


<u>Name of Meet</u> 	YMCA LONG COURSE CUP CHAMPIONSHIPS at PRINCETON UNIVERSITY JUNE 12-14, 2009 <i>Long Course Meet</i> Hosted by Somerset Valley YMCA
<u>Date of Meet:</u>	Friday, Saturday, and Sunday, June 12-14, 2009
<u>Location:</u>	<p>Site: DeNunzio Pool, Princeton University, Princeton, NJ.</p> <p>Facility: The pool is located in the DeNunzio Aquatic Center, Princeton University in Princeton, New Jersey. The facility has an Olympic-sized 50-meter 8-lane main pool, non-turbulent lane lines, and a new state of the art Colorado Timing system and digital scoreboard.</p>
<u>Meet Director:</u>	Luke Dubiel - (609) 203-3525 e-mail: - meetdirector@svynj.org .
<u>Meet Referee:</u>	Paul Jennings – E-mail - pdjennings5@yahoo.com
<u>Entry Coordinator:</u>	Luke Dubiel, 8 Rock Mill Run, Skillman NJ 08558 <ul style="list-style-type: none"> • (609) 333-9498 • meetdirector@svynj.org • Best time to contact: evenings
<u>Entry Deadline:</u>	<ul style="list-style-type: none"> • Entry Deadline Date: June 5th, 2009 • Email Is the Preferred Method of sending completed entries – meetdirector@svynj.org. • Mail Entries to: Luke Dubiel, 8 Rock Mill Run, Skillman NJ 08558 • You will receive a confirmation that entries have been received. • Team entries will not be considered <u>accepted</u> unless the waiver and entry fees have been received. • Meet Entries will be taken until the meet is full. The host club must stay within the four hour per session rule. • If you are not e-mailing your entries, then overnight or express mail is recommended, <i>but waive the signature.</i> • It is not necessary to use overnight or express mail to send hard copy and check, which are sent in support of an e-mailed entry.

<u>Meet Format Waiver:</u>	<ul style="list-style-type: none"> • The Host Team - reserves the right to 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. • Coaches will be notified of all time changes and information will be posted on the SVY Swim Team web site.
<u>Internet Website Posting:</u>	<p>Meet Information will be posted at Somerset Valley YMCA Swim Team Website: www.svynj.org/nj-cup</p> <p>Pre-Meet Information posted on website.</p> <ul style="list-style-type: none"> • Meet Information will be posted on the website. • Downloadable Hy-Tek Events list (HYV.file) will be posted on the website. • List Teams whose entries have been received. • List Updated meet schedule. • List Warm-up Schedule and Team Warm-up Assignments. • List Timing assignments. <p>Post-Meet Information posted on website.</p> <ul style="list-style-type: none"> • Downloadable Results (CL2 file) • Downloadable Individual Team Results (CL2 file) • Meet Results
<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> • Coaches must show their YMCA Coaches Deck Pass to gain access to the deck and pick up their Pre-Meet Packet. Coaches must display their YMCA Deck Pass at all times while on the deck.
<u>Swimmer Eligibility:</u>	<ul style="list-style-type: none"> • All swimmers must be listed on a team's official entry form to be eligible to participate in this swim meet in any events including relays. • Un-attached Swimmers. <ul style="list-style-type: none"> • The swimmer must be an amateur and may represent a team other than their YMCA or school team during the current season but before their eligibility period commences (90 days prior to the state competition). 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 • Age Groups that we be offered. <ul style="list-style-type: none"> • There will be 10 & under, 11-12, 13-14, 15&Up, and Open Events. • No Time Standards will be used. • Individual and Relay Limits: <ul style="list-style-type: none"> • Swimmers may enter and compete in 3 individual events per day. • Swimmers may enter and compete in one (1) relay per day/session. • Age for this meet is: June 12th, 2009
<u>Meet Format:</u>	<ul style="list-style-type: none"> • 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. • This meet will be run as a timed final meet. • This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own.
<u>Meet Schedule:</u>	<ul style="list-style-type: none"> • The building will not open until 30 minutes before the start of warm-ups! • This meet will have one session with Open challenge events on Friday evening. Saturday and Sunday will have three sessions per day.

