



## Greater Holyoke YMCA

171 Pine Street  
Holyoke, MA 01040

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April 1, 2007

To - Area YMCA's  
From - Randall K. Smith, Operations Director  
Re - Sixth Annual New England YMCA Long Course Invitational

Enclosed please find information concerning the Fifth Annual New England YMCA Long Course Invitational, which will be held at Springfield College on Friday, Saturday and Sunday, June 22-24, 2007. The meet will be hosted by the Greater Holyoke YMCA and the Hampshire Regional YMCA of Northampton, MA.

We wish to provide an opportunity for YMCA teams to experience a long course competitive opportunity, which are few in New England. The meet will afford swimmers an excellent opportunity to qualify for YMCA Long Course Nationals, which will be held at the University of Maryland in early August. The meet will be nationally sanctioned.

A few notes:

- Please send long course times for all swimmers entered. We will not except NT's.
- Entries will be excepted only on disk or emailed to [hyv@holyokeymca.org](mailto:hyv@holyokeymca.org). Please enclose printed hard copy.
- All Swimmers must positive check-in upon entering the building at the meet
- Entries will be excepted on a first come, first served basis. When and if we fill, the meet will be closed. We will begin to accept entries on Monday, April 15th.
- We will be running time trials after the Saturday PM session and Sunday AM session if time allows. Swimmers must be entered in the meet to trial. Information will be available in coaches packets.

If you have any question, please contact me at the Greater Holyoke YMCA. Information on the meet is also posted on our web site ([www.hyvswimming.org](http://www.hyvswimming.org)).

Thanks for you time. Hope to see you in Springfield in June.



**New England YMCA Long Course Invitational**  
**Friday, Saturday and Sunday June 22-24, 2007**  
Hosted by the Hampshire Regional and Greater Holyoke YMCA

**Site:** Springfield College Art Linkletter Natatorium, Alden Street, Springfield, MA

**Parking:** Next to the facility

**Mail Entries To:** *Randall K. Smith*  
*Greater Holyoke YMCA*  
*171 Pine Street*  
*Holyoke, MA 01040*

**For information:** *Randall K. Smith, Operations Director*  
*Work - (413) 534-5631*  
*Home - (413) 533-1259*  
*E-Mail – rsmith@holyokeymca.org*

*Michael Dufraine, Meet Manager*  
*Work - (508) 364-2721*  
*Home – (860) 749-4836*  
*E-Mail - swmpres@aol.com*

**Eligibility:** All swimmers must be full privileged members of their YMCA as of June 1, 2007. Age as of June 22, 2007 will determine age group.

**Events:** Each swimmer is limited to 3 individual events per day. All events will be timed finals. Swimmers must positive check-in for all events when entering the building for each session. Time Trials will be available after the Saturday PM and Sunday AM sessions. Cost will be \$6.00 per time trial. Information will be available at the meet.

**Cutting the Meet, if Necessary:** Entries will be accepted beginning April 15, 2007 and will be accepted in the order received. The Meet Manager reserves the right limit the number of heats in the 400 Free and the 400 IM. This meet will not exceed 4 hours in length for any session.

**Entry Fees:** \$4.00 per individual event - \$6.00 per 400 Free and 400 IM - \$20.00 per Relay (limit 2 entries per event per team). Fees must accompany entry and checks should be made out to *Holyoke Y Competitive Swimming* and sent to Randall K. Smith (address above). **ONE CHECK PER TEAM ENTRY!** Entries must be submitted in long course meters and in electronic format (sd3 or cl2 format) accompanied by a computer hard copy of the entry. No seed cards are necessary. No late entries or changes will be accepted. A certificate of your YMCA Insurance must also be enclosed.

