



2007 SHORT COURSE HOLIDAY INVITATIONAL  
FRIDAY, SATURDAY, SUNDAY, December 21, 22 AND 23  
Metropolitan Swimming Sanction # 071204

- SITE:** McCann Center, Marist College, on-site parking, spectator seating.
- ENTRIES:** Please submit entries via email to [mscentries@hotmail.com](mailto:mscentries@hotmail.com)  
Metro LSC deadline: Dec. 8. Non-Metro LSC deadline: Dec. 15.  
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](mailto:kmiller1@hvc.rr.com) or 845-473-5450.



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 Friday, Saturday and Sunday, December 21, 22 and 23

**GIRLS  
EVENTS**

**BOYS  
EVENTS**

**GIRLS  
EVENTS**

**BOYS**

**FRIDAY SESSION 1**

**1PM Warm-up 2PM Start**

1 Open 1000 Free 2

**FRIDAY SESSION 2**

**4PM Warm-up 5pm Start**

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

**SATURDAY AM SESSION 3**

**8AM Warm-up 9AM Start**

17 11-12 100 Free 18  
 19 9-10 100 Free 20  
 21 11-12 100 Breast 22  
 23 9-10 50 Breast 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 Rly 38  
 39 11-12 200 Med Rly 40  
 41 13-14 400 IM 42  
 43 Open 400 IM 44

**SATURDAY PM SESSION 4**

**1 Hour Warm-up, not before Noon**

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  
 63 8-Under 100 Med Rly 64  
 65 Open 200 Med Rly 66  
 67 13-14 200 Med Rly 68

**SUNDAY AM SESSION 5**

**8AM Warm-up 9AM Start**

69 Open 200 Breast 70  
 71 11-12 50 Breast 72  
 73 9-10 100 Breast 74  
 75 11-12 50 Free 76  
 77 9-10 50 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 Rly 92  
 93 9-10 200 Free Rly 94

**SUNDAY PM SESSION 6**

**1 Hour Warm-up not before Noon**

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 Rly 114  
 115 Open 200 Free Rly 116  
 117 13-14 200 Free Rly 118

**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.