



# NJ YMCA STATE CHAMPIONSHIP MEET

## March 12-14, 2010

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| <b>Sanction #:</b>                      | <b>CAQ 08-09 # 1022</b>  |
| <b>Sanctioned By:</b>                   | YMCA of the USA Competitive Swimming and Diving Advisory Committee; Carole Bell, New Jersey Competitive Coordinator; Glenda Pae, YMCA Eastern South Group Competitive Committee, YMCA of USA Group Representative Leader, Eastern South Group Representative.  |
| <b>Host Team:</b>                       | The Community YMCA, Red Bank Swim Team   |
| <b>Date of Meet:</b>                    | Friday, March 12 to Sunday, March 14, 2010   |
| <b>Location:</b>                        | Kunkel Aquatic Center in the Alumni Sports & Fitness Center<br>Franklin & Marshall College<br>929 Harrisburg Pike, Lancaster, PA, 17603  |
| <b>Facility:</b>                        | <ul style="list-style-type: none"><li>• This pool has two eight-lane 25-yard courses, equipped with electronic timing and judging systems.</li><li>• During distance sessions, both courses will be used for competition and two vacant lanes will be available for warm up/cool down.</li><li>• For all other sessions, one course will be used with the remaining lanes and adjacent course available for warm up/cool down.</li><li>• Deck Area: Swimmers will be permitted to have only one bag</li><li>• Spectator Area: No chairs, coolers or saving seats will be permitted.</li></ul>  |
| <b>Meet Director:</b>                   | Diane Kottakis, <a href="mailto:dkottakis@yahoo.com">dkottakis@yahoo.com</a>   |
| <b>Meet Referee:</b>                    | Ed Miller - Chair, N.J. YMCA Officials' Committee, <a href="mailto:caefmilleriii@msn.com">caefmilleriii@msn.com</a>  |
| <b>Meet Marshal:</b>                    | Mike Wicklund, <a href="mailto:wicklundm@comcast.net">wicklundm@comcast.net</a>  |
| <b>Entry Coordinator:</b>               | Steve Kottakis, <a href="mailto:stevekottakis@yahoo.com">stevekottakis@yahoo.com</a>   |
| <b>The Championship Meet Committee:</b> | The Committee will be composed of the Meet Referee, Meet Director, NJ Competitive Coordinator and the North Jersey YMCA Swim League and South Jersey YMCA Swim League Executive League Coordinators or their designees.  |
| <b>Entry Deadline:</b>                  | Entries must be received by mail or email no later than 10:00 pm on Monday, March 1, 2010. No changes will be accepted after this date.<br><br>The entry fees, entries, registration information and team rosters should be mailed to:<br><br><b>The Community YMCA, Red Bank Swim Team</b><br><b>166 Maple Avenue</b><br><b>Red Bank, NJ 07701</b><br><b>Attn: Steve Kottakis</b><br><br><a href="mailto:stevekottakis@yahoo.com">stevekottakis@yahoo.com</a>   |
| <b>Internet Website Posting:</b>        | <b>Website Address:</b> <a href="http://aquarockets.com/njstates2010/">http://aquarockets.com/njstates2010/</a><br>Pre-Meet Information: <ul style="list-style-type: none"><li>• Meet Information</li><li>• Downloadable HY-Tek Events list (HYV.file)</li><li>• Teams whose entries have been received.</li><li>• Updated meet schedule.</li><li>• Warm-up schedule and team warm-up assignments.</li><li>• Timing Assignments</li><li>• Time Trial information</li><li>• Hotel Information</li><li>• Parking Information</li></ul> Post-Meet Information: <ul style="list-style-type: none"><li>• Results and Downloadable Files (CL.2 file)</li><li>• Downloadable Meet Back-up (Backup.zip File)</li></ul> |
| <b>Coaches and Officials:</b>           | <ul style="list-style-type: none"><li>• Only pre-registered coaches and officials will be permitted access to the pool deck.</li></ul>   |

