

# July Independence Invitational July 6-8, 2018

**Hosted by the Somerset Valley YMCA**

Held under the sanction of USA Swimming

<u>Meet Sanction #</u>	<p><b>NJ Swimming Sanction # - NJS070618LC</b></p> <p><b>Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction.</b></p> <p>It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>		
<u>Date of Meet:</u>	July 6-8, 2018		
<u>Location:</u>	Sonny Werblin Recreation Center, Rutgers University, Piscataway		
<u>Facility Info:</u>	<p>The Pool located in the Sonny Werblin Recreation Center on the Busch campus of Rutgers University is 50-meter x 8-lanes. The pool utilizes pedestal-style starting blocks, with non-turbulent lane lines, and a Colorado Timing system. The pool is 6' deep at the starting blocks and ranges from 14' in the outside lanes to 17' in the middle lanes. There are two auxiliary pools, known as the "patio pools" which are used for warm-up and warm-down when the competition pool is in use. The depth of the patio pool farthest from the competition pool ranges 4' at the edge nearest the patio doors to 4'6" on the other side. The second patio pool has a variable depth and is usually set at 6' for meets. There is ample seating for 1000 spectators. Parking is available in various Rutgers lots. Please park ONLY where "SWIM MEET PARKING" signs are posted and follow the instruction of the Rutgers Security Guards.</p>		
<u>Pool Certification Statement:</u>	<p>The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement, and refers to the pre-certification of the pool length measurement in regards to National and World Record swims, which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C(4) does not impact on the validity of the times achieved in this pool.</p>		
Host Team Contact:	Timothy Foley	908.642.2477	meetdirector@svynj.org
Meet Director:	Timothy Foley	908.642.2477	meetdirector@svynj.org
Meet Referee:	Tom Pearce	908.244.5219	<a href="mailto:tpearce@optonline.net">tpearce@optonline.net</a>
Administration Official:	Amy Meisner	908.240.3181	j.meisner@comcast.net
Safety Marshall:	Gary Ward	862.368.8732	Gjw321@comcast.net
Entry Coordinator:	Elizabeth Stoddard	908.930.5676	Eliza2342@gmail.com
Entries Open:	Entries will OPEN May 29, 2018 at 12:00 pm		
Entry Deadline:	Entries will CLOSE on June 22, 2018 or as timeline demands		
Swimmer Age:	Age for this meet is calculated as of July 6, 2018		
Entry Fees:	<ul style="list-style-type: none"> <li>➤ Individual Event Fee: \$5.00</li> <li>➤ Distance Event Fee: \$11.00</li> <li>➤ Relay Entry Fee: \$9.00</li> <li>➤ There will be a \$15 per swimmer surcharge in lieu of admission fees.</li> </ul> <p>Make checks payable to: <b>SCYMCA</b></p>		
Meet Course:	Long Course Meters (LCM)		

Meet Format:	<ul style="list-style-type: none"> <li>➤ The Meet will be conducted under the current USA Swimming Technical Rules, and all supplements thereto.</li> <li>➤ This meet will be run as a timed final meet.</li> <li>➤ This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers are responsible to report to the blocks. No marshaling will be available.</li> <li>➤ The Host team must stay within the four hour per session rule.</li> <li>➤ All swimmers must be included in a team's official meet roster in the meet database to be eligible to participate in this swim meet in any events including relays.</li> <li>➤ There will be qualifying times used for this meet.</li> <li>➤ There will be 10 &amp; under, 11-12, 13-14, 15 &amp; Over, and 12 &amp; Over events.</li> <li>➤ Individual and Relay Limits: <ul style="list-style-type: none"> <li>• Swimmers may compete in 3 individual events per day on Saturday and Sunday.</li> <li>• Swimmers may compete in one (1) relay per session.</li> <li>• Any athlete who gets timed out of the 400 IM will be allowed to add another Sunday event after entries close.</li> </ul> </li> </ul>	
Entry Limits:	Daily: <b>(3)</b> Individual events <b>(2)</b> Relays	Meet: <b>(9)</b> Individual Events <b>(4)</b> Relays
Checks Payable To:	<b><u>MAKE CHECKS PAYABLE TO: SCYMCA</u></b>	
Email Entry Files To:	<b>Eliza2342@gmail.com</b>	
Mail Checks/Reports	<b>Form, and payment to:</b> <b>ATTN: Dan Roth</b> <b>601 Garretson Road, Bridgewater NJ 08807</b>	

