



2010
Metropolitan Swimming
Connetquot Swim Club
Age Group Championships
East/Suffolk
March 26th, 27th, & 28th
Sanction # 100306

Eligible Teams: Connetquot Swim Club, East Hampton YMCA, Hauppauge Swim Club, Huntington YMCA Bluefish, Islip Aquatics, North Shore Aquatics, Sachem Swim Club, Team Suffolk/Hills, Three Village Swim Club and West Islip Swim Club.

2010 MR Metro Age Group Championships – East/Suffolk

March 26^h, 27^h & 28^h 2010

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **100306**
- LOCATION:** **Connetquot High School**
- FACILITY:** **The Connetquot Natatorium Pool is a 25 yard, 6 lane pool with non-turbulent lane lines. Daktronics Electronic Timing System and 6-lane electronic scoreboard will be used.**
The pool **has** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1 – Fri. pm. – 5:00pm Warm-up / 6:15pm Start – Age Groups: All age groups**
Session 2 – Sat.am – 7:00am Warm-up / 8:30am Start – Age Groups: 9-10 & 13-14
Session 3 – Sat.pm – 1:30pm Warm-up / 3:00pm Start – Age Groups: 11-12 & 15-18
Session 4 – Sun.am – 7:00am Warm-up / 8:30pm Start – Age Groups: 9-10 & 13-14
Session 5 - Sun.pm – 1:30pm Warm-up / 3:00pm Start – Age Groups: 11-12 & 15-18
- FORMAT:** **All events are timed finals. / Deck seeding will be in effect.**
- 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 on March 26th, 2010 will determine age 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:** **Swimmers may be entered in 2 event on Friday and 4 events per session on Saturday and Sunday. Please submit all entries via email using Hy-Tek software. (please incl. coaches name and phone #).**
All entries must be in yards; NT's will not be accepted. 8 & Under swimmers are not permitted to compete in this meet. Entry times cannot be faster than AGE GROUP times as specified by Metropolitan Swimming 2010 time standards. Events must have been swum at least once before. Meet entries recon from SWIMS will be performed before the meet.

Entry times must have been achieved between January 1, 2009 and the meet entry deadline, March 16, 2010.

Please request confirmation of receipt of entries.
U.S. Mail Entries/Payment to: **Connetquot Swim Club, P.O. Box 280, Bohemia, NY 11716**
Email Entries/Confirm Entry Receipt: **Joe Hodosky – cscmeets@cscswimming.com**
Please sign the signature waiver for entries/payment sent by express mail.
- DEADLINE:** Entries must be received by: **March 16, 2010.**

You will receive an email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of \$ **3.00** per individual event, plus \$1.00 per swimmer Metro Championship Surcharge payable
to Connetquot Swim Club, must accompany the entries. (Please do not make any checks out to Metro.)
Make check payable to: **Connetquot Swim Club.** (PO Box 280 Bohemia, NY 11716).
Payment must be received by **March 19, 2010** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

- WARM-UP:** Warm-up will follow the adopted Metropolitan Swimming Procedure. Assigned 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:** Individual awards: Medals 1st thru 6th / Ribbons 7th thru 12th
(Awards can be picked up by coaches at end of meet)
- OFFICIALS:** Meet Referee: Nelson Gonzalez, email – nelsonshorses1@aol.com Phone: 631-654-8326
Officials wishing to volunteer should contact Meet Referee by March 12, 2010.
- MEET DIRECTOR:** Anthony Gorgano, email – cscmeets@cscswimming.com
- 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 Connetquot Swim Club, Connetquot School District, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** Adults admission is \$5.00 / Programs are \$2.00 per session
- MERCHANTS:** A vendor will be available for purchase of swim items and accessories. A photographer will also be present to photograph the swimmers. Photographs and related items will be available for purchase.
A food and beverage concession will be available in the lobby area.
- PARKING:** Parking is available in the school parking lot.
- DIRECTIONS:** From East: Veterans Memorial Highway (route 454), to Sycamore Ave., Left on Sycamore to 7th Str. Turn Right onto 7th Str., Take 7th Str. to Connetquot High School.
From West: Veterans Memorial Highway (route 454), to Kenwood Dr., Right on Kenwood to 7th Str. Turn right onto 7th Str., Take 7th Str. to Connetquot High School.
- CLUB/SCHOOL DISTRICT RULES** Connetquot High School is a smoke free campus. Access is limited to the pool and lobby area only. No food, beverages or glass containers are allowed in the pool area. Failure to comply with these rules could result in a swimmer or spectator being ejected and all fees and awards forfeited.

