



2009 MSC SENIOR LONG COURSE INVITATIONAL  
SATURDAY, MAY 9  
Metropolitan Swimming Sanction # 090504

- SITE:** Lehman College, Bronx, NY on-site parking, spectator seating.
- ENTRIES:** All Metro clubs in good standing are invited to attend. Please submit entries via email to [mscentries@hotmail.com](mailto:mscentries@hotmail.com). Metro LSC deadline: April 28th. Non-Metro LSC deadline: May 1<sup>st</sup>. 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 \$4.00. 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 and a **minimum 11yrs. of age**. 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. **Please submit entries in LCM only (SCY or SCM may be converted to long course)**. Long Course training time will be available to Metro clubs only following the session until 12noon.
- USA Swimming, Inc., Metropolitan Swimming, Inc., Lehman 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:** NO AWARDS will be given at this invitational.
- 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 will be determined by Lehman College Athletics.
- CONCESSION:** No Food will be available at this session.



**QUESTIONS:** Contact Meet Director, Martha Boyko [AJB615@aol.com](mailto:AJB615@aol.com) or 845-224-4809.

**GIRLS  
EVENTS**

**BOYS  
EVENTS**

**SATURDAY AM SESSION 1  
8AM WARM-UP 9AM START**

|    |                   |    |
|----|-------------------|----|
| 1  | SENIOR 100 BREAST | 2  |
| 3  | SENIOR 200 FREE   | 4  |
| 5  | SENIOR 100 FLY    | 6  |
| 7  | SENIOR 400 IM     | 8  |
| 9  | SENIOR 200 IM     | 10 |
| 11 | SENIOR 50 FREE    | 12 |
| 13 | SENIOR 100 BACK   | 14 |
| 15 | SENIOR 400 FREE   | 16 |

**NOTES:** There will be NO DIVING during the warm-ups. All lanes will be circular swimming until ½ hour before start, then lanes 1, 2, 7, and 8 will be one-way sprint lanes.