



2010 ELIZABETH R MILLER MEMORIAL INVITATIONAL
FRIDAY, SATURDAY, SUNDAY, OCTOBER 22, 23 AND 24
Metropolitan Swimming Sanction # 101006

Invited Teams:

This invitational is open to all Metro Clubs in good standing and other LSC's. Metro LSC clubs will be given priority on a first come/first serve basis. After the Metro deadline, all clubs will be entered on a first come/first serve basis.

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 101006
- LOCATION:** McCann Center, Marist College, Poughkeepsie, NY
- FACILITY:** The pool is 25 yards and has 6 lanes with non-turbulent lane lines.
Colorado Electronic Timing System and 6 line electronic score board will be used.
The pool has certified in accordance with Article 104.2.2C (4)
- SESSIONS:**
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|-------------------------------|-------------------------|
| SESSION 1: FRIDAY DISTANCE | 4pm Warm-Up, 5pm Start |
| SESSION 2: SATURDAY MORNING | 8am Warm-Up, 9am Start |
| SESSION 3: SATURDAY AFTERNOON | 12pm Warm-Up, 1pm Start |
| SESSION 4: SUNDAY MORNING | 8am Warm-Up, 9am Start |
| SESSION 5: SUNDAY AFTERNOON | 12pm Warm-Up, 1pm Start |
- FORMAT:** All events are timed finals.
This is a deck seeded meet.
- ELIGIBILITY:** Open to all Invited 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 October 22, 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:** All athletes are limited to enter 5 events per session.
NO TIME "NT" entries will **NOT** be accepted except for Marist Swim Club swimmers.
Distance events (500 Free and 400 IM) may be limited to 3 heats
Entries will be entered on a first come/ first serve basis. Entries must be sent via Hy-tek file either by disk or e-mail.
However, payment must be received by entry deadline for entries to be recognized. Please include a printout -
Include phone #, E-mail address and name of contact
U.S. Mail Entries/Payment to: **Larry VanWagner, Marist College, McCann Center, Poughkeepsie, NY 12601**
Email Entries/Confirm Entry Receipt: MSCEntries@hotmail.com
Please sign the signature waiver for entries sent by express mail.
- DEADLINE:** **Entries must be received by:** Metro team entries must be received by **Thursday, September 30, 2010**. The final entry deadline for this meet is **Thursday, October 7, 2010**. Metro entries received between **Thursday, September 30 and Thursday, October 7** and all entries from other LSC's will be entered in the order they were received, as space allows. Payment must be received by entry deadline for entries to be recognized.
- 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 and \$8.00 per relay event must accompany the entries.
Make check payable to: **Marist College Athletics**
Payment must be received by **Metro: Sept 30** and **Non-Metro: Oct 7** for e-mail entries. Payment must be included with all mail entries. Please include a printout - Include phone #, E-mail address and name of contact.

- WARM-UP:** There will be NO DIVING during warm-ups – feet first entry only.
All lanes will be circular swimming until 1/2 hour before start, than lanes 2 & 5 will be one-way sprint lanes.
All swimmers must be supervised by a coach.
- 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 Events – Medals will be awarded for 1- 3 Place and Ribbons for 4-6 Place. Ribbons for Relays 1-3 Place. No awards will be given for Open events.
- OFFICIALS:** **Meet Referee:** Corinne Cody at 845-496-5842 or corinneck@frontiernet.net
Officials wishing to volunteer should contact Meet Referee by **October 1, 2009**
- MEET DIRECTOR:** Martha Boyko, e-mail: AJB615@aol.com or 845-224-4809.
- 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 Marist College, Marist Swim Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** Admission for adults \$4.00 per session. Weekend Meet Program \$6.00.
- MERCHANTS:** Swim Shop and food will be available at all sessions.
- PARKING:** Abundant on-site parking available.
- DIRECTIONS:** Marist Swim Club uses the Marist College pool located in the McCann Center.
Use the Marist College South Gate entrance for easiest access to the pool.

From Northern New York: Take the New York State Thruway South to Exit 18 (New Paltz). Take Route 299 East to Route 9W South; continue on 9W to Route 44-55 (Mid-Hudson Bridge) Poughkeepsie. Make the first right off the bridge and immediately follow signs for Route 9 North, Hyde Park. Marist College is located approximately 1-1.5 miles north on the left side of Route 9.

From New Jersey and Points South: Take the New Jersey Turnpike to the Garden State Parkway North to the New York State Thruway. Take the Thruway North to Exit 17 (Newburgh). Take I-84 East to exit 13 (Route 9 North). Marist College is located approximately 15 miles north on the left side of Route 9.

From New York City: Take the Hutchinson River Parkway to 684 North to I-84. Take I-84 West to exit 13 (Route 9). Marist College is located approximately 15 miles north on the left side of Route 9.

From Long Island: From the Whitestone and Throggs Neck Bridges, take the Hutchinson River Parkway North to I-684; continue onto I-84 West to exit 13 (Route 9 North). Marist College is located approximately 15 miles north on the left side of Route 9.

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SESSION 1 FRIDAY 4PM Warm-up 5pm Start

GIRLS Events		BOYS Events
1	11-12 200 Free	2
3	13-14 200 Free	4
5	10-U 200 Free	6
7	Open 200 Free	8
9	11-12 200 IM	10
11	13-14 500 Free	12
13	Open 500 Free	14

SESSION 2 SATURDAY AM 8AM Warm-up 9AM Start

GIRLS Events		BOYS Events
15	11-12 100 Breast	16
17	9-10 50 Breast	18
19	11-12 50 Free	20
21	9-10 50 Free	22
23	Open 200 Back	24
25	11-12 100 Fly	26
27	9-10 50 Fly	28
29	11-12 50 Back	30
31	9-10 100 Back	32
33	11-12 100 IM	34
35	9-10 200 Med Relay	36
37	11-12 200 Med Relay	38
39	13-14 400 IM	40
41	Open 400 IM	42

SESSION 3 SATURDAY PM 12PM Warm-up 1PM Start

GIRLS Events		BOYS Events
43	8-Under 50 Breast	44
45	Open 100 Breast	46
47	13-14 100 Breast	48
49	8-Under 50 Free	50
51	Open 50 Free	52
53	13-14 50 Free	54
55	8-Under 50 Fly	56
57	Open 200 IM	58
59	13-14 200 IM	60
61	8-Under 100 Med Relay	62
63	Open 200 Med Relay	64
65	13-14 200 Med Relay	66

SESSION 4 SUNDAY AM 8AM Warm-up 9AM Start

GIRLS Events		BOYS Events
67	Open 200 Breast	68
69	11-12 50 Breast	70
71	9-10 100 Breast	72
73	11-12 100 Free	74
75	9-10 100 Free	76
77	11-12 100 Back	78
79	9-10 50 Back	80
81	Open 200 Fly	82
83	9-10 100 Fly	84
85	11-12 50 Fly	86
87	9-10 100 IM	88
89	11-12 200 Free Relay	90
91	9-10 200 Free Relay	92

SESSION 5 SUNDAY PM 12PM Warm-up 1PM Start

GIRLS Events		BOYS Events
93	8-Under 100 Free	94
95	Open 100 Free	96
97	13-14 100 Free	98
99	8-Under 50 Back	100
101	Open 100 Back	102
103	13-14 100 Back	104
105	8-Under 100 IM	106
107	Open 100 Fly	108
109	13-14 100 Fly	110
111	8-Under 100 Free Relay	112
113	Open 200 Free Relay	114
115	13-14 200 Free Relay	116