

	<h2>YMCA East Field Championships</h2> <p>Hosted by Somerset Hills YMCA and Hamilton YMCA Swim Teams</p>
<u>Meet Sanction:</u>	YMCA sanction applied for: East Field Championships
<u>Host Club:</u>	Somerset Hills YMCA, Hamilton YMCA
<u>Date of Meet:</u>	Friday, December 9 through Sunday, December 11, 2016
<u>Location and Facility:</u>	<p>John Witherspoon Middle School 217 Walnut Lane, Princeton, New Jersey 08540 Tel: 609-806-4310</p> <p>The pool is located on the Princeton Middle School campus, and the pool entrance and parking lot are on Guyot Lane.</p> <p>The John Witherspoon Pool has an 8-lane competitive pool with Colorado timing system and spectator seating. The depth of the pool at the start end is 8 feet and at the turn end is 4 feet. The competition course has not been certified in accordance with USA Swimming rule 104.2.2.C.(4).</p>
<u>Meet Director:</u>	Martin Scheidl, mscheidl@gmail.com , 973-348-9690
<u>Meet Referee:</u>	Bart Fellin bjfellin@comcast.net
<u>Meet Marshal:</u>	Lori Riegler riegler@somersetcountyyymca.org
<u>Entry Coordinator:</u>	Mary Korey, rmkorey@gmail.com
<u>Entry Deadline:</u>	<p>All entries will be accepted on a first come basis. Entry file Deadline Date: Sunday, December 4, 2016</p> <p>Entries will be accepted via email only; send to rmkorey@gmail.com. See procedures below.</p> <ul style="list-style-type: none"> • Swimmers' entries will be accepted via Team Manager or TeamUnify entry files. • Team entries will not be considered as accepted unless the meet declaration form and entry fees have been received. These items may be brought to the first session a team is attending or, prior to the meet, they may be sent via mail to: STPO Treasurer, 10 Kale Drive, Bridgewater, NJ 08807 • It is not necessary to overnight or express mail your hard copy and check, which are sent in support of an e-mailed entry.
<u>Meet Format Waiver:</u>	<p>The host club has the right to change the format of the meet with the approval of the Meet Committee. The Committee consists of the Meet Director, the Meet Referee, and the host club head coach. These format changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes could include:</p> <ul style="list-style-type: none"> • To allow more swimmers to swim. • To conform to facility capacity limits. • To conform with Sanction Guidelines. • The distance events of 400 IM, 1000 Free and 500 Free will be heat limited depending on the number of entries in all sessions and estimated meet timelines.
<u>Internet Website Posting:</u>	<p>Website address: http://www.shyswimteam.org</p> <p>Pre-Meet Information posted on website</p> <ul style="list-style-type: none"> • Meet Information will be posted on the website • Downloadable Hy-Tek Events list (HYV.file) will be posted on the website • Updated meet schedule • Warm-up Schedule and Team Warm-up Assignments • Timing assignments <p>Post-Meet Results will be posted on website</p>

<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> • All coaches must be certified YMCA Coaches and have completed YMCA coaches' registration by this meet's entry deadline • Coaches must show coaching card for entrance to facility. • Coaches must have coaching card visible at all times while on deck. • Coaches must have a visible coach's card when entering hospitality area..
<u>Swimmer Eligibility:</u>	<p>YMCA of the USA Rules For Eligibility shall apply</p> <ul style="list-style-type: none"> • The swimmer must have been a member of his/her YMCA in good standing for at least 90 days prior to the date of the Meet and entitled to full privilege membership activities. • The swimmer must be an amateur and must not have represented another YMCA or another swimming organization in open or closed competition 90 days prior to December 9, 2016. <p>Entry Limits:</p> <ul style="list-style-type: none"> • Swimmers will be restricted to entering three (3) individual events per day, with a maximum of six (6) individual events for the Meet. Each 13/over swimmer may also enter up to two relays. For the distance events on Friday, swimmers may enter only one event. There are no restrictions on the number of individual entries per team. For relays, each team is restricted to entering no more than 3 relay teams per relay event. • All swimmers must have times faster than the qualifying times listed in the order of events. <p>Age at Meet:</p> <ul style="list-style-type: none"> • Age for this meet is calculated as of : December 1st 2016 • The Meet offers events for swimmers 9 years of age and older
<u>Meet Format:</u>	<ul style="list-style-type: none"> • This meet will be run in accordance to current USA Swimming Rules. • This meet will be run as a timed final meet for the 9/10 and 11/12 age groups and as a preliminary and finals meet for the 13 and over age group. There will be two final heats for the top 16 finishers in the 13/over preliminaries. These final heats will be swum in the evening session with the B final swum before the A final. • The 13 and over 400 IM, 1000 Free, 500 Free and relay events will be run as timed final events. The relays will take place during the finals sessions. • Positive check-in is required for all individual entries with coaches checking-in or scratching their athletes. Final seeded meet programs will be distributed to the head coach of each team prior to the start of the individual races.
<u>Meet Schedule:</u>	<ul style="list-style-type: none"> • The building will open at 5:30PM on Friday and at 8:15AM on Saturday and Sunday • This meet will have one session on Friday, four sessions on Saturday, and three sessions on Sunday. See the details below.

