

2018 YMCA LONG COURSE CUP CHAMPIONSHIP

June 8-10, 2018

Hosted by the Somerset Valley YMCA

Held under the approval of USA Swimming

<u>Meet Approval #</u>	<p>NJ Swimming Approval # -</p> <p>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.</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>	June 8-10, 2018		
<u>Location:</u>	DeNunzio Pool, Princeton University, Princeton, NJ		
<u>Facility Info:</u>	<p>The DeNunzio Pool on the campus of Princeton University is a 50-meter 8-lane pool, non-turbulent lane lines, and a new state of the art Colorado Timing system and digital scoreboard. The pool is 9 ft deep at the starting blocks and 17 ft deep at the turn end. There is ample seating for 900 spectators. There is no separate warm-up/warm-down pool. Chairs, coolers, glass containers, alcohol, and tobacco products are strictly prohibited in the facility.</p> <p>NO chairs or blankets will be allowed on the mezzanine or in the upper hallways.</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 J. Foley	908.642.2477	meetdirector@svynj.org
Meet Director:	Timothy J. Foley	908.642.2477	meetdirector@svynj.org
Meet Referee:	Tom Pearce	908.244.5219	tpearce@optonline.net
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 1, 2018		
Entry Deadline:	Entries will CLOSE on Tuesday, May 22, 2018 or as meet timeline demands.		
Swimmer Age:	Age for this meet is calculated as of June 8, 2018		
Entry Fees:	<ul style="list-style-type: none"> ➤ Individual Event Fee: \$5.00 ➤ Relay Entry Fee: \$9.00 ➤ Swimmer Surcharge of \$15 (in lieu of admission fees) <p>Make checks payable to: SCYMCA</p>		
Invited Teams:	<p>FSPY, FOBY, GARY, GCY, HACY, HCY, LHY, MAY, MDY, MEY, MYM, NEWY, NJBL, OCY, PFY, RANY, RVYM, RBY, RY, SCY, SHY, SVY, SABY, SAY, SCY, GMY, WEY, WY, WFY, VINY, YBCC, any other YMCA programs interested in attending may contact the entry coordinator and host team contact.</p>		
Meet Course:	Long Course Meters (LCM)		

Meet Format:	<p>The Meet will be conducted under the current USA Swimming Technical Rules, the NJ YMCA Swim League Constitution and the Rules that Govern YMCA Competitive Sports and all supplements thereto.</p> <ul style="list-style-type: none"> ➤ This meet will be seeded in short course yards (SCY). ➤ This meet will be run as a timed final meet. ➤ An Overall Team, Boys' Team, and Girls' Team score will be kept. ➤ 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. ➤ This meet will adhere to all requirements as outlined in Meet Conduct and Administration section of the YMCA Sanctioned Championship Swim Meets Criteria. ➤ 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. ➤ Swimmers must be full privilege members of their respective YMCA and have represented only their YMCA in competition (with the exception of closed academic competition) for a period of 90 days prior to the start of the meet. If a new swimmer has not yet met this 90-day minimum, coaches may apply for an exception to this rule to the Championship Meet Committee. ➤ Swimmers who have represented a college or post-high school institution in competition are eligible to compete as exhibition only, and are <u>not</u> eligible to compete on any relays. ➤ There will be qualifying times used for this meet. ➤ Unattached swimmer entries will not be accepted. ➤ Age groups offered: 10/Under, 11-12, 13-14, 15/Over, and 11/Over events. ➤ Age for this meet is: June 8, 2018 ➤ Individual and Relay Limits: <ul style="list-style-type: none"> • Swimmers may compete in 3 individual events per day on Saturday and Sunday. Swimmers will be limited to 1 individual event on Friday evening. • Swimmers may compete in one (1) relay per session. • We will allow as many entries to the 15/Over 400 IM as desired, and heat limit to one heat MAX girls and boys. Any athlete who gets timed out of the 400 IM will be allowed to add another Sunday event after entries close. 	
Entry Limits:	Daily: (3) Individual events, (Friday 1 Event) (1) Relay	Meet: (7) Individual Events (2) Relays
Checks Payable To:	<p><u>MAKE CHECKS PAYABLE TO: SCYMCA</u> Submit this waiver/verification form and the YMCA Sanctioned Championship Meet Declaration Form along with payment prior to start of the meet (submission at Friday evening's session 1 is acceptable)</p>	
Email Entry Files To:	Eliza2342@gmail.com	
Mail Checks/Reports	<p>Form and payment can be mailed to: ATTN: Dan Roth 601 Garretson Road Bridgewater, NJ 08807</p>	