**Entry Deadline:** *All entries and fee payments must be received by Thursday, June 14, 2007 at 5:00 PM.*

**Awards:** Individual Events - Die Cast Medals 1 to 6, Ribbons 7 to 12 for 10 and Under, 11-12, Open  
High Point Team Plaques 10 and Under Girls and Boys, 11 and 12 Girls and Boys, Open Men and Women, Overall Men and Women, Full Team Overall (Must Score Men and Women)

**Scoring:** Individual Events - 16, 13, 12, 11, 10, 9, 7, 5, 3, 2, 1 (Top 12)  
Relay Events – 32, 26, 24, 22, 20, 18, 14, 10, 6, 4, 2 (Top 12)

**Admission:** \$1.00 (Children under 12 - no charge)

**Program:** \$3.00 per session

**Results:** Will be available for download from [www.hyvswimming.org](http://www.hyvswimming.org) at the conclusion of the meet

**New England YMCA Long Course Invitational**  
**Friday, Saturday and Sunday June 22-24, 2007**  
Hosted by the Hampshire Regional and Greater Holyoke YMCA

**Refreshments:** Refreshments will be available throughout the event and will be supplied by Springfield College Food Services.

*NO SMOKING IS ALLOWED ANYWHERE IN THE POOL FACILITY! NO GLASS CONTAINERS ARE TO BE BROUGHT IN THE BUILDING!*

**Apparel:** A swim gear outfitter will be selling swim apparel.

**Issues Not Addressed:** The 2007 USA Swimming and Diving Rules will be followed. This meet will be sanctioned by USA New England Swimming and National YMCA Competitive Swimming.

The meet will also be following the Rules That Govern YMCA Competitive Sports. All teams should be aware of these this document and be familiar with its content.

**Shaving:** Shaving at this meet is prohibited. No shaving will take place anywhere in the facility at any time before or during the meet.

**Warm Up Information (Subject to change)**

**Friday PM Session:** 4:10 to 5:20 PM – Warm Up  
5:30 PM – Meet Start

**Saturday AM Session:** 7:10 to 8:20 AM – Warm Up  
8:30 AM – Meet Start

**Saturday PM Session:** 1:10 to 2:20 PM – Warm Up  
2:30 PM – Meet Start

**Sunday AM Session:** 7:10 to 8:20 AM – Warm Up  
8:30 AM – Meet Start

**Sunday PM Session:** 1:10 to 2:20 PM – Warm Up  
2:30 – Meet Start

*Please, no diving during the warm-up except in one-way lanes under the supervision of a coach. Enter the water during warm-up at the shallow end of the pool. Feet first entries only!!*

**The Bullpen**

There will be no bullpen during this meet. It will be the responsibility of the swimmer to be at the block on time and ready to swim. If a swimmer does not report to the block, the name of the swimmer missing will be announced and asked to step up. If they do not step up immediately, the heat will be released. Swimmers missing events will not be able to compete in that event. There will be no further penalty.

The Hampshire YMCA and the Greater Holyoke YMCA would like to remind all participants that we are guests of Springfield College. We hope everyone will treat the facility with respect and leave it in better shape at the end of the weekend than at the beginning. Remember, supervision of swimmers is imperative!!! Swimmers found to be in unauthorized areas of the facility will be ejected from the meet.

Also, no "Boom Boxes", personal stereos only! Computer games are permitted but the sound must be turned off.

Thank you for your attention in these matters. Have a fast and fun meet.

**New England YMCA Long Course Invitational**  
**Springfield College, Springfield MA**  
**Session Report**

Session: 1 Friday Evening Senior Session

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	1 Women Open 400 Freestyle Relay	0	0	05:30 PM _____
Finals	2 Men Open 400 Freestyle Relay	0	0	05:30 PM _____
Finals	3 Women Open 400 Freestyle	0	0	05:30 PM _____
Finals	4 Men Open 400 Freestyle	0	0	05:30 PM _____
Finals	5 Women Open 50 Breaststroke	0	0	05:30 PM _____
Finals	6 Men Open 50 Breaststroke	0	0	05:30 PM _____
Finals	7 Women Open 200 IM	0	0	05:30 PM _____
Finals	8 Men Open 200 IM	0	0	05:30 PM _____
Finals	9 Women Open 50 Freestyle	0	0	05:30 PM _____
Finals	10 Men Open 50 Freestyle	0	0	05:30 PM _____
Finals	11 Women Open 200 Butterfly	0	0	05:30 PM _____
Finals	12 Men Open 200 Butterfly	0	0	05:30 PM _____
	Finish Time			05:30 PM _____

