



*Connetquot Swim Club – Holiday Meet
December 4th, 5th & 6th, 2009
Sanction # 091210*

2009 Connetquot Swim Club - Holiday Meet

December 4th, 5th & 6th 2009

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **091210**
- LOCATION:** **Connetquot High School**
- FACILITY:** **The Connetquot Natatorium Pool is a 25 yard, 6 lane pool with non-turbulent lane lines. Daktronics Electronic Timing System and 6-lane electronic scoreboard will be used.**
The pool **has** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1 – Fri. pm. – 5:00pm Warm-up / 6:15pm Start – Age Groups: All ages**
Session 2 – Sat. am – 7:00am Warm-up / 8:15am Start – Age Groups: 8 under, 11-12, 15-18
Session 3 – Sat. pm – 1:00pm Warm-up / 2:15pm Start – Age Groups: 9-10 & 13-14
Session 4 – Sun. am – 7:00am Warm-up / 8:15pm Start – Age Groups: 8 under, 11-12, 15-18
Session 5 - Sun. pm – 1:00pm Warm-up / 2:15pm Start – Age Groups: 9-10 & 13-14
- FORMAT:** **All events are timed finals. / Deck seeding will be in effect.**
- 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 **December 4th**, 2009 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 1 event on Friday and 3 events per session on Saturday and Sunday. Please submit all entries via email using Hy-Tek software. (please incl. coaches name and phone #). All entries must be in yards; NT's will not be accepted.**
Entries will be accepted on first come first served basis; time limit cuts will be made in the same manner.

U.S. Mail Entries/Payment to: **Connetquot Swim Club, P.O. Box 280, Bohemia, NY 11716**
Email Entries/Confirm Entry Receipt: **Joe Hodosky – cscmeets@cscswimming.com**
Please sign the signature waiver for entries/payment 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 **November 20, 2009**.
2: The final entry deadline for this meet is **November 27, 2009**.
3: Metro entries received between **November 21, 2009** and **November 27, 2009** and all entries from other LSC's will be entered in the order they were received, as space allows.
You will receive 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, \$8.00 per relays, must accompany the entries.
Make check payable to: **Connetquot Swim Club**. (PO Box 280 Bohemia, NY 11716).
Payment must be received by **November 27, 2009** 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:** **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:** **Individual awards: Medals 1st thru 3rd / Ribbons 4th thru 6th**
Relay awards: Medals 1st thru 3rd (Awards can be picked up by coaches at end of meet)
- OFFICIALS:** **Meet Referee: Nelson Gonzalez, email – nelsonshorses1@aol.com Phone: 631-654-8326**
 Officials wishing to volunteer should contact Meet Referee by **November 20, 2009**.
- MEET DIRECTOR:** **Anthony Gorgano, email – cscmeets@cscswimming.com**
- 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 **Connetquot Swim Club**, Connetquot School District, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** **Adults admission is \$5.00 / Programs are \$2.00 per session**
- MERCHANTS:** **A vendor will be available for purchase of swim items and accessories. A photographer will also be present to photograph the swimmers. Photographs and related items will be available for purchase. A food and beverage concession will be available in the lobby area.**
- PARKING:** **Parking is available in the school parking lot.**
- DIRECTIONS:** **From East: Veterans Memorial Highway (route 454), to Sycamore Ave., Left on Sycamore to 7th Str. Turn Right onto 7th Str., Take 7th Str. to Connetquot High School.**
From West: Veterans Memorial Highway (route 454), to Kenwood Dr., Right on Kenwood to 7th Str. Turn right onto 7th Str., Take 7th Str. to Connetquot High School.
- Club/School District Rules** Connetquot High School is a smoke free campus. Access is limited to the pool and lobby area only. No food, beverages or glass containers are allowed in the pool area. Failure to comply with these rules could result in a swimmer or spectator being ejected and all fees and awards forfeited.

Connetquot Swim Club – Holiday meet
List of Events
Session 1 – Distance Session, Friday, December 4th, 2009
Warm-Up Time 5:00 pm Meet Start Time 6:15 pm

<i>Girl's Event Number</i>	<i>Event</i>	<i>Boy's Event Number</i>
1	11-12 400 IM	2
3	400 IM 13 & Over	4
5	10 & Under 500 Freestyle	6
7	11-12 500 Freestyle	8
9	13 & Over 500 Freestyle	10
11	11 & Over 1000 Freestyle	12
13	11 & Over 1650 Freestyle	14

Session 2 – Saturday, December 5, 2009
Age Groups 8 & Under, 11-12, 15-18
Warm-Up Time 7:00 am Meet Start Time 8:15 am

<i>Girl's Event Number</i>	<i>Event</i>	<i>Boy's Event Number</i>
15	15-18 100 Backstroke	16
17	8 & Under 25 Backstroke	18
19	11-12 50 Backstroke	20
21	15-18 200 Breaststroke	22
23	8 & Under 25 Breaststroke	24
25	11-12 100 Breaststroke	26
27	15-18 200 Freestyle	28
29	8 & Under 50 Freestyle	30
31	11-12 50 Freestyle	32
33	15-18 100 Butterfly	34
35	11-12 50 Butterfly	36
37	8 & Under 100 Freestyle Relay	38
39	15-18 200 Freestyle Relay	40
41	11-12 200 Freestyle Relay	42

Session 3 – Saturday, December 5, 2009
Age Groups 9-10, 13-14
Warm-Up Time 1:00 pm Meet Start Time 2:15 pm

<i>Girl's Event Number</i>	<i>Event</i>	<i>Boy's Event Number</i>
43	13-14 100 Backstroke	44
45	9-10 50 Backstroke	46
47	13-14 200 Breaststroke	48
49	9-10 100 Breaststroke	50
51	13-14 200 Freestyle	52
53	9-10 50 Freestyle	54
55	13-14 100 Butterfly	56
57	9-10 50 Butterfly	58
59	13-14 200 Freestyle Relay	60
61	9-10 200 Freestyle Relay	62

Session 4 – Sunday, December 6, 2009
Age Groups 8 & Under, 11-12, 15-18
Warm-Up Time 7:00 am Meet Start Time 8:15 am

<i>Girl's Event Number</i>	<i>Event</i>	<i>Boy's Event Number</i>
63	15-18 200 Backstroke	64
65	8 & Under 50 Backstroke	66
67	11-12 100 Backstroke	68
69	15-18 100 Breaststroke	70
71	8 & Under 25 Butterfly	72
73	11-12 50 Breaststroke	74
75	15-18 50 Freestyle	76
77	8 & Under 25 Freestyle	78
79	11-12 100 Freestyle	80
81	15-18 200 IM	82
83	11-12 100 IM	84
85	8 & Under 100 Medley Relay	86
87	15-18 200 Medley Relay	88
89	11-12 200 Medley Relay	90

Session 5 – Sunday, December 6, 2009
Age Groups 9-10, 13-14
Warm-Up Time 1:00 pm Meet Start Time 2:15 pm

<i>Girl's Event Number</i>	<i>Event</i>	<i>Boy's Event Number</i>
91	13-14 200 Backstroke	92
93	9-10 100 Backstroke	94
95	13-14 100 Breaststroke	96
97	9-10 50 Breaststroke	98
99	13-14 50 Freestyle	100
101	9-10 100 Freestyle	102
103	13-14 200 IM	104
105	9-10 100 IM	106
107	13-14 200 Medley Relay	108
109	9-10 200 Medley Relay	110