Order of Events

Friday June 8 Session #1 – PM* <i>11/Over Challenge Events</i>				
		Qualifying Times		
Event	Event Description	11-12	13-14	15 & Over
1	Girls 200 Backstroke	2:33.99	2:23.79	2:17.99
2	Boys 200 Backstroke	2:34.59	2:19.89	2:08.79
3	Girls 200 Breaststroke	2:58.19	2:45.99	2:40.29
4	Boys 200 Breaststroke	2:58.99	2:34.99	2:24.99
5	Girls 200 Butterfly	2:51.99	2:32.99	2:23.99
6	Boys 200 Butterfly	2:52.99	2:25.99	2:09.99
7	Girls 400 Freestyle	6:08.59	5:41.19	5:32.49
8	Boys 400 Freestyle	6:08.59	5:27.19	5:07.99

*Entries for session one will be accepted until session is filled. Session one may close prior to other sessions.

Qualifying Times	Girls Event Numbers	Saturday June 9 Session #2 - AM <i>13-14 Girls/Boys & 11-12 Boys</i>	Boys Event Numbers	Qualifying Times
		11-12 400 Freestyle Relay	9	
	10	13-14 200 Freestyle Relay	11	
		11-12 50 Freestyle	12	30.29
2:08.19	13	13-14 200 Freestyle	14	2:02.89
		11-12 100 Butterfly	15	1:24.99
1:10.39	16	13-14 100 Butterfly	17	1:08.19
		11-12 50 Breaststroke	18	41.49
N/A	19	13-14 50 Breaststroke	20	N/A
		11-12 100 Backstroke	21	1:19.99
1:09.39	22	13-14 100 Backstroke	23	1:07.99
		11-12 200 Freestyle	24	2:18.69
27.99	25	13-14 50 Freestyle	26	26.69

Qualifying Times	Girls Event Numbers	Saturday June 9 Session #3 – Mid-Day 10 & Under Girls/Boys & 11-12 Boys	Boys Event Numbers	Qualifying Times
	27	11-12 400 Freestyle Relay		
	28	10 & Under 200 Freestyle Relay	29	
29.89	30	11-12 50 Freestyle		
33.79	31	10 & Under 50 Freestyle	32	34.79
1:20.59	33	11-12 100 Butterfly		
1:40.99	34	10 & Under 100 Butterfly	35	1:45.09
40.29	36	11-12 50 Breaststroke		
46.19	37	10 & Under 50 Breaststroke	38	48.29
1:15.79	39	11-12 100 Backstroke		
1:27.09	40	10 & Under 100 Backstroke	41	1:31.69
2:18.29	42	11-12 200 Freestyle		
2:41.99	43	10 & Under 200 Freestyle	44	2:41.99

Qualifying Times	Girls Event Numbers	Saturday June 9 Session #4 - PM 15 & Over Girls/Boys	Boys Event Numbers	Qualifying Times
	45	15 & Over 200 Freestyle Relay	46	
2:18.89	47	15 & Over 200 IM	48	2:07.99
1:05.69	49	15 & Over 100 Butterfly	50	59.59
N/A	51	15 & Over 50 Breaststroke	52	N/A
57.59	53	15 & Over 100 Freestyle	54	51.89
N/A	55	15 & Over 50 Back	56	N/A

Qualifying Times	Girls Event Numbers	Sunday June 10 Session #5 - AM 13-14 Girls/Boys & 11-12 Boys	Boys Event Numbers	Qualifying Times
		11-12 400 Medley Relay	57	
	58	13-14 200 Medley Relay	59	
		11-12 50 Backstroke	60	36.19
2:24.39	61	13-14 200 IM	62	2:18.89
		11-12 100 Breaststroke	63	1:31.59
N/A	64	13-14 50 Butterfly	65	N/A
		11-12 50 Butterfly	66	35.09
1:20.99	67	13-14 100 Breaststroke	68	1:17.99
		11-12 100 Freestyle	69	1:07.09
1:00.39	70	13-14 100 Freestyle	71	57.89
		11-12 200 IM	72	2:35.49
N/A	73	13-14 50 Backstroke	74	N/A

Qualifying Times	Girls Event Numbers	Sunday June 10 Session #6 - Mid-Day 10 & Under Girls/Boys & 11-12 Boys	Boys Event Numbers	Qualifying Times
	75	11-12 400 Medley Relay		
	76	10 & Under 200 Medley Relay	77	
34.59	78	11-12 50 Backstroke		
39.79	79	10 & Under 50 Backstroke	80	40.69
1:27.39	81	11-12 100 Breaststroke		
1:40.89	82	10 & Under 100 Breaststroke	83	1:45.29
33.69	84	11-12 50 Butterfly		
39.89	85	10 & Under 50 Butterfly	86	41.39
1:06.09	87	11-12 100 Freestyle		
1:16.49	88	10 & Under 100 Freestyle	89	1:18.09
2:35.49	90	11-12 200 IM		
3:00.59	91	10 & Under 200 IM	92	3:00.99