Session Schedule	Warm Up	Session Start
Friday 13/over Distance	5:30 PM	6:30 PM
Saturday 13/over Preliminaries	8:15 AM	9:45 AM
Saturday 13/over Distance – 500 Free	1:00 PM	1:25 PM
Saturday 9-12 Finals	2:30 PM	3:30 PM
Saturday 13/over Finals	5:45 PM	6:45 PM
Sunday 13/over Preliminaries	8:15 AM	9:45 AM
Sunday 9-12 Finals	1:45 PM	2:45 PM
Sunday 13/over Finals	5:15 PM	6:15 PM

<p><u>Warm-up Procedures:</u></p>	<ul style="list-style-type: none"> • Warm-ups will be run under provisions of the New Jersey Swimming Warm-up and Safety Guidelines. • Teams will be assigned lanes for warm-ups. When more than two teams share a common lane for warm-ups, all teams must agree to a warm-up procedure. If clubs sharing a lane can't agree on a warm-up procedure, that lane will be a general warm-up lane. • All swimmers are entitled to a fair and comparable warm-up. All teams MUST get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes. <p>Entry Into Pool:</p> <ul style="list-style-type: none"> • All swimmers must enter the pool from the starting end of the pool. • All swimmers must enter feet first. <p>Host Team Monitoring Warm-ups.</p> <ul style="list-style-type: none"> • Uniformed and designated meet marshals will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction. <p>Warm-up with assigned lane procedures.</p> <ul style="list-style-type: none"> • When all teams are assigned their own warm-up lanes, (without any team sharing a lane with another team) teams can run their own warm-ups. • All swimmers are entitled to a fair and comparable warm-up. All teams will be afforded the same opportunities for warm-ups. • No warmup lanes shall contain more than 17 swimmers/lane <p>Warm-up Schedules.</p> <ul style="list-style-type: none"> • The warm-up sessions will be three or four 20-minute warm-ups divided by teams. The warmup sessions prior to the distance sessions will be 25 minutes, not divided by teams. • Warm-up assignments will be e-mailed and posted at: www.shyswimteam.org
<p><u>Entry Times:</u></p>	<ul style="list-style-type: none"> • Qualifying times for this meet are listed in the order of events. • All entry times must be in short course yards. • “No Time” or NT entries for individual events are not permitted.
<p><u>Check-In:</u></p>	<ul style="list-style-type: none"> • All check-in sheets must be turned into the scoring table 45 minutes before the start of each session. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched will have their names circled with a “SCR” next to the circle. Swimmers scratching a single event will have a line through his/her name and the event number circled with “SCR” next to the circle. • Failure to follow this procedure will result in the swimmer(s) being scratched from the session. • The first 16 finishers in the 13/over preliminaries will have the opportunity to accept or scratch from the finals of their event within 30 minutes after the qualifiers have been announced. If a swimmer informs the Referee that they do not intend to compete in finals, up to two alternate swimmers will be given the opportunity to compete in finals. If more than two of the first 16 swimmers elect to scratch, then the next swimmers in the preliminaries finish order have the opportunity to compete in finals. Swimmers failing to compete in finals after providing intent to compete will be scratched from the meet.
<p><u>Starts:</u></p>	<p>‘Fly-over’ or ‘Over-the-top’ starts will be used.</p>
<p><u>Distance Events:</u></p>	<ul style="list-style-type: none"> • The 400 IM, 500 and 1000 Freestyle events will be run fastest to slowest. • The 500 and 1000 Freestyle events will alternate women and men. Heats may be combined to consolidate a heat. • Swimmer must provide a counter and timer for the 500 and 1000 Freestyle events. • Swimmer must provide a timer for the 400 IM events.
<p><u>Heat Limited Events:</u></p>	<ul style="list-style-type: none"> • The 400 IM, 1000 Freestyle, and 500 Freestyle events may be heat-limited. • The maximum total heats (girls and boys heats) for each event will be: 400 IM: 8 heats, 1000 Freestyle: 6 heats, 500 Freestyle: 8 heats. • Coaches will be sent emails if their swimmers entries go beyond the heat limits. <ul style="list-style-type: none"> • Swimmers beyond the ‘heat limit’ number will have the option of changing to another event. • Swimmers can stay in those ‘heat limited’ events with the possibility that scratches or the time line will allow the opportunity to swim. In either case, if that swimmer is beyond the ‘heat limit’ number and does not swim, they will have their entry fee refunded. <p>Refunding entry fees for swimmers that are beyond the heat limit number and do not swim.</p> <ul style="list-style-type: none"> • Refunds will be mailed to the clubs with swimmers that did not swim and were beyond