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|                                    | <ul style="list-style-type: none"> <li>• Coaches must show their YMCA Coaches Deck Pass at all times and to gain access to the deck and pick up their Meet Packet.</li> <li>• There will be a limit of three (3) coaches per team per session.</li> <li>• Officials who have been invited by the Meet Referee to work this meet must check in at the designated meeting room.</li> <li>• Officials who are not listed on the pre-registered/invited list will not be allowed entry to the pool deck.</li> <li>• Coaches meetings as needed.</li> <li>• Officials meetings 45 minutes prior to each session except for 4, 5, 14, &amp; 15.</li> </ul>  |
| <p><b>Swimmer Eligibility:</b></p> | <p>Each competitor must fulfill the following conditions:</p> <ol style="list-style-type: none"> <li>1. The swimmer must be a member in good standing of his/her YMCA for 90 days prior to representing that YMCA in a state championship meet (Rules That Govern, Rule II Sec.1a).</li> <li>2. The swimmer must not have represented any organization other than his/her YMCA team (high school excepted) for at least 90 days prior to the YMCA State Championship meet.</li> <li>3. An athlete must achieve the minimum qualifying time standard for each State Championship Meet event in which he/she enters. Coaches must be prepared to show proof of this achievement at meet registration if requested by meet committee.</li> <li>4. In order for an athlete to be eligible to compete in the YMCA State Championship meet, he/she must have competed in three closed inter-association YMCA meets since September 1 of the current season</li> <li>5. Any person younger than 21 is eligible to swim in Open events as long as they have not or are not currently swimming for a college team. A swimmer must be at least 12 years old to swim an open event.</li> <li>6. Any time achieved at an inter-association meet, or YMCA championship meet in which the swimmer competed under their YMCA name is acceptable. USA Swimming times and high school times are also accepted.</li> <li>7. Participation is determined by the swimmer's age as of December 1, 2009. A swimmer may participate in one age group only. There is no swimming up in age group events. A 19-year-old swimmer who is still in high school may compete in the 15/18 age group.</li> <li>8. The 2008-2009 edition of "A Manual on Principles and Rules Governing Competitive Physical Activities in the YMCA", the 2008/2009 Edition of the NJ YMCA State Championship Guide, and the 2009 Edition of the YMCA Mid-Atlantic Group Competitive Swimming and Diving Championships Rules Supplement (where applicable) will be used to measure eligibility.</li> <li>9. It shall be the responsibility of the coach and CEO/Executive Director of each YMCA to assure that their swimmers meet these eligibility requirements.</li> </ol> |
| <p><b>Meet Format:</b></p>         | <ul style="list-style-type: none"> <li>• This meet is an Approved Meet in accordance with USA Swimming Rule 202.4.</li> <li>• The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.</li> <li>• This meet will be a 3 day trials/finals championship style meet that will host events in the 13/14, 15/18 age groups and Open events. Published time standards must be strictly adhered to. All events will be pre-seeded, EXCEPT 500 free, 400 IM, 1000 and 1650.</li> <li>• Swimmers placing 1-8 shall compete in championship finals, 9-16 consolation finals, and 17-24 bonus finals. Two alternates will also be announced.</li> <li>• The events for the 13/14 age groups will have prelims in the morning and conclude in the evening with the top 16 swimming in consolations and finals.</li> <li>• The events for the 15/18 age groups will have prelims in the morning and conclude in the evening with the top 16 or 24 swimming in bonus rounds, consolations and finals.</li> </ul>   |

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|                            | <ul style="list-style-type: none"> <li>• Bonus rounds will consist of swimmers placing 17<sup>th</sup> through 24<sup>th</sup> and will only be offered in finals for the 15/18 50 and 100-yard events, the 200 free and 200 individual medleys.</li> <li>• Open events are timed finals and will not be scored.</li> <li>• There will be time trials each day, but these are not included in the meet sanction and further information will be available at <a href="http://aquarockets.com/njstates2010/">http://aquarockets.com/njstates2010/</a></li> <li>• The Meet will be conducted under the 2009 USA Swimming Technical Rules, the NJ YMCA Swim League Constitution and the Rules that Govern YMCA Competitive Sports and all supplements thereto.</li> </ul> <p><b>All Preliminaries and Finals sessions will be pre-seeded, EXCEPT distance sessions (including 500 &amp; 400 IM):</b></p> <ul style="list-style-type: none"> <li>• This meet will be seeded in accordance with USA-S Technical Rules (Rule 102.5),</li> <li>• Preliminary and final sessions will be pre-seeded, although if time constraints are an issue we reserve the right for positive check-in.</li> <li>• The top three preliminary heats will be circle seeded.</li> <li>• The program will be official unless the Meet Committee decides to re-seed an event(s) due to the volume of scratches.</li> <li>• Lane timers and officials and coaches will be issued heat sheets indicating open lanes.</li> <li>• If the Meet Committee decides that it is necessary to re-seed an event, all timers, officials and coaches will be issued heat sheets showing the re-seeded heat and lane assignments and heat sheets will be posted throughout the deck and in the spectator area indicating the re-seeded event.</li> </ul> |
| <b>Meet Format Waiver:</b> | <p><b>The host team, with the approval of the NJ State Championship Committee reserves the right to:</b></p> <ul style="list-style-type: none"> <li>• Change the pool or sessions if necessary for the best operation of the meet.</li> <li>• Adjust warm-up times, sessions and start times after all entries are received and session time estimates are computed by Meet Manager to best manage the meet timeline.</li> <li>• Any changes to the meet format will be posted on our web site: <a href="http://aquarockets.com/njstates2010/">http://aquarockets.com/njstates2010/</a> and sent via email to all teams at least one week in advance.</li> </ul>   |
| <b>Time Trials:</b>        | <p>There will be a time trial session on each day of this meet, but will not be part of the acquired sanction. Although official times can be used toward qualifying for YMCA Nationals, participating in time trials alone may NOT count as the required sanctioned YMCA championship meet needed to be eligible for YMCA Nationals. Additional information about time trials will be forthcoming.</p>  |
| <b>Results:</b>            | <p>All times for registered USA-S swimmers will be entered into the SWIMS database, <u>as long as the swimmer's name, as entered into the meet, is exactly the same as the swimmer is registered in USA Swimming.</u> Mismatches will be rejected by SWIMS. ANY MIS-MATCHED INFORMATION WILL BE RETURNED (BY SWIMS) TO THE RESPECTIVE TEAM FOR RESOLUTION.</p>   |
| <b>Misconduct:</b>         | <p>Statement from YMCA of the USA – “Any misconduct or misbehavior of their participants in any Group event shall forfeit the right of that Association to be represented in the sport the following year.”</p>  |