Qualifying Times	Girls Event Numbers	Sunday June 10 Session #7 - PM 15 & Over Girls/Boys	Boys Event Numbers	Qualifying Times
	93	15 & Over 200 Medley Relay	94	
4:59.79	95	15 & Over 400 IM**	96	4:34.09
26.79	97	15 & Over 50 Free	98	24.29
1:05.59	99	15 & Over 100 Backstroke	100	1:01.59
1:17.29	101	15 & Over 100 Breaststroke	102	1:09.09
2:03.49	103	15 & Over 200 Freestyle	104	1:53.99
N/A	105	15 & Over 50 Fly	106	N/A

****The 400 IM will be limited to the fastest 8 Girls 8 Boys entered. We will allow as many entries to the 400 IM as desired, and heat limit to one heat MAX girls and boys. Any athlete who gets timed out of the 400 IM will be allowed to add another Sunday event after entries close.**

Scoring:	<ul style="list-style-type: none"> ➤ Overall Team, Boys Team, Girls Team scores will be kept ➤ Individual top-16 scoring will be 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 ➤ Relay top-16 scoring will be 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
Awards:	<ul style="list-style-type: none"> ➤ Ribbons will be give to the to 12U top three finishers. ➤ Hot Heat Awards will be given in each event to the individual winner of a randomly chosen heat in each event contested.
Starts:	Overhead start will be used at the discretion of meet referee
Admissions and Programs:	<ul style="list-style-type: none"> ➤ Admission fee: Free (Swimmer Surcharge of \$15) ➤ Heat Sheet: \$3.00 per session.
Concessions:	Will be provided by Princeton University Tiger Concessions.
Vendor:	Metro Swim Shop will be on site.
Entry Information:	Real Time results will be available at www.svynj.org Meet Mobile will be updated with results.
Entry Times:	<ul style="list-style-type: none"> ➤ NJ Swimming does not allow 'NT' or 'No Time' to be used as an entry time. ➤ Host club reserves the right to enter athletes slower than the qualifying time. ➤ All entry times must be in short course yards (SCY).
Proof of Time:	All entries in 200m and 400m events will require proof of time. One report per team should be submitted along with team's entry file, and entry files will not be accepted without a corresponding POT report.
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 A and B relays only to limit heats on a per session basis if required to meet the timeline.</p>
Heat limited Events:	We will allow as many entries to the 15/O 400 IM as desired, and heat limit to one heat MAX girls and boys. Any athlete who gets timed out of the 400 IM will be allowed to add another Sunday event. See event notes in Order of events section
Swimmer Eligibility:	<ul style="list-style-type: none"> ➤ No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. ➤ Unattached swimmer entries will not be accepted. ➤ 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. ➤ Swimmers must be full privilege members of their respective YMCA and have represented only their YMCA in competition (with the exception of closed academic competition) for a period of 90 days prior to the start of the meet. ➤ Swimmers who have represented a college or post-high school institution in competition are eligible to compete as exhibition only, but are <u>not</u> eligible to compete on relays. ➤ Individual and Relay Limits: <ul style="list-style-type: none"> • Swimmers may compete in 3 individual events per day on Saturday and Sunday. Swimmers will be limited to 1 individual event on Friday evening. • Swimmers may compete in one relay per session. • We will allow as many entries to the 15/O 400 IM as desired, and heat limit to one heat MAX girls and boys. Any athlete who gets timed out of the 400 IM will be allowed to add another Sunday event after entries close.