	the heat limit number. These refunds will include the names of the swimmers and the events that they were cut from. Refunds will be mailed within one week of the conclusion of the meet. Teams who have not paid entry fees by the first day of the meet will not be eligible for refunds.
<u>Scoring:</u>	This meet will not be scored.
<u>Awards:</u>	There will be no awards
<u>Entry Fees:</u>	<ul style="list-style-type: none"> • Individual Entry Fee for timed final events (9/10, 11/12, and distance): \$4.00 • Individual Entry Fee for prelim/final events: \$5.00 • Relay Entry Fee: \$12.00 per relay • Facility Fee: \$10.00 per athlete • Make checks payable to: SHY S.T.P.O. • Host club has the right to scratch teams/swimmers for lack of payment of entry fees.
<u>Admissions and Programs:</u>	<ul style="list-style-type: none"> • Admission to day sessions will be \$10.00. Those attending morning and afternoon sessions only need to pay admission once. Children 8 and under are free. • Heat Sheets will be available via MeetMobile. They also will be posted by the spectators. • Admission to Finals sessions will be \$5.00 and includes a program per family.
<u>Entries:</u>	<ul style="list-style-type: none"> • Team entries should be submitted by E-mail to rmkorey@gmail.com • All entries must be Hy-Tek program entries as an attached file to an e-mail. • The meet entry coordinator will respond to e-mails entries within 48 hours. If you do not receive an e-mail response within 48 hours, assume that your email has not been received. It then becomes the e-mailer's responsibility to make sure that the host club's meet entry coordinator receives the e-mail. If you do not receive an e-mail response, you must contact the entry coordinator by email or phone or mail in your entries. (see Entry Coordinator Section above for contact information) • An Entry Summary with a signed YMCA Swimming waiver and a check must accompany or follow each mailed entry. • Accuracy of seed times is essential. Incomplete entries will not be accepted. • Deck entries will not be accepted. No phone or faxed entries will be accepted.
<u>Results:</u>	<ul style="list-style-type: none"> • Results will be available on the host club website. • Participating teams will have results emailed to them.
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none"> • The host club will provide a single timer in each lane throughout the meet. • The host club will have stopwatches available for volunteers helping to time. • The host club will e-mail all club entry confirmations back to the participating clubs. • The host club will create a warm-up schedule that will be fair and equitable to all teams. This warm-up schedule will be e-mailed to all participating clubs and posted on the website: http://www.shyswimteam.org no later than 4 days before the meet. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. These timing assignments will be e-mailed to all participating clubs and posted on the website: http://www.shyswimteam.org no later than 4 days before the meet. • Water shall be made available to all coaches, Officials and Volunteers throughout the competition • Food will be made available to all coaches, Officials and Volunteers unable to leave the premises during the competition.
<u>Participating Club Responsibilities:</u>	<ul style="list-style-type: none"> • All teams entering this meet must have completed the national YMCA swimming registration for the current season prior to the meet entry deadline. • Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: http://www.shyswimteam.org 4 days prior to the meet. • Teams may opt to switch timers throughout each session, but may not opt to vacate their timing assignment prior to the completion of the session. • Participating club parents must stay off the pool deck except for those in timing assignments.
<u>Officials:</u>	<ul style="list-style-type: none"> • Swimming officials from participating teams should contact the meet referee, Bart Fellin, bjfellin@comcast.net with the sessions when they are able to help. • Current YMCA certification is required for all officials and the Meet Referee may check cards. • All officials must wear the standard white and blue uniform. • Officials will be required to work the entire session and will receive free admission.