**Meet Times:****DAYLIGHT SAVINGS STARTS SUNDAY MORNING AT 2:00 AM**

Doors will open at 6:30 AM for swimmers, coaches and officials and at 7:00 AM for spectators.

| Day      | Session         |                                 | Warm-Up      | Meet Start |
|----------|-----------------|---------------------------------|--------------|------------|
| Friday   | Session 1 & 2   | 15-18 400 IM prelims            | 7:00 am      | 7:40 am    |
|          | Session 3       | Prelims                         | 8:45 am      | 10:00 am   |
|          | Sessions 4 & 5  | Distance finals - 1000          | ***see below | 1:15 pm    |
|          | Session 6       | Relays & Finals                 | 5:00 pm      | 5:45 pm    |
| Saturday | Sessions 7 & 8  | 15-18 500, 13-14 400 IM prelims | 7:00 am      | 7:40 am    |
|          | Session 9       | Prelims                         | 8:45 am      | 10:00 am   |
|          | Session 10      | Relays & Finals                 | 5:00 pm      | 5:45 pm    |
| Sunday   | Session 11 & 12 | 13-14 500 prelims               | 7:00 am      | 7:40 am    |
|          | Session 13      | Prelims                         | 8:45 am      | 10:00 am   |
|          | Session 14 & 15 | Distance finals - 1650          | ***see below | 1:15 pm    |
|          | Session 16      | Finals                          | 5:00 pm      | 5:45 pm    |

**Warm-up Procedure:**

- Warm-ups will be divided into three (3) twenty-five (25) minute assignments with teams being designated lanes depending on age groups and team entries.
- Warm up assignments will be emailed to coaches one (1) week prior to the meet and will also be posted on the RBY Swim Team web site.
- Feet first entry will be required and swimmers must enter the pool from the starting end.
- Lanes that are shared will have the last five minutes of warm up designated as sprints.
- There will be DECK MARSHALS supervising warm-up and will have the authority to disqualify any swimmer from his/her next swim due to any inappropriate behavior during warm-up.
- Warm-up/cool-down DURING sessions will be available in designated lanes.
- During distance sessions both courses will be used for competition and two vacant lanes will be available to warm-up/cool-down.
- \*\*\*It is the swimmers responsibility to warm-up for the 1000 and 1650 during the preceding session in any of the available 10 lanes:
  - Friday, sessions 4 & 5 (1000) will warm up during session 3
  - Sunday, sessions 14 & 15 (1650) will warm up during session 13

**Entry Times:**

- The Competitive Coordinator and/or the Meet Committee may challenge entry times and/or may ask for verification of any seedtime.
- Failure to provide such proof when requested will be subject to investigation and possible disqualification by the Championship Meet Committee or the Competitive Coordinator.
- The NJ YMCA Championship Committee reserves the right to require proof of time prior to entry into the 2010 NJ YMCA State Championships from those teams whose swimmers at the 2009 NJ YMCA State Championship exceeded the 2009 qualifying times for 20% or more of their individual and relay swims.

**Swimmer Check-In****Scratch Procedures for preliminaries:**

- Scratches for preliminaries need to be handed in at the computer podium 45 minutes after the start of warm-up for each session.
- No scratches will be accepted at the coaches' meeting.
- Scratches should be indicated as described below using the Team/Session rosters that will be provided in the Coaches Packet.

