



# Fall in the Pool

Raritan Valley Community College

October 9<sup>th</sup> and 10<sup>th</sup>, 2010

Short Course Meet

Hosted by

Somerset Valley YMCA

Sanction Number: N/A

Date of Meet:	Saturday and Sunday, October 9 <sup>th</sup> and 10 <sup>th</sup> , 2010
Location:	<p><b>Site:</b>  <b>Raritan Valley Community College</b>          118 Lamington Road          Branchburg, 08876</p> <p><b>Facility:</b> The pool is a 25 yard, 6-lane pool. The pool uses pedestal-style starting blocks, non-turbulent lane lines, touch pads and a Colorado Timing system. The depth at the starting blocks is approximately 12 feet and the depth at the turning end is 3.5 Feet.          Day of Meet Emergency Contact Number: 908-526-1200 (Follow Prompt for Campus Security)</p>
Meet Director:	Dave Rzewnicki – Email: <a href="mailto:meetdirector@svynj.org">meetdirector@svynj.org</a>
Meet Referee:	Chris Glenn – Email: <a href="mailto:chriscglenn@svynj.org">chriscglenn@svynj.org</a>
Meet Safety Coordinator:	Jim Temple – Email: <a href="mailto:james.temple@nsn.com">james.temple@nsn.com</a>
Entry Coordinator:	<p>Karen Johnson, 828 Atkinson Circle, Hillsborough, NJ 08844</p> <ul style="list-style-type: none"> <li>• (908) 612-8928</li> <li>• <a href="mailto:meetdirector@svynj.org">meetdirector@svynj.org</a></li> <li>• Best time to contact: evenings</li> </ul>
Entry Deadline:	<ul style="list-style-type: none"> <li>• <b>Entry Deadline Date: October 2, 2010</b></li> <li>• <b>Entries must be emailed to <a href="mailto:meetdirector@svynj.org">meetdirector@svynj.org</a>.</b></li> <li>• You will receive a confirmation that entries have been received.</li> <li>• Team entries will not be considered accepted <u>unless</u> the waiver and entry fees have been received.</li> <li>• Meet Entries will be taken until the meet is full.</li> <li>• The waiver must accompany payment and must be received before the start of the meet.</li> <li>• <b><i>Payment for meet entries to be mailed to: Tom Pearce, 35 Winslow Drive, Martinsville, NJ 08836</i></b></li> <li>• 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.</li> </ul>
Meet Format Waiver:	<p>The host club has the right to change the format of the meet:</p> <ul style="list-style-type: none"> <li>• To allow more swimmers to swim.</li> <li>• To conform to facility capacity limits or for facility safety concerns.</li> <li>• To condense the meet into a smaller timeframe.</li> </ul> <p>The host club has the right to alter or eliminate qualifying times if required.</p>
Internet Website Posting:	<p><b>Pre-Meet Information posted on website.</b></p> <ul style="list-style-type: none"> <li>• Meet Information will be posted on the website.</li> <li>• Downloadable Hy-Tek Events list (HYV.file) will be posted on the website.</li> <li>• List Teams whose entries have been received.</li> <li>• List Updated meet schedule.</li> <li>• List Warm-up Schedule and Team Warm-up Assignments.</li> <li>• List Timing assignments.</li> </ul> <p><b>Post-Meet Information posted on website.</b></p> <ul style="list-style-type: none"> <li>• Downloadable Results (CL2 file)</li> <li>• Downloadable Individual Team Results (CL2 file)</li> <li>• Meet Results</li> </ul>
Coaches Eligibility:	<ul style="list-style-type: none"> <li>• All coaches “on the deck” must be members of YMCA Swimming.</li> </ul>