<u>Concessions:</u>	Concessions will be available throughout the meet.
<u>Vendor:</u>	Swimming equipment and clothing will be available for sale during the meet.
<u>Spectator Areas:</u>	The spectator area is beside the pool, and spectators are encouraged to visit the area only during races in which their swimmers are participating. Coolers, folding chairs, and strollers are not permitted in the spectator area and pool area. Spectators and swimmers will not be allowed to save seats in the spectator area. When not in the spectator area by the pool, the space in the gym should be used as the staging area for swimmers and associated spectators.
<u>Meet Cancellation:</u>	In case of inclement weather, the Meet Committee has the right to cancel the meet. The Committee's decision is final. Information about whether the meet has been canceled will be available by 8PM on Thursday, December 8, 2016 at the host team website, www.shyswimteam.org . All coaches of participating teams will also be notified via email.
<u>Directions:</u>	From Route 1 south: Taking Rt. 1 towards Princeton to Alexander Rd exit. Turn left and follow Alexander Rd. to the third traffic light and turn Right onto Faculty Rd. Take Faculty Rd. to the second light and turn left onto Harrison Street. Continue on Harrison past Nassau street. Once you cross Nassau turn left at the second light onto Franklin Ave. Take the next right onto Ewing Str. Proceed down Ewing Str. to Guyot Ave., and turn right. Park in the first parking lot on your right. The parking lot is directly across from the pool. Follow the sidewalk to the right of the pool and enter the main set of doors. From Route 1 north: Taking Harrison street up into Princeton. You will be on the north side of town. Continue on Harrison past Nassau street. Once you cross Nassau turn left at the second light onto Franklin Ave. Take the next right onto Ewing Str. Proceed down Ewing Str. to Guyot Ave., and turn right. Park in the first parking lot on your right. The parking lot is directly across from the pool. Follow the sidewalk to the right of the pool and enter the main set of doors. From 206 north: Take Rt. 206 south towards Princeton. As you come down the mountain into Princeton you will turn left and follow the signs for Valley Rd. Once you are on Valley Rd. proceed down Valley Rd. and turn right onto Walnut Lane. Proceed down Walnut Ln. and turn left onto Guyot Ave. Park in the first parking lot on your left. The parking lot is directly across from the pool. Follow the sidewalk to the right of the pool and enter the main set of doors.
<u>Order of Events:</u>	The order of events is on the next page.

2016 YMCA East Field Championships, December 9, 10, and 11, 2016

Friday 13 & Over Events	Warm Up	Session Start
Finals	5:30 PM	6:30 PM

Girls Event Number	Qualifying Time	Event	Qualifying Time	Boys Event Number
1	5:45.98	13 & Over 400 IM	5:21.98	2
3	13:31.99	13 & Over 1000 Free	12:44.99	4

Saturday 13 & Over Events	Warm Up	Session Start
Prelims	8:15 AM	9:45 AM
Distance – 500 Free (timed finals)	1:00 PM	1:25 PM
Finals	5:45 PM	6:45 PM

Girls Event Number	Qualifying Time	Event	Qualifying Time	Boys Event Number	
87	none	13/over 200 Medley Relay	none	88	In finals
5	1:18.69	13-14 100 Butterfly	1:15.89	6	
7	1:14.29	15-18 100 Butterfly	1:06.39	8	
9	30.09	13-14 50 Freestyle	28.89	10	
11	29.39	15-18 50 Freestyle	26.59	12	
13	3:09.99	13-14 200 Breaststroke	3:07.99	14	
15	3:09.99	15-18 200 Breaststroke	2:53.59	16	
17	1:16.29	13-14 100 Backstroke	1:14.69	18	
19	1:13.89	15-18 100 Backstroke	1:07.79	20	
21	2:24.79	13-14 200 Freestyle	2:19.09	22	
23	2:18.09	15-18 200 Freestyle	2:05.59	24	
Session Break					
25	6:27.68	13 & Over 500 Free	5:55.98	26	

