

FANWOOD-SCOTCH PLAINS YMCA
PRESENTS
THE FIRST FROST
9& UNDER MINI-MEET
SUNDAY, DECEMBER 5th, 2010

This is a "YMCA" Invitational hosted by the Fanwood-Scotch Plains YMCA.

LOCATION: Raritan Valley Community College Aquatic Center Lamington Rd and Rt. 28.

FACILITY: RVCC pool is a six-lane, 25 yard pool; non-turbulent lane lines; Colorado timing system with triple-line time display board and a large amount of spectator seating. The gym will not be available for this meet, so all seating will be in the pool area. Formal marshalling will be handled by the host team, on pool deck.

ELIGIBILITY: All swimmers must be current members of a YMCA swim team. Age as of December 1, 2010.

ENTRIES: Swimmers may swim in (4) four individual events and (1) one relays. *Space and time is limited and teams will be accepted on a first come first serve basis.*

AWARDS: Awards will be given to the top (6) six finishers in each individual and relay event. Ribbons will be given for 7th through 12th place in each individual and relay event, plus heat ribbons. Coaches may pick up their team's awards at the end of the meet.

ENTRY FEES: \$4.00 per individual event and \$10.00 per relay.
Make check payable to: Fanwood-Scotch Plains YMCA.
There will be no refunds on meet entry fees.

All entries must be received by
10:00 PM, SUNDAY, NOVEMBER 28TH, 2010.

There will be no deck entries. Entries should be done on disk or can be emailed to ckarelus@fanwoodscotchplainsymca.org

No phone or fax entries will be accepted.

Entries will not be considered complete until payment is received.

MAIL ENTRIES TO: FANWOOD-SCOTCH PLAINS YMCA
c/o Chris Karelus

1340 MARTINE AVE.
SCOTCH PLAINS, NJ 07076
908-889-8880

WARM-UP: Session 1 – Girls – 7:00 A.M – Doors will open at 6:45 am.
START: 8:15 A.M.

WARM-UP: Session 2 – Boys – 12:30 P.M
START: 1:45 P.M.

ADMISSION: Adults and children over 12 \$4.00
Programs \$6.00

DIRECTIONS: Raritan Valley Community College (908) 526-1200

Rt. 28 & Lamington Rd., Somerville, NJ, 08876

From the North or South- Take Rt. 287 to Rt. 78 West. Then follow direction below from Exit26 on Rt. 78 below.

From the East- Take Rt. 78 West to Exit 26 (North Branch). Make a left at the traffic light at the end of the off ramp. Entrance to the college is 2-3 miles on left. Follow signs to parking lot #2. The pool is located in the Physical Education building.

From the West- Take Rt. 78 East to Exit 26 (North Branch). At the light at the end of the off ramp make a right. Entrance to the college is 2-3 miles on left. Follow signs to parking lot #2. The pool is located in the Physical Education building.

REFRESHMENTS: Available throughout the meet.

PLUS: Metro Swim Shop. will be at the meet selling practice suits, goggles, caps, etc.
Northwest Design will be selling custom First Frost t-shirts at the meet.

CHECK-IN: Team check-in sheets will be available at the check-in table. Sheets should be turned in to meet director by 7:45 AM for Session 1 and 1:15 PM for Session 2(30 minutes before start of each session). Swimmers without a coach should report to check-in table when they arrive. Swimmers failing to check-in will be scratched prior to seeding. Swimmers scratched due to failure to check-in will be allowed to swim at the discretion of the meet director and only if there is space in an already scheduled heat of the event.

FANWOOD-SCOTCH PLAINS YMCA FIRST FROST MINI MEET ORDER OF EVENTS

GIRLS Session 1	EVENTS	BOYS Session 2
1	9 & UNDER 50 Freestyle	23
2	8 & UNDER 50 Freestyle	24
3	9 & UNDER 100 FREE RELAY	25
4	8 & UNDER 100 FREE RELAY	26
5	9 & UNDER 25 BREASTROKE	27
6	8 & UNDER 25 BREASTROKE	28
7	7 & UNDER 25 BREASTROKE	29
8	6 & UNDER 25 BREASTROKE	30
9	9 & UNDER 25 FREESTYLE	31
10	8 & UNDER 25 FREESTYLE	32
11	7 & UNDER 25 FREESTYLE	33
12	6 & UNDER 25 FREESTYLE	34
13	9 & UNDER 25 BACKSTROKE	35
14	8 & UNDER 25 BACKSTROKE	36
15	7 & UNDER 25 BACKSTROKE	37
16	6 & UNDER 25 BACKSTROKE	38
17	9 & UNDER 25 FLY	39
18	8 & UNDER 25 FLY	40
19	7 & UNDER 25 FLY	41
20	6 & UNDER 25 FLY	42
21	8 & UNDER 100 IM	43
22	9 & UNDER 100 IM	44

ENTRY RE-CAP

FSPY FIRST FROST MINI-MEET

TEAM NAME: _____

TOTAL NUMBER OF SWIMMERS ATTENDING: _____

TOTAL NUMBER OF INDIVIDUAL EVENT ENTRIES: _____ X \$4.00 = \$ _____

TOTAL NUMBER OF RELAYS: _____ X \$10.00 = \$ _____

TOTAL ENTRY FEE: _____

Make check payable to "*Fanwood-Scotch Plains YMCA*"

Please complete and return this summary sheet with your entry.

Please supply a contact name, phone number, and email address for entries, timing assignments, and officials.

TEAM CONTACT NAME: _____

TELEPHONE NUMBER: _____

EMAIL ADDRESS: _____