



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NJ YMCA 12/UNDER STATE CHAMPIONSHIP MEET**  
**Feb 25, 26, 27 2011**  
**Ocean County YMCA**

**Hosted by the Ocean County YMCA Swim Team**

**Sanctioned By:**

YMCA of the USA Competitive Swimming and Diving Advisory Committee, Jack Caucino, New Jersey Group Representative; Meredith Griffin, Manager of YMCA Group Representatives; NJ YMCA Competitive Swimming Championship Committee.

**USA Swimming Approval:**

This meet will be an Approved Meet in accordance with USA Swimming Rule 202.4. All times for registered USA-S swimmers will be entered into the SWIMS database, as long as the swimmer's name, as entered into the meet, is exactly the same as the swimmer is registered in USA Swimming. Mismatches will be rejected by SWIMS. **COACHES SHALL VERIFY THAT ALL SWIMMER INFORMATION COMPLIES WITH USA "SWIMS" DATABASE REQUIREMENTS; ANY MIS-MATCHED INFORMATION WILL BE RETURNED (BY SWIMS) TO THE RESPECTIVE TEAM FOR RESOLUTION.**

**Meet Dates:**

Friday	Feb 25	Session	1
Saturday	Feb 26	Sessions	2-3
Sunday	Feb 27	Sessions	4-5

**The 2011 YMCA State Championship Meet:**

This meet will be a 3 day timed finals championship style meet that will host events in the 11/12 and 10/Under age groups. Published time standards must be strictly adhered to. All events will be pre-seeded.

**Meet Director:**

Jennifer Colasurdo – Ocean County YMCA  
Email: <mailto:swimjc@verizon.net>

**Meet Referee:** Peg Kauth



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**Location:**

Ocean County YMCA, 1088 West Whitty Rd, Toms River, NJ 08755

**Facility:**

This will be a single course meet using 8 lanes for competition. There will be two vacant lanes and the remaining 2 lanes available for warm up/cool down throughout the meet. The pool is equipped with electronic timing and judging systems. All swimmers will stay on the pool deck with their team. Due to space limitations swimmers will be permitted to have only one bag on deck. Friday evening the doors will open at 2:30 for swimmers, coaches, officials and 3:00 PM for spectators. Saturday and Sunday morning sessions, doors will open at 7:30 AM for swimmers, coaches and officials and at 8 AM for spectators. Saturday and Sunday afternoon sessions the doors will open 1:30 for swimmers, coaches, official and 2:00 for spectators.

Day	Session	Warm-Up	Meet Start
Friday	Session 1	3:00 PM	4:20 PM
Saturday	Session 2	8:00 AM	9:20 AM
	Session 3	2:00 PM	3:20 PM
Sunday	Session 4	8:00 AM	9:20 AM
	Session 5	2:00 PM	3:20 PM

**CHECK THE WEBSITE FOR THE LATEST INFORMATION:**

[www.ocyswimmeets.org](http://www.ocyswimmeets.org)

The Host Team, with the approval of the NJ State Championship Committee 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 OCY Swim Team website: [www.ocyswimmeets.org](http://www.ocyswimmeets.org).

**COACHES MEETINGS:**

There will be coaches meetings scheduled throughout the meet with the championship meet committee or their designees.

Friday - 3:30 pm

Saturday - 8:45 am and 2:45 pm.

Sunday - 8:45 am and 2:45 pm.

**OFFICIALS MEETINGS:**

There will be officials meets scheduled one (1) hour prior to the start of each session as follows.

Friday - 3:15 pm

Saturday - 8:15 am, 2:15 pm

Sunday - 8:15 am, 2:15 pm



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### **APPLICABLE RULES:**

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.

### **ELIGIBILITY:**

Each competitor must fulfill the following conditions:

1. A swimmer must be a member in good standing of his/her YMCA for 30 days prior to competing for that YMCA in a meet. The swimmer must be a member in good standing of his/her YMCA for 90 days prior to representing that YMCA state championship meet. (Rules That Govern, Rule II Sec.1a) A swimmer may only represent his/her YMCA for at least 90 days prior to the YMCA State Championship Meet entry deadline in order to compete in that meet.
2. To be eligible to compete in the YMCA State Championship meet a 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 entry deadline.
3. An athlete must achieve the minimum qualifying time standard for each State Championship Meet event in which he/she enters. Coaches must be prepared to show proof of this achievement at meet registration if requested by meet committee.
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
5. The swimmer must be an amateur and may represent a team other than their YMCA or school team during the current season but before their eligibility period commences (90 days prior to the state competition). 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.
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, 2010. 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. Each swimmer is limited to seven (7) individual events; a swimmer can enter a maximum of one (1) relay per day and a maximum of three (3) individual events per day. Open events do not count towards the event limit. 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.
8. Each YMCA Association may enter a maximum of two relay teams in each relay event. If entering two relay teams, one must be designated "A" and one designated "B". Only the "A" relay team will be eligible for scoring. Coaches should make every effort to identify the most likely swimmers and enter those swimmers names in the relay events. All relay cards are due 30 minutes prior to the start of each session. The top two seeded relay heats will swim at night in finals with the exception of the open relays which will be swum as timed finals.
9. The 2006-2007 edition of "A Manual on Principles and Rules Governing Competitive Physical Activities in the YMCA", the 2006/2007 Edition of the NJ YMCA State Championship Guide, and the 2007 Edition of the YMCA Mid-Atlantic Group Competitive Swimming and Diving Championships Rules Supplement (where applicable) will be used to measure eligibility.
10. It shall be the responsibility of the coach and CEO/Executive Director of each YMCA to assure that their swimmers meet these eligibility requirements.



