



Sachem Swim Club  
Long Course Summer Swim Meet  
July 10<sup>th</sup> – 12<sup>th</sup>, 2009  
USA Swimming Sanction # 090706

Session 1 – 6:00 pm Warm-up 7:00 pm Start – July 10<sup>th</sup>  
Session 2 – 6:00 pm Warm-up 7:00 pm Start – July 11<sup>th</sup>  
Session 3 – 6:00 pm Warm-up 7:00 pm Start – July 12<sup>th</sup>

- Location:** Holtsville Pool Complex, Holtsville, NY  
Long Island Expressway to Exit 61 (Patchogue/Holbrook Road)  
South on Pat/Hol Rd approx 4 miles to Buckley Road and head East  
approx 2 miles. Holtsville Ecology Center is on the right side.  
Entrance to pool parking lot on right. Free Parking.
- Awards:** Medals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 8<sup>th</sup> for individual events.
- Admission:** \$5 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 meters, NT's will not be accepted. Limit of 3 events per session. Individual events are \$4. All entries must be sent in Team Manager format, e-mailed to [SSCregistrations@aol.com](mailto: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 June 27, 2009. Teams outside Metro LSC will be entered on June 26, 2009, in the order they were received. All entries received after June 26, 2009 will be entered in the order they were received, regardless of LSC affiliation, as space allows. Entries will not be accepted after June 30, 2009 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, 50 Meter, 8 Lane Pool.

**Food:** Hot and cold dishes, snacks, desserts, and beverages will be available. Smoking or Alcoholic beverages will not be allowed anywhere on property. It is recommended that you bring folding chairs, seating is available but limited.

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

## LIST OF EVENTS

Warm-up 6pm	Session 1	Start 7pm
	Friday July 10, 2009	
Girls	Event	Boys
1	15 - 18 100 Fly	2
3	13 - 14 100 Fly	4
5	10 & Under 100 Fly	6
7	11 - 12 100 Fly	8
9	15 - 18 200 Breast	10
11	13 - 14 200 Breast	12
13	10 & Under 50 Breast	14
15	11 - 12 50 Breast	16
17	10 & Under 200 IM	18
19	13 - 14 200 IM	20
21	15 - 18 50 Free	22
23	13 - 14 50 Free	24
25	10 & Under 50 Free	26
27	11 - 12 50 Free	28

Warm-up 6pm	Session 2	Start 7pm
	Saturday July 11, 2009	
Girls	Event	Boys
29	15 - 18 200 Back	30
31	13 - 14 200 Back	32
33	10 & Under 100 Free	34
35	11 - 12 100 Free	36
37	15 - 18 100 Free	38
39	13 - 14 100 Free	40
41	10 & Under 100 Breast	42
43	11 - 12 100 Breast	44
45	15 - 18 100 Breast	46
47	13 - 14 100 Breast	48
49	11 - 12 200 IM	50
51	15 - 18 200 IM	52
53	10 & Under 50 Back	54
55	11 - 12 50 Back	56

<b>Warm-up 6pm</b>	<b>Session 3</b>	<b>Start 7pm</b>
	<b>Sunday July 12, 2009</b>	
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
57	15 - 18 200 Fly	58
59	13 - 14 200 Fly	60
61	10 & Under 100 Back	62
63	11 - 12 100 Back	64
65	15 - 18 100 Back	66
67	13 - 14 100 Back	68
69	10 & Under 200 Free	70
71	11 - 12 200 Free	72
73	15 - 18 200 Free	74
75	13 - 14 200 Free	76
77	10 & Under 50 Fly	78
79	11 - 12 50 Fly	80