



Sachem Swim Club
Short Course Winter Swim Meet
January 9th – 10th, 2009
USA Swimming Sanction #090107

Session 1 – 5:00 pm Warm-up 6:00 pm Start – January 9th : 12 & Under, 13 & Over
Session 2 – 7:00 am Warm-up 8:00 am Start – January 10th: 11-12, 13-14
Session 3 – 1:00 pm Warm-up 2:00 pm Start – January 10th: 8 & under, 9-10, 15-18

Location: Sachem North High School Pool
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. High school is on the right.

Awards: Medals 1st – 3rd, Ribbons 4th – 6th for individual events.

Admission: \$5 per adult - \$2 for session program.

Eligibility: Meet is open to all registered USA Swimmers. Age as of the first day of the meet determines the competition age group. Swimmers with disabilities are encouraged to participate.

Rules: USA Swimming Code of Conduct is in effect for the duration of the meet. Current USA Swimming Rules will govern the meet. All events are timed finals. Metropolitan Association scratch rules will be in effect for this meet.

Entries: Meet will be run using Hy-Tek's Meet Manager. All entries must be in yards, NT's will not be accepted. Limit of 3 events per session. Individual events are \$3. All entries must be sent in Team Manager format, e-mailed to SSCregistrations@aol.com. All e-mails will be acknowledged with reply. Checks should be mailed with a master sheet printout of entries from Team Manager to the address below.

**Sachem Swim Club
P.O. Box 381
Lake Grove, NY 11755**

Deadlines: Metropolitan LSC teams will be given priority and entered on a first come first serve basis; entries must be received by December 23, 2008. Teams outside Metro LSC will be entered on December 26, 2008, in the order they were received. All entries received after December 26, 2008 will be entered in the order they were received, regardless of LSC affiliation, as space allows. Entries will not be accepted after December 30, 2008 or after the meet fills to capacity.

Warm-up

Procedures: Warm-up will follow the adopted Metropolitan Swimming Procedure.

Parents and

Coaches: All coaches must present a valid USA Swimming Coach's card. Coaches are responsible for the behavior of their swimmers. No parents allowed on the pool deck. Any violation of facility rules or the destruction of property will result in the disqualification of the swimmer and the forfeiture of awards. The acceptance of entries by the Sachem Swim Club will constitute a waiver for injuries suffered at this meet on the part of attending swimmers and coaches against the Sachem Swim Club and any of its representatives.

Pool: Colorado Electronic Timing System and 6-lane electronic scoreboard will be used for the 25 yards, 6 lane Pool.

Food: Hot and cold dishes, snacks, desserts and beverages will be available. Smoking or Alcoholic beverages will not be allowed anywhere on school property.

Vendors: Vendors will be available on site for the purchase of suits, bags, towels, goggles and apparel.

LIST OF EVENTS

Warm-up 5pm	Session 1	Start 6pm
	Friday January 9, 2009	
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 January 10, 2009	
Girls	Event	Boys
9	11-12 50 Breast	10
11	13-14 100 Breast	12
13	11-12 100 Back	14
15	13-14 100 Back	16
17	11-12 50 Fly	18
19	13-14 200 Fly	20
21	11-12 100 Free	22
23	13-14 100 Free	24
25	11-12 50 Back	26
27	13-14 200 Free	28

Warm-up 1pm	Session 3	Start 2pm
	Saturday January 10, 2009	
Girls	Event	Boys
29	8 & Under 25 Free	30
31	9-10 100 Free	32
33	15-18 200 Free	34
35	8 & Under 25 Back	36
37	9-10 100 Back	38
39	15-18 100 Back	40
41	8 & Under 25 Fly	42
43	9-10 50 Fly	44
45	15-18 200 Fly	46
47	8 & Under 25 Breast	48
49	9-10 50 Breast	50
51	15-18 100 Breast	52