**New England YMCA Long Course Invitational  
Springfield College, Springfield MA  
Session Report**

Session: 2 Saturday Morning 12 and Under Session  
Day of Meet: 2 Starts at 08:30 AM Heat Interval: 15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	13 Women 12 & Under 200 IM	0	0	08:30 AM _____
Finals	14 Men 12 & Under 200 IM	0	0	08:30 AM _____
	Break: 5 Minutes			
Finals	15 Women 12 & Under 50 Backstroke	0	0	08:35 AM _____
Finals	16 Men 12 & Under 50 Backstroke	0	0	08:35 AM _____
	Break: 5 Minutes			
Finals	17 Women 12 & Under 100 Freestyle	0	0	08:40 AM _____
Finals	18 Men 12 & Under 100 Freestyle	0	0	08:40 AM _____
	Break: 5 Minutes			
Finals	19 Women 12 & Under 50 Breaststroke	0	0	08:45 AM _____
Finals	20 Men 12 & Under 50 Breaststroke	0	0	08:45 AM _____
	Break: 5 Minutes			
Finals	21 Women 12 & Under 100 Butterfly	0	0	08:50 AM _____
Finals	22 Men 12 & Under 100 Butterfly	0	0	08:50 AM _____
Finals	23 Women 12 & Under 200 Freestyle	0	0	08:50 AM _____
Finals	24 Men 12 & Under 200 Freestyle	0	0	08:50 AM _____
Finals	25 Women 12 & Under 200 Freestyle Relay	0	0	08:50 AM _____
Finals	26 Men 12 & Under 200 Freestyle Relay	0	0	08:50 AM _____
	Finish Time			08:50 AM _____

**New England YMCA Long Course Invitational**  
**Springfield College, Springfield MA**  
**Session Report**

Session: 3 Saturday Afternoon Senior Session  
Day of Meet: 2 Starts at 02:30 PM Heat Interval: 15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	27 Women Open 200 Freestyle	0	0	02:30 PM _____
Finals	28 Men Open 200 Freestyle	0	0	02:30 PM _____
Finals	29 Women Open 100 Backstroke	0	0	02:30 PM _____
Finals	30 Men Open 100 Backstroke	0	0	02:30 PM _____
Finals	31 Women Open 200 Breaststroke	0	0	02:30 PM _____
Finals	32 Men Open 200 Breaststroke	0	0	02:30 PM _____
Finals	33 Women Open 100 Butterfly	0	0	02:30 PM _____
Finals	34 Men Open 100 Butterfly	0	0	02:30 PM _____
	Break: 5 Minutes			
Finals	35 Women Open 50 Backstroke	0	0	02:35 PM _____
Finals	36 Men Open 50 Backstroke	0	0	02:35 PM _____
Finals	37 Women Open 800 Freestyle Relay	0	0	02:35 PM _____
Finals	38 Men Open 800 Freestyle Relay	0	0	02:35 PM _____
	Finish Time			02:35 PM _____

**New England YMCA Long Course Invitational  
Springfield College, Springfield MA  
Session Report**

Session: 4 Sunday Morning 12 and Under Session  
Day of Meet: 3 Starts at 08:30 AM Heat Interval: 15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	39 Women 12 & Under 50 Freestyle	0	0	08:30 AM _____
Finals	40 Men 12 & Under 50 Freestyle	0	0	08:30 AM _____
	Break: 5 Minutes			
Finals	41 Women 12 & Under 100 Backstroke	0	0	08:35 AM _____
Finals	42 Men 12 & Under 100 Backstroke	0	0	08:35 AM _____
	Break: 5 Minutes			
Finals	43 Women 12 & Under 50 Butterfly	0	0	08:40 AM _____
Finals	44 Men 12 & Under 50 Butterfly	0	0	08:40 AM _____
	Break: 5 Minutes			
Finals	45 Women 12 & Under 100 Breaststroke	0	0	08:45 AM _____
Finals	46 Men 12 & Under 100 Breaststroke	0	0	08:45 AM _____
Finals	47 Women 12 & Under 200 Medley Relay	0	0	08:45 AM _____
Finals	48 Men 12 & Under 200 Medley Relay	0	0	08:45 AM _____
Finals	49 Women 12 & Under 400 Freestyle	0	0	08:45 AM _____
Finals	50 Men 12 & Under 400 Freestyle	0	0	08:45 AM _____
	Finish Time			08:45 AM _____