<b>Meet Schedule</b>			
<b>Friday July 6, 2018</b>		<b>Warm-up</b>	<b>Start</b>
<b>Session #1</b>	15 and Over Timed Finals	<b>7:15 a.m.</b>	8:20 a.m.
<b>Session #2</b>	13 – 14 Timed Finals	TBD	TBD
<b>Session #3</b>	12 and Under Timed Finals	TBD	TBD
<b>Saturday July 7, 2018</b>		<b>Warm-up</b>	<b>Start</b>
<b>Session #4</b>	15 and Over Timed Finals	<b>7:15 a.m.</b>	8:20 a.m.
<b>Session #5</b>	12 and Over Timed Finals	TBD	TBD
<b>Session #6</b>	13 – 14 Timed Finals	TBD	TBD
<b>Session #7</b>	12 and Under Timed Finals	TBD	TBD
<b>Sunday July 8, 2018</b>		<b>Warm-up</b>	<b>Start</b>
<b>Session #8</b>	15 and Over Timed Finals	<b>7:15 a.m.</b>	8:20 a.m.
<b>Session #9</b>	13 -14 Timed Finals	TBD	TBD
<b>Session #10</b>	12 and Under Timed Finals	TBD	TBD
<b>All Session Warm-up &amp; Start times will be determined once entries are received.</b>			

## Order of Events

<b>Friday July 6, 2018</b>				
LCM Qualifying Time	Girls Event #	Event Description	Boys Event #	LCM Qualifying Time
<b>Session 1: Friday AM - 15 and Over Timed Finals</b>				
05:17.8	1	400 Freestyle 15 and Over**	2	04:59.9
01:19.0	3	100 Butterfly 15 and Over	4	01:14.3
03:15.7	5	200 Breaststroke 15 and Over	6	03:04.5
01:09.5	7	100 Freestyle 15 and Over	8	01:03.1
<b>Session 2: Friday Mid-Day - 13 - 14 Timed Finals</b>				
05:29.0	9	400 Freestyle 13-14**	10	05:27.4
01:23.4	11	100 Butterfly 13-14	12	01:20.3
03:23.7	13	200 Breaststroke 13-14	14	03:19.3
01:11.5	15	100 Freestyle 13-14	16	01:09.9
<b>Session 3: Friday PM - 12 and Under Timed Finals</b>				
03:15.2	17	200 IM 11-12	18	03:15.2
49.89	19	50 Backstroke 10 and Under	20	49.89
42.49	21	50 Backstroke 11-12	22	42.49
06:00.1	23	400 Freestyle 12 and Under**	24	06:00.1
39.99	25	50 Butterfly 11-12	26	39.99
03:47.3	27	200 IM 10 and Under**	28	03:47.3
01:43.7	29	100 Breaststroke 11-12	30	01:43.7
03:22.5	31	200 Butterfly 12 and Under**	32	03:22.5

