

**New England YMCA Long Course Invitational
Friday, Saturday and Sunday June 19-21, 2009
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*

*Dave Haywood, Meet Manager
Home – (413) 731-7315
E-Mail - David.Haywood@irs.gov*

Eligibility: All swimmers must be full privileged members of their YMCA as of April 28, 2009. Age as of June 19, 2008 will determine age group. You must be 12 years of age to swim open events.

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 \$5.00 per time trial. Information will be available at the meet.

Cutting the Meet, If Necessary: Entries will be accepted beginning April 13, 2009 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: \$5.00 swimmer participation fee - \$4.50 per individual event - \$22.00 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 Saturday, June 13, 2009 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 at the conclusion of the meet

**New England YMCA Long Course Invitational
Friday, Saturday and Sunday June 19-21, 2009
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 on Saturday and Sunday ONLY!

Issues Not Addressed: The 2009 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.