



Sachem Swim Club  
Long Course Summer Swim Meet  
July 9<sup>th</sup> – 11<sup>th</sup>, 2010  
**USA Swimming Sanction # 100711**

# 2010 MR Sachem Swim Club Summer Long Course Meet

July 9<sup>th</sup> – 11<sup>th</sup>, 2010

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 100711
- LOCATION:** Holtsville Pool Complex, Holtsville, NY
- FACILITY:** Colorado Electronic Timing System 50 Meter, 8 Lane Pool.
- SESSIONS:** Session 1 – 6:00 pm Warm-up 7:00 pm Start – July 9  
Session 2 – 6:00 pm Warm-up 7:00 pm Start – July 10  
Session 3 – 6:00 pm Warm-up 7:00 pm Start – July 11
- 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:** Meet is open to all registered USA Swimmers. Age as of the first day of the meet determines the competition age group. All swimmers participating in this meet must be registered by the first day of the 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. Individual events are \$4. All entries must be sent in Team Manager format
- U.S. Mail Entries/Payment to: **Sachem Swim Club, P.O. Box 381, Lake Grove, NY 11755**  
Email Entries/Confirm Entry Receipt: **ssc\_sec@optonline.net**
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by June 27, 2010.  
2: The final entry deadline for this meet is June 30, 2010 or after the meet fills to capacity.  
3: Metro teams entries must be received by June 27, 2010. Teams outside Metro LSC will be entered on June 26, 2010, in the order they were received. All entries received after June 26, 2010 will be entered in the order they were received, regardless of LSC affiliation, 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 30, 2010 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:** Medals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 8<sup>th</sup> for individual events.

- OFFICIALS:** **Meet Referee:** Nelson Gonzalez, Email - nelsonshorses1@aol.com  
Officials wishing to volunteer should contact Meet Referee by June 30, 2010.
- MEET DIRECTOR:** **Agnes Cento, Mark Schneider Email – ssc\_sec@optonline.net**
- 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 Sachem Swim Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** \$5 per adult - \$2 for session program.
- MERCHANTS:** Vendors will 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 lots available for use.
- DIRECTIONS:** Long Island Expressway to Exit 61 (Patchogue/Holbrook Road)  
South on Pat/Hol Rd 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. Free Parking.

## LIST OF EVENTS

Warm-up 6pm	Session 1 Friday July 9, 2010	Start 7pm
Girls	Event	Boys
1	15 - 18 100 Fly	2
3	13 - 14 100 Fly	4
5	10 & Under 100 Fly	6
7	11 - 12 100 Fly	8
9	15 – 18 200 Breast	10
11	13 - 14 200 Breast	12
13	10 & Under 50 Breast	14
15	11 - 12 50 Breast	16
17	10 & Under 200 IM	18
49	11 - 12 200 IM	50
19	13 -14 200 IM	20
21	15 - 18 50 Free	22
23	13 - 14 50 Free	24
25	10 & Under 50 Free	26
27	11 - 12 50 Free	28

<b>Warm-up 6pm</b>	<b>Session 2</b>	<b>Start 7pm</b>
	<b>Saturday July 10, 2010</b>	
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
29	15 - 18 200 Back	30
31	13 - 14 200 Back	32
33	10 & Under 100 Free	34
35	11 - 12 100 Free	36
37	15 - 18 100 Free	38
39	13 - 14 100 Free	40
41	10 & Under 100 Breast	42
43	11 - 12 100 Breast	44
45	15 - 18 100 Breast	46
47	13 - 14 100 Breast	48
51	15 - 18 200 IM	52
53	10 & Under 50 Back	54
55	11 - 12 50 Back	56

<b>Warm-up 6pm</b>	<b>Session 3</b>	<b>Start 7pm</b>
	<b>Sunday July 11, 2010</b>	
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
57	15 - 18 200 Fly	58
59	13 - 14 200 Fly	60
61	10 & Under 100 Back	62
63	11 - 12 100 Back	64
65	15 - 18 100 Back	66
67	13 - 14 100 Back	68
69	10 & Under 200 Free	70
71	11 - 12 200 Free	72
73	15 - 18 200 Free	74
75	13 - 14 200 Free	76
77	10 & Under 50 Fly	78
79	11 - 12 50 Fly	80