2010 AGE GROUP INVITATIONAL EVENTS

Session 1

Friday Evening – 5:00 PM warm-up - 6:15PM start – (all age groups)

<i>Age Group- Not faster than:</i>	<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>	<i>Age Group- Not faster than:</i>
2:36.00	1	9-10 200 Free	2	2:40.00
2:14.00	3	11-12 200 Free	4	2:15.50
5:07.00	5	13-14 400 IM	6	4:55.00
5:05.00	7	15-18 400 IM	8	4:45.20
5:36.00	9	13-14 500 Free	10	5:25.00
5:32.00	11	15-18 500 Free	12	5:20.00

Session 2

Saturday Morning – 7:00 AM Warm-up 8:30 AM start – (9-10 & 13-14)

<i>Age Group- Not faster than:</i>	<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>	<i>Age Group- Not faster than:</i>
2:08.00	13	13-14 200 Free	14	2:01.00
43.00	15	9-10 50 Breast	16	44.00
1:16.50	17	13-14 100 Breast	18	1:13.00
32.10	19	9-10 50 Free	20	32.00
27.00	21	13-14 50 Free	22	25.30
1:22.20	23	9-10 100 Back	24	1:22.20
1:06.60	25	13-14 100 Back	26	1:03.00
36.60	27	9-10 50 Fly	28	36.80
1:05.70	29	13-14 100 Fly	30	1:01.60
2:56.00	31	9-10 200 IM	32	3:00.00
2:23.50	33	13-14 200 IM	34	2:15.00

Session 3

Saturday Afternoon – 1:30 PM Warm-up 3:00 PM start – (11-12 & 15-18)

<i>Age Group- Not faster than:</i>	<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>	<i>Age Group- Not faster than:</i>
2:04.50	35	15-18 200 Free	36	1:55.00
37.20	37	11-12 50 Breast	38	37.60
1:15.20	39	15-18 100 Breast	40	1:07.50
28.60	41	11-12 50 Free	42	28.30
26.60	43	15-18 50 Free	44	23.80
1:11.10	45	11-12 100 Back	46	1:11.60
1:06.50	47	15-18 100 Back	48	1:00.50
31.60	49	11-12 50 Fly	50	32.10
1:05.50	51	15-18 100 Fly	52	59.00
2:31.50	53	11-12 200 IM	54	2:32.60
2:22.10	55	15-18 200 IM	56	2:11.00

Session 4

Sunday Morning – 7:00 AM Warm-up 8:30 AM start – (9-10 & 13-14)

<i>Age Group- Not faster than:</i>	<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>	<i>Age Group- Not faster than:</i>
1:27.10	57	9-10 100 Fly	58	1:28.00
58.50	59	13-14 100 Free	60	55:00
1:11.50	61	9-10 100 Free	62	1:11.60
2:22.60	63	13-14 200 Back	64	2:17.00
37.50	65	9-10 50 Back	66	38.00
2:43.00	67	13-14 200 Breast	68	2:40.00
1:34.00	69	9-10 100 Breast	70	1:36.00
2:31.00	71	13-14 200 Fly	72	2:25.00
1:21.00	73	9-10 100 IM	74	1:22.00

Session 5

Sunday Afternoon – 1:30 PM Warm-up 3:00 PM start – (11-12 & 15-18)

<i>Age Group- Not faster than:</i>	<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>	<i>Age Group- Not faster than:</i>
1.12:10	75	11-12 100 Fly	76	1:13.50
57.80	77	15-18 100 Free	78	52.30
1:01.80	79	11-12 100 Free	80	1:02.20
2:24.00	81	15-18 200 Back	82	2:13.10
33.30	83	11-12 50 Back	84	33.30
2:43.00	85	15-18 200 Breast	86	2:31.00
1:20.50	87	11-12 100 Breast	88	1:21.60
2:30.00	89	15-18 200 Fly	90	2:18.00
1:11.30	91	11-12 100 IM	92	1:12.30
6:04.00	93	11-12 500 Free	94	6:04.00

2010-MR-Age Group Championships East/Suffolk - CSC

March 26th – 28th, 2010

Sanction # 100306

CLUB: _____ CLUB CODE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACH: _____

PHONE: _____ E-MAIL ADDRESS: _____

CLUB CONTACT: _____ PHONE: _____

Entry Fees AND Metro Surcharge: Make check payable to: **Connetquot Swim Club**

Total Individual Events _____ x \$3.00 = _____

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

TOTAL DUE to CSC _____

Mail to: Age Groups Entries – CSC P.O. Box 280 Bohemia, N.Y. 11716

Email entries – cscmeets@cscswimming.com

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

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., Connetquot Swim Club , Connetquot 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) _____

Print (Club Official) _____ Position _____

No entries will be processed without this signed waiver.

Email or USPS copy will suffice, please send original with entries check. Swimmers will be unable to swim until this form is received completed.