**New England YMCA Long Course Invitational**  
**Springfield College, Springfield MA**  
**Session Report**

Session: 5 Sunday Afternoon Senior Session  
 Day of Meet: 3 Starts at 02:30 PM Heat Interval: 15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	51 Women Open 400 IM	0	0	02:30 PM _____
Finals	52 Men Open 400 IM	0	0	02:30 PM _____
Finals	53 Women Open 100 Freestyle	0	0	02:30 PM _____
Finals	54 Men Open 100 Freestyle	0	0	02:30 PM _____
Finals	55 Women Open 200 Backstroke	0	0	02:30 PM _____
Finals	56 Men Open 200 Backstroke	0	0	02:30 PM _____
	Break: 5 Minutes			
Finals	57 Women Open 50 Butterfly	0	0	02:35 PM _____
Finals	58 Men Open 50 Butterfly	0	0	02:35 PM _____
	Break: 5 Minutes			
Finals	59 Women Open 100 Breaststroke	0	0	02:40 PM _____
Finals	60 Men Open 100 Breaststroke	0	0	02:40 PM _____
Finals	61 Women Open 400 Medley Relay	0	0	02:40 PM _____
Finals	62 Men Open 400 Medley Relay	0	0	02:40 PM _____
	Finish Time			02:40 PM _____

**New England YMCA Long Course Invitational Cover Sheet  
Friday, Saturday and Sunday June 22-24, 2007**

Name of YMCA \_\_\_\_\_ Street \_\_\_\_\_

Town \_\_\_\_\_ Zip Code \_\_\_\_\_ State \_\_\_\_\_

Team Nickname \_\_\_\_\_ Club Initials (i.e. HYV) \_\_\_\_\_

YMCA Phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ YMCA Fax (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Other Contact Name \_\_\_\_\_ Contact Phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Email Contact - \_\_\_\_\_ @ \_\_\_\_\_

Results will be mailed to your YMCA, care of the Swim Coach!!

Name of Coach \_\_\_\_\_ Phone W (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Phone H (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

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*Entry Information*

Individual Entries # \_\_\_\_\_ X \$ 4.00 = \$ \_\_\_\_\_

Distance Entries # \_\_\_\_\_ X \$ 6.00 = \$ \_\_\_\_\_

Relay Entries # \_\_\_\_\_ X \$20.00 = \$ \_\_\_\_\_

**TOTAL ENCLOSED = \$ \_\_\_\_\_**

**Make check payable to:**

**Holyoke Y Competitive Swim Team**

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**Entry Checklist**

This document \_\_\_\_

**\$Check\$ for entries made out to Holyoke Y Competitive Swim Team \_\_\_\_**

Computer entry and hard copy \_\_\_\_

Certificate of insurance from your YMCA \_\_\_\_

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**Official's Nomination**

The Meet Manager requires that all teams entering this meet supply the name of one or two experienced YMCA Certified Level II officials to work the meet. Thank you for your cooperation.

**Name** \_\_\_\_\_ **Phone Number** (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**Email Address** \_\_\_\_\_ @ \_\_\_\_\_

**Name** \_\_\_\_\_ **Phone Number** (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**Email Address** \_\_\_\_\_ @ \_\_\_\_\_

**All teams will also have timing assignments. Please provide us with a contact name for your Head Timer.**

**Name** \_\_\_\_\_ **Phone Number** (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**Email Address** \_\_\_\_\_ @ \_\_\_\_\_