

Three Village Swim Club

P.O. Box 224
East Setauket, NY 11733



WEBSITE: www.tvsc.org

Dear Coaches and Team Representatives
Enclosed please find your sign up package as the
Three Village Swim Club
proudly hosts
Metropolitan Silvers 2009- South
At:
Ward Melville High School
Old Town Road
East Setauket, NY

The Following teams can participate in Silvers South:
Connetquot Swim Club, East Hampton YMCA, Farmingdale Swim
Club, Hauppauge Swim Club, Huntington Bay YMCA, Islip Aquatics,
Lindenhurst Swim Club, Long Island Swimming, North Shore Swim
Club, Sachem Swim Club, Team Suffolk Hills, Three Village Swim
Club, West Islip Swim Club

Please visit the Metro website at www.metroswimming.org or
the TVSC site at www.tvsc.org .

Team entries should be sent via e-mail using Hy-Tek to:
Lynn Pozmanter at tvscmeetsecy@aol.com
or by mail to: 5 Hannibal Court East Setauket, NY 11733
If you have any questions please do not hesitate to call me
@ 631-246-9295.

We look forward to meeting all of your swimmers, parents, and
coaches as they compete in this championship meet.

Meet Director:
Greg Muller 631-821-3709
e-mail: grmuller@optonline.net

The 2009 Metro Swimming SILVER CHAMPIONSHIPS-SOUTH
Hosted by: Three Village Swim Club(TVSC-MR)
East Setauket, NY 11733
March 6-8, 2009 (Friday, Saturday & Sunday)

Sanction: This meet is sanctioned under United States Swimming and Metropolitan Swimming, Inc Sanction # 090302

Site: Ward Melville High School Old Town Road, East Setauket, NY

Eligibility: All competitors must be registered with USA Swimming.
Age as of March 6, 2009 will determine eligibility.

Qualifying times must be achieved from March 3, 2008 and the entry deadline. Swimmers with disabilities are strongly encouraged to attend. Please advise our meet director if any special accommodations will be necessary.

Pool: The pool at Ward Melville HS is 25 yards and has 6 lanes with non-turbulent lane lines. Colorado Electric Timing System and 6 line electronic scoreboard will be used.

Rules: Current USA Swimming rules will govern the meet.
ALL EVENTS ARE TIMED FINALS. Entries must comply with 2009 Silvers Championships time standards as published by Metropolitan Swimming(Copy of which is included in the event package). **NO TIME entries will not be accepted.** This is a championship meet and there will be no cuts, but to be accepted, all entries must be received by the cut-off date. A Team Manager Report, **with proof of times**, must accompany the entries.

Any swimmer not achieving the meet qualifying time at Silvers will have 30 days from the meet to send proof of time to the Metro office. Any time not proven within the 30 days will be subject to \$50.00 fine per event, payable to Metropolitan Swimming.

Time Trials: Time Trials will be available at the end of each session(Time Permitting). There will be a fee of \$5.00 per trial payable to Three Village Swim Club.

Entrants are limited to (2) two time trials per weekend which will count as part of the 5 events maximum per day. Sanction # 090350-T

Scratches: This meet will be deck seeded. Scratches will be due thirty(30) minutes before each published session start time. **Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.** Coaches must make sure their swimmers understand that once they are scratched, they will not be re-entered in the meet. Coaches should inform their swimmers to leave plenty of time for traffic, etc. The coach of a swimmer that was seeded in an event, and is a **No-Show (NS)**, in the event, must positively check the swimmer for the next days' events in order for that swimmer to be eligible to compete in the rest of the meet. Athletes who miss a race in which they were seeded and did not properly deck scratch **will be barred from their next individual event of the day.** If they miss their last event of the day they will be barred from their first event of the next day.

Warm-Up: The warm-up sessions will be organized by team, coaches may pick up warm-up sheets when they check-in. Sheets will also be posted by the officials area. The first 40 minutes will be general warm-up. Lanes 2 & 5 will remain open the last 20 minutes for one way sprint. All other lanes will remain open for general warm-up. No diving will be allowed except in designated sprint lanes. All swimmers must be under direct supervision of the coach.

