



NJ YMCA 13 & over STATE CHAMPIONSHIP MEET
March 12-15, 2015

YMCA Sanction #: CAQ-2015-PA8791	In granting this sanction, 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. USA Swimming Sanction # MA: 1521 AP
Sanctioned By:	YMCA of the USA Competitive Swimming and Diving Advisory Committee; Jack Caucino, New Jersey Competitive Coordinator; Meredith Griffin, YMCA Eastern South Group Competitive Committee, YMCA of USA Group Representative Leader, Eastern South Group Representative.
Host Team:	The Community YMCA, Red Bank Swim Team
Date of Meet:	Thursday, March 12 to Sunday, March 15, 2015
Location:	Kunkel Aquatic Center in the Alumni Sports & Fitness Center Franklin & Marshall College 929 Harrisburg Pike, Lancaster, PA, 17603
Facility:	<ul style="list-style-type: none"> • This pool has two eight-lane 25-yard courses, equipped with electronic timing and judging systems. • The two starting ends have a depth of 9' and 6', the turn ends have a depth of 9' and 6'. • During distance sessions/events, both courses will be used for competition and two vacant lanes will be available for warm up/cool down. • For all other sessions, one course will be used with the remaining lanes and adjacent course available for warm up/cool down. • Deck Area: Swimmers will be permitted to have only one bag • Spectator Area: No chairs, coolers or saving seats will be permitted.
Audio/Visual Recording Statement	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
Meet Director:	Virginia Maldonado - virginiamaldo44@comcast.net Bill Tucker - wtucker370@comcast.net
Meet Referee:	Ed Miller - Chair, N.J. YMCA Officials' Committee, caefmilleriii@msn.com
Meet Marshal:	Peg Kauth - PKauth@Contrastate.com
Entry Coordinator:	Susan Mahon, rbymeetentries@gmail.com
Championship Meet Committee:	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.
Entry Deadline:	Entries must be received by mail or email no later than 10:00 pm on Thursday, March 5, 2015. No changes will be accepted after this date. Entry fees, entries, registration information and team rosters should be mailed to: Community YMCA, Swim Team 166 Maple Avenue Red Bank, NJ 07701 Attn: Susan Mahon rbymeetentries@gmail.com

<p>Internet Website Posting:</p>	<p>Website Address: http://aquarockets.com</p> <p>Pre-Meet Information:</p> <ul style="list-style-type: none"> • Meet Information • Downloadable HY-Tek Events list (HYV.file) • Teams whose entries have been received. • Updated meet schedule. • Warm-up schedule and team warm-up assignments. • Timing Assignments • Time Trial information • Hotel Information • Parking Information <p>During the Meet Information:</p> <ul style="list-style-type: none"> • Live Results (Also on Meet Mobile) <p>Post-Meet Information:</p> <ul style="list-style-type: none"> • Results and Downloadable Files (CL.2 file) • Downloadable Meet Back-up (Backup.zip File)
<p>Coaches and Officials:</p>	<ul style="list-style-type: none"> • Only pre-registered coaches and officials will be permitted access to the pool deck. • Coaches must show their YMCA Coaches Deck Pass at all times and to gain access to the deck and pick up their Meet Packet. • The number of coaches permitted per team is as follows: # of Swimmers: 1-102 coaches 21-30.....4 coaches 11-20.....3 coaches 31 or more.....5 coaches • Officials who have been invited by the Meet Referee to work this meet must check in at the designated meeting room. • Officials who are not listed on the pre-registered/invited list will not be allowed entry to the pool deck. • Coaches meeting - Friday 7:15 AM. • Officials meetings 45 minutes prior to sessions 2,4,6,8,10,12, and Friday/Saturday/Sunday finals sessions • Officials meetings 15 minutes prior to session 1, 3, 7, 11
<p>Swimmer Eligibility:</p>	<p>Each competitor must fulfill the following conditions:</p> <ol style="list-style-type: none"> 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). 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, except for swimmer that transfers with consent. 3. An athlete must achieve the minimum qualifying time standard for each State Championship Meet event in which he/she enters. Coaches must submit proof of this time with the meet entries. 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