	<ul style="list-style-type: none"> <li>Coaches must show valid coaching card for entrance to facility.</li> <li>Coaches must show coaching card before picking up any meet information or scratch sheets.</li> <li>Coaches must have coaching card visible at all times while on deck.</li> <li>Coaches must have a visible coach's card when entering hospitality area or when asking for food at concessions.</li> </ul>		
Swimmer Eligibility:	<ul style="list-style-type: none"> <li>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.</li> <li><b>Age Groups that will be offered.</b> <ul style="list-style-type: none"> <li>There will be 11/12 and 13 and over Distance Events</li> <li>8 and under, 9/10, 11/12, 13/14 and 15 and Over Individual and Relay Events</li> </ul> </li> <li><b>Individual and Relay Limits:</b> <ul style="list-style-type: none"> <li>Swimmers may enter and compete in 2 individual events on Saturday (Distance Events).</li> <li>Swimmers may enter and compete in 3 individual events and 1 relay on Sunday.</li> </ul> </li> <li>Age for this meet is: <b>December 1, 2010</b></li> <li>All participating swimmers must be YMCA Members</li> <li>Distance events may be heat limited depending on number of entries received. Any splash fees paid towards events that become heat limited and therefore resulting in the entry being revoked, will be refunded.</li> </ul>		
Meet Format:	<ul style="list-style-type: none"> <li>2010/2011 YMCA Swimming Rules will be in effect.</li> <li>This meet will be run as a Timed Final meet for all age groups</li> </ul>		
Meet Schedule:	<ul style="list-style-type: none"> <li>The building will not open until 30 minutes before the start of warm-ups.</li> <li>There will be two sessions per day.</li> </ul>		
<b>Meet Schedule:</b>			
<b>Saturday, October 9th, 2010</b>			
	<b>Warm-up</b>	<b>Start</b>	
<b>Session #1</b>	11/12 Distance Events – Timed Finals	7:00 a.m.	8:20 a.m.
<b>Session #2</b>	13 & Older Distance Events – Timed Finals	1:00 p.m.	2:20 p.m.
<b>Sunday October 10th, 2010</b>		<b>Warm-up</b>	<b>Start</b>
<b>Session #3</b>	8 & under, 9/10, 11/12 Events – Timed Finals	7:00 a.m.	8:20 a.m.
<b>Session #4</b>	13 & Over Timed finals	1:00 p.m.	2:20 p.m.
Warm-up Procedures:	<ul style="list-style-type: none"> <li>All teams will be given a minimum twenty five minutes of warm-ups.</li> <li>Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes.</li> <li>All swimmers are entitled to a fair and comparable warm-up. All teams <b>MUST</b> get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes.</li> <li>All swimmers must enter the pool from the starting end of the pool.</li> <li>All general warm-up lanes will swim in a counterclockwise direction.</li> <li>Coaches are responsible for swimmers in their warm up lanes.</li> <li>Block starts during warm ups are only allowed if swimmers are exiting the water at the far end of the pool.</li> </ul>		
Entry Times:	ENTRY TIMES MUST BE IN YARDS. Please use an estimated time rather than an NT so that we can time out the meet! Athlete rosters as an attached file are requested.		
Check-In:	<ul style="list-style-type: none"> <li>All check-in sheets must be turned into the scoring table 45 minutes before the start of each session. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched must follow procedures outlines in "Scratch Procedures" below.</li> <li>All relay events will have a positive check-in that will be posted at the scoring table or the control room.</li> <li>Completed relay cards should be turned into the scoring table only.</li> </ul>		
Starts:	<ul style="list-style-type: none"> <li><b>Fly-over</b> starts MAY be used.</li> </ul>		
Relays:	<ul style="list-style-type: none"> <li>All relays must have the correct four (4) names listed and in the correct order for the relay to be eligible.</li> <li>Coaches must turn in completed relay cards 30 minutes prior to that relay swimming at the scoring table.</li> </ul>		

