LIGHT TURN LEFT AND FOLLOW TO HIGH SCHOOL AT THIRD DRIVEWAY TURN LEFT INTO PARKING LOT (LOOK FOR BHS ATHLETICS ON BUILDING).
- FROM CONNECTICUT** TAKE ROUTE 84 WEST TO BEACON, NEW YORK TO EXIT 11, AT THE RED LIGHT TURN LEFT AND FOLLOW ROAD TO NEXT RED LIGHT AND TAKE LEFT HAND TURN ONTO VERPLANCK AVENUE & FOLLOW TO 2<sup>ND</sup> RED LIGHT (VERPLANCK AVE & MATTEAWN RD) AT LIGHT TURN LEFT AND FOLLOW TO HIGH SCHOOL. AT THIRD DRIVEWAY TURN LEFT INTO PARKING LOT (LOOK FOR BHS ATHLETICS ON BUILDING).

**BIG BLUE SWIMMING  
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DEC. 4-5 2009**

SESSION 1: FRIDAY, DECEMBER 4, 2009

WARM-UP 4:00PM START 5:00PM

GIRLS	EVENTS	BOYS
1.	11-12 200 YD IM	2.
3.	13-14 400 YD IM	4.
5.	OPEN 400 YD IM	6
7.	11-12 500 YD FREESTYLE	8.
9.	OPEN 500 YD FREESTYLE	10.

SESSION 2: SATURDAY, DECEMBER 5, 2009

WARM-UP 7:00AM START 8:00AM

GIRLS	EVENTS	BOYS
11.	11-12 200 YD FREESTYLE	12.
13.	11-12 100 YD BACKSTROKE	14.
15.	11-12 50 YD BUTTERFLY	16.
17.	11-12 200 YD BREASTSTROKE	18.
19.	11-12 50 YD FREESTYLE	20.
21.	11-12 100 YD IM	22.

SESSION 3: SATURDAY, DECEMBER 5, 2009

WARM-UP 12:00PM START 12:45PM

GIRLS	EVENTS	BOYS
23.	8-UN 25 YD FREESTYLE	24.
25.	9-10 50 YD FREESTYLE	26.
27.	8-UN 25 YD BREASTSTROKE	28.
29.	9-10 100 YD BREASTSTROKE	30.
31.	8-UN 25 YD BUTTERFLY	32.
33.	9-10 50 YD BUTTERFLY	34.
35.	8-UN 50 YD BACKSTROKE	36.
37.	9-10 100 YD FREESTYLE	38.
39.	10-UN 100 YD IM	40.

SESSION 4: SATURDAY, DECEMBER 5, 2009

WARM-UP 4:00PM START 4:45PM

GIRLS	EVENTS	BOYS
41.	13-14 50 YD FREESTYLE	42.
43.	OPEN 50 YD FREESTYLE	44.
45.	13-14 100 YD BREASTSTROKE	46.
47.	OPEN 100 YD BREASTSTROKE	48.
49.	13-14 200 YD IM	50.
51.	OPEN 200 YD IM	52.
53.	13-14 100 YD BACKSTROKE	54.
55.	OPEN 100 YD BACKSTROKE	56.
57.	OPEN 100 YD BUTTERFLY	58.