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### **The Championship Meet Committee:**

The Committee will be composed of the Meet Referee (Head Official), Meet Director, NJ Competitive Coordinator and the North Jersey YMCA Swim League and South Jersey YMCA Swim League Executive League Coordinators or their designees.

The Competitive Coordinator and/or the Meet Committee may challenge entry times and/or may ask for verification of any seed time. **ALL SEED TIMES MUST BE PROVABLE.** Failure to provide such proof when requested will be subject to investigation and possible disqualification by the Championship Meet Committee or the Competitive Coordinator. The NJ YMCA Championship Committee reserves the right to require proof of time prior to entry into the 2011 NJ YMCA State Championships from those teams whose swimmers at the 2010 NJ YMCA State Championship exceeded the 2010 qualifying times for 20% or more of their individual and relay swims.

### **Warm-up Procedure:**

There will be three (3) twenty-five (25) minute warm-up sessions using all 12 lanes of the OCY pool. Warm-up/down lanes will be continuously available during the meet. Warm up assignments will be emailed to all coaches one (1) week prior to the meet and will also be posted on the OCY Swim Team web site. Due to safety consideration, 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.

### **Pool Deck Access:**

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. Swimmers, coaches and Officials will enter through the rear entrance of the pool. Spectators will enter through the double doors in the front of the pool.

### **Coaches and Officials:**

Only pre-registered coaches and officials will be permitted access to the pool deck. Coaches must show their YMCA Coaches Deck Pass to gain access to the deck and pick up their Meet Packet. Coaches must display their YMCA Deck Pass at all times while on the deck. There will be a limit of three (3) coaches per team per session. Officials who have been invited by the Meet Referee to work this meet must check in upon entrance (back door of pool). Officials who are not listed on the pre-registered/invited list will not be allowed entry to the pool deck.

### **Timers:**

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. Timing assignments will also be posted on the OCY Swim Team website the week prior to the meet: [www.ocyswimmets.org](http://www.ocyswimmets.org).



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### Swimmer Check-in:

Swimmers should check in with their coach immediately upon arrival. Check in sheets for the swimmers will be enclosed in the coaches' packet that is distributed at each session requiring check in. **Swimmers will be scratched for the day's events if they have not been checked in one half hour after warm ups have started.** Coaches and swimmers are responsible for ensuring that the swimmers get to the starting block in time for their respective events.

### Scratch Procedures and penalties:

Scratches need to be handed in at the computer podium on deck. No scratches will be accepted at the coaches meeting. Scratch sheets must be turned in 45 minutes before the start of the session. Scratches should be indicated as described below using the Team/Session rosters that will be provided in the Coaches Packet.

### Scratch Sheet Instructions:

1. Swimmers that are swimming will have a single line through their name.
2. Swimmers that are being scratched from the session will have their name circled and "SCR" will be written next to the circle
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

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.

### All sessions will be pre-seeded:

This meet will be seeded in accordance with USA-S Technical Rules (Rule 102.5), and for the benefit of both the swimmers and the spectators, the Meet has been pre-seeded. The program will be official unless, depending upon the volume of scratches; the Meet Committee will decide whether or not to re-seed an event. In either case, lane timers and 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 and heat sheets will be posted throughout the deck and in the spectator area indicating the re-seeded event.

The host team and/or Meet Committee reserve the right to change the pool or sessions if necessary for the best operation of the meet. Any changes to the meet format will be post on our web site ([www.ocyswim.org](http://www.ocyswim.org)) and sent via email to all teams at least one week in advance.

### Protests:

Protests of judgment call of officials can only be ruled on by the Meet Referee. All other protests 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



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### Swimwear:

The 2011 12/under YMCA State Championship will be following the USA swimming rule for swimwear that went into effect on October 1, 2009.

1. Swimsuits for men may not extend above the naval or below the knee and for women may not cover the neck or extend past the shoulders or below the knee.
2. 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; and
3. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer.

Extensive details of this ruling can be found on the [www.usaswimming.org](http://www.usaswimming.org) website under volunteers...officials...rules and regulations.

### Distance Events:

Positive check in will also be required for swimmers in the 500 freestyle events. This event may be reseeded based on the number of scratches.

- Swimmers entered in the 500 will be responsible for providing their own counters.

### Spectators:

The Ocean County YMCA has a large amount of deck space for coaches and swimmers. The spectator area, raised above the pool deck has seating capacity for approximately 500 spectators. Under no circumstance will spectators be allowed on deck. Spectators and swimmers will not be allowed to save seats in the spectator area and may not bring in chairs or coolers. Host team volunteers will assist spectators with seating and will monitor the spectator area. Spectators are expected to cooperate with security requests.

### Misconduct:

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.”

### Admission and Programs:

Admission: \$5.00                      Program: \$10.00 for entire meet.

Results: Live Results will be posted during the meet on the OCY website: [www.ocyswimmeets.org](http://www.ocyswimmeets.org)

### Inclement Weather:

In case of severe weather conditions or other emergency situations, which force cancellation of any portion of this meet – **no refunds will be made on any entry fees.**

The Meet Committee will make all decisions concerning meet cancellation after