	<ol style="list-style-type: none"> 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 - club or varsity. A swimmer must be at least 12 years old to swim an open event. 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. 7. Participation is determined by the swimmer's age as of December 1, 2014. 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. 8. The 2013-2014 edition of "A Manual on Principles and Rules Governing Competitive Physical Activities in the YMCA", the 2013/2014 Edition of the NJ YMCA State Championship Guide, and the 2014 Edition of the YMCA Mid-Atlantic Group Competitive Swimming and Diving Championships Rules Supplement (where applicable) will be used to measure eligibility. 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. 10. The qualification period for the NJ YMCA 13 & over State Championship Meet is February 1, 2014 through entry deadline.
Swimmers Unaccompanied by a Certified Coach:	<p>Any swimmer entered in the meet must be certified by a 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>
USAs Deck Change Policy Statement:	<p>Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is discouraged.</p>
Meet Format:	<ul style="list-style-type: none"> • This meet is an Approved Meet in accordance with USA Swimming Rule 202.4. • The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. • This meet will be a 4 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. Coaches must submit proof of entry times with the meet entries. • Open events are timed finals and will not be scored. • There will be time trials each day, but these are not included in the meet sanction and further information will be available at http://aquarockets.com • The events for the 13/14 age groups will have prelims in the afternoon and will conclude in the evening with finals. Swimmers placing 1-8 shall compete in championship finals, 9-16 consolation finals. Two alternates will also be announced. • The events for the 15/18 age groups will have prelims in the morning and will conclude in the evening with finals. Swimmers placing 1-8 shall compete in championship finals, 9-16 consolation finals and 17-24 bonus finals. Two alternates will also be announced. Bonus finals will be offered for all 15/18 age group events that are 200 yards or less. • 500, 400IM, 1000, and 1650 events will be run in both pools. • For 500, 400IM, 1000 and 1650 swimmers will need to provide their own timer. • For 500, 1000, and 1650 events, swimmers will need to provide their own counters.

	<ul style="list-style-type: none"> • The Meet will be conducted under the 2014 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 seeded in accordance with USA-S Technical Rules (Rule 102.5), • The top three preliminary heats will be circle seeded. • Lane timers, officials and coaches will be issued heat sheets indicating open lanes. • 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. • Heat sheets will be posted throughout the deck and in the spectator area indicating the re-seeded event. • In granting an approval for this meet, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.
Meet Format Waiver:	<p>The host team, with the approval of the NJ State Championship Committee reserves the right to:</p> <ul style="list-style-type: none"> • Change the pool or sessions if necessary for the best operation of the meet. • 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. • Any changes to the meet format will be posted on our web site: http://aquarockets.com and sent via email to all teams at least one week in advance.
Time Trials:	<p>There will be a Time Trial session on each day of this meet, but will not be part of the acquired sanction. Participating in the Time Trials will count toward the individual event limit – each athlete is allowed to enter a total of 3 time trial events for the meet – limited to no more than 1 per day. 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. Time trials will be limited to .05 per 50 of the NJ State cut. Additional information about time trials will be forthcoming.</p>
Results:	<p>All times for registered USA-S swimmers who have ID numbers in the meet database 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>
Initial Splits:	<p>Coaches desiring a time for an initial split in an individual or relay event must complete the appropriate form and present it to the deck referee prior to the swim in question so that additional timers can be provided as a back-up to the timing system. Forms will be available at the Operations table. Coaches may be asked to provide one or more timers for their athletes.</p>
Misconduct:	<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.” Also, please note the following: “Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited” and “The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms”</p>

Meet Times:

Thursday evening, doors will open at 5:15 pm. The rest of the meet, doors will open at 6:30 AM for swimmers, coaches and officials and at 7:00 AM for spectators.

