



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **2010 OCY Strong Kids Invitational** **December 17-18-19, 2010**

**Purpose:** The purpose of this meet is to host a competitive December prelim/finals format meet in the Northeast United States. The proceeds from this meet will go to the Ocean County YMCA Strong Kids Campaign. Our volunteer board ensures that 100% of every dollar raised goes toward scholarships for memberships and programs at the Ocean County YMCA. Thanks to the generosity of people like you, individuals in our community have the opportunity to participate in YMCA programs regardless of their ability to pay.

**Facility:** 12-lane pool with non-turbulent lane lines and Colorado timing system. 12 lanes are used for warm up and competition held in 10 lanes. No deck chairs, no strollers, and no coolers are allowed in the facility.

**Eligibility:** This meet is for swimmers ages 11 and over. Swimmers must meet the age requirements as of December 1, 2010. This is a closed competition. YMCA swimmers only.

**Format:** This meet will be in a prelim-finals format. Relays will be timed finals. The top 10 relays in each event will be during the finals sessions, all remaining relays will be during prelims.

All events Friday night will be timed finals.

During Saturday and Sunday the 11-12 200 Fly, 200 Back, and 200 Breast will also be timed finals held during prelims.

All other events will be swum in a prelim finals format:

11-12's	Top 10 swim in finals
13-14's	Top 20 swim in finals
15-Over	Top 20 swim in finals

**Meet Director:** Justin Alsobrooks [jmalsob@yahoo.com](mailto:jmalsob@yahoo.com)  
732 232 9563

**Head Official:** Bill Molloy: [molloy8@comcast.net](mailto:molloy8@comcast.net)





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**Meet Rules:** The meet will be run in accordance with the 2010 USA Rule Book.  
*The meet referee reserves the right to make any adjustments to the provisions of the meet announcement necessary to ensure the fair and efficient running of the meet.*

**Awards:** Ribbons 1<sup>st</sup> – 10th place. There will be a trophy awarded to the winning team. Points will be awarded for the top ten swimmers in each event.

**Scoring:** Scoring will be to 10<sup>th</sup> place  
Individual: 11-9-8-7-6-5-4-3-2-1  
Relays: 22-18-16-14-12-10-8-6-4-2

**Fees:** \$5.00 per individual event. \$15.00 per relay. Make all checks payable to the Ocean County YMCA. Payment MUST accompany all entries.

Spectators Friday Night: \$3.00  
Prelims: \$3.00(children under 12 - free)  
Finals: Free

Program \$10.00 for entire meet

**Entries:** *Deadline is December 1, 2010.* 3 events per day, No deck entries will be accepted. Entries must be submitted on HYTEK disk. Entries may be submitted by email, but will not be considered official until check, disk, & waiver are received. Waiver form must be signed and accompany entries. Entries will be seeded the day of the meet after the scratch sheets are handed in. Swimmers must provide their own timer and lap counter for the 1650 Free, 11-12 500 free, and 400 IM. We reserve the right to limit the number of heats in the 1650 Free, 500 free, and 400 IM so the timeline for the meet is manageable. If we do limit any of these events we will contact the teams by December 6<sup>th</sup>. Please submit entries to:

Justin Alsobrooks  
Ocean County YMCA  
1088 West Whitty Rd  
Toms River, NJ 08755  
(732) 232-9563  
[jmalsob@yahoo.com](mailto:jmalsob@yahoo.com)





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Concessions: Food and drinks will be sold.

Vendor: The Sport Spot will be on hand for all your swimming needs.

Hospitality: There will be a hospitality room for coaches and officials.

Timing: Participating teams will be assigned timing responsibilities proportional to the size of the entries they have in the preliminary sessions only. Teams will be contacted one week prior to the meet regarding their timing assignments. Swimmers must provide their own timer and lap counter for all events Friday night. The Ocean County YMCA Strong Kids Volunteers will provide all timers for the finals sessions Saturday and Sunday night.

Officiating: We ask that each team supply two certified YMCA officials for each session. Officials that work are welcome to eat in the hospitality room.

Schedule:

We reserve the right to adjust the schedule based on the timeline after entries are received.

Friday	Open	5:00 PM Warm Up	6:00 PM Start
Saturday AM	13/over boys & girls	7:30 AM Warm Up	8:40 AM Start
Saturday PM	11-12 boys & girls	1:30 PM Warm up	2:30 PM Start
Sunday AM Distance	500 Boys and Girls	7:00 AM Warm Up	7:30 AM Start
Sunday AM	13/over boys & girls	8:30 AM Warm Up	9:30 AM Start
Sunday PM	11-12 boys & girls	2:00 PM Warm up	3:00 PM Start
Sat & Sun Finals		5:30 PM Warm Up	6:15 PM Start

- The doors will open to swimmers and spectators:

4:30 PM for Friday  
7:00 AM for Saturday AM  
1:00 PM for Saturday PM  
6:30 AM for Sunday AM  
1:30 PM for Sunday PM  
5:00 PM for Finals sessions







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Friday Night

Girls	Qualifying Time	Event	Boys	Qualifying Time
1	6:00	11-12 400 IM	2	6:00
3	5:40	13-14 400 IM	4	5:30
5	5:25	15/Over 400 I M	6	5:10
7	6:40	11-12 500 Free	8	6:40
9	21:00	Open 1650	10	20:00

