

MYM's Senior/Open SUMMER LC Meet 2009

**NJS SANCTION
NO.:**

NJS# 071809LCA

Hosted by Montclair YMCA

DATES:

Saturday July 18 and Sunday July 19, 2009

LOCATION:

Sonny Werblin Recreation Center
Rutgers University
656 Bartholomew Road
Piscataway, NJ 08854
732-445-0460 (for emergencies ONLY)

FACILITY:

The pool is Olympic-sized - 8 lane by 50 meters. The pool uses pedestal-style starting blocks, with non-turbulent lane lines, and a Colorado Timing system. There are two auxiliary pools, known as "patio pools" (for warm-up and warm-down), and seating for 1,000 spectators, including 400 chair-backed seats. The remaining seating is bleacher style. Access to the pool deck will be via the staircase nearest the diving tower end of the pool. Officials, timers and other meet workers, and swimmers exiting the Main Pool will only use stairs at the scoreboard end of the pool. 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.

MEET

Jon Siegel JPSIEGELNJ@aol.com

DIRECTOR:

MEET

John Kelly: kelly512@optionline.net

REFEREE:

ENTRY

COORDINATOR:

Ellen W. Mace, entries1@juno.com, 609.558.0988

MEET

Marvin Navata

MARSHAL:

ENTRY

DEADLINE:

Entries must be **received no later than** Friday, July 10, 2009. The entry coordinator will accept entries as they are received and will stop accepting entries when the meet is full. Entry fees and team paperwork must be received prior to start of competition.

Entries will not be considered complete unless the waiver form is in accordance with the 2009 New Jersey Swimming rules, and a non-refundable entry fee of \$4.00 per individual event.
Make checks payable to "Montclair YMCA."

**MEET
FORMAT:**

This meet is intended to serve the 13/older population. Initial entries are for swimmers 13 & Older only. If the sessions do not fill by Tuesday, June 30, then the host team will notify those teams already entered into the meet that 12/under swimmers can be entered at that time.

This meet will be run in accordance with the current USA Swimming Rules.

This will be a timed final meet; it will have six sessions. All events will be open events. There is no minimum age. Swimmers may participate in 3 individual events per day.

**MEET
FORMAT
WAIVER:**

The host club has the right to change the format of the meet with the approval of the sanctioning chairman and 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 would be to allow more swimmers to swim; to conform to facility capacity limits or for facility safety concerns; to condense the meet into smaller time frame.

**INTERNET
WEB
POSTING:**

Meet information and a Hy-Tek event list, importable into Team Manager, will be posted on the BE Smartt and New Jersey Swimming websites:
www.besmarttinc.com and www.njswim.org

Additional pre-meet information will be posted at www.besmarttinc.com. A Hy-tek file of results, including splits, will also be available on the website.

Any changes to the meet format or schedule will be posted on the website.

**MEET
REQUIREMENT
STATEMENT:**

This meet qualifies, as "one" of the two required long course meets to be eligible for the New Jersey LC Zone Championship Team or for New Jersey National Championship Reimbursement.

COACHES:

All coaches "on the deck" must be members of USA Swimming with 2009 coaching credentials including background checks. Coaches must show coaching card with background check validation for entrance to facility. Coaches must show coaching card before picking up any meet information or scratch sheets. Coaches must have coaching card visible at all times while on deck, when entering hospitality area or when asking for food at concessions.

OFFICIALS:

Participating clubs are requested to provide as many USA-S certified officials as possible. Please email Peter Madley, pmadley@gmail.com, if you plan to volunteer.

**SWIMMER
ELIGIBILITY:**

Swimmers must be USA-S registered in order to enter and compete in this

meet. All swimmers must be listed in the team's official entry file in order to participate in the meet, **including relay only swimmers**. Any transfer swimmer(s) must swim unattached for 120 days from their last competition. Please enter them as a separate team named XXXUN where XXX is the first three letters of your team abbreviation. Entries for swimmers without valid 2009 USA-S registrations will not be entered in the meet. NJ Swimming performs a registration check a few days after the official deadline and ineligible swimmers will be notified at that time.

13/older swimmers will be entered first. If the sessions do not fill, then teams will be notified on June 30, 2009 that 12/under swimmers can be entered.

There will be no qualifying times for this meet. Times converted from short course are allowed.

Swimmers are eligible to compete in 3 individual events plus 2 relays per session

Age is determined by the swimmer's age on **Saturday July 18, 2009**.

**CHECK-IN and
SCRATCHES:**

All check in sheets must be turned into the control room 30 minutes before the start of the session. Swimmers who are competing will have lines through their names. Swimmers who are being scratched will have their names circled with "SCR" next to the circle. A swimmer scratching a single event will have a line through his or her name and the event number circled with "SCR" next to the circle.

If a coach fails to return the scratch sheet to the control room by 30 minutes before the end of the warm up, the entire team will be scratched from the meet. Unattached swimmers must also check at the control room not later than 30 minutes before the end of warm up or they will be scratched from the session.

SCHEDULE:

Sessions 1 & 4 Boys: Warm-up at 7:15AM, check in by 7:45AM, start at 8:20AM

Mid-sessions 2 & 5 Girls and Boys will start one-half hour after the conclusion of the AM sessions

PM sessions 3 & 6 Girls: Warm-up, check-in and start will be determined when all entries are received.

**WARM UP
PROCEDURES:**

Warm-ups will be run under current NJ Swimming Warm-up and Safety Guidelines. Circle swimming will be in the counterclockwise direction. Entry shall be from the main scoreboard end of each pool and must be feet first.

A specific Warm-Up procedure will be created upon receipt of entries and emailed to participating clubs no later than 72 hours prior to the meet. Since

there are neither time qualifications nor age group delineations, the Meet Host will be diligent about organizing a warm-up that provides a safe warm-up environment for the younger and/or smaller swimmers.