**Scratch Procedures and penalties for timed finals:**

- The Scratch Table for Finals will be located next to the computer podium of Pool 1.
- Scratches for finals are due within 30 minutes from the time the top 16 or 24 swimmers are announced in the morning.
- Scratch procedures for Finals will be in accordance with USA-S Rule 207.12.6 D&E.

**Scratch Sheet Instructions:**

- Swimmers that are swimming will have a single line through their name.
- Swimmers that are being scratched from the session will have their name circled and "SCR" will be written next to the circle
- Swimmers scratching from individual events will have a single line through their name the event number circled and "SCR" will be written next to the circle.
- All distance events (including 500 and 400 IM) will be positive check-in.
- All entries not scratched will become official entries.
- Any swimmer not scratched using this procedure, who does not swim an event will be considered a "**no show**" and shall be disqualified from their next event in that session, including entry as a member of a relay team.

**Championship Finals, Consolation Finals and Bonus Finals:**

- Swimmers initially qualifying for Championship, Consolation Finals and Bonus Finals shall have 30 minutes following the announcement of their names as finalists to scratch a final event by notifying the scratch table.
- If any swimmers scratch from an event, the first and/or second alternates will be notified and they will then have to declare their intention to swim in or scratch from the Finals in that event.
- Failure to compete in a Final Event from which the swimmer has not scratched shall disqualify the swimmer from the remainder of the meet.
- Exceptions: No penalties shall apply for failure to compete in finals if:
  1. The referee is notified in the event of injury or illness and accepts the proof there of.
  2. It is determined by the referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**Distance Events:**

- Positive check in will also be required for swimmers in the 1000 and 1650 freestyle events. These events may be reseeded based on the number of scratches.  
The 1000 Freestyle events will be run fastest to slowest as a timed final.
- The 1650 Freestyle events will be run fastest to slowest as a timed final in a separate session following the am session on Sunday. It is the swimmers responsibility to warm up.
- Heats may be combined to reduce time.
- Swimmers entered in these events will be responsible for providing their own timers and counters.
- Proof of time is required for entry into these events.

**Declaration of Intent to Scratch:**

A swimmer qualifying for consolation or championship finals, based upon the results of the preliminaries in an event, may notify the scratch table within 30

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|                        | <p>minutes after announcement of the qualifiers for that event that he/she may not compete in the finals of the event, pending the results of a subsequent event in which he/she is entered.</p> <p>The swimmer must declare his/her final intentions within 30 minutes of the completion of subsequent event.</p> <p><b>Declared False Start:</b><br/>In the 13/14 and 15/O events, a swimmer may withdraw from a preliminary heat or swim off by electing to take a declared false start. Such declaration must be made known to the pool referee before the heat or swim off is announced. A declared false start counts as an event swum for the swimmer and will be counted in the maximum number of events allowed to be entered by each swimmer.</p>   |
| <p><b>Relays:</b></p>  | <p><b><u>Individual &amp; Open Relay Events:</u></b></p> <ul style="list-style-type: none"> <li>• Entries must include the swimmer's name, age as of December 1, 2009 and seedtime in yards.</li> <li>• Minimum age to swim an open relay event is 12 years old.</li> <li>• <b>TIMES WILL NOT BE CONVERTED</b>, swimmers with unconverted times will be entered into the first heats of the events.</li> <li>• For open relay events, only the name and seed times are required.</li> <li>• The conversion tables on pages 142-143 of the 2009 NCAA Rulebook should be used to convert nonconforming times.</li> <li>• Open relays as timed finals.</li> </ul> <p><b><u>Relay Events:</u></b></p> <ul style="list-style-type: none"> <li>• All relays will swim in the night finals sessions.</li> <li>• Only "A" relays will swim in the final two heats.</li> <li>• Two relays may be entered for each age group division, however only the designated "A" Relay team will score. The seed time is all that is required prior to the meet.</li> <li>• Each coach shall submit a relay card for each relay, listing the name and swimmer meet ID number for each swimmer in the relay, in order.</li> <li>• Relay cards are due 30 minutes before the start of the session.</li> </ul> |
| <p><b>Scoring:</b></p> | <p>The point value for the first through sixteenth place finishes in both individual and relay events are as follows:</p> <p><b>Individual Events:</b> 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1<br/> <b>Relay Events:</b> 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2</p> <ul style="list-style-type: none"> <li>• Only the A relay can score.</li> <li>• Relay events will be scored according to finish times of all "A" designated relays in all heats.</li> <li>• In the 13/14 and 15&amp;18 individual events, points for first through eighth place shall be awarded solely on the basis of a championship final and points for ninth through sixteenth place shall be awarded solely on the basis of a consolation final.</li> </ul>  |

