



Sachem Swim Club
Short Course February Swim Meet
February 26th – 28th, 2010
USA Swimming Sanction # 100204

2010 MR Sachem Swim Club February Meet

February 26th – 28th, 2010

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 100204
- LOCATION:** Sachem North High School Pool
- FACILITY:** Colorado Electronic Timing System and 6-lane electronic scoreboard. 25 yards, 6 lane Pool
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1 – 5:00 pm Warm-up 6:00 pm Start – February 26th: 12 & Under, 13 & Over
Session 2 – 7:00 am Warm-up 8:00 am Start – February 27th: 11-12, 13-14
Session 3 – 1:00 pm Warm-up 2:00 pm Start – February 27th: 10 & under, 15-18
Session 4 – 7:00 am Warm-up 8:00 am Start – February 28th: 11-12, 13-14
Session 5 – 1:00 pm Warm-up 2:00 pm Start – February 28th: 10 & under, 15-18
- FORMAT:** All events are timed finals. Slow to fast standard Pre-Seed Seeding. Metropolitan Association scratch rules will be in effect for this meet.
- 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 February 26, 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:** Limit of 3 events per session. Meet will be run using Hy-Tek's Meet Manager. All entries must be in yards; NT's will not be accepted. All entries must be sent in Team Manager format

U.S. Mail Entries/Payment to: **Sachem Swim Club, P.O. Box 381, Lake Grove, NY 11755**
Email Entries/Confirm Entry Receipt: **ssc_sec@optonline.net**
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by February 6, 2010.
2: The final entry deadline for this meet is February 12, 2010 or after the meet fills to capacity.
3: Metro entries received between February 7, 2010 and February 12, 2010 and all entries from other LSC's will be entered in the order they were received, as space allows.
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 per individual event must accompany the entries.
Make check payable to: **Sachem Swim Club**.
Payment must be received by February 16, 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:** Medals 1st – 3rd, Ribbons 4th – 6th for individual events.

- OFFICIALS:** **Meet Referee:** Nelson Gonzalez, Email - nelsonshorses1@aol.com
Officials wishing to volunteer should contact Meet Referee by February 12, 2010.
- MEET DIRECTOR:** **Agnes Cento, Lesley Miller, Email – ssc_sec@optonline.net**
- 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 Sachem Swim Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** \$5 per adult - \$2 for session program.
- MERCHANTS:** Vendors will be available on site for the purchase of suits, bags, towels, goggles and apparel. Hot and cold dishes, snacks, desserts, and beverages will be available.
- PARKING:** School parking lots available for use.
- DIRECTIONS:** Long Island Expressway to Exit 60. Service Road to Hawkins Avenue Traffic Light. Continue North on Hawkins Avenue until Five Corners Intersection. Turn right on to Smith Street. School is on the right.

LIST OF EVENTS

Warm-up 5pm	Session 1	Start 6pm
	Friday February 26, 2010	
Girls	Event	Boys
1	12 & Under 200 IM	2
3	13 & Over 400 IM	4
5	12 & Under 500 Free	6
7	13 & Over 500 Free	8

Warm-up 7am	Session 2	Start 8am
	Saturday February 27, 2010	
Girls	Event	Boys
9	13-14 200 IM	10
11	11-12 200 Breast	12
13	13-14 200 Breast	14
15	11-12 50 Fly	16
17	13-14 100 Fly	18
19	11-12 100 Back	20
21	13-14 200 Back	22
23	11-12 50 Breast	24
25	13-14 100 Free	26
27	11-12 100 Free	28

Warm-up 1pm	Session 3	Start 2pm
	Saturday February 27, 2010	
Girls	Event	Boys
29	15-18 200 IM	30
31	10 & Under 100 IM	32
33	15-18 200 Back	34
35	10 & Under 100 Back	36
37	15-18 100 Fly	38
39	10 & Under 50 Fly	40
41	15-18 200 Breast	42
43	10 & Under 100 Breast	44
45	15-18 100 Free	46
47	10 & Under 100 Free	48

Warm-up 7am	Session 4	Start 8am
	Sunday February 28, 2010	
Girls	Event	Boys
49	13-14 200 Free	50
51	11-12 200 Free	52
53	13-14 100 Back	54
55	11-12 50 Back	56
57	13-14 200 Fly	58
59	11-12 100 Fly	60
61	13-14 100 Breast	62
63	11-12 100 Breast	64
65	13-14 50 Free	66
67	11-12 50 Free	68

Warm-up 1pm	Session 5	Start 2pm
	Sunday February 28, 2010	
Girls	Event	Boys
69	15-18 200 Free	70
71	10 & Under 200 Free	72
73	15-18 100 Back	74
75	10 & Under 50 Back	76
77	15-18 200 Fly	78
79	10 & Under 100 Fly	80
81	15-18 100 Breast	82
83	10 & Under 50 Breast	84
85	15-18 50 Free	86
87	10 & Under 50 Free	88