At the Meet Referee's discretion, Lane 1 may be designated a pace lane and Lanes 6, 7 and 8 may be designated one way lanes. Relay starts may not be used. The warm-up will be conducted in accordance with New Jersey Swimming Warm up Policies. Uniformed and designated Safety Marshals will monitor warm-ups.

ENTRY TIMES:

All entry times shall be in LCM. Times may be converted from short course but must be entered as long course meter times. There will be **no** qualifying times.

DISTANCE

EVENT:

The 400 Free, 400 IM, 800 Free and 1500 Free will be heat limited events. Swimmers who do not participate in these events due to the limiting of the heats will have the option of entering another event or to receive a refund. These events will run slowest to fastest alternating girls and boys heats

STARTS

HEATLIMITED

EVENTS:

Fly over Starts may be used at the discretion of the Meet Referee

The above events will be heat limited and limited to no more than two hours.

RELAYS:

All relays must have the correct four names listed on the relay card in the correct order for that relay to be eligible. Coaches must turn in relay cards no later than 30 minutes prior to the event. All swimmers must be listed in the team's official entry file in order to participate in the meet, including relay only swimmers. The order of the swimmers and the names may be changed by notifying the timer in the relay lane or the computer desk but must be done prior to the start of the heat. No changes will be made after the relay is swum.

SCORING:

There will be no team scoring.

AWARDS:

There will be no awards.

ENTRY FEES:

Individual Events: \$4.00; Relays \$9.00

Please make all checks payable to *Montclair YMCA*

ADMISSION

AND

PROGRAMS:

Admission will be \$7.00; There will be two-day program available for \$10.

ENTRIES:

In accordance with NJS policy, entries may be submitted by email to entries1@juno.com. All entries must be Hy-Tek program entries as an attached file to an email. The meet entry coordinator will respond to emails within 48 hours. If you do not receive an email response within 48 hours, assume that your email has not been received. It is the **e-mailer's**

responsibility to make sure that the entry coordinator receives the email. If you do not receive an email response, you must contact the entry coordinator by email or phone or mail in your entries. An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each entry. Entries must be submitted in meters times only but may be converted from yards. No phone or faxed entries will be accepted. If you are not emailing your entries, overnight or express mail is recommended, but waive the signature. It is not necessary to overnight or express mail checks and waivers which are sent in support of an emailed entry.

Entry Fees must be paid before the start of meet. Please make all checks payable to *Montclair YMCA*

Please mail all entries to:

BE Smartt Inc, 604 Paxson Avenue, Mercerville, NJ 08619

MAIL
ENTRIES:

Telephone: 609.558.0988

If the meet fills and teams are closed out, then in order to provide the most “splash” opportunities, upon receipt of entries, the host team will allow all teams 5 days to “pre-meet scratch” (reduce their entries). This “pre-meet scratch” procedure is meant to allow additional teams into the meet based upon “entered” teams being “good citizens” and adjusting their entries based upon knowledge of swimmers non-attendance post entries received by the meet host. Room created by this procedure will be filled by entries received by “closed out teams” in the order the entries were received.

RESULTS:

Results will be posted at www.besmarttinc.com.

HOST CLUB
RESPONSIBILITIES:

Light refreshments will be available for coaches and officials.
Montclair YMCA will provide one timer per lane.

PARTICIPATING
CLUB
RESPONSIBILITIES:

Participating clubs are encouraged to provide as many officials as possible.
Clubs will be asked to provide timers.

CONCESSIONS:

Rutgers University may have a food concession available.

VENDOR:

Metro Swim Shop will be the vendor at the meet

EVENTS:

SATURDAY PM BOYS

- 100 Boys 200 Freestyle Relay
- 1 Boys 200 Backstroke
- 2 Boys 50 Breaststroke
- 3 Boys 100 Freestyle
- 4 Boys 200 Butterfly
- 5 Boys 100 Breaststroke
- 6 Boys 50 Freestyle
- 7 Boys 200 IM
- 101 Boys 400 Medley Relay

SATURDAY MID-SESSION

- 8 Girls 400 Freestyle
- 9 Boys 400 Freestyle
- 10 Girls 800 Freestyle
- 11 Boys 800 Freestyle

SATURDAY PM GIRLS

- 102 Girls 200 Freestyle Relay
- 12 Girls 200 Backstroke
- 13 Girls 50 Breaststroke
- 14 Girls 100 Freestyle
- 15 Girls 200 Butterfly
- 16 Girls 100 Breaststroke
- 17 Girls 50 Freestyle
- 18 Girls 200 IM
- 103 Girls 400 Medley Relay

SUNDAY AM BOYS

- 104 Boys 200 Medley Relay
- 19 Boys 200 Freestyle
- 20 Boys 50 Backstroke
- 21 Boys 100 Butterfly
- 22 Boys 200 Breaststroke
- 23 Boys 50 Butterfly
- 24 Boys 100 Backstroke
- 105 Boys 400 Freestyle Relay

SUNDAY MID-SESSION

- 25 Girls 400 IM
- 26 Boys 400 IM
- 27 Girls 1500 Freestyle
- 28 Boys 1500 Freestyle

SUNDAY PM GIRLS

- 106 Girls 200 Medley Relay
- 29 Girls 200 Freestyle
- 30 Girls 50 Backstroke
- 31 Girls 100 Butterfly
- 32 Girls 200 Breaststroke
- 33 Girls 50 Butterfly
- 34 Girls 100 Backstroke
- 107 Girls 400 Freestyle Relay

NOTE: ALL 50 METER EVENTS WILL START FROM DIVING END OF POOL