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| <b>Awards:</b>                 | <ul style="list-style-type: none"> <li>• <b>COACHES MUST PICK UP ALL INDIVIDUAL AND TEAM AWARDS PROMPTLY AT THE END OF THE MEET. THE HOST TEAM WILL NOT MAIL AWARDS.</b></li> <li>• <b>Medals:</b> First through eighth place in all individual and relay events.</li> <li>• <b>Ribbons:</b> Ninth through sixteenth place in all individual and relay events.</li> <li>• <b>Plaques:</b> The top two boys and girls' team in each age group will receive an age group championship plaque.</li> <li>• <b>Banners:</b> The top three boy's and girls' teams, according to overall cumulative boys and girls point totals, will each receive a championship banner. The top combined boys' and girls' team, according to overall cumulative point totals, receives the Meet Championship Banner.</li> </ul>  |
| <b>Entry Fees:</b>             | <ul style="list-style-type: none"> <li>• Individual entries fee per event: \$6.00</li> <li>• Relay Entry Fee: \$24.00</li> <li>• In lieu of a session entry fee there will be a one-time swimmer surcharge of \$12.00.</li> <li>• Make checks payable to: "Red Bank Swim Team"</li> <li>• In case of severe weather conditions or other emergency situations, which force cancellation of any portion of this meet – <b><u>no refunds will be made on any entry fees or swimmer surcharges.</u></b></li> <li>• The Meet Committee will make all decisions concerning meet cancellation after consulting with Franklin and Marshall. The decision of the Meet Committee is final.</li> </ul>   |
| <b>Entry Limitations:</b>      | <ul style="list-style-type: none"> <li>• Each swimmer is limited to Six (6) individual events over the course of the meet.</li> <li>• Each swimmer can enter a maximum of one (1) relay per day,</li> <li>• Each swimmer can enter a maximum of two (2) individual events per session.</li> <li>• Open events do not count towards the meet total.</li> <li>• Other than entry qualifying times, there are no restrictions on the number of entries per team in individual events, as long as each entrant meets eligibility and time requirements.</li> </ul>  |
| <b>Entry Procedures:</b>       | <ul style="list-style-type: none"> <li>• Entries must be submitted in computer ready form with a printout copy.</li> <li>• Hy-Tek Software is the standard used. RBY will send each eligible team an event file for Team Manager to facilitate entry into the meet.</li> <li>• All teams must submit a properly signed "2010 NJ YMCA State Championship Meet Certification and Cover Form" and "Hold Harmless Agreement".</li> <li>• Teams must submit a Team Roster, export file electronically from Hy-Tek, with the names and DOB of all swimmers.</li> <li>• Electronic entry files should be sent via email to: <a href="mailto:stevekottakis@yahoo.com">stevekottakis@yahoo.com</a>, "State Entries" in subject line. The meet entry coordinator will respond to email entries within 48 hours.</li> <li>• If you do not receive an email response within 48 hours, assume that your email has not been received. It then becomes the sender's responsibility to make sure that the host club's meet entry coordinator receives the email.</li> </ul> |
| <b>Admission and Programs:</b> | <ul style="list-style-type: none"> <li>• Admission: <b>No Admission Cost</b></li> <li>• Program: \$5.00 per day.</li> <li>• Programs for finals: \$2.00 per day.</li> </ul>   |