Meet Schedule:

Friday, June 12, 2009 (4 hour limit)		Warm-up	Start
Session #1	Challenge Events	5:00 p.m.	6:10 p.m.
Saturday, June 13, 2009		Warm-up	Start
Session #2	10 & U Boys, 10 & U Girls and 11-12 Boys	7:00 a.m.	8:10 a.m.
Session #3	13-14 Boys and 15& Up Girls & Boys	12:00 a.m.	1:10 p.m.
Session #4	11-12 Girls & 13-14 Girls	5:00 p.m.	6:10 p.m.
Sunday, June 14, 2009		Warm-up	Start
Session #5	10 & U Boys, 10 & U Girls and 11-12 Boys	7:00 a.m.	8:10 a.m.
Session #6	13-14 Boys and 15&Up Girls & Boys	12:00 a.m.	1:10 p.m.
Session #7	11-12 Girls & 13-14 Girls	5:00 p.m.	6:10 p.m.

<u>Warm-up Procedures:</u>	<ul style="list-style-type: none"> • All teams will be given 25 minutes of warm-ups. • Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes. • 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. • All swimmers must enter the pool from the starting end of the pool. • All general warm-up lanes will swim in a counterclockwise direction. • There will be two 30-minute warm-ups divided by teams. There will be designated sprint lanes/pace lanes during the last 10 minutes. This information will be sent out via e-mail along with the pre-meet information and posted on the Somerset Valley website.
<u>Entry Times:</u>	<ul style="list-style-type: none"> • Entries will not be accepted with 'NT' or 'No Time' to be used as an entry time. • All entry times must be in long course meters. • Converted times will be permitted.
<u>Check-In:</u>	<ul style="list-style-type: none"> • 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. • All relay events will have a positive check-in that will be posted at the scoring table or the control room. • Completed relay cards should be turned into the scoring table only.
<u>Starts:</u>	<ul style="list-style-type: none"> • Fly-over starts will be used.
<u>Friday Evening Challenge Events:</u>	<ul style="list-style-type: none"> • The time limit for this session will be 4 hours. • The Open Challenge events will have a positive check-in. • The 400 Freestyle will be limited to the fastest 14 heats. There will be 7 Heats of Male swimmers and 7 Heats of Female swimmers. The host team will refund any entry fee for a swimmer that entered but did not qualify for the heats that will swim. • The host team will post the psyche sheets for all challenge events on our web site. www.svynj.org/nj-cup • The Open Challenge events will be run fastest to slowest. • The Open Challenge events will alternate women and men. Heats can be combined to consolidate a heat. • Swimmer must provide their own timers and timers are encouraged to provide their own watches. • The Open Challenge events are for swimmers age 11 and up.
<u>Relays:</u>	<ul style="list-style-type: none"> • 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 completed relay cards 30 minutes prior to that relay swimming at the scoring table.