Scratch Procedures:	<p><b><u>Scratch Procedures and penalties:</u></b></p> <p><b><u>Scratch Sheet Instructions:</u></b></p> <ol style="list-style-type: none"> <li>1. Swimmers that are swimming will have a single line through their name. (Example – <del>Swimmer</del>)</li> <li>2. Swimmers that are being scratched from the session will have their name circled and “SCR” will be written next to the circle</li> <li>3. 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</li> </ol> <p>All entries not scratched will become official entries. If, after the event is seeded, a swimmer is not scratched from a timed final or preliminary event and does not appear at the block to swim the race in time for the initial start of his or her heat, there will be no penalty to the swimmer. It is expected that each team and swimmer will be diligent in scratching from any events where the swimmer will not be swimming and therefore there will be no penalty for a “no-show” for a preliminary or a timed final heat.</p> <p><b><u>Seeding; Preliminaries and Timed Finals:</u></b> Each session will be seeded after receiving scratches in accordance with USA-S Technical Rules (Rule 102.5).</p> <p><b><u>Declared False Start:</u></b> 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>
Awards:	<ul style="list-style-type: none"> <li>• Medals will be awarded for the top 3 relays in each relay event.</li> <li>• Medals will be awarded for the top 3 swimmers in each individual event.</li> <li>• Awards must be picked up by coaches at the end of the 2 day event. Under no circumstances will awards be mailed.</li> </ul>
Scoring:	<ul style="list-style-type: none"> <li>• TBD</li> </ul>
Entry Fees:	<ul style="list-style-type: none"> <li>• Individual Entry Fee: \$3.00</li> <li>• Relay Entry Fee: \$12.00</li> <li>• Make checks payable to: <b>SVYMCA</b></li> </ul>
Admissions and Programs:	<ul style="list-style-type: none"> <li>• Admission - there will be a \$7 charge for admission. Limited Cement Bleacher seating is available in the pool. Deck will be limited to swimmers, coaches, timers and officials.</li> <li>• No chairs, coolers, large bags or any other large items will be allowed in the spectator seating area.</li> <li>• Heat sheets will be available for \$3.00 per session. Heat sheets will be printed AFTER all scratches have been received and processed.</li> </ul>
Entries:	<ul style="list-style-type: none"> <li>• <b>Team entries must be submitted by E-mail to: <a href="mailto:meetdirector@svynj.org">meetdirector@svynj.org</a> When e-mailing your entries, please put ‘FALL In the Pool 2010’ in the subject line</b></li> <li>• 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.</li> <li>• An Entry Summary with a signed Swimming waiver and a check must follow each e-mailed entry.</li> <li>• Deck entries may be accepted at the meet director’s discretion. The deck entry fee will be \$5.00 per individual event and \$20.00 for a Relay entry. Swimmers not previously entered in the meet must provide proof of current YMCA Membership</li> <li>• Coaches wishing to deck enter a swimmer should report to the computer table and contact meet director.</li> <li>• <b>NO Un-attached swimmers will be allowed to participate.</b></li> </ul>
Results:	Results will be posted on the Somerset Valley YMCA Swim Team Website <a href="http://www.svynj.org">www.svynj.org</a> .

FINALS:	N/A
Host Club Responsibilities:	<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 that will be fair and equitable to all teams. This warm-up schedule will be e-mailed to all participating clubs and posted on the website <a href="http://www.svynj.org/">www.svynj.org/</a> no later than 3 days before the meet.</li> <li>• 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: <a href="http://www.svynj.org/">www.svynj.org/</a> no later than 3 days before the meet.</li> </ul>
Participating Club Responsibilities:	<ul style="list-style-type: none"> <li>• Participating clubs <b>must</b> help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: <a href="http://www.svynj.org/">www.svynj.org/</a> 72-hours prior to the meet.</li> <li>• Participating club parents must stay off the pool deck except for timing or officiating assignments.</li> <li>• Participating clubs <b>must</b> help with officiating.</li> <li>• Clubs not meeting Participating Responsibilities MAY have their swimmers scratched from the meet at the Meet Directors discretion.</li> </ul>
Vendor/ Concessions:	Ultimate Swim Shop will be available for swimming equipment.

Hotels:	<p>There are no hotels in the immediate area. If hotel arrangements are needed, please send a note to <a href="mailto:meetdirector@svynj.org">meetdirector@svynj.org</a>.</p>
Directions:	<p style="text-align: center;"><b>Raritan Valley Community College</b>  <b>107 Old Route 28</b>  <b>North Branch, NJ 08876</b></p> <p style="text-align: center;"><b>GPS ADDRESS:</b>  118 Lamington Road  Branchburg, 08876</p> <p><b>FROM the NORTH</b></p> <p><b>From INTERSTATE 287 SOUTH - (From Morristown Area):</b>  Take Interstate 287 SOUTH to Interstate 78 WEST. Proceed on 78 WEST for approx. 3 miles to Exit 26 (Lamington/North Branch). At traffic light at off ramp make a left onto Rattlesnake (county road 665) which turns into Lamington Road. Take Lamington Road for 2.3 miles. The side entrance to Raritan Valley Community College will be on the left. You may enter the side entrance to the college. To enter college from main entrance continue straight on Lamington Road. At traffic light make a left onto Easton Turnpike (county road 614). At the next traffic light (Orr Drive) make a left into the main entrance to the College.</p> <p><b>From GARDEN STATE PARKWAY SOUTH - (From North Jersey):</b>  Take Exit 142 for Interstate 78 WEST. Proceed on 78 WEST for approx. 26 miles to Exit 26 (Lamington/North Branch). At traffic light at off ramp make a left onto Rattlesnake (county road 665) which turns into Lamington Road. Take Lamington Road for 2.3 miles. The side entrance to Raritan Valley Community College will be on the left. You may enter the side entrance to the college. To enter college from main entrance continue straight on Lamington Road. At traffic light make a left onto Easton Turnpike (county road 614). At the next traffic light (Orr Drive) make a left into the main entrance to the College.</p> <p><b>From ROUTE 206 SOUTH - (From Chester/Peapack)</b>  Proceed south on Route 206. Make a right turn onto Lamington road in Bedminster (Shell gas station). Proceed on Lamington Road for approximately 3 - 4 miles. Just past the Lamington General Store antique shop make a left onto Lamington road (county road 665). Take Lamington Road for approximately 5 miles. The side entrance to Raritan Valley Community College will be on the left. You may enter the side entrance to the college. To enter college from main entrance continue straight on Lamington Road. At traffic light make a left onto Easton Turnpike (county road 614). At the next traffic light (Orr Drive) make a left into the main entrance to the College.</p> <p><b>Alternative From ROUTE 206 SOUTH - (From Chester/Peapack)</b>  Proceed south on Route 206. Make a right turn onto Burnt Mills Road (county road 620). (A&amp;P Supermarket will be on left side of intersection). Continue straight on Burnt Mills Road for Approximately 4 miles. When you come to the end make a left onto Lamington Road (county road 665). Take Lamington Road for approximately 1 mile. The side entrance to Raritan Valley Community College will be on the left. You may enter the side entrance to the college. To enter college from main entrance continue straight on Lamington Road. At traffic light make a left onto Easton Turnpike (county road 614). At the next traffic light (Orr Drive) make a left into the main entrance to the College.</p>

