



**Three Village Swim Club
Presents:
The 2009 January Joust
Friday, Saturday and Sunday
January 23, 24, and 25th 2009**

Sanction: This meet is sanctioned under United States Swimming and Metropolitan Swimming, Inc. Sanction #090102

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

Eligibility: Competitors must be registered with USA Swimming. Age as of January 23th will determine eligibility. Swimmers with disabilities are strongly encouraged to attend. Please advise our meet directors if any special accommodations will be necessary. US Swimming Code of Ethics will be enforced.

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

Rules: Current USA Swimming rules will govern the meet. All events are timed finals. Deck seeding will be used. Scratches must be received no later than 30 minutes before the start of each session. Entries will be accepted on a first come first served basis and cuts to keep within session time limits will be made in the same manner.

Warm-up: First 40 minutes will be general warm-up. Last 20 minutes: lanes 2 & 5 will be open for one-way sprint. All other lanes will remain open for general warm-up.

Entries: The meet will be run on computer using Hy-Tek's Meet Manager. Entry fees are 3.00 per individual & 8.00 per relay. All events are timed finals. **ALL ENTRIES MUST BE IN YARDS!! NT's WILL NOT BE ACCEPTED. SWIMMERS MAY BE ENTERED IN A MAXIMUM OF 3 EVENTS PER DAY WITH EXCEPTION OF THE FRIDAY EVENING SESSION IN WHICH YOU CAN ONLY ENTER 1 EVENT.** E-mailed entries are encouraged, using Hy-Tek software. Please include a printout of the master sheet with the entries. All e-mail entries will be acknowledged with an e-mail reply. Please send to the following e-mail address: tvscmeetsecy@aol.com If mailing your entries, they must be on a disk, with the master sheet included. **Please sign the "signature waiver" for entries sent by Express Mail.**

If verification is requested, please send a self-addressed, stamped postcard. In addition, there is a \$1.00 surcharge for any entries not sent on disk. Make Checks payable to Three Village Swim Club and mail with entries to:

Three Village Swim Club
c/o Lynn Pozmanter
5 Hannibal Court
East Setauket, NY 11733

All entries must be received no later than Friday, January 16, 2009
Be sure to include coach's name and telephone number with entry.

Time Trials: TIME PERMITTING, time trials will be offered at the end of each session. The fee is 5.00 per event, payable at the time or registration for the time trial.

Deadlines: Metropolitan LSC teams will be given priority and entered on a first come first served basis if their entries are received by January 10th, 2009
Teams outside Metro LSC will be entered on January 11th in the order they were received, prior to and including January 11th.
All Entries received after January 11th will be entered in the order they were received, regardless of LSC affiliation, as space allows.
Entries will not be accepted after Friday January 16th or after the meet fills to capacity.

Any questions concerning this meet please contact:
Lynn Pozmanter (631) 246-9295
Greg Muller (631) 821-3709

Awards: Individual awards will be medals 1st thru 3rd and ribbons 4th thru 6th. Relay awards will be medals 1st thru 3rd. Awards can only be picked up by a coach during the meet. Any awards not picked up will be mailed to the coach.

School District Ward Melville High School is a smoke free campus. No parking
Rules: 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 areas. 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 \$4.00 Program \$2.00 per session

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.

Directions: Long Island Expressway to exit 62 (Nicolls Road), North on Nicolls Rd to route 347, right (east) on Route 347 to Old Town Road, left (north) on Old Town Road $\frac{1}{2}$ mile. High School is on the left, pool is on the north side of the building. Park in the south lot and walk through building's auditorium entrance.

THE 2009 JANUARY JOUST EVENT LIST

Friday, Saturday and Sunday
January 23, 24, 25, 2009

Friday PM 5:15 Warmup 6 PM Start

GIRLS	EVENT	BOYS
1	9-10 200 FREESTYLE	2
3	11-12 500 FREESTYLE	4
5	13-14 500 FREESTYLE	6
7	15-18 500 FREESTYLE	8
9	12 & UNDER 400 I.M.	10
11	13-14 400 I.M.	12
13	15-18 400 I.M.	14

CONTINUED NEXT PAGE...