**\*\*Host team reserves the right to heat limit if timeline demands.**

<b>Saturday July 7, 2018</b>				
LCM Qualifying Time	Girls Event #	Event Description	Boys Event #	LCM Qualifying Time
<b>Session 4: Saturday AM - 15 and Over Timed Finals</b>				
	33	200 Medley Relay 15 and Over	34	
02:50.1	35	200 IM 15 and Over	36	02:39.0
02:50.1	37	200 Backstroke 15 and Over	38	02:42.0
32.09	39	50 Freestyle 15 and Over	40	28.99
01:30.2	41	100 Breaststroke 15 and Over	42	01:25.3
	43	400 Freestyle Relay 15 and Over	44	
<b>Session 5: Saturday Distance - 12/Over Timed Finals</b>				
11:08.8	45	800 Freestyle 12 and Over **	46	10:48.8
<b>Session 6: Saturday Mid-Day - 13 - 14 Timed Finals</b>				
	47	200 Medley Relay 13-14	48	
02:57.4	49	200 IM 13-14	50	02:54.7
02:59.4	51	200 Backstroke 13-14	52	02:55.3
32.99	53	50 Freestyle 13-14	54	31.89
01:33.6	55	100 Breaststroke 13-14	56	01:31.3
	57	400 Freestyle Relay 13-14	58	
<b>Session 7: Saturday PM - 12 and Under Timed Finals</b>				
	59	200 Medley Relay 11-12	60	
	61	200 Medley Relay 10 and Under	62	
35.69	63	50 Freestyle 11-12	64	35.69
01:33.0	65	100 Freestyle 10 and Under**	66	01:33.0
03:20.8	67	200 Backstroke 12 and Under**	68	03:20.8
01:56.2	69	100 Butterfly 10 and Under**	70	01:56.2
02:48.7	71	200 Freestyle 11-12	72	02:48.7
55.09	73	50 Breaststroke 10 and Under	74	55.09
03:44.4	75	200 Breaststroke 12 and Under**	76	03:44.4
03:23.8	77	200 Freestyle 10 and Under**	78	03:23.8
	79	400 Freestyle Relay 11-12	80	

**\*\*Host team reserves the right to heat limit if timeline demands.**

<b>Sunday July 8, 2018</b>				
LCM Qualifying Time	Girls Event #	Event Description	Boys Event #	LCM Qualifying Time
<b>Session 8: Sunday AM - 15 and Over Timed Finals</b>				
	81	200 Freestyle Relay 15 and Over	82	
06:11.6	83	400 IM 15 and Over**	84	05:54.1
01:19.2	85	100 Backstroke 15 and Over	86	01:13.6
02:59.1	87	200 Butterfly 15 and Over	88	02:44.5
02:29.2	89	200 Freestyle 15 and Over	90	02:18.4
<b>Session 9: Sunday Mid-Day - 13 - 14 Timed Finals</b>				
	91	200 Freestyle Relay 13-14	92	
06:23.5	93	400 IM 13-14**	94	06:17.5
01:22.9	95	100 Backstroke 13-14	96	01:20.7
03:04.9	97	200 Butterfly 13-14	98	03:01.1
02:35.1	99	200 Freestyle 13-14	100	02:33.0
	101	400 Medley Relay 13-14	102	
<b>Session 10: Sunday PM - 12 and Under Timed Finals</b>				
	103	200 Freestyle Relay 11-12	104	
	105	200 Freestyle Relay 10 and Under	106	
47.09	107	50 Breaststroke 11-12	108	47.09
02:02.4	109	100 Breaststroke 10 and Under**	110	02:02.4
01:32.0	111	100 Butterfly 11-12	112	01:32.0
40.89	113	50 Freestyle 10 and Under	114	40.89
01:31.4	115	100 Backstroke 11-12	116	01:31.4
48.59	117	50 Butterfly 10 and Under	118	48.59
01:17.5	119	100 Freestyle 11-12	120	01:17.5
01:48.9	121	100 Backstroke 10 and Under**	122	01:48.9
06:59.8	123	400 IM 12 and Under**	124	06:59.8
	125	400 Medley Relay 11-12	126	