<u>Scoring:</u>	<ul style="list-style-type: none"> • Individual scoring will be (1-9, 2-7, 3-6, 4-5, 5-4, 6-3, 7-2, 8-1) • Relay scoring will be (1-18, 2-14, 3-12, 4-10, 5-8, 6-6, 7-4, 8-2)
<u>Awards:</u>	<ul style="list-style-type: none"> • Team Trophy 1st Place • Female Team Trophy 1st Place • Male Team Trophy 1st Place • Medals will be awarded for the top 3 relays in each relay event. • Medals will be awarded for the top 3 swimmers in each individual event. • Hot Race Awards – During random heats, an award will be given to winner of heat.
<u>Entry Fees:</u>	<ul style="list-style-type: none"> • Individual Entry Fee: \$4.00 • Swimmer Surcharge: \$8.00 • Relay Entry Fee: \$16.00 • Make checks payable to: SVYMCA
<u>Admissions and Programs:</u>	<ul style="list-style-type: none"> • Admission will be Free. • Cost of Program will be \$2.00 per session.
<u>Entries:</u>	<ul style="list-style-type: none"> • Team entries may be submitted by E-mail to: meetdirector@svynj.org When e-mailing your entries, please put ‘YMCALCCUP09’ in the subject line • All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail. • The meet entry coordinator will respond to e-mail entries within 48 hours. If you do not receive an e-mail response within 48 hours, assume that your email has not been received. It then becomes the e-mailer’s responsibility to make sure that the host club's meet entry coordinator receives the e-mail. If you do not receive an e-mail response, you must contact the entry coordinator by email or phone or mail in your entries. • An Entry Summary with a signed Swimming waiver and a check must accompany your mailed entry or follow each e-mailed entry. • Accuracy of seed times is essential. Incomplete entries will not be accepted. • Deck entries will be accepted. The deck entry fee will be \$5.00 per entry.
<u>Results:</u>	<ul style="list-style-type: none"> • Results can be ordered from the admission table for a cost of \$10.00. • Results will be posted on the Somerset Valley YMCA Swim Team Website www.svynj.org/nj-cup.
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none"> • The host club will have stopwatches available for volunteers helping to time. • The host club will create a warm-up schedule that will be fair and equal to all teams. This warm-up schedule will be e-mailed to all participating clubs and posted on the website www.svynj.org/nj-cup no later than 5 days before the meet. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. These timing assignments will be e-mailed to all participating clubs and posted on the website: www.svynj.org/nj-cup no later than 5 Days before the meet.
<u>Participating Club Responsibilities:</u>	<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/nj-cup 72-hours prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. • Participating clubs will help with officiating. List the club contact for club officials on the meet summary.
<u>Concessions:</u>	Will be provided by host team.

<u>Vendor:</u>	Will be on site
<u>Hotels:</u>	<p><u>Residence Inn By Marriott</u> ,4225 Brunswick Pike, Princeton, NJ 08540 (609) 683-0001</p> <p><u>Hyatt Regency Princeton</u>, 102 Carnegie Ctr, Princeton, NJ(609) 987-1234</p> <p><u>Radisson Hotel of Princeton</u>, 4355 US Hwy No. 1, Princeton, NJ(609) 452-2400</p> <p><u>Courtyard by Marriott Princeton</u>, 3815 Brunswick Pike, Princeton, NJ 08540 (609) 716-9100</p>
<u>Directions:</u>	<p><u>From NJ Turnpike</u> NJ Turnpike Take Exit 8 (Hightstown), follow signs for Princeton (133 West to Rte 571). Continue on Rte 571 across Rte 1. At the first light just across the river, make a right onto Faculty Rd. (*Proceed up hill, the pool will be on your left at the second driveway.)</p> <p><u>From Route 1</u> Rte 1 Take Washington Rd (Rte 571) into Princeton. At first light just across the river, make a right onto Faculty Rd. (*) **Instructions for driving to Princeton are available by telephone. For a recorded message, call (609)-258-2222 using a touch-tone phone.</p> <p><u>From Somerville</u> Take Rt. 206 South to center of Princeton (Rt. 27 – Nassau St.) and TURN LEFT. Continue to the traffic light and TURN RIGHT onto Washington Rd. (Rt. 571). Continue South to the 4th traffic light and TURN LEFT (before the river) onto Faculty Road. Pool entrance is about 500 yards on the LEFT.</p>