Session Start Times: The warm up/start up times may need to be adjusted if entries exceed the allotted warm-up/start times time. All teams will be notified of any changes in the time by Friday, February 27, 2009

**Tentative Warm-up times: Friday evening 4:30-5:30pm
AM Sessions: 7-8AM PM Sessions: 2-3PM**

Awards: Individual events: medals 1st-6th, ribbons:7th-12th
Additional awards will be given to swimmers who who qualify for JO's or ZQ's

Entries: ***Swimmers are permitted up to 5 events per day maximum inclusive of Time Trials.*** All entries must be accompanied by a Master Sheet, **with proof of times** and payment. Entries must be received no later than Wed, February 25, 2009. *There will be a \$1.00 surcharge per swimmer for entries not on disk or via e-mail file.*

Entry Fees: The cost is \$3.00 per individual event. Make all checks payable to: **Three Village Swim Club.**

Metro Fee: A \$1.00 per swimmer surcharge is required for Silver Championships. Please include this in your entry check, a separate check is not necessary.

Submissions: Mail entries to: Three Village Swim Club
c/o Lynn Pozmanter
5 Hannibal Court
East Setauket, NY 11733

E-mail entries: to tvscmeetsecy@aol.com in .CL2 files as an attachment. Please request a return receipt of all email correspondence. Please mail a hard copy as well to insure the accuracy of the emailed entries. If mailing your entries, they must be sent on a disk, with the master sheet included.

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

If verification is requested, please send a self addressed, stamped postcard.

Please include the following with all entries:

- Coach's name, e-mail address and phone number
- Team Representative name, e-mail address, and Phone number
- No faxed entries will be accepted
- No telephone entries will be accepted

If you have any questions concerning this meet, please contact:

Lynn Pozmanter (631) 246-9295
Greg Muller (631) 821-3709

School District Ward Melville High School is a smoke free campus. No

Rules: parking in front of the pool lobby(Fire Zone). Parking should be in the south parking lot. Access limited to the pool and lobby area only.

No food or beverages in glass containers are allowed in the pool area.

Failure to observe this rule could result in a swimmer or spectator being ejected and all fees and awards forfeited.

Refreshments: A complete snack bar will be available in the cafeteria, including hot breakfast and lunch items.

Admission: Adults \$5.00 Program \$2.00

Conditions: Upon acceptance of his/her entries, the participant waives all claims against the Three Village Swim Club, Metropolitan Swimming, USA Swimming, their agents or representatives for any injury occurring as a result of the meet.

Please Note: In the event swimmers are staged outside the pool deck area, a representative(s) from each team shall be required to stay with the swimmers in the designated areas at all times.

Directions: Long Island Expressway to Exit 62(Nicolls Road-Rt 97), North on Nicolls to Route 347. Make a right (east) on Route 347 to Old Town Road. Make a left (north) onto Old Town Road and go $\frac{1}{2}$ mile. The High School is on the left. Pool is on the north side of the building, but parking is in the south lot. Walk through building to get to the pool entrance.

Entry Summary and Waiver Form

CLUB: _____ CLUB CODE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACH: _____ : PHONE: _____

E-MAIL ADDRESS: _____

CLUB CONTACT: _____ PHONE: _____

Entry Fees: Make check payable to: Three Village Swim Club

Total Individual Events _____ x \$3.00 = _____

Total Swimmers (non-disk surcharge) _____ x \$1.00 = _____

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

(A \$1.00 per entrant surcharge is required for all Metro sanctioned Championships)

TOTAL DUE to TVSC _____

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., Three Village Swim Club, Three Village Central 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) _____

No entries will be processed without this signed waiver. It may be brought to the meet.