**\*\*Host team reserves the right to heat limit if timeline demands.**

Scoring:	No team score will be kept
Awards:	Top-3 awards will be given in individual events for 12 & Under Swimmers <b>“Freedom Heats”</b> will be selected each day and the winners of that heat will receive a <b>“red, white, blue award”</b>
Starts:	Overhead starts will be used at the discretion of the meet referee
Admissions and Programs:	Admission fee: Free (Swimmer Surcharge \$15) Heat Sheet: \$3.00 per session.
Concessions:	Will be provided by Rutgers University Concessions.
Vendor:	Metro Swim Shop will be on site.
Entry Information:	<ul style="list-style-type: none"> <li>➤ All entries will be on first come basis <b>via E-MAIL ONLY with “2018 July Invite” in the subject line.</b></li> <li>➤ Meet entries will be taken until the meet is full. Sessions must stay within the “4 hour session rule”.</li> <li>➤ The Host Club will accept entries for multiple relays per team but may limit relay entries per team to an A and B relay to limit heats on a per session basis if required to meet the timeline.</li> <li>➤ The Host club will require proof of time for entries in the following: 400 IM, 400 Free and 800 Free. Entries are not complete and will not be considered without also submitting a POT report for these events.</li> <li>➤ Teams <b>WILL</b> receive an e-mail confirmation within 48 hours. If you do not, consider your entries as <b>NOT</b> received.</li> <li>➤ Deck entries will not be accepted.</li> <li>➤ Mail the entry fee summary, signed waiver/meet verification form and check to: ATTN: Dan Roth 601 Garretson Road, Bridgewater NJ 08807</li> </ul> <p>It is not necessary to overnight or express mail your signed waiver/meet verification form or check, which are sent in support of the e-mailed entry.</p> <p>Real Time results will be available at <a href="http://www.svynj.org">www.svynj.org</a> Meet Mobile will be updated with results.</p>
Entry Times:	<ul style="list-style-type: none"> <li>➤ Entries will not be accepted with “NT”.</li> <li>➤ All entry times must be in LCM (Long Course Meters); converted times are permitted.</li> <li>➤ Swimmers must meet the qualifying times as outlined below.</li> <li>➤ The Host club will require proof of time for entries in the 400 IM, 400 Free and 800 Free. Entries are not complete and will not be considered without also submitting a POT report for these events.</li> <li>➤ Host club reserves the right to enter swimmers with entry times slower than the qualifying times.</li> <li>➤ If the meet is not full one week prior to the entry deadline, the host club may accept entries with times lesser than the posted qualifying times, upon approval from NJ Swimming.</li> </ul>
Relays:	<p>All relays must have the correct four (4) names listed and in the correct order for the relay to be eligible. Coaches must turn in the completed relay cards 30 minutes prior to the start of the relay. Coaches may change the order or designation of the relay swimmers up until the time that a given relay actually begins to swim.</p> <p>The Host Club will accept entries for multiple relays per team but may limit relay entries per team to an A and B relay to limit heats on a per session basis if required to meet the timeline.</p>

<p>Distance Session 5: (800 FR session)</p>	<ul style="list-style-type: none"> <li>➤ Event will be swum fastest to slowest, alternating girls and boys.</li> <li>➤ Psych Sheets will be posted by July 1, 2018</li> <li>➤ Swimmers must provide their own timers and lap counters. Timers are also encouraged to bring their own watches.</li> <li>➤ The Host Team requires proof of time for all entries.</li> <li>➤ The Host Team reserves the right to heat limit if timeline demands</li> <li>➤ The Host Team reserves the right to enter athletes slower than the qualifying time.</li> </ul>
<p>Heat Limited Events:</p>	<p><b>Host team reserves the right to limit entries to meet the session time limit.</b> Should it become necessary for sessions timeline purposes, the following events may be heat Limited:</p> <ul style="list-style-type: none"> <li>▪ 10 and Under: 200 IM, 100 Breaststroke, 100 Backstroke, 200 Freestyle, and 100 Butterfly</li> <li>▪ 12 and Under: 400 IM, 400 Freestyle, 200 Breaststroke, 200 Butterfly, and 200 Backstroke</li> <li>▪ 13-14: 400 IM, 400 Freestyle</li> <li>▪ 15 and Over: 400 IM, 400 Freestyle</li> <li>▪ 12 and Over 800 Freestyle</li> </ul> <p>In the event that a swimmer is cut from an event due to Heat Limitations, coaches will be notified no later than Monday prior to the meet and the swimmer will be given the option to swim another event (providing that in doing so they stay within the number of allowable swims per day as listed above in the Swimmer Eligibility Section), or can request a refund of splash fees for that event.</p>
<p>Swimmer Eligibility:</p>	<ul style="list-style-type: none"> <li>➤ No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.</li> <li>➤ All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation.</li> <li>➤ All Unattached swimmers must be listed on the team's official waiver entry form.</li> <li>➤ All swimmers must be included in a team's official meet roster in the meet database to be eligible to participate in this swim meet in any events including relays.</li> <li>➤ There will be qualifying times used for this meet.</li> <li>➤ There will be 10 &amp; under, 11-12, 13-14, 15 &amp; Over, and 12 &amp; Over events.</li> <li>➤ Individual and Relay Limits: <ul style="list-style-type: none"> <li>• Swimmers may compete in 3 individual events per day on Saturday and Sunday.</li> <li>• Swimmers may compete in two (2) relays per session.</li> </ul> </li> </ul>
<p>Adaptive Provisions:</p>	<p>USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).</p>

