



2010 January Joust Swim Meet
January 21-23, 2011
Sanction #110112, Time Trial #110154-T

2011 January Joust Swim Meet

Friday Evening January 21nd and Saturday & Sunday January 22rd & 23th

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **110112, Time Trial # 110154-T**
- LOCATION:** **Ward Melville High School Old Town Road, East Setauket, NY**
- FACILITY:** **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.**

The pool **has not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Friday Evening: 5:15 pm warm up, 6 pm start. Saturday & Sunday will have 3 sessions each: AM session 7am warmup, 8am start. Middle Session: 12pm warmup, 12:45pm start. Late afternoon session: 5pm warmup, 5:45pm start. Sessions may be limited to 3 ½hrs before scratche s on Sat and Sunday. Any changes in warmup times will be posted 1 week before the start of the meet.**
- FORMAT:** **This meet is a timed finals format
Deck seeding will be used.**
- 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 **January 21, 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:** **SWIMMERS MAY BE ENTERED IN A MAXIMUM OF 1 INDIVIDUAL EVENT FOR THE FRIDAY NIGHT SESSION, 3 MAXIMUM INDIVIDUAL FOR THE SATURDAY & SUNDAY SESSIONS.**
ALL ENTRIES MUST BE IN YARDS!! NT's WILL NOT BE ACCEPTED.
Entries will be accepted on a first come first served basis and cuts to keep within the time limits will be made in the same manner.
Entries: preferred method is via email using Hytek Software.

U.S. Mail: Entries/Payment to: **Three Village Swim Club c/o Lynn Pozmanter
5 Hannibal Court East Setauket, NY 11733**
Email Entries/Confirm Entry Receipt: **tvscmeetsecy@aol.com**
Please sign the signature waiver for entries sent by express mail.
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **January 8, 2010**.
2: The final entry deadline for this meet is **January 14, 2011 or until meet fills to capacity**
3: Metro entries received between **January 8, 2011** and **January 13, 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 \$ **3.00** per individual event must accompany the entries.
Make check payable to: **Three Village Swim Club**.
Payment must be received by **January 13, 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.
- WARM-UP:** **First 40 minutes will be general warm-up. Lane assignments will be given at meet.**

Last 15 minutes: lanes 2 or more lanes will be open for one-way sprint. All other lanes will remain open for general warm-up. For session that have 45 min warmups, the schedule will be modified.

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

OFFICIALS: Meet Referee: Nelson Gonzalez email: nelsonshorses1@aol.com, phone #631-654-8326
Officials wishing to volunteer should contact Meet Referee by January 1, 2010

MEET DIRECTOR: Lynn Pozmanter tvscmeetsecy@aol.com 631 246-9295
Greg Muller grmuller@optonline.net 631 821-3709

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, Three Village Swim Club, Three Village Central School District, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION: Adults \$4.00 Program \$2.00 per session

MERCHANTS: A complete snack bar will be available in the cafeteria, including hot breakfast and lunch/dinner items. For the Friday Evening Session, it will be limited selections. We will have a vendor selling swim items as well.

PARKING:

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 ½ mile. High School is on the left, pool is on the north side of the building.

School District Rules Ward Melville High School is a smoke free campus. No parking in front of the pool lobby (Fire Zone) 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.

THE 2011 JANUARY JOUST MEET EVENT LIST

Friday Saturday & Sunday

January 21-23, 2011

Friday 5:15 PM Warmup 6:00 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

Saturday 7 AM Warmup 8:00 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

Saturday 12 PM Warmup 12:45 PM Start

GIRLS	EVENT	BOYS
29	11-12 200 FLY	30
	BOYS 8 & UNDER 50 FREE	31
32	11-12 100 FREE	33
	BOYS 8 & U 25 BACKSTROKE	34
35	11-12 200 BACKSTROKE	36
	BOYS 8 & UNDER 25 FLY	37
38	11-12 100 BREAST	39
	BOYS 8 & UNDER 50 BREAST	40
41	11-12 50 FLY	42

Saturday PM 5 PM Warmup 5:45 PM Start

GIRLS	EVENT	BOYS
43	15-18 200 I.M.	44
45	13-14 100 FREE	46
47	15-18 100 FREE	48
49	13-14 100 BACKSTROKE	50
51	15-18 200 BACKSTROKE	52
53	13-14 200 BREASTSTROKE	54
55	15-18 100 BREASTSTROKE	56
57	13-14 200 BUTTERFLY	58
59	15-18 100 BUTTERFLY	60

Sunday 7 AM Warmup 8 AM Start

GIRLS	EVENT	BOYS
61	GIRLS 8 & UNDER 100 IM	
62	9-10 50 BREASTSTROKE	63
64	GIRLS 8 & U 25 BREAST	
65	9-10 100 FREE	66
67	GIRLS 8 & UNDER 25 FREE	
68	9-10 50 BACKSTROKE	69
70	GIRLS 8 & U 50 BACKSTROKE	
71	9-10 100 BUTTERFLY	72

Sunday 12 PM Warmup 12:45 PM Start

GIRLS	EVENT	BOYS
73	11-12 200 IM	74
	BOYS 8 & UNDER 100 IM	75
76	11-12 200 BREASTSTROKE	77
	BOYS 8 & UNDER 25 BREAST	78
79	11-12 50 FREE	80
	BOYS 8 & UNDER 25 FREE	81
82	11-12 100 BACKSTROKE	83
	BOYS 8 & UNDER 50 BACK	84
85	11-12 100 BUTTERFLY	86

Sunday 5 PM Warmup 5:45 PM Start

GIRLS	EVENT	BOYS
87	13-14 200 IM	88
89	15-18 100 BACKSTROKE	90
91	13-14 200 BACKSTROKE	92
93	15-18 200 BREASTSTROKE	94
95	13-14 100 BREASTSTROKE	96
97	15-18 50 FREE	98
99	13-14 50 FREE	100
101	15-18 200 BUTTERFLY	102
103	13-14 100 BUTTERFLY	104