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| <b>Host Club Responsibilities:</b>             | <ul style="list-style-type: none"> <li>The host club will have stopwatches available for volunteers helping to time.</li> <li>The host club will create a warm-up schedule and timing assignments that will be fair and equal to all teams. These will be emailed to all participating clubs and posted on the website: <a href="http://aquarockets.com/njstates2010/">http://aquarockets.com/njstates2010/</a> no later than 72 hours before the meet.</li> </ul>  |
| <b>Participating Club Responsibilities:</b>    | <p><b>Timers:</b></p> <ul style="list-style-type: none"> <li>Timers from each team must check in.</li> <li>Upon checking in, timing credentials will be provided to remain on the deck.</li> <li>Depending on the number of entries per team per session, the host team will send each team their timing and lane assignments prior to the meet.</li> <li>Teams are required to fulfill their designated timing assignment or risk disqualification of their swimmers.</li> <li>The meet will not start until all timers have reported to their lane.</li> <li>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.</li> </ul> <p><b>Pool Deck Access:</b></p> <ul style="list-style-type: none"> <li>Only swimmers, certified coaches, certified officials, timers, and authorized meet operations personnel may enter the deck area.</li> <li>Swimmers, coaches and officials will enter the facility at the designated entry and exit points.</li> <li>During competition, deck marshals will be working to keep the deck area clear for swimmers and officials.</li> </ul>   |
| <b>Franklin &amp; Marshall Facility Rules:</b> | Franklin & Marshall prohibits the hanging of any type of items on walls. Teams & individuals should refrain from hanging banners, posters etc.  |
| <b>Concessions:</b>                            | Food and drink will be available for purchase.  |
| <b>Swim Gear:</b>                              | Swim gear and apparel will be available for sale during the meet.   |
| <b>Parking:</b>                                | Due to an increase in parking capacity at Franklin & Marshall College, there will NOT be shuttle services to the aquatic center this year.  |
| <b>Hotels:</b>                                 | All hotels will be posted on our website: <a href="http://aquarockets.com/njstates2010/">http://aquarockets.com/njstates2010/</a>   |
| <b>Directions:</b>                             | <p>Kunkel Aquatic Center in the Alumni Sports &amp; Fitness Center<br/>Franklin &amp; Marshall College<br/>929 Harrisburg Pike, Lancaster, PA, 17603</p> <p><b><u>South From Jersey:</u></b><br/>Take the <b>New Jersey Turnpike to exit 6 (Pennsylvania Turnpike west)</b>. Take the PA Turnpike west to <b>exit 286 (Lancaster/Reading/Rt. 222 south)</b>. Take Rt. 222 south approximately 14 miles to the Lancaster area. Stay to the right and follow signs for <b>Rt. 30 west (York)</b>. Pass Oregon, Lititz and Fruitville Pikes. Just beyond Fruitville Pike, exit to <b>continue</b> on 30 west (York). Take first exit for <b>Harrisburg Pike</b> (The Park City Mall will be on right). At the top of the exit ramp, turn left onto Harrisburg Pike. Proceed 1.5 miles through several traffic lights until you reach the overhead pedestrian bridge connecting College Square to the main campus of Franklin &amp; Marshall on your right. At the light immediately beyond the pedestrian bridge, turn left.</p> <p><b><u>From Central and North Jersey:</u></b><br/><b>I-287 S</b> to Exit 21B - Merge onto <b>I-78 W</b> toward Easton, PA. Go 67 miles and take Exit 40 for <b>PA-737</b> toward Kutztown/Krumsville. Turn left at <b>PA-737 S</b>. After 4.5 miles, turn left to merge onto <b>Kutztown Bypass Road/US 222 S</b>. Continue 10 miles and merge onto <b>222 S</b> via the ramp to Lancaster. Go 8 miles and Take the exit onto <b>US-222 S/ US-422 W</b> toward <b>Lancaster/ Lebanon</b>. After 28 miles, continue onto <b>US-30 W</b>. Pass Oregon, Lititz and Fruitville Pikes. Just beyond Fruitville Pike, exit to <b>continue</b> on 30 west</p> |

(York). Take first exit for **Harrisburg Pike** (The Park City Mall will be on right). At the top of the exit ramp, turn left onto Harrisburg Pike. Proceed 1.5 miles through several traffic lights until you reach the overhead pedestrian bridge connecting College Square to the main campus of Franklin & Marshall on your right. At the light immediately beyond the pedestrian bridge, turn left.

