



2007 SHORT COURSE FALL INVITATIONAL
FRIDAY, SATURDAY, SUNDAY, OCTOBER 26, 27 AND 28
Metropolitan Swimming Sanction # 071010

- SITE:** McCann Center, Marist College, on-site parking, spectator seating.
- ENTRIES:** Please submit entries via email to mscentries@hotmail.com
Metro LSC deadline: Oct 6. Non-Metro LSC deadline: Oct. 13.
Swimmers with disabilities are welcome. Receipt of entries will be confirmed by email. Entries will not be considered received and accepted without full payment of fees. Cuts will be advised by email.
- FEES:** Individual Events \$3.00; Relays \$8.00. A check made out to "Marist Swim Club" must be received by: Larry VanWagner, Marist College, McCann Center, Poughkeepsie, NY 12601 by the appropriate deadline.
- RULES:** Current USA Swimming Rules and Code of Ethics will govern the duration of the meet. Metropolitan LSC warm-up procedures will be in effect. All events are timed finals.
- ELIGIBILITY:** All swimmers must be USA Swimming registered. Age as of the first day of the meet determines competitor's age group. Swimmers with disabilities are encouraged to enter. All persons on deck must be currently USA Swimming registered. All coaches must display current coaching credentials and have current CPR certification.
- CONDITIONS:** **Metro LSC clubs will be given priority** on a first come/first serve basis. **NO TIME** entries will **NOT** be accepted, except for MSC swimmers. Distance freestyle events may be limited to 3 heats.
- USA Swimming, Inc., Metropolitan Swimming, Inc., Marist College, Marist Swim Club and their agents or representatives shall be held free and harmless from all liabilities or claims or damages arising by reason of injuries to anyone during conduct of this event.**
- AWARDS:** Individual Events -- 1- 3 Place/Medals, 4-6 Place/Ribbons;
Relays 1-3 Place/ Ribbons; No awards will be given for Open events.
- SEEDING:** Scratch sheets will be collected 40 minutes prior to the start of each session. Heat sheets will be distributed and posted.
- ADMISSION:** Daily admission for adults \$4.00. Weekend Meet Program \$6.00.
- CONCESSION:** Food will be available at all sessions.
- QUESTIONS:** Contact Meet Director, Karen Miller kmiller1@hvc.rr.com or 845-473-5450.



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**GIRLS
EVENTS**

**BOYS
EVENTS**

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FRIDAY SESSION 1

4PM Warm-up 5pm Start

1	11-12 200 Free	2
3	13-14 200 Free	4
5	10-U 200 Free	6
7	Open 200 Free	8
9	11-12 200 IM	10
11	13-14 500 Free	12
13	Open 500 Free	14

SATURDAY AM SESSION 2

8AM Warm-up 9AM Start

15	11-12 100 Free	16
17	9-10 100 Free	18
19	11-12 100 Breast	20
21	9-10 50 Breast	22
23	Open 200 Back	24
25	11-12 100 Fly	26
27	9-10 50 Fly	28
29	11-12 50 Back	30
31	9-10 100 Back	32
33	11-12 100 IM	34
35	9-10 200 Med Rly	36
37	11-12 200 Med Rly	38
39	13-14 400 IM	40
41	Open 400 IM	42

SATURDAY PM SESSION 3

1 Hour Warm-up, not before Noon

43	8-Under 50 Breast	44
45	Open 100 Breast	46
47	13-14 100 Breast	48
49	8-Under 50 Free	50
51	Open 50 Free	52
53	13-14 50 Free	54
55	8-Under 50 Fly	56
57	Open 100 Fly	58
59	13-14 100 Fly	60
61	8-Under 100 Med Rly	62
63	Open 200 Med Rly	64
65	13-14 200 Med Rly	66

SUNDAY AM SESSION 4

8AM Warm-up 9AM Start

67	Open 200 Breast	68
69	11-12 50 Breast	70
71	9-10 100 Breast	72
73	11-12 50 Free	74
75	9-10 50 Free	76
77	11-12 100 Back	78
79	9-10 50 Back	80
81	Open 200 Fly	82
83	9-10 100 Fly	84
85	11-12 50 Fly	86
87	9-10 100 IM	88
89	11-12 200 Free Rly	90
91	9-10 200 Free Rly	92

SUNDAY PM SESSION 5

1 Hour Warm-up not before Noon

93	8-Under 100 Free	94
95	Open 100 Free	96
97	13-14 100 Free	98
99	8-Under 50 Back	100
101	Open 100 Back	102
103	13-14 100 Back	104
105	8-Under 100 IM	106
107	Open 200 IM	108
109	13-14 200 IM	110
111	8-Under 100 Free Rly	112
113	Open 200 Free Rly	114
115	13-14 200 Free Rly	116

NOTES: There will be NO DIVING during warm-ups. All lanes will be circular swimming until 1/2 hour before start, then lanes 2 & 5 will be one-way sprint lanes.