Day	Session		Warm-Up	Meet
Thursday	Session 1	Distance finals – 1000	5:30 PM	6:15 PM
Friday	Session 2	15-18 Boys & Girls Prelims	6:45 AM	7:50 AM
	Session 3	15-18 Boys & Girls 400IM 13-14 Boys & Girls 400IM	** see below	TBA
	Session 4	13-14 Boys & Girls Prelims	TBA	TBA
	Session 5	Relays & Finals	5:20 PM	6:15 PM
Saturday	Session 6	15-18 Boys & Girls Prelims	6:45 AM	7:50 AM
	Session 7	15-18 Boys & Girls 1650 13-14 Boys & Girls 1650	** see below	TBA
	Session 8	13-14 Boys & Girls Prelims	TBA	TBA
	Session 9	Relays & Finals	5:20 PM	6:15 PM
Sunday	Session 10	15-18 Boys & Girls Prelims	6:45 AM	7:50 AM
	Session 11	15-18 Boys & Girls 500 Free 13-14 Boys & Girls 500 Free	** see below	TBA
	Session 12	13-14 Boys & Girls Prelims	TBA	TBA
	Session 13	Finals	5:40 PM	6:45 PM

Warm-up and session start times will be finalized once all entries have been received. They will be e-mailed to participating teams and published on the meet website.

<p>Warm-up Procedure:</p>	<ul style="list-style-type: none"> • Warm-ups will be divided into two (2) thirty (30) 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 swimmer's responsibility to warm-up for the 400IM, 1650, and 500 Free during the sessions prior to these events – 2, 6, and 10 – there will be a 5 minute break before the start of each of these sessions.
<p>Entry Times:</p>	<ul style="list-style-type: none"> • The Competitive Coordinator and the Meet Committee has mandated that all entries be submitted with appropriate proof of times. • The NJ YMCA Championship Committee reserves the right to require proof of time prior to entry into the 2015 NJ YMCA State Championships from those teams whose swimmers at the 2014 NJ YMCA State Championship exceeded the 2014 qualifying times for 20% or more of their individual and relay swims.
<p>Swimmer Check-In</p>	<p>Scratch Procedures for preliminaries:</p> <ul style="list-style-type: none"> • Scratches for preliminaries will be accepted the day prior to that session and the coach has the ability to modify those scratches at the computer podium 15 minutes after the start of warm-up for each session. • Scratches should be indicated as described below using the Team/Session rosters that will be provided in the Coaches Packet. <p>Scratch Procedures and penalties for timed finals:</p> <ul style="list-style-type: none"> • 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 207.11.6 D&E. <p>Scratch Sheet Instructions:</p> <ul style="list-style-type: none"> • <u>All events will be positive check-in</u> • 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 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.

- The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer or the coach declares an intent to swim at the scratch table prior to the close of the scratch period for that day's events.

Protests:

Protests of judgment call of officials can only be ruled on by the Meet Referee. All other protest must be made in writing by the team's coach within 30 minutes of the swim in question and all such protests will be adjudicated by the Meet Committee

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 their next scheduled event – individual or relay.
- 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.

1000 Free, 400IM, 1650 Free, and 500 Free Events:

- The 1000 Free and 1650 Free will be run fastest to slowest as a timed final, each in a separate session (see session schedule on previous page). It is the swimmers responsibility to warm up for the 1650 Free event.
- The 400IM and 500 Free events will be run slowest to fastest as a preliminary event, each in a separate session (see session schedule on previous page). It is the swimmers responsibility to warm up for the 400IM and 500 Free events.
- Heats may be combined to reduce time.
- Swimmers entered in these events will be responsible for providing their own timers and counters (if applicable).
- Proof of time is required for entry into these events.
- Positive Check-in is required

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 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. The swimmer must declare his/her final intentions within 30 minutes of the completion of subsequent event.

Declared False Start:

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>Relays:</p>	<p><u>Individual & Open Relay Events:</u></p> <ul style="list-style-type: none"> • Entries must include the swimmer’s name, age as of December 1, 2014 and seed time in yards. • Minimum age to swim an open relay event is 12 years old. • TIMES WILL NOT BE CONVERTED, swimmers with unconverted times will be entered into the first heats of the events. • For open relay events, only the name and seed times are required. <p><u>Relay Events:</u></p> <ul style="list-style-type: none"> • All relays will swim in the night finals sessions. • Teams may only enter “A” and “B” relays. • 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. • Relay cards with swimmers names identified are due 30 minutes before the start of the session – blank cards will not be accepted. • Relay changes may be declared by submitting a new relay card, of a different color (red), to the Operations table before the start of the event prior to the relay event. • Lane Timer sheets will be used to verify the swimmers.
<p>Swimwear</p>	<p>The 2015 13 & over YMCA State Championship will be following the USA swimming rule that went into effect on October 1, 2009.</p> <ul style="list-style-type: none"> • Swimsuits for men may not extend above the naval or below the knee and for women may not cover neck or extend past shoulders or below knee. • Material used for swimsuits can be only textile fabric which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding. • No zippers or other fastening devices are allowed except for waist tie on a brief or jammer. <p>Extensive details of this ruling can be found on the www.usaswimming.org website under volunteer...officials...rules and regulations.</p>
<p>Scoring:</p>	<p>The point value for the first through sixteenth place finishes in both individual and relay events are as follows:</p> <p>Individual Events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 Relay Events: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2</p> <ul style="list-style-type: none"> • Only the A relay can score. • Relay events will be scored according to finish times of all “A” designated relays in all heats.

	<ul style="list-style-type: none"> In the 13/14 and 15&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.
Awards:	<p>COACHES MUST PICK UP ALL INDIVIDUAL AND TEAM AWARDS PROMPTLY AT THE END OF THE MEET. THE HOST TEAM WILL NOT MAIL AWARDS.</p> <ul style="list-style-type: none"> Medals: First through eighth place in all individual and relay events. Ribbons: Ninth through sixteenth place in all individual and relay events. Plaques: The top two boys' and girls' team in each age group will receive an age group championship plaque. Banners: The top three boys' 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.
Entry Fees:	<ul style="list-style-type: none"> Individual entries fee per event: \$6.50 Relay Entry Fee: \$24.00 In lieu of a session entry fee there will be a one-time swimmer surcharge of \$15.00. Make checks payable to: "Community YMCA Swim Team" In case of severe weather conditions or other emergency situations, which force cancellation of any portion of this meet – <u>no refunds will be made on any entry fees or swimmer surcharges.</u> The Meet Committee will make all decisions concerning meet cancellation after consulting with Franklin and Marshall. The decision of the Meet Committee is final. The entry fee amount increased by .50 due to Middle Atlantic individual event splash charge.
Entry Limitations:	<ul style="list-style-type: none"> Each swimmer is limited to Seven (7) individual events over the course of the meet. Each swimmer can enter a maximum of one (1) relay per day, Each swimmer can enter a maximum of three (3) individual events per day. Open events do not count towards the meet total. 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.
Entry Procedures:	<ul style="list-style-type: none"> Entries must be submitted in computer ready form with a printout copy and must include a proof of times. 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. All teams must submit a properly signed "2015 NJ YMCA State Championship Meet Certification and Cover Form" and "Hold Harmless Agreement". Teams must submit a Team Roster, export file electronically from Hy-Tek, with the names and DOB of all swimmers. Electronic entry files should be sent via email to: rbymeetentries@gmail.com, "State Entries" in subject line. The meet entry coordinator will respond to email entries within 48 hours. 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.
Starts	The host club will determine if 'Fly-over/Over-the-top' starts will be used after a time line has been produced. This information will be posted in the pre-meet information e-mailed to coaches.
Admission and Programs:	<ul style="list-style-type: none"> • Admission: No Admission Cost • Individual paper heat sheets can be purchased upon entry for a fee of \$5 per session on a session by session basis.
Host Club Responsibilities:	<ul style="list-style-type: none"> • The host club will have stopwatches available for timers. • 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: http://aquarockets.com no later than 72 hours before the meet.
Franklin & Marshall Facility Rules:	<ul style="list-style-type: none"> • Franklin & Marshall prohibit the hanging of any type of items on walls. Teams & individuals should refrain from hanging banners, posters etc. • All team banners will be collected from the coaches on the first day of the meet at the coaches' entrance. • Spectators and teams shall not be permitted to bring their own catered food or bulk supply of food, such as coolers of food and beverages, nor shall they be permitted to set up any furniture of their own to facilitate their dining needs.
Participating Club Responsibilities:	<p>Timers:</p> <ul style="list-style-type: none"> • Timers from each team must check in. • Upon checking in, timing credentials will be provided to remain on the deck. • 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. • Teams are required to fulfill their designated timing assignment or risk disqualification of their swimmers. • The meet will not start until all timers have reported to their lane. • 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. • Swimmers entered in the following events (1000, 400IM, 1650 and 500) and will be responsible for providing their own timers and counters (if applicable). <p>Pool Deck Access:</p> <ul style="list-style-type: none"> • Only swimmers, certified coaches, certified officials, timers, and authorized meet operations personnel may enter the deck area. • Swimmers, coaches and officials will enter the facility at the designated entry and exit points. • During competition, deck marshals will be working to keep the deck area clear for swimmers and officials
Concessions:	Food and drink will be available for purchase.
Swim Gear:	Swim gear and apparel will be available for sale during the meet.

