



Sachem Swim Club
Long Course Summer Swim Meet
July 8th – 10th, 2011

USA Swimming Sanction #110710

Time Trials
Sanction #110752-T

2011 MR Sachem Swim Club Summer Meet LC

July 8th – 10th, 2011

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #110710 and #110752-T
- LOCATION:** Holtsville Pool Complex, 249 Buckley Rd, Holtsville, NY 11742
The pool has been certified in accordance with Article 104.2.2C (4).
- FACILITY:** Colorado Electronic Timing System. 50 meter - 8 lane Pool
- SESSIONS:** Session 1 – 6:00 pm Warm-up 7:00 pm Start – July 8th : All ages
Session 2 – 6:00 pm Warm-up 7:00 pm Start – July 9th: All ages
Session 3 – 6:00 pm Warm-up 7:00 pm Start – July 10th: All ages
Time Trials – End of Meet Sunday July 10th All Ages
- 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 July 8, 2011 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 meters; NT's will not be accepted. All entries must be sent in Team Manager format
- All entries will be accepted on a first come/first served basis (per below). If cuts are required they will be done based on entry time.
- Time Trials will be accepted on Sunday July 10th – 30 minutes prior to regular meet ending. Entries will be \$5 per event – cash only at time of entry.
- U.S. Mail Entries/Payment to: **Sachem Swim Club, P.O. Box 381, Lake Grove, NY 11755**
Email Entries/Confirm Entry Receipt: sachemswimclubreg@gmail.com
- Please note the email address carefully.**
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by June 17, 2011.
2: The final entry deadline for this meet is June 24, 2011 or after the meet fills to capacity.
3: Metro entries received between June 17, 2011 and June 24, 2011 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 \$4 per individual event must accompany the entries.
Make check payable to: **Sachem Swim Club**.
Payment must be received by June 24, 2011 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.
- Entries for Time Trial events will be \$5 per event – cash only on Sunday at time of entry.
- 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 – 8th for individual events.
- OFFICIALS:** **Meet Referee:** Nelson Gonzalez, Email - nelsonshorses1@aol.com
Officials wishing to volunteer should contact Meet Referee by June 24, 2011.
- MEET DIRECTOR:** Mark Schneider, Email – bugasdad@aol.com
Phone: 631-737-3118
- 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.
- “Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer’s legal guardian, to ensure compliance with this requirement”**
- The Diving pool will be closed – NO DIVING ALLOWED.
- WATER DEPTH:** Depth at diving block wall is 5.5 ft. Depth at shallow end wall is 4.5 ft.
- DISCLAIMER:** It is understood that USA Swimming, Inc. Metropolitan Swimming, Inc., the Sachem Swim Club, and the Holtsville Ecology Center shall be free from any liabilities or claims for damages arising by reason of injuries, to anyone during the conduct of the event.
- ADMISSION:** \$5 per adult - \$3 for session program. Seating will be available but is limited. It is recommended that you bring folding chairs.
- NO SMOKING anywhere in the pool complex.
- MERCHANTS:** Vendors may 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:** Free parking at the Holtsville Ecology Center.
- DIRECTIONS:** Long Island Expressway to Exit 61 (Patchogue/Holbrook Road)
Head South on Pat/Hol Road approx 4 miles to Buckley Road and head East approx 2 miles.
Holtsville Ecology Center is on the right side.
Entrance to pool parking lot on right.

LIST OF EVENTS

Warm-up 6pm	Session 1 Friday July 8, 2011	Start 7pm
Girls	Event	Boys
1	15-18 100 Butterfly	2
3	13-14 100 Butterfly	4
5	10&U 100 Butterfly	6
7	11-12 100 Butterfly	8
9	15-18 200 Breaststroke	10
11	13-14 200 Breaststroke	12
13	10 & U 50 Breaststroke	14
15	11-12 50 Breaststroke	16
17	10&U 200 IM	18
19	11-12 200 IM	20
21	15-18 50 Freestyle	22
23	13-14 50 Freestyle	24
25	10&U 50 Freestyle	26
27	11-12 50 Freestyle	28

Warm-up 6pm	Session 2 Saturday July 9, 2011	Start 7pm
Girls	Event	Boys
29	15-18 200 Backstroke	30
31	13-14 200 Backstroke	32
33	10&U 100 Freestyle	34
35	11-12 100 Freestyle	36
37	15-18 100 Freestyle	38
39	13-14 100 Freestyle	40
41	10&U 100 Breaststroke	42
43	11-12 100 Breaststroke	44
45	15-18 100 Breaststroke	46
47	13-14 100 Breaststroke	48
49	10&U 50 Backstroke	50
51	11-12 50 Backstroke	52

Warm-up 6pm	Session 3 Sunday July 10, 2011	Start 7pm
Girls	Event	Boys
53	15-18 200 Butterfly	54
55	13-14 200 Butterfly	56
57	10&U 100 Backstroke	58
59	11-12 100 Backstroke	60
61	15-18 100 Backstroke	62
63	13-14 100 Backstroke	64
65	10&U 200 Freestyle	66
67	11-12 200 Freestyle	68
69	15-18 200 Freestyle	70
71	13-14 200 Freestyle	72
73	10&U 50 Butterfly	74
75	11-12 50 Butterfly	76
77	15-18 200 IM	78
79	13-14 200 IM	80