<p>Host Club Responsibilities:</p>	<ul style="list-style-type: none"> <li>➤ The Host Club will provide a single timer in each lane throughout the meet,</li> <li>➤ The Host Club will provide two back-up timers for each session</li> </ul> <p>The Host Club will create a warm-up schedule and a timing assignment schedule that will be fair and equitable to all participating teams. The warm-up and timing schedules will be e-mailed to all participating teams and will be posted on <a href="http://www.svynj.org">www.svynj.org</a> no later than one week prior to the start of the meet.</p>
<p>Participating Club Responsibilities:</p>	<ul style="list-style-type: none"> <li>➤ Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: <a href="http://www.svynj.org">www.svynj.org</a> no later than 3 Days before to the meet.</li> <li>➤ Participating club parents must stay off the pool deck except for timing assignments.</li> <li>➤ Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</li> </ul> <p>All participating teams must be currently registered through the YMCA Online Team registration system.</p>
<p>Officials:</p>	<ul style="list-style-type: none"> <li>• Swimming officials from participating teams should contact the meet referee, <b>Tom Pearce, 908.244.5219</b> with the sessions when they are able to help.</li> <li>• Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee may check cards.</li> <li>• All officials must wear the standard white and blue uniform.</li> <li>• Officials will be required to work the entire session and will receive free admission.</li> </ul>
<p>Coaches Eligibility:</p>	<ul style="list-style-type: none"> <li>• All coaches “on the deck” must be currently registered coach members of USA Swimming. Verification can be in the form of a current USA Swimming membership card or Coaches Pass available thru the USA swimming Deck Pass App.</li> <li>• Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility.</li> <li>• All Coaches must have some form of USA coaching credential verification with them at all times.</li> </ul>
<p>Meet Format Waiver:</p>	<ul style="list-style-type: none"> <li>• This meet will be run in accordance with current USA Swimming Rules.</li> <li>• The host club has the right to change the format of the meet with the approval of the Administrative Chairman and either the Age Group or Senior Chairman.</li> <li>• These changes would be made for a more efficient swim meet for the swimmers and the host club.</li> <li>• Reasons for these changes include: 1) To allow more swimmers to swim, 2) To conform to facility capacity limits, 3) To condense the meet into smaller time frame.</li> <li>• Some of the changes that can be made: 1) change estimated start times, 2) combine sessions and 3) limit the number of swimmers.</li> <li>• This meet will be run as a timed final meet.</li> <li>• This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers are responsible to report to the blocks. No marshaling will be available.</li> <li>• Fly over starts will be used.</li> <li>• The Host team must stay within the four hour per session rule.</li> </ul>