| <b>13/over YMCA State Championships<br/>Events, Sessions and Time Standards:</b> |                          |                           |                                  |                          |
|--|--------------------------|---------------------------|----------------------------------|--------------------------|
| <b>Session 1 &amp; 2 - Friday Sunrise Prelims</b>                                |                          |                           |                                  |                          |
| <b>Girls<br/>Event<br/>Number</b>  | <b>Time<br/>Standard</b> | <b>Description</b>        | <b>Boys<br/>Event<br/>Number</b> | <b>Time<br/>Standard</b> |
| 15   | 4:59.99                  | 15-18 400 IM              | 16                               | 4:32.99                  |
| <b>Session 3 - Friday Morning - Prelims</b>                                      |                          |                           |                                  |                          |
| 1  | 2:08.99                  | 13-14 200 Freestyle       | 2                                | 2:03.09                  |
| 3  | 2:03.79                  | 15-18 200 Freestyle       | 4                                | 1:52.79                  |
| 5  | 1:07.79                  | 13-14 100 Backstroke      | 6                                | 1:05.29                  |
| 7  | 1:04.99                  | 15-18 100 Backstroke      | 8                                | 59.19                    |
| 9  | 1:07.79                  | 13-14 100 Butterfly       | 10                               | 1:04.49                  |
| 11   | 2:42.89                  | 15-18 200 Breaststroke    | 12                               | 2:26.79                  |
| 13   | 2:26.99                  | 13-14 200 IM              | 14                               | 2:19.99                  |
| <b>Session 4 &amp; 5 - Friday Afternoon – Distance Finals</b>                    |                          |                           |                                  |                          |
| 17   | 11:39.99                 | 13-14 1000 Freestyle      | 18                               | 11:19.99                 |
| 19   | 11:19.99                 | 15-18 1000 Freestyle      | 20                               | 10:35.99                 |
| <b>Session 6 - Friday Night - Finals</b>   |                          |                           |                                  |                          |
| 57   | n / a                    | Open 200 Medley Relay     | 58                               | n / a                    |
| 1  |                          | 13-14 200 Freestyle       | 2                                |                          |
| 3  |                          | 15-18 200 Freestyle       | 4                                |                          |
| 5  |                          | 13-14 100 Backstroke      | 6                                |                          |
| 7  |                          | 15-18 100 Backstroke      | 8                                |                          |
| 9  |                          | 13-14 100 Butterfly       | 10                               |                          |
| 11   |                          | 15-18 200 Breaststroke    | 12                               |                          |
| 13   |                          | 13-14 200 IM              | 14                               |                          |
| 15   |                          | 15-18 400 IM              | 16                               |                          |
| 59   | 1:56.59                  | 13-14 200 Freestyle Relay | 60                               | 1:53.59                  |
| 61   | 4:09.59                  | 15-18 400 Freestyle Relay | 62                               | 3:39.59                  |
| <b>Session 7 &amp; 8 - Saturday - Sunrise Prelims</b>                            |                          |                           |                                  |                          |
| 21   | 5:35.99                  | 15-18 500 Freestyle       | 22                               | 5:09.99                  |
| 23   | 5:06.99                  | 13-14 400 IM              | 24                               | 4:59.99                  |
| <b>Session 9 – Saturday - Prelims</b>  |                          |                           |                                  |                          |
| 25   | 1:03.79                  | 15-18 100 Butterfly       | 26                               | 56.69                    |
| 27   | 2:47.49                  | 13-14 200 Breaststroke    | 28                               | 2:39.49                  |
| 29   | 2:20.29                  | 15-18 200 IM              | 30                               | 2:07.79                  |
| 31   | 2:38.99                  | 13-14 200 Butterfly       | 32                               | 2:29.99                  |
| 33   | 26.29                    | 15-18 50 Freestyle        | 34                               | 23.49                    |
| 35   | 59.59                    | 13-14 100 Freestyle       | 36                               | 55.99                    |

| Girls Event Number                                    | Time Standard | Description              | Boys Event Number | Time Standard |
|---|---------------|--------------------------|-------------------|---------------|
| <b>Session 10 - Saturday - Finals</b>                 |               |                          |                   |               |
| 63  | n / a         | Open 200 Freestyle Relay | 64                | n / a         |
| 21  |               | 15-18 500 Freestyle      | 22                |               |
| 23  |               | 13-14 400 IM             | 24                |               |
| 25  |               | 15-18 100 Butterfly      | 26                |               |
| 27  |               | 13-14 200 Breaststroke   | 28                |               |
| 29  |               | 15-18 200 IM             | 30                |               |
| 31  |               | 13-14 200 Butterfly      | 32                |               |
| 33  |               | 15-18 50 Freestyle       | 34                |               |
| 35  |               | 13-14 100 Freestyle      | 36                |               |
| 65  | 4:39.59       | 15-18 400 Medley Relay   | 66                | 4:09.59       |
| 67  | 2:14.59       | 13-14 200 Medley Relay   | 68                | 1:57.59       |
| <b>Session 11 &amp; 12 – Sunday - Sunrise Prelims</b> |               |                          |                   |               |
| 37  | 5:46.99       | 13-14 500 Freestyle      | 38                | 5:31.99       |
| <b>Session 13 – Sunday - Prelims</b>                  |               |                          |                   |               |
| 39  | 1:13.99       | 15-18 100 Breaststroke   | 40                | 1:06.29       |
| 41  | 1:17.59       | 13-14 100 Breaststroke   | 42                | 1:13.99       |
| 43  | 2:19.89       | 15-18 200 Backstroke     | 44                | 2:08.39       |
| 45  | 2:25.99       | 13-14 200 Backstroke     | 46                | 2:19.99       |
| 47  | 2:27.39       | 15-18 200 Butterfly      | 48                | 2:11.59       |
| 49  | 27.29         | 13-14 50 Freestyle       | 50                | 25.69         |
| 51  | 56.89         | 15-18 100 Freestyle      | 52                | 50.99         |
| <b>Session 14 &amp; 15 - Sunday – Distance Finals</b> |               |                          |                   |               |
| 53  | 19:19.99      | 13-14 1650 Freestyle     | 54                | 17:52.99      |
| 55  | 19:19.99      | 15-18 1650 Freestyle     | 56                | 17:52.99      |
| <b>Session 16 – Sunday - Finals</b>                   |               |                          |                   |               |
| 37  |               | 13-14 500 Freestyle      | 38                |               |
| 39  |               | 15-18 100 Breaststroke   | 40                |               |
| 41  |               | 13-14 100 Breaststroke   | 42                |               |
| 43  |               | 15-18 200 Backstroke     | 44                |               |
| 45  |               | 13-14 200 Backstroke     | 46                |               |
| 47  |               | 15-18 200 Butterfly      | 48                |               |
| 49  |               | 13-14 50 Freestyle       | 50                |               |
| 51  |               | 15-18 100 Freestyle      | 52                |               |