Somerset Valley YMCA  
**“Fall in the Pool” Order of Events**

Session 1, Saturday October 9th Ages 11-12			Warmup: 7:00 AM Start: 8:20 AM
GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
1	11/12	400 IM	2
3	11/12	200 Breast	4
5	11/12	200 Fly	6
7	11/12	200 Back	8
9	11/12	500 Free	10

Session 2, Saturday October 9th Ages 13 & Over			Warmup: 1:00 PM Start: 2:20 PM
GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
11	13 & Over	400 IM	12
13	13 & Over	200 Breast	14
15	13 & Over	200 Fly	16
17	13 & Over	200 Back	18
19	13 & Over	500 Free	20

Session 3, Sunday October 10th Ages 8 & under, 9-10 and 11-12			Warmup: 7:00 AM Start 8:20 AM
GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
21	8 & Under	100 Free Relay	22
23	9-10	200 Free Relay	24
25	11/12	200 Free Relay	26
27	8 & Under	25 Free	28
29	9/10	50 Free	30
31	11/12	50 Free	32
33	8 & Under	100 IM	34
35	9/10	100 IM	36
37	11/12	200 IM	38
39	8 & Under	25 Fly	40
41	9/10	50 Fly	42
43	11/12	50 Fly	44
45	8 & Under	25 Back	46
47	9/10	50 Back	48
49	11/12	50 Back	50
51	8 & Under	25 Breast	52
53	9/10	50 Breast	54
55	11/12	50 Breast	56
57	8 & Under	50 Free	58
59	9/10	100 Free	60
61	11/12	100 Free	62

Session 4, Sunday October 10 <sup>th</sup> Ages 13-14, 15 & Over			Warmup: 1:00 PM Start: 2:20 PM
GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
63	Open	200 Free Relay	64
65	13-14	200 IM	66
67	15 & Over	200 IM	68
69	13-14	50 Free	70
71	15 & Over	50 Free	72
73	13-14	100 Breast	74
75	15 & Over	100 Breast	76
77	13-14	100 Free	78
79	15 & Over	100 Free	80
81	13-14	100 Fly	82
83	15 & Over	100 Fly	84
85	13-14	100 Back	86
87	15 & Over	100 Back	88
89	13-14	200 Free	90
91	15 & Over	200 Free	92

Somerset Valley YMCA  
**Fall in the Pool  
Entry Summary**

Team Code: \_\_\_\_\_ Team Name: \_\_\_\_\_

Name(s) of Coaches: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Team Mailing Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

E-mail Address: \_\_\_\_\_

Contact Person Regarding Entries: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

Officials: 1. \_\_\_\_\_ 2. \_\_\_\_\_

Entry Fee Summary

Number of Individual Events: \_\_\_\_\_ X \$3.00 = \_\_\_\_\_

Swimmer Surcharge: \_\_\_\_\_ X \$5.00 = \_\_\_\_\_

Number of Relays: \_\_\_\_\_ X \$12.00 = \_\_\_\_\_

Total = \_\_\_\_\_

Make checks payable to SVYMCA  
Entries are due by Oct 2<sup>nd</sup>, 2010

Submit checks to:  
Tom Pearce, 35 Winslow Drive, Martinsville, NJ 08836

E-mail entries to:  
meetdirector@svynj.org