Meet Requirement Statement:	In order to be eligible for the NJ Swimming Zone Championship Team or for NJ Swimming Athlete Travel Grants for Sectional and National level meets, NJ Swimming policy stipulates certain participation requirements. As NJ Swimming sanctioned meet, this meet counts toward those participation requirements.
Warm-up Procedures:	<ul style="list-style-type: none"> <li>➤ Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines</li> <li>➤ 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.</li> <li>➤ All swimmers must enter the pool from the starting end and will swim in a counterclockwise direction.</li> <li>➤ USA Swimming officials will monitor warm-ups.</li> <li>➤ Teams will be notified via email and on the web at <a href="http://www.svynj.org">www.svynj.org</a> as to what the warm-up schedule will be after all entries are received. This information will be provided no later than ONE WEEK prior to the start of the meet.</li> </ul>
Check-In:	<p>All check-in sheets must be turned into the control table 30 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. Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</p> <p>All check-in sheets must be turned into the scoring table 30 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.</p> <p>Completed relay cards should be turned into the scoring table. Relay names must be turned in prior to the start of the relay events for the session.</p>
No Show Procedure:	No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer’s maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.
Internet Website Posting:	<p>Meet information, Hy-Tek .HYV Event file and results will be posted on the New Jersey Swimming website. <a href="http://www.njswim.org">www.njswim.org</a>  Meet website address: <a href="http://www.svynj.org">www.svynj.org</a></p> <p><b>Pre-Meet Information posted on website:</b></p> <ul style="list-style-type: none"> <li>➤ Meet Packet / Information</li> <li>➤ Hy-Tek events list (.HYV file)</li> <li>➤ Updated Meet Schedule</li> <li>➤ Team Warm-up and Timing Assignments</li> <li>➤ Psych sheets for heat limited events</li> </ul> <p><b>Days of the Meet Information posted on website:</b></p> <ul style="list-style-type: none"> <li>➤ Real Time Results</li> <li>➤ Weather / Emergency Updates</li> </ul> <p><b>Post Meet Information posted on website:</b></p> <ul style="list-style-type: none"> <li>➤ Full Meet results</li> </ul> <p><b>This meet will also be available on Meet Mobile</b></p>

Results:	<ul style="list-style-type: none"> <li>• Results will be emailed to all participating teams.</li> <li>• Result will be posted on the New Jersey website: <a href="http://www.njswim.org">www.njswim.org</a></li> <li>• Real Time results will be available at <a href="http://www.svynj.org">www.svynj.org</a></li> <li>• Meet Mobile will be updated with results.</li> </ul>
USA-S Racing Start Certification Statement:	Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
USA-S Deck Change Policy Statement:	Deck Changes are prohibited.
USA-S Drone Policy Statement:	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Tech Suit/Swimwear Policy:	Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or Approved competition. <b>“Tech suits” are not permitted at this meet for 12 &amp; under swimmers.</b> “Tech Suits” are defined as suits that have Bonded Seams, Kinetic Tape, or Meshed Seams. A list of restricted suits may be found on the NJ Swimming Website; <a href="http://www.njswim.org">www.njswim.org</a>
Hotel:	<p>Embassy Suites, 121 Centennial Ave, Piscataway, NJ 732.980.0500</p> <p>Radisson Hotel, 21 Kingsbridge Rd, Piscataway, NJ 732.980.0400</p> <p>Doubletree Hotel, 200 Atrium Way, Somerset, NJ 732.469.2600</p> <p>Hyatt Regency, 2 Albany St, New Brunswick, NJ 732.873.6629</p> <p>Somerset Marriott, 110 Davidson Ave, Somerset, NJ 732.560.0500</p> <p>Courtyard by Marriott, 250 Davidson Ave, Somerset, NJ 732.271.4555</p> <p>La Quinta Hotel, 60 Cottontail Lane, Somerset, NJ 732.560.9880</p>
Directions:	<p><b>From New Jersey Turnpike (North or South)</b></p> <p>Turn off at Exit 9. After toll booths bear to the right; follow signs for "Route 18 North- New Brunswick."</p> <p>Continue along Route 18 North past the exits for "Route 27" and "Rutgers University" and proceed over the Raritan River on the John Lynch Memorial Bridge.</p> <p>Take exit for Campus Rd, Rutgers Stadium, and Busch Campus.</p> <p>Follow traffic circle 1/4 around onto Bartholomew Road. Proceed straight to the 4—Way stop. Make a left onto Brett Rd. and bear left.</p> <p><b>From Garden State Parkway (North or South)</b></p> <p>Southbound - Coming from northern New Jersey</p> <p>Turn off at Exit 129 for the New Jersey Turnpike and head south.</p>

Follow directions to campus from Route 18 North, below.