2009 Metro South Silver Championship - Event List

*Changes in some or all session start times may be made
depending upon the number of entries. Coaches will be
notified in advance*

FRIDAY SESSION

4:30 WARM-UP /5:30 START

<u>Event</u>	<u>Silver Time Standards</u>
1. Girls 10 & Under 500 Free	6:45.00 - 7:14.99
2. Boys 10 & Under 500 Free	6:45.00 - 7:14.99
3. Girls 11-12 200 Free	2:14.00 - 2:31.89
4. Boys 11-12 200 Free	2:15.50 - 2:32.89
5. Girls 13-14 400 IM	5:07.00 - 5:38.99
6. Boys 13-14 400 1M	4:55.00 - 5:22.79
7. Girls 11-12 400 IM	5:28.00 - 5:59.99
8. Boys 11-12 400 1M	5:28.00 - 5:59.99
9. Girls 15-18 400 1M	5:05.00 - 5:36.29
10. Boys 15-18 400 1M	4:45.20 - 4:58.89
11. Girls 13-14 500 Free	5:36.00 - 6:05.59
12. Boys 13-14 500 Free	5:25.00 - 6:05.99
13. Girls 15-18 500 Free	5:32.00 - 5:54.99
14. Boys 15-18 500 Free	5:20.00 - 5:29.99

CONTINUED NEXT PAGE...

SATURDAY AM SESSION
7AM WARM-UP 8 AM START

<u>Event</u>	<u>Silver Time Standards</u>
15. Girls 13-14 200 Free	2:08.00 - 2:22.99
16. Boys 13-14 200 Free	2:01.00 - 2:24.09
17. Girls 10 & Under 50 Breast	43.00 - 50.09
18. Boys 10 & Under 50 Breast	44.00 - 50.09
19. Girls 13-14 100 Breast	1:16.50 - 1:26.79
20. Boys 13-14 100 Breast	1:13.00 - 1:24.49
21. Girls 10 & Under 50 Free	32.10 - 36.69
22. Boys 10 & Under 50 free	32.00 - 36.69
23. Girls 13-14 50 Free	27.00 - 30.19
24. Boys 13-14 50 Free	25.30 - 28.29
25. Girls 10 & Under 100 Back	1:22.20 - 1:40.09
26. Boys 10 & Under 100 Back	1:22.20 - 1:40.09
27. Girls 13-14 100 Back	1:06.60 - 1:18.29
28. Boys 13-14 100 Back	1:03.00 - 1:19.49
29. Girls 10 & Under 50 Fly	36.60 - 45.39
30. Boys 10 & Under 50 Fly	36.80 - 45.39
31. Girls 13-14 100 Fly	1:05.70 - 1:14.59
32. Boys 13-14 100 Fly	1:01.60 - 1:14.99
33. Girls 10 & Under 200 IM	2:56.00 - 3:19.99
34. Boys 10 & Under 200 IM	3:00.00 - 3:19.99
35. Girls 13-14 200 IM	2:23.50 - 2:47.79
36. Boys 13-14 200 IM	2:14.00 - 2:38.99

CONTINUED NEXT PAGE...

SATURDAY PM SESSION
2 PM WARM-UP /3 PM START

<u>Event</u>	<u>Silver Time Standards</u>
37. Girls 11-12 200 Breast	2:56.00 - 3:19.99
38. Boys 11-12 200 Breast	3:00.00 - 3:19.99
39. Girls 15-18 200 Free	2:04.50 - 2:16.59
40. Boys 15-18 200 Free	1:55.00 - 2:01.89
41. Girls 11-12 100 Back	1:11.10 - 1:24.99
42. Boys 11-12 100 Back	1:11.60 - 1:25.79
43. Girls 15-18 100 Breast	1:15.20 - 1:23.89
44. Boys 15-18 100 Breast	1:07.50 - 1:13.89
45. Girls 11-12 50 Free	28.60 - 32.49
46. Boys 11-12 50 Free	28.30 - 32.49
47. Girls 15-18 50 Free	26.60 - 28.49
48. Boys 15-18 50 Free	23.80 - 26.59
49. Girls 11-12 50 Breast	37.20 - 44.29
50. Boys 11-12 50 Breast	37.60 - 43.79
51. Girls 15-18 100 Back	1:06.50 - 1:13.09
52. Boys 15-18 100 Back	1:00.50 - 1:06.89
53. Girls 11-12 50 Fly	31.60 - 37.19
54. Boys 11-12 50 Fly	32.10 - 39.69
55. Girls 15-18 100 Fly	1:05.50 - 1:12.59
56. Boys 15-18 100 Fly	59.00 - 1:05.59
57. Girls 11-12 200 IM	2:31.50 - 2:54.09
58. Boys 11-12 200 IM	2:32.60 - 2:59.09
59. Girls 15-18 200 IM	2:22.10 - 2:43.09
60. Boys 15-18 200 IM	2:11.00 - 2:33.79
61. Girls 11-12 200 Back	2:36.00 - 2:59.99
62. Boys 11-12 200 Back	2:38.00 - 2:59.99