Parking:	Due to an increase in parking capacity at Franklin & Marshall College, there will NOT be shuttle services to the aquatic center this year.
Hotels:	All hotels will be posted on our website: http://aquarockets.com
Directions:	<p>Kunkel Aquatic Center in the Alumni Sports & Fitness Center Franklin & Marshall College 929 Harrisburg Pike, Lancaster, PA, 17603</p> <p><u>South From Jersey:</u></p> <p>Take the New Jersey Turnpike to exit 6 (Pennsylvania Turnpike west). Take the PA Turnpike west to exit 286 (Lancaster/Reading/Rt. 222 south). Take Rt. 222 south approximately 14 miles to the Lancaster area. Stay to the right and follow signs for Rt. 30 West (York). Pass Oregon, Lititz and Fruitville Pikes. Just beyond Fruitville Pike, exit to continue on 30 West (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 light at the intersection of Race Avenue and Harrisburg Pike. The Turf Field will be on your left. Turn left into this parking lot.</p> <p><u>From Central and North Jersey:</u></p> <p>I-287 S to Exit 21B - Merge onto I-78 W toward Easton, PA. Go about 52 miles and take exit 54A, to merge onto US-222 S/Hamilton Blvd. Follow US-222 S to US-30 W. 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 light at the intersection of Race Avenue and Harrisburg Pike. The Turf Field will be on your left. Turn left into this parking lot.</p>

13/Over YMCA State Championships				
Events, Sessions and Time Standards:				
Girls Event Number	Time Standard	Description	Boys Event Number	Time Standard
Session 1 – Thursday Evening				
Distance Finals				
1	11:34.99	13-14 1000 Freestyle	2	10:59.99
3	11:09.99	15-18 1000 Freestyle	4	10:22.99
Session 2 – Friday Morning				
15 / 18 Boys & Girls Prelims				
7	01:12.29	15-18 100 Breaststroke	8	01:03.99
11	00:55.19	15-18 100 Freestyle	12	00:50.29
15	02:13.99	15-18 200 Backstroke	16	02:05.09
Session 3				
15 / 18 & 13/14 Boys & Girls 400 IM				
19	04:51.79	15-18 400 IM	20	04:26.09
17	04:57.99	13-14 400 IM	18	04:45.59
Session 4 – Friday Afternoon				
13 / 14 Boys & Girls Prelims				
5	01:15.99	13-14 100 Breaststroke	6	01:12.99
9	00:57.79	13-14 100 Freestyle	10	00:54.99
13	02:22.59	13-14 200 Backstroke	14	02:17.99
Session 5 – Friday Evening				
Event Finals				
57	01:58:09	Open 200 Medley Relay	58	01:45:09
5		13-14 100 Breaststroke	6	
7		15-18 100 Breaststroke	8	
9		13-14 100 Freestyle	10	
11		15-18 100 Freestyle	12	
13		13-14 200 Backstroke	14	
15		15-18 100 Backstroke	16	
17		13-14 400 IM	18	
19		15-18 400 IM	20	
59	01:54:09	13-14 200 Freestyle Relay	60	01:48:09

