



**2011 MSC SHORT COURSE HOLIDAY INVITATIONAL**  
**FRIDAY, SATURDAY, SUNDAY, DECEMBER 16, 17 and 18**  
**Metropolitan Swimming Sanction # 111205**

**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.

# 2011 MSC SHORT COURSE HOLIDAY INVITATIONAL

## FRIDAY, SATURDAY, SUNDAY, DECEMBER 16, 17 and 18

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 111205

**LOCATION:** James 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:**

|                               |                        |
|-------------------------------|------------------------|
| SESSION 1: FRIDAY AFTERNOON   | 1pm Warm-Up, 2pm Start |
| SESSION 2: FRIDAY EVENING     | 4pm Warm-Up, 5pm Start |
| SESSION 3: SATURDAY MORNING   | 8am Warm-Up, 9am Start |
| SESSION 4: SATURDAY AFTERNOON | 1pm Warm-Up, 2pm Start |
| SESSION 5: SUNDAY MORNING     | 8am Warm-Up, 9am Start |
| SESSION 6: SUNDAY AFTERNOON   | 1pm Warm-Up, 2pm 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 December 16, 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:** All athletes are limited to enter 5 events per day.  
**Please Note: 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.  
**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, James McCann Center, Poughkeepsie, NY 12601** Please sign the signature waiver for entries sent by express mail. Email Entries/Confirm Entry Receipt: [MSCEntries@hotmail.com](mailto:MSCEntries@hotmail.com)

**DEADLINE:** **Entries must be received by:** Metro team entries must be received by **Thursday, November 24, 2011**. The final entry deadline for this meet is **Thursday, December 1, 2011**. Metro entries received between **Thursday, November 24 and Thursday, December 1** 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: Nov 24** and **Non-Metro: Dec 1** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline may result in teams being barred from the meet.

- 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](mailto:corinneck@frontiernet.net)  
Officials wishing to volunteer should contact Meet Referee by **December 1, 2011**
- MEET DIRECTOR:** Martha Boyko, e-mail: [AJB615@aol.com](mailto: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. **“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”**
- DISCLAIMER:** Upon acceptance of his/her entries, It is understood that Marist College, Marist Swim Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. .
- 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 James 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 (Rte 9 North). Marist College is located approximately 15 miles north on the left side of Rte 9.

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## FRIDAY, SATURDAY, SUNDAY, DECEMBER 16, 17 and 18

### SESSION 1 FRIDAY AFTERNOON

1PM Warm-up 2pm Start

| GIRLS Events |                | BOYS Events |
|--------------|----------------|-------------|
| 1            | Open 1000 Free | 2           |

### SESSION 2 FRIDAY EVENING

4PM Warm-up 5pm Start

| GIRLS Events |                | BOYS Events |
|--------------|----------------|-------------|
| 3            | 11-12 200 Free | 4           |
| 5            | 13-14 200 Free | 6           |
| 7            | 10-U 200 Free  | 8           |
| 9            | Open 200 Free  | 10          |
| 11           | 11-12 200 IM   | 12          |
| 13           | 13-14 500 Free | 14          |
| 15           | Open 500 Free  | 16          |

### SESSION 3 SATURDAY MORNING

8AM Warm-up 9AM Start

| GIRLS Events |                     | BOYS Events |
|--------------|---------------------|-------------|
| 17           | 11-12 100 Breast    | 18          |
| 19           | 9-10 50 Breast      | 20          |
| 21           | 11-12 50 Free       | 22          |
| 23           | 9-10 50 Free        | 24          |
| 25           | Open 200 Back       | 26          |
| 27           | 11-12 100 Fly       | 28          |
| 29           | 9-10 50 Fly         | 30          |
| 31           | 11-12 50 Back       | 32          |
| 33           | 9-10 100 Back       | 34          |
| 35           | 11-12 100 IM        | 36          |
| 37           | 9-10 200 Med Relay  | 38          |
| 39           | 11-12 200 Med Relay | 40          |
| 41           | 13-14 400 IM        | 42          |
| 43           | Open 400 IM         | 44          |

### SESSION 4 SATURDAY AFTERNOON

1PM Warm-up, 2PM Start

| GIRLS Events |                       | BOYS Events |
|--------------|-----------------------|-------------|
| 45           | 8-Under 50 Breast     | 46          |
| 47           | Open 100 Breast       | 48          |
| 49           | 13-14 100 Breast      | 50          |
| 51           | 8-Under 50 Free       | 52          |
| 53           | Open 50 Free          | 54          |
| 55           | 13-14 50 Free         | 56          |
| 57           | 8-Under 50 Fly        | 58          |
| 59           | Open 100 Fly          | 60          |
| 61           | 13-14 100 Fly         | 62          |
| 66           | 8-Under 100 Med Relay | 64          |
| 65           | Open 200 Med Relay    | 66          |
| 67           | 13-14 200 Med Relay   | 68          |

### SESSION 5 SUNDAY MORNING

8AM Warm-up 9AM Start

| GIRLS Events |                      | BOYS Events |
|--------------|----------------------|-------------|
| 69           | Open 200 Breast      | 70          |
| 71           | 11-12 50 Breast      | 72          |
| 73           | 9-10 100 Breast      | 74          |
| 75           | 11-12 100 Free       | 76          |
| 77           | 9-10 100 Free        | 78          |
| 79           | 11-12 100 Back       | 80          |
| 81           | 9-10 50 Back         | 82          |
| 83           | Open 200 Fly         | 84          |
| 85           | 9-10 100 Fly         | 86          |
| 87           | 11-12 50 Fly         | 88          |
| 89           | 9-10 100 IM          | 90          |
| 91           | 11-12 200 Free Relay | 92          |
| 93           | 9-10 200 Free Relay  | 94          |

### SESSION 6 SUNDAY AFTERNOON

1PM Warm-up, 2PM Start

| GIRLS Events |                        | BOYS Events |
|--------------|------------------------|-------------|
| 95           | 8-Under 100 Free       | 96          |
| 97           | Open 100 Free          | 98          |
| 99           | 13-14 100 Free         | 100         |
| 101          | 8-Under 50 Back        | 102         |
| 103          | Open 100 Back          | 104         |
| 105          | 13-14 100 Back         | 106         |
| 107          | 8-Under 100 IM         | 108         |
| 109          | Open 200 IM            | 110         |
| 111          | 13-14 200 IM           | 112         |
| 113          | 8-Under 100 Free Relay | 114         |
| 115          | Open 200 Free Relay    | 116         |
| 117          | 13-14 200 Free Relay   | 118         |