Saturday 7 AM Warmup 8 AM Start

GIRLS	EVENT	BOYS
15	9-10 200 IM	16
17	GIRLS 8 & UNDER 50 FREE	
18	9-10 50 FREE	19
20	GIRLS 8 & U 25 BACKSTROKE	
21	9-10 100 BACKSTROKE	22
23	GIRLS 8 & UNDER 25 FLY	
24	9-10 50 FLY	25
26	GIRLS 8 & UNDER 50 BREAST	
27	9-10 100 BREAST	28
29	GIRLS 8 & U 100 MEDLEY RELAY	
30	9-10 200 MEDLEY RELAY	31

Saturday 12 PM Warmup 12:45 PM Start

GIRLS	EVENT	BOYS
32	11-12 200 FLY	33
	BOYS 8 & UNDER 50 FREE	34
35	11-12 100 FREE	36
	BOYS 8 & U 25 BACKSTROKE	37
38	11-12 200 BACKSTROKE	39
	BOYS 8 & UNDER 25 FLY	40
41	11-12 100 BREAST	42
	BOYS 8 & UNDER 50 BREAST	43
44	11-12 50 FLY	45
	BOYS 8 & U 100 MEDLEY RELAY	46

47	11-12 200 MEDLEY RELAY	48
----	------------------------	----

Saturday PM 5 PM Warmup 5:45 PM Start

GIRLS	EVENT	BOYS
49	15-18 200 I.M.	50
51	13-14 100 FREE	52
53	15-18 100 FREE	54
55	13-14 100 BACKSTROKE	56
57	15-18 200 BACKSTROKE	58
59	13-14 200 BREASTSTROKE	60
61	15-18 100 BREASTSTROKE	62
63	13-14 200 BUTTERFLY	64
65	15-18 100 BUTTERFLY	66
67	13-14 200 MEDLEY RELAY	68
69	15-18 200 MEDLEY RELAY	70

Sunday 7 AM Warmup 8 AM Start

GIRLS	EVENT	BOYS
71	GIRLS 8 & UNDER 100 IM	
72	9-10 50 BREASTSTROKE	73
74	GIRLS 8 & U 25 BREAST	
75	9-10 100 FREE	76
77	GIRLS 8 & UNDER 25 FREE	
78	9-10 50 BACKSTROKE	79
80	GIRLS 8 & U 50 BACKSTROKE	
81	9-10 100 BUTTERFLY	82
83	GIRLS 8 & U 100 FREE RELAY	

84	9-10 200 FREE RELAY	85
----	---------------------	----

Sunday 12 PM Warmup 12:45 PM Start

GIRLS	EVENT	BOYS
86	11-12 200 IM	87
	BOYS 8 & UNDER 100 IM	88
89	11-12 200 BREASTSTROKE	90
	BOYS 8 & UNDER 25 BREAST	91
92	11-12 50 FREE	93
	BOYS 8 & UNDER 25 FREE	94
95	11-12 100 BACKSTROKE	96
	BOYS 8 & UNDER 50 BACK	97
98	11-12 100 BUTTERFLY	99
	BOYS 8 & U 100 FREE RELAY	100
101	11-12 200 FREE RELAY	102

Sunday 5 PM Warmup 5:45 PM Start

GIRLS	EVENT	BOYS
103	13-14 200 IM	104
105	15-18 100 BACKSTROKE	106
107	13-14 200 BACKSTROKE	108
109	15-18 200 BREASTSTROKE	110
111	13-14 100 BREASTSTROKE	112
113	15-18 50 FREE	114
115	13-14 50 FREE	116
117	15-18 200 BUTTERFLY	118
119	13-14 100 BUTTERFLY	120
121	15-18 200 FREESTYLE RELAY	122
123	13-14 200 FREESTYLE RELAY	124

THREE VILLAGE SWIM CLUB-JANUARY JOUST MEET
January 23-25, 2009

Club: _____ **Club Code:** _____
Address: _____ **City** _____ **State:** _____ **Zip:** _____
Coach: _____ **Phone:** _____ **E-Mail**
Address: _____
Club Contact: _____ **Phone:** _____ **E-Mail**
Address: _____

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

Total Individual Events _____ x \$3.00 = _____
Total Swimmers (non-disk surcharge) _____ x \$1.00 = _____

TOTAL AMOUNT DUE _____

Due no later than January 16, 2009

Mail to: Lynn Pozmanter, 5 Hannibal Court, East Setauket, NY 11733
(Please sign the "signature waiver" on envelope for entries sent by Express Mail.)

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., Ward Melville HS Pool, and the Three Village Swim Club, their agents 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.