Saturday 9 – 12 Events	Warm Up	Session Start
Finals	1:45 PM	2:45 PM

Girls Event Number	Qualifying Time	Event	Qualifying Time	Boys Event Number
27	3:25.99	9-10 200 IM	3:28.99	28
29	2:57.09	11-12 200 IM	3:04.29	30
31	36.39	9-10 50 Freestyle	37.09	32
33	32.19	11-12 50 Freestyle	32.89	34
35	1:47.99	9-10 100 Butterfly	1:50.09	36
37	1:27.69	11-12 100 Butterfly	1:37.99	38
39	48.19	9-10 50 Breaststroke	50.49	40
41	42.79	11-12 50 Breaststroke	44.99	42
43	1:34.49	9-10 100 Backstroke	1:39.49	44
45	1:23.09	11-12 100 Backstroke	1:26.59	46

2016 YMCA East Field Championships, December 9, 10, and 11, 2016

Sunday 13 & Over Events	Warm Up	Session Start
Preliminaries	8:15 AM	9:45 AM
Finals	5:15 PM	6:15 PM

Girls Event Number	Qualifying Time	Event	Qualifying Time	Boys Event Number	
89	none	13/over 200 Free Relay	none	90	In finals
47	1:27.39	13-14 100 Breaststroke	1:24.59	48	
49	1:24.89	15-18 100 Breaststroke	1:17.99	50	
51	2:43.99	13-14 200 Backstroke	2:43.59	52	
53	2:42.79	15-18 200 Backstroke	2:30.49	54	
55	1:06.59	13-14 100 Freestyle	1:03.89	56	
57	1:04.39	15-18 100 Freestyle	58.39	58	
59	3:04.99	13-14 200 Butterfly	3:04.99	60	
61	2:53.29	15-18 200 Butterfly	2:43.99	62	
63	2:43.69	13-14 200 IM	2:38.19	64	
65	2:38.89	15-18 200 IM	2:24.99	66	
91	None	13/over 400 Free Relay	None	92	In finals

Sunday 9 – 12 Events	Warm Up	Session Start
Prelims	1:45 PM	2:45 PM

Girls Event Number	Qualifying Time	Event	Qualifying Time	Boys Event Number
67	1:32.49	9-10 100 IM	1:36.29	68
69	1:22.09	11-12 100 IM	1:25.39	70
71	43.39	9-10 50 Butterfly	45.79	72
73	36.59	11-12 50 Butterfly	39.89	74
75	1:23.09	9-10 100 Freestyle	1:25.29	76
77	1:12.29	11-12 100 Freestyle	1:14.09	78
79	43.09	9-10 50 Backstroke	45.19	80
81	38.29	11-12 50 Backstroke	39.59	82
83	1:47.09	9-10 100 Breaststroke	1:53.79	84
85	1:33.49	11-12 100 Breaststroke	1:39.79	86

**2016 YMCA East Field Championships
December 9 – 11, 2016 at John Witherspoon Middle School
Meet Declaration Form**

Please complete this form in its entirety. The Competition Committee and Meet Director will use this form if there are questions or clarifications needed in your team's entries. This form must be submitted with all entries whether you submit a Hy-Tek computer file with accompanying hard copy, or if you submit hand-written entry forms.

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA below are full privilege members of the YMCA and meet all eligibility requirements.

COACHES - All coaches representing the YMCA below hold current certifications in CPR Pro, First Aid, Coaches Safety Training, and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 2016 YMCA East Field Championships for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. I hereby certify that the YMCA below has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their travel to and from and during their participation in the 2016 YMCA East Field Championships.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, Somerset Hills YMCA, Hamilton YMCA, Princeton Schools, their agents, representatives or assigns, and the John Witherspoon Middle School for any and all injuries which may be suffered by participants at the 2016 YMCA East Field Championships. Furthermore we understand that the YMCA of the USA and Somerset Hills YMCA, Hamilton YMCA, and Princeton Schools are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

I hereby certify that swimmers listed on the entry files and/or entry forms have fulfilled the East Field Committee Meet Requirements and that the seed times are verifiable.

Participating YMCA: _____

Coach's Name: _____

Telephone: (day) _____ (night) _____ (email) _____

Signatures:

Coach: _____ Date: _____

YMCA Executive Director: _____ Date: _____

TEAM FEE:

TOTAL TIMED FINAL EVENTS: _____ x \$4.00 = _____

TOTAL PRELIM/FINALS EVENTS: _____ x \$5.00 = _____

TOTAL RELAY EVENTS: _____ x \$12.00 = _____

TOTAL SWIMMERS: _____ x \$10.00 = _____

TOTAL FEE: \$ _____

**Make checks payable to: SHY S.T.P.O.
and mail to: STPO Treasurer
10 Kale Drive
Bridgewater, NJ 08807**