Northbound - Coming from southern New Jersey (below Exit 105)

Turn off at Exit 105 and follow signs for Route 18 North.

After approximately 24 miles you will pass the entrance for the New Jersey Turnpike and continue on Route 18 North.

Follow directions to campus from Route 18 North, below.

Northbound (above Exit 105)

Follow Parkway over Driscoll Bridge and take Exit 127 (Route 440 North). Follow Route 440 North (it becomes Route 287 North). Follow directions for Route 287 North, below.

### **From Route 18**

Continue along Route 18 North past the exits for "Route 27" and "Rutgers University" and proceed over the Raritan River on the John Lynch Memorial Bridge stay in the left hand lane.

Follow Signs for Campus Rd, Rutgers Stadium, and Busch Campus.

Follow traffic circle 1/4 around onto Bartholomew Road. Proceed straight to the 4—Way stop. Make a left onto Brett Rd. and proceed to your left.

From Route 1 (North or South)

Turn off at exit marked "Route 18 North-New Brunswick"

Continue along Route 18 North past the exits for "Route 27" and "Rutgers University" and proceed over the Raritan River on the John Lynch Memorial Bridge.

Follow Signs for Campus Rd, Rutgers Stadium, and Busch Campus.

Follow traffic circle 1/4 around onto Bartholomew Road. Proceed straight to the 4—Way stop. Make a left onto Brett Road. Follow Brett and bear left.

### **From Route 287 (North or South)**

Turn off at Exit 9 (formerly Exit 5) "River Road, Bound Brook, Highland Park".

Proceed East on River Road toward Highland Park. Make a left onto Stuphen Road. At the 4-way stop make a left onto Scarlet Knight Way (Frelinghuysen Road).

Follow the traffic circle 1/2 around and follow signs for Bartholomew Road. Follow Bartholomew Road to the 4-Way stop. Make a left onto Brett Road. Follow Brett and bear left.

### **Via Public Transit**

-- Trains

New Jersey Transit's Northeast Corridor Line provides New Brunswick with both local and express service between New York and Newark's Penn Stations and Trenton New Jersey. (For Information call 201-762-5100).

SEPTA (Southeastern Pennsylvania Transit Authority) provides service at Trenton to and from Philadelphia. (For Information call 215-580-7800).

Amtrak provides limited direct service to New Brunswick; however connections can easily be made via New Jersey Transit trains to principle Amtrak stations at MetroPark, New York and Trenton. (For Information call 1-800-USA-RAIL).



NEW JERSEY SWIMMING

# July Independence Invitational July 6-8, 2018

## Waiver

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, NJ Swimming, and Somerset Valley YMCA and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

### Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form for the **July Independence Invitational** meet on **July 6-8, 2018** are registered members of USA Swimming. All USA Swimming members are correctly entered according to; Article 302.4 of the USA Swimming Rules and Regulations. False Registration: An LSC may impose a fine of up to \$100 per event against a member coach or a member club's representative signing a document which indicates a swimmer is registered with USA Swimming for a meet when that swimmer is not properly registered or eligible to compete for that club. This will be enforced by the LSC and the LSC will be entitled to the fines imposed.

Also, I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

Club Name/Club Code \_\_\_\_\_

Signature of Coach and/or Parent/Guardian \_\_\_\_\_

Telephone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Name(s) of Coach(es): \_\_\_\_\_

Name/E-Mail/Phone Number of person to contact regarding this entry:

NAME/E-Mail/Phone Number of person to contact regarding timers/officials:

## Swimmer Surcharge - \$15

Entry Fee Summary:	_____	Individual event entries @ \$5.00 =	\$_____
	_____	Distance event entries @ \$11.00 =	\$_____
	_____	Relay event entries @ \$9.00 =	\$_____
	_____	Swimmer surcharge @ 15.00 =	\$_____
		Total:	\$_____

Make checks payable to: SCYMCA