**2010 NJ YMCA State Championship  
Meet Entry Certification and Cover Form**

Please read carefully. This form must be completed in its entirety. The NJ Competitive Coordinator, NJ State Championship Committee, Meet Committee and/or the Meet Directors WILL USE THIS FORM IF THERE IS A QUESTION as to eligibility of swimmers and/or coaches, OR CLARIFICATION NEEDED IN YOUR TEAMS ENTRIES. This form must accompany all entries.

- I hereby certify that swimmers listed in the entry file have fulfilled the YMCA State Meet Eligibility Requirements and that the seed times are legitimate.
- I hereby certify that I have read the entire meet packet including "no show" policy, scratch procedures and check-in policies.
- I hereby certify that the Coaches representing my team have met their entire eligibility requirement and their certifications are current.
- I hereby certify that I have read the Timing Assignment Policy.
- I hereby certify that I have read the Spectator Admission policies and procedures.

CEO/Executive Director: \_\_\_\_\_ (please print)

Signature: \_\_\_\_\_

Coaches Name: \_\_\_\_\_ (please print)

Signature: \_\_\_\_\_

Coach's Phone: Day: \_\_\_\_\_ Night: \_\_\_\_\_

Coach's Email: \_\_\_\_\_

**2010 NJ YMCA State Championship  
The Community YMCA Red Bank Swim Team  
Release and HOLD HARMLESS AGREEMENT**

In order to participate in the 2010 NJ YMCA State Championship Meet, the following terms and conditions are herewith agreed to for the promotion and execution of the event.

The Community YMCA Red Bank Swim Team, its officers, agents, employees and assigns, shall not be liable for any injury or damage to Participant's officers, agents, employees and assigns or the property on the premises of the event unless caused by or due to the negligence of The Community YMCA Red Bank Swim Team or its officers, agents, employees and assigns.

Participant, its officers, agents, employees and assigned shall not be liable for any injury or damage to Franklin and Marshall, its officers, agents, employees and assigns or to property on the premise of the event unless caused by, or due to the negligence of the Participant, its officers, agents, employees and assigns.

All Participants and The Community YMCA, Red Bank Swim Team will carry general liability insurance in standard form covering the above.

Executed this \_\_\_\_\_ day of \_\_\_\_\_, 2010.

YMCA Association Name: \_\_\_\_\_ YMCA Association #: \_\_\_\_\_

CEO/Executive Director Signature: \_\_\_\_\_

**2010 N.J. YMCA STATE CHAMPIONSHIP  
Entry Summary sheet**

Name of YMCA: \_\_\_\_\_

Address: \_\_\_\_\_

Coach: \_\_\_\_\_

Phone Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

**TEAM FEE:**

TOTAL INDIVIDUAL EVENTS: \_\_\_\_\_ x \$6.00 = \_\_\_\_\_

TOTAL RELAYS: \_\_\_\_\_ x \$24.00 = \_\_\_\_\_

SWIMMER SURCHARGE: Number of Swimmers \_\_\_\_\_ x \$12.00 = \_\_\_\_\_

AMOUNT ENCLOSED: \$ \_\_\_\_\_

Please list the three certified coaches.

| <b>Friday</b> | <b>Saturday</b> | <b>Sunday</b> |
|---------------|-----------------|---------------|
| 1. _____      | 1. _____        | 1. _____      |
| 2. _____      | 2. _____        | 2. _____      |
| 3. _____      | 3. _____        | 3. _____      |

Make checks payable to: "The Red Bank Swim Team"

**Mail Entries to:**

**The Community YMCA, Red Bank Swim Team  
166 Maple Avenue  
Red Bank, NJ 07701  
Attn: Steve Kottakis**

[stevekottakis@yahoo.com](mailto:stevekottakis@yahoo.com)

Entries must be received by 10:00 pm, on Monday, March 1, 2010.

**THIS FORM MUST BE RETURNED WITH TEAM ENTRIES.**

The following items are to be returned to the host team on or before March 1, 2010.

- Entry Summary Sheet
- Meet Entry File, Hy-Tek.
- Electronic copy of team roster
- Release and Hold Harmless agreement
- Check for Entry Fee
- List of Certified Coaches attending meet