<p>Host Club Responsibilities:</p>	<ul style="list-style-type: none"> ➤ The Host Club will provide a single timer in each lane throughout the meet. ➤ The Host Club will provide two back-up timers for each session. ➤ 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 www.svynj.org no later than one week prior to the start of the meet.
<p>Participating Club Responsibilities:</p>	<ul style="list-style-type: none"> ➤ Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.svynj.org no later than one week before to the meet. ➤ Participating club parents must stay off the pool deck except for timing assignments. ➤ Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary. ➤ All participating teams must be currently registered through the YMCA Online Team registration system.
<p>Officials:</p>	<ul style="list-style-type: none"> • Swimming officials from participating teams should contact the meet referee, Tom Pearce, with the sessions when they are able to help. • Current USA Swimming and NJS Swimming 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.
<p>Coaches Eligibility:</p>	<ul style="list-style-type: none"> • 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. • Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. • All Coaches must have some form of USA coaching credential verification with them at all times.
<p>Meet Format Waiver:</p>	<ul style="list-style-type: none"> • This meet will be run in accordance with current USA Swimming Rules. • The host club has the right to change the format of the meet with the approval of the sanctioning Chairman and either the Age Group or Senior Chairman. • These changes would be made for a more efficient swim meet for the swimmers and the host club. • 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. • Some of the changes that can be made: 1) change estimated start times, 2) combine sessions and 3) limit the number of swimmers.
<p>Meet Requirement Statement:</p>	<p>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 a NJ Swimming sanctioned meet, this meet counts toward those participation requirements.</p>
<p>Warm-up Procedures:</p>	<ul style="list-style-type: none"> ➤ Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. ➤ The warm-up sessions will be divided into as many 25-30-minute warm-up sessions as needed. Warm-ups lanes will be divided equally by teams according to NJS Warm-up and Safety Guidelines. ➤ All swimmers are entitled to a fair and comparable warm-up. All teams MUST

	<p>get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes.</p> <ul style="list-style-type: none"> ➤ All swimmers must enter the pool from the starting end of the pool. ➤ Uniformed and designated meet marshals will monitor warm-ups. ➤ All general warm-up lanes will swim in a counterclockwise direction. ➤ There will be a separate open warm-up for the 400 FR. ➤ Warm-up times for all sessions will be posted at www.svynj.org no later than three days prior to start of meet.
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:	<p>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.</p>
Internet Website Posting:	<p>Meet information, Hy-Tek .HYV Event file and results will be posted on the New Jersey Swimming website. www.njswim.org</p> <p>Meet website address: www.svynj.org</p> <p>Pre-Meet Information posted on website:</p> <ul style="list-style-type: none"> ➤ Meet Packet / Information ➤ Hy-Tek events list (.HYV file) ➤ Updated Meet Schedule ➤ Team Warm-up and Timing Assignments ➤ Psych sheets for heat limited events <p>Days of the Meet Information posted on website:</p> <ul style="list-style-type: none"> ➤ Real Time Results ➤ Weather / Emergency Updates <p>Post Meet Information posted on website:</p> <ul style="list-style-type: none"> ➤ Full Meet results
Results:	<p>Results will be emailed to all participating teams. Result will be posted on the New Jersey website: www.njswim.org and SVY website www.svynj.org, real-time results will be posted on Meet Mobile.</p>
USA-S Racing Start Certification Statement:	<p>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.</p>
Audio/Visual Recording	<p>Use of audio or visual recording devices, including a cell phone, is not permitted in</p>

Statement:	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.
Hotel:	<ul style="list-style-type: none"> • Holiday Inn, 100 Independence Way, 1-609-520-1200 • Staybridge Suites, 4375 Route 1, 1-609-951-0009 • Residence Inn by Marriott, 4225 Route 1, 1-732-329-9600 • Princeton Courtyard by Marriott, Route 1, 1-609-716-9100
Directions:	Princeton University DeNunzio pool is conveniently located approximately one mile west of Route 1. Turn West onto Route 571 (Washington Avenue). Cross the bridge over Carnegie Lake. At the first light, turn right onto Faculty Road. The pool, followed by the parking lot will be on your left.



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 2018 YMCA Long Course Cup meet on June 8-10, 2018 are registered members of USA Swimming. All USA Swimming members are correctly entered unless otherwise noted below. Those listed below will be required to swim unattached (UN) due to the 120 day transfer rule. 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(s): _____

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

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

Table with 3 columns: Entry Fee Summary, Individual event entries @ \$5.00 =, Distance event entries @ \$11.00 =, Relay event entries @ \$9.00 =, Total: and corresponding dollar amounts.

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.

List all Unattached Swimmers:

Unattached Swimmer _____, Unattached Swimmer _____

Unattached Swimmer _____, Unattached Swimmer _____

Unattached Swimmer _____, Unattached Swimmer _____

YMCA Sanctioned Meet Declaration Form

(Return signed form to the meet director)

Participating YMCA:

YMCA Address:

Meet Name: YMCA Long Course Cup Championship

Meet Date(s):

Meet Host: Somerset Valley YMCA

Meet Location: Denunzio Pool, Princeton NJ

We the undersigned attest to the following:

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

COACHES - All coaches representing the YMCA above 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 [MEET_NAME] for the entire period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the [MEET_NAME].

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 County YMCA, their agents, representatives or assigns, and the Princeton University for any and all injuries which may be suffered by participants at the YMCA Long Course Cup Championship. Furthermore we understand that the YMCA of the USA and Somerset County YMCA and SVY Swim Team 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.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee