

	YMCA LONG COURSE CUP CHAMPIONSHIPS at PRINCETON UNIVERSITY JUNE 11-13, 2010 <i>Long Course Meet</i> Hosted by Somerset Valley YMCA
Sanction	YMCA Championship Sanction # CAQ 09-2010 # 8128
Information:	NJ Swimming Approval: Requested / TBD
Date of Meet:	Friday, Saturday, and Sunday, June 11-13, 2010
Location:	Site: DeNunzio Pool, Princeton University, Princeton, NJ. 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.
Meet Director:	Dave Rzewnicki; 732-406-5246, meetdirector@svynj.org
Meet Referee:	Dave Rzewnicki; 732-406-5246, meetdirector@svynj.org
Entry Coordinator:	Karen Johnson; meetentries@svynj.org 828 Atkinson Circle, Hillsborough, NJ 08844. You will receive a confirmation that entries have been received.
Entry Deadline:	<ul style="list-style-type: none"> • Entry Deadline Date: June 4th, 2010 • Email Is the Preferred Method of sending completed entries meetdirector@svynj.org. 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.
Meet Format Waiver:	<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.
Internet Website Posting:	Meet Information will be posted at Somerset Valley YMCA Swim Team Website: www.svynj.org/lc-cup/2010 Pre-Meet Information posted on website. <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. Post-Meet Information posted on website. <ul style="list-style-type: none"> • Downloadable Results (CL2 file) • Downloadable Individual Team Results (CL2 file) • Meet Results

Coaches Eligibility:	<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. Coaches must have current certifications in CPR, First Aid and Lifeguarding or Red Cross Safety Training for Swim Coaches. 		
Swimmer Eligibility:	<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. Swimmers must be members of their respective YMCA for 90 days prior to the start of the meet and must have only represented their YMCA in 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 not eligible to compete. There will be qualifying times used for this meet. Un-attached swimmer entries will not be accepted. 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. 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 11th, 2010 		
Meet Format:	<ul style="list-style-type: none"> The Meet will be conducted under the 2010 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. 		
Meet Schedule:	<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. 		
Friday, June 11, 2010 (4 hour limit)		Warm-up	Start
Session #1	Challenge Events	5:00 p.m.	6:10 p.m.
Saturday, June 12, 2010		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	15& Up Girls & Boys	12:00 a.m.	1:10 p.m.
Session #4	11-12 Girls & 13-14 Girls & Boys	5:00 p.m.	6:10 p.m.
Sunday, June 13, 2010		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	15&Up Girls & Boys	12:00 a.m.	1:10 p.m.
Session #7	11-12 Girls & 13-14 Girls & Boys	5:00 p.m.	6:10 p.m.
Warm-up Procedures:	<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. 		
Entry Times:	<ul style="list-style-type: none"> Entries will not be accepted with 'NT' or 'No Time' to be used as an entry time. 		

	<ul style="list-style-type: none"> All entry times must be in long course meters. Converted times will be permitted.
Check-In:	<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.
Starts:	<ul style="list-style-type: none"> Fly-over starts will be used.
Friday Evening Challenge Events:	<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/lc-cup/2010 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.
Relays:	<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.
Scoring:	<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)
Awards:	<ul style="list-style-type: none"> Team Trophy 1st Place Female Team Trophy 1st Place Male Team Trophy 1st Place Ribbons will be awarded for the top 3 relays in each relay event. Ribbons 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.
Entry Fees:	<ul style="list-style-type: none"> Individual Event Fee: \$5.00 Relay Entry Fee: \$9.00 Swimmer Surcharge: \$2.00 Make checks payable to: SVYMCA Mail checks to: Tom Pearce, 35 Winslow Drive, Martinsville, NJ 08836
Admissions and Programs:	<ul style="list-style-type: none"> Admission fee: \$5 per person per session. Program: \$3.00 per session.
Entries:	<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 'YMCALCCUP10' 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

	<p>contact the entry coordinator by email or phone or mail in your entries.</p> <ul style="list-style-type: none"> • 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.
Results:	<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/lc-cup/2010.
Host Club Responsibilities:	<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/lc-cup/2010 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/lc-cup/2010 no later than 5 Days before the meet.
Participating Club Responsibilities:	<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/lc-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.
Concessions:	Will be provided by host team.
Vendor:	Will be on site
Hotels:	<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> <p><u>The Westin Princeton at Forrestal Village</u>, 201 Village Boulevard, Princeton, NJ 08540 (609) 520-6256</p>
Directions:	<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 <u>Warm up 5:00 Start Time 6:10</u> Session: 1 11 & Up Open Challenge Events				
Qualifying Times	Girls Event Numbers		Boys Event Numbers	Qualifying Times
3:05.99	1	200 Backstroke	2	2:51.99
3:29.99	3	200 Breaststroke	4	3:14.99
3:09.99	5	200 Butterfly	6	2:55.99
5:29.99	7	400 Freestyle	8	5:14.99

Pending Approval

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				
Qualifying Times	Girls Event Numbers		Boys Event Numbers	Qualifying Times
		11-12 200 Freestyle Relay	9	2:45.99
3:09.99	10	10 & Under 200 Freestyle Relay	11	3:09.99
		11-12 200 Freestyle	12	3:00.69
3:35.49	13	10 & Under 200 Freestyle	14	3:35.49
		11-12 100 Butterfly	15	1:37.49
2:09.99	16	10 & Under 100 Butterfly	17	2:09.99
		11-12 50 Breaststroke	18	51.09
1:01.59	19	10 & Under 50 Breaststroke	20	1:01.59
		11-12 100 Backstroke	21	1:39.19
1:58.09	22	10 & Under 100 Backstroke	23	1:58.09
		11-12 50 Freestyle	24	37.99
45.09	25	10 & Under 50 Freestyle	26	45.09
Qualifying Times	Girls Event Numbers	Session: 3 Mid Day Session Day 2	Boys Event Numbers	Qualifying Times
Warm up starts at 12:00 Start Time 1:10				
15 & Up Girls and Boys				
2:30.99	27	15 & Up 200 Freestyle Relay	28	2:11.99
2:51.79	29	15 & up 200 Freestyle	30	2:39.99
1:26.59	31	15 & up 100 Butterfly	32	1:18.99
47.99	33	15 & up 50 Breaststroke	34	43.99
1:28.99	35	15 & up 100 Backstroke	36	1:22.39
37.09	37	15 & up 50 Freestyle	38	33.59
Qualifying Times	Girls Event Numbers	Session: 4 Evening Session Day 2	Boys Event Numbers	Qualifying Times
Warm up starts at 5:00 Start Time 6:10				
11-12 Girls & 13-14 Girls/Boys				
2:45.99	39	11-12 200 Freestyle Relay		
2:37.89	40	13-14 200 Freestyle Relay	41	2:26.99
3:03.89	42	11-12 200 Freestyle		
2:57.09	43	13-14 200 Freestyle	44	2:47.09
1:38.69	45	11-12 100 Butterfly		
1:29.19	46	13-14 100 Butterfly	47	1:22.89
49.09	48	11-12 50 Breaststroke		
48.69	49	13-14 50 Breaststroke	50	46.69
1:38.89	51	11-12 100 Backstroke		
1:30.79	52	13-14 100 Backstroke	53	1:26.89
39.19	54	11-12 50 Freestyle		
38.09	55	13-14 50 Freestyle	56	35.39

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				
Qualifying Times	Girls Event Numbers		Boys Event Numbers	Qualifying Times
		11-12 200 Medley Relay	57	3:09.99
3:27.99	58	10 & Under 200 Medley Relay	59	3:27.99
		11-12 200 IM	60	3:29.59
3:59.99	61	10 & Under 200 IM	62	3:59.99
		11-12 50 Butterfly	63	42.99
55.09	64	10 & Under 50 Butterfly	65	55.09
		11-12 100 Breaststroke	66	1:49.19
2:17.49	67	10 & Under 100 Breaststroke	68	2:17.49
		11-12 100 Freestyle	69	1:23.79
1:43.99	70	10 & Under 100 Freestyle	71	1:43.99
		11-12 50 Backstroke	72	45.69
55.69	73	10 & Under 50 Backstroke	74	55.69
Session: 6 Mid Day Session Day 3 Warm up starts at 12:00 Start Time 01:10 15 & Up Girls and Boys				
Qualifying Times	Girls Event Numbers		Boys Event Numbers	Qualifying Times
2:39.99	75	200 Medley Relay	76	2:29.99
3:15.19	77	15 & up 200 IM	78	3:01.79
39.99	79	15 & up 50 Butterfly	80	35.59
1:41.09	81	15 & up 100 Breaststroke	82	1:32.99
1:20.09	83	15 & up 100 Freestyle	84	1:13.59
39.99	85	15 & up 50 Backstroke	86	35.59
Session: 7 Evening Session Day 3 Warm up starts at 5:00 Start Time 6:10 11-12 Girls & 13-14 Girls/Boys				
Qualifying Times	Girls Event Numbers		Boys Event Numbers	Qualifying Times
3:09.99	87	11-12 200 Medley Relay		
2:49.99	88	13-14 200 Medley Relay	89	2:39.99
3:29.69	90	11-12 200 IM		
3:19.99	91	13-14 200 IM	92	3:09.49
42.39	93	11-12 50 Butterfly		
40.99	94	13-14 50 Butterfly	95	39.99
1:49.99	96	11-12 100 Breaststroke		
1:43.89	97	13-14 100 Breaststroke	98	1:34.89
1:25.79	99	11-12 100 Freestyle		
1:22.09	100	13-14 100 Freestyle	101	1:16.09
45.49	102	11-12 50 Backstroke		
42.99	103	13-14 50 Backstroke	104	39.99

**2010 YMCA Long Course Cup Championships
The Somerset Valley YMCA Swim Team
Release and HOLD HARMLESS AGREEMENT**

In order to participate in the 2010 YMCA Long Course Cup Championships, the following terms and conditions are herewith agreed to for the promotion and execution of the event.

The Somerset Valley YMCA, 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 Somerset Valley or its officers, agents, employees and assigns.

Participant, its officers, agents, employees and assigned shall not be liable for any injury or damage to Princeton University, 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 Somerset Valley YMCA 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 YMCA Long Course Cup Championships
Entry Summary sheet**

Name of YMCA: _____
Address: _____
Phone: (_____) _____
Coach: _____
Phone Contact: (_____) _____
Email: _____

TEAM FEES:

TOTAL INDIVIDUAL EVENTS: _____ x \$5.00 = _____

TOTAL RELAYS: _____ x \$9.00 = _____

SWIMMER SURCHARGE:
Number of Swimmers: _____ x \$2.00 = _____

AMOUNT ENCLOSED: _____

Please list the three certified coaches.

Friday	Saturday	Sunday
1. _____	2. _____	3. _____
1. _____	2. _____	3. _____
1. _____	2. _____	3. _____

Make checks payable to: **SVYMCA**.
Tom Pearce, 35 Winslow Drive, Martinsville, NJ 08836

Mail entries to:
Karen Johnson, 828 Atkinson Circle, Hillsborough, NJ 08844.
Entries must be received by June 4, 2010.

THIS FORM MUST BE RETURNED WITH TEAM ENTRIES.

The following items are to be returned to the host team on or before June 4, 2010.

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