61	03:49.99	15-18 400 Freestyle Relay	62	03:30.99
Session 6 – Saturday Morning 15 / 18 Boys & Girls Prelims				
23	01:01.99	15-18 100 Backstroke	24	00:57.59
27	02:19.99	15-18 200 Butterfly	28	02:05.99
31	00:25.59	15-18 50 Freestyle	32	00:22.99
35	02:14.89	15-18 200 IM	36	02:03.99
Session 7 – Distance Finals				
37	19:09.99	15-18 1650 Freestyle	38	18:39.99
39	18:39.99	13-14 1650 Freestyle	40	17:29.99
Session 8 – Saturday Afternoon 13 / 14 Boys & Girls Prelims				
21	01:05.79	13-14 100 Backstroke	22	01:03.89
25	02:32.79	13-14 200 Butterfly	26	02:25.99
29	00:26.89	13-14 50 Freestyle	30	00:25.19
33	02:22.99	13-14 200 IM	34	02:16.19
Session 9 – Saturday Evening Event Finals				
21		13-14 100 Backstroke	22	
23		15-18 100 Backstroke	24	
25		13-14 200 Butterfly	26	
27		15-18 200 Butterfly	28	
29		13-14 50 Freestyle	30	
31		15-18 50 Freestyle	32	
33		13-14 200 IM	34	
35		15-18 200 IM	36	
67	02:10.09	13-14 200 Medley Relay	68	01:56.09
65	04:19.99	15-18 400 Medley Relay	66	03:59.99

Session 10 – Sunday Morning				
15 / 18 Boys & Girls Prelims				
43	01:59.99	15-18 200 Freestyle	44	01:49.99
47	02:36.99	15-18 200 Breaststroke	48	02:20.99
51	01:01.09	15-18 100 Butterfly	52	00:55.29
Session 11 – Sunday Morning				
15 / 18 Boys & Girls Prelims				
55	05:22.99	15-18 500 Freestyle	56	04:58.99
53	05:36.99	13-14 500 Freestyle	54	05:23.99
Session 12 – Sunday Afternoon				
13 / 14 Boys & Girls Prelims				
41	02:06.29	13-14 200 Freestyle	42	02:01.29
45	02:43.99	13-14 200 Breaststroke	46	02:32.99
49	01:06.19	13-14 100 Butterfly	50	01:03.09
Session 13 – Sunday Evening				
Event Finals				
63	01:44.99	Open 200 Freestyle Relay	64	01:32.99
41		13-14 200 Freestyle	42	
43		15-18 200 Freestyle	44	
45		13-14 200 Breaststroke	46	
47		15-18 200 Breaststroke	48	
49		13-14 100 Butterfly	50	
51		15-18 100 Butterfly	52	
53		13-14 500 Freestyle	54	
55		15-18 500 Freestyle	56	

**2015 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: _____

**2015 NJ YMCA State Championship
The Community YMCA Red Bank Swim Team
Release and Hold Harmless Agreement**

In order to participate in the 2015 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 _____, 2015.

YMCA Association Name: _____ YMCA Association #: _____

CEO/Executive Director Signature: _____

**2015 N.J. YMCA STATE CHAMPIONSHIP
Entry Summary sheet**

Name of YMCA: _____

Address: _____

Coach: _____

Phone Contact: _____

Phone: _____

TEAM FEE:

TOTAL INDIVIDUAL EVENTS: _____ x \$6.50 = _____

TOTAL RELAYS: _____ x \$24.00 = _____

SWIMMER SURCHARGE: Number of Swimmers _____ x \$15.00 = _____

AMOUNT ENCLOSED: \$ _____

Please list no more than five certified coaches that will be attending this meet (number of coaches permitted on deck: 1-10 swimmers - 2 coaches, 11-20 swimmers - 3 coaches, 21-30 swimmers – 4 coaches, 30 or more swimmers - 5 coaches).

Friday	Saturday	Sunday
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____

Make checks payable to: "Community YMCA Swim Team"

Mail Entries to:

The Community YMCA, Red Bank Swim Team

166 Maple Avenue

Red Bank, NJ 07701

Attn: Susan Mahon

rbymeetentries@gmail.com

Entries must be received by 10:00 pm, on Thursday, March 5, 2015.

THIS FORM MUST BE RETURNED WITH TEAM ENTRIES.

The following items are to be returned to the host team on or before March 5, 2015.

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