Friday Night June 13 Warm up 5:00 Start Time 6:10 Session: 1 11 & Up Open Challenge Events		
Girls Event Numbers		Boys Event Numbers
1	200 Backstroke	2
3	200 Breaststroke	4
5	200 Butterfly	6
7	400 Freestyle	8
Saturday June 14 Warm up 7:00 am – Start Time 8:10 am Session: 2 Morning Session Day 2 10 & U Boys & Girls and 11-12 Boys		
Girls Event Numbers		Boys Event Numbers
	11-12 200 Free Relay	9
10	10 & Under 200 Freestyle Relay	11
	11-12 200 Freestyle	12
13	10 & Under 200 Freestyle	14
	11-12 100 Butterfly	15
16	10 & Under 100 Butterfly	17
	11-12 50 Breaststroke	18
19	10 & Under 50 Breaststroke	20
	11-12 100 Backstroke	21
22	10 & Under 100 Backstroke	23
	11-12 50 Freestyle	24
25	10 & Under 50 Freestyle	26

Session: 3 Mid Day Session Day 2		
Warm up starts at 12:00 Start Time 01:10		
<i>13-14 Boys and 15 & Up Girls and Boys</i>		
Girls Event Numbers		Boys Event Numbers
	13-14 Free Relay	27
28	15 & Up 200 Freestyle Relay	29
	13-14 200 Freestyle	30
31	15 & up 200 Freestyle	32
	13-14 100 Butterfly	33
34	15 & up 100 Butterfly	35
	13-14 50 Breaststroke	36
37	15 & up 50 Breaststroke	38
	13-14 100 Backstroke	39
40	15 & up 100 Backstroke	41
	13-14 50 Freestyle	42
43	15 & up 50 Freestyle	44
Session: 4 Evening Session Day 2		
Warm up starts at 5:00 Start Time 6:10		
<i>11-12 Girls & 13-14 Girls</i>		
Girls Event Numbers		Boys Event Numbers
45	11-12 200 Freestyle Relay	
46	13-14 200 Freestyle Relay	
47	11-12 200 Freestyle	
48	13-14 200 Freestyle	
49	11-12 100 Butterfly	
50	13-14 100 Butterfly	
51	11-12 50 Breaststroke	
52	13-14 50 Breaststroke	
53	11-12 100 Backstroke	
54	13-14 100 Backstroke	
55	11-12 50 Freestyle	
56	13-14 50 Freestyle	

Sunday June 15		
Warm up 7:00 am – Start Time 8:10 am		
Session: 5 Morning Session Day 3		
10 & U Boys & Girls And 11-12 Boys		
Girls Event Numbers		Boys Event Numbers
	11-12 200 Medley Relay	57
58	10 & Under 200 Medley Relay	59
	11-12 200 IM	60
61	10 & Under 200 IM	62
	11-12 50 Butterfly	63
64	10 & Under 50 Butterfly	65
	11-12 100 Breaststroke	66
67	10 & Under 100 Breaststroke	68
	11-12 100 Freestyle	69
70	10 & Under 100 Freestyle	71
	11-12 50 Backstroke	72
73	10 & Under 50 Backstroke	74
Session: 6 Mid Day Session Day 3		
Warm up starts at 12:00 Start Time 01:10		
13-14 Boys and 15 & Up Girls and Boys		
Girls Event Numbers		Boys Event Numbers
	13-14 Medley Relay	75
76	200 Medley Relay	77
	13-14 200 IM	78
79	15 & up 200 IM	80
	13-14 50 Butterfly	81
82	15 & up 50 Butterfly	83
	13-14 100 Breaststroke	84
85	15 & up 100 Breaststroke	86
	13-14 100 Freestyle	87
88	15 & up 100 Freestyle	89
	13-14 50 Backstroke	90
91	15 & up 50 Backstroke	92
Session: 7 Evening Session Day 3		
Warm up starts at 5:00 Start Time 6:10		
11-12 Girls & 13-14 Girls		
Girls Event Numbers		Boys Event Numbers
93	11-12 200 Medley Relay	
94	13-14 200 Medley Relay	
95	11-12 200 IM	
96	13-14 200 IM	
97	11-12 50 Butterfly	
98	13-14 50 Butterfly	
99	11-12 100 Breaststroke	
100	13-14 100 Breaststroke	
101	11-12 100 Freestyle	
102	13-14 100 Freestyle	
103	11-12 50 Backstroke	
104	13-14 50 Backstroke	