Saturday 13/Over Prelims

Girls	Qualifying Time	Event	Boys	Qualifying Time
11	NT	13-14 200 Med Relay	12	NT
13	NT	Open 200 Med Relay	14	NT
15	NT	13-14 200 Back	16	NT
17	NT	15/Over 200 Back	18	NT
19	NT	13-14 200 Free	20	NT
21	NT	15/Over 200 Free	22	NT
23	NT	13-14 100 Fly	24	NT
25	NT	15/Over 100 Fly	26	NT
27	NT	13-14 200 Breast	28	NT
29	NT	15/over 200 Breast	30	NT
31	NT	13-14 50 Free	32	NT
33	NT	15/Over 50 Free	34	NT

Saturday 11-12 Prelims

Girls	Qualifying Time	Event	Boys	Qualifying Time
35	NT	11-12 200 Med Relay	36	NT
37	NT	11-12 200 Free	38	NT
39	NT	11-12 200 Breast *Timed Finals*	40	NT
41	NT	11-12 50 Back	42	NT
43	NT	11-12 100 Fly	44	NT
45	NT	11-12 50 Free	46	NT
47	NT	11-12 50 Breast	48	NT
49	NT	11-12 200 Back *Timed Finals*	50	NT





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Saturday Finals order of events

35	11-12 200 Med Relay	36
11	13-14 200 Med Relay	12
13	Open 200 Med Relay	14
37	11-12 200 Free	38
15	13-14 200 Back	16
17	15/Over 200 Back	18
41	11-12 50 Back	42
19	13-14 200 Free	20
21	15/Over 200 Free	22
43	11-12 100 Fly	44
23	13-14 100 Fly	24
25	15/Over 100 Fly	26
45	11-12 50 Free	46
27	13-14 200 Breast	28
29	15/Over 200 Breast	30
47	11-12 50 Breast	48
31	13-14 50 Free	32
33	15/Over 50 Free	34

Sunday Morning Distance Prelims

Girls	Qualifying Time	Event	Boys	Qualifying Time
67	6:05	13-14 500 Free	68	5:55
69	5:50	15/over 500 Free	70	5:30

Sunday 13/Over Prelims

Girls	Qualifying Time	Event	Boys	Qualifying Time
51	NT	13-14 200 Free Relay	52	NT
53	NT	Open 200 Free Relay	54	NT
55	NT	13-14 100 Free	56	NT
57	NT	15/Over 100 Free	58	NT
59	NT	13-14 200 Fly	60	NT
61	NT	15/Over 200 Fly	62	NT
63	NT	13-14 100 Breast	64	NT
65	NT	15/Over 100 Breast	66	NT
71	NT	13-14 100 Back	72	NT
73	NT	15/Over 100 Back	74	NT
75	NT	13-14 200 IM	76	NT
77	NT	15/Over 200 IM	78	NT





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Sunday 11-12 Prelims

Girls	Qualifying Time	Event	Boys	Qualifying Time
79	NT	11-12 200 Free Relay	80	NT
81	NT	11-12 200 Fly * Timed Finals*	82	NT
83	NT	11-12 100 Back	84	NT
85	NT	11-12 200 IM	86	NT
87	NT	11-12 50 Fly	88	NT
89	NT	11-12 100 Free	90	NT
91	NT	11-12 100 Breast	92	NT

Sunday Finals order of events

79	11-12 200 Free Relay	80
51	13-14 200 Free Relay	52
53	Open 200 Free Relay	54
83	11-12 100 Back	84
55	13-14 100 Free	56
57	15/Over 100 Free	58
85	11-12 200 IM	86
59	13-14 200 Fly	60
61	15/Over 200 Fly	62
87	11-12 50 Fly	88
63	13-14 100 Breast	64
65	15/Over 100 Breast	66
89	11-12 100 Free	90
67	13-14 500 Free	68
69	15/Over 500 Free	70
91	11-12 100 Breast	92
71	13-14 100 Back	72
73	15/Over 100 Back	74
75	13-14 200 IM	76
77	15/Over 200 IM	78





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**Directions:**

**FROM THE NORTH**

Take Garden State Parkway Exit 88 to Route 70 West. Take Route 70 West to New Hampshire Avenue South. (To make left turn you must use jug handle to right). Continue 2 ½ miles on New Hampshire. Make right turn at traffic light onto West Whitty Road (just before the Garden State Parkway Overpass). The "Y" will be on the right just past the cemetery.

**FROM THE SOUTH**

Take Garden State Parkway Exit 83 (You will be on Route 9 North). Continue North, West Whitty Road will be the second traffic light. Turn right onto West Whitty Road and the "Y" will be a quarter mile further on the left.

**FROM THE WEST**

Take Route 70 East to Route 571 East.(Right Turn onto Route 571). At the Route 9 intersection make left turn to Route 9, West Whitty Road will be the second traffic light. Turn right onto West Whitty Road and the "Y" will be a quarter mile further on the left.





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## OCY Strong Kids Invitational 2010 Entry Summary

Team \_\_\_\_\_ Club Code \_\_\_\_\_

Names of Coaches \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

Contact Person regarding Entries \_\_\_\_\_  
Phone # \_\_\_\_\_ E-Mail \_\_\_\_\_

Contact Person regarding timers and Officials \_\_\_\_\_  
Phone # \_\_\_\_\_ E-Mail \_\_\_\_\_

### **Entry Fee Summary**

# of Individual entries \_\_\_\_\_ x \$5.00 = \_\_\_\_\_

# of relay Entries \_\_\_\_\_ x \$15.00 = \_\_\_\_\_

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

Please Make Checks Payable To: ***Ocean County YMCA***