CONTINUED NEXT PAGE...

SUNDAY AM SESSION
7 AM WARM-UP 8 AM START

<u>Event</u>	<u>Silver Time Standards</u>
63. Girls 10 & Under 100 Free	1:11.50 - 1:21.49
64. Boys 10 & Under 100 Free	1:11.60 - 1:21.49
65. Girls 13-14 100 Free	58.50 - 1:06.09
66. Boys 13-14 100 Free	55.00 - 1:02.59
67. Girls 10 & Under 50 Back	37.50 - 44.39
68. Boys 10 & Under 50 Back	38.00 - 44.39
69. Girls 13-14 200 Back	2:22.60 - 2:48.99
70. Boys 13-14 200 Back	2:17.00 - 2:41.49
71. Girls 10 & Under 100 Breast	1:34.00 - 1:51.39
72. Boys 10 & Under 100 Breast	1:36.00 - 1:51.39
73. Girls 13-14 200 Breast	2:43.00 - 3:02.99
74. Boys 13-14 200 Breast	2:40.00 - 2:59.99
75. Girls 10 & Under 100 Fly	1:27.10 - 1:40.99
76. Boys 10 & Under 100 Fly	1:28.00 - 1:40.99
77. Girls 13-14 200 Fly	2:31.00 - 2:42.59
78. Boys 13-14 200 Fly	2:25.00 - 2:38.59
79. Girls 10 & Under 100 IM	1:21.00 - 1:31.59
80. Boys 10 & Under 100 IM	1:22.00 - 1:31.59
81. Girls 10 & Under 200 Free	2:36.00 - 2:55.59
82. Boys 10 & Under 200 Free	2:40.00 - 2:55.59

CONTINUED NEXT PAGE...

SUNDAY PM SESSION
2 PM WARM-UP /3 PM START

<u>Event</u>	<u>Silver Time Standards</u>
83. Girls 11-12 200 Fly	2:40.00- 2:59:99
84. Boys 11-12 200 Fly	2:40.00 -2:59.99
85. Girls 11 -12 100 Free	1:01.80 - 1:11.39
86. Boys 11 -12 100 Free	1:02.20 - 1:11.59
87. Girls 15-18 100 Free	57.80 - 1:03.59
88. Boys 15-18 100 Free	52.30 - 57.49
89. Girls 11-12 50 Back	33.30 - 39.09
90. Boys 11-12 50 Back	33.30 - 42.19
91. Girls 15-18 200 Back	2:24.00 - 2:35.29
92. Boys 15-18 200 Back	2:13.10 - 2:22.89
93. Girls 11-12 100 Breast	1:20.50 - 1:34.59
94. Boys 11-12 100 Breast	1:21.60 - 1:31.89
95. Girls 15-18 200 Breast	2:43.00 - 2:56.99
96. Boys 15-18 200 Breast	2:31.00 - 2:42.79
97. Girls 11-12 100 Fly	1:12.10 - 1:29.19
98. Boys 11-12 100 Fly	1:13.50 - 1:28.99
99. Girls 15-18 200 Fly	2:30.00- 2:39.99
100. Boys 15-18 200 Fly	2:18.00-2:30.99
101. Girls 11-12 100 IM	1:11.30 - 1:21.69
102. Boys 11-12 100 IM	1:12.30 - 1:22.59
103. Girls 11-12 500 Free	6:04.00 - 6:35.79
104. Boys 11-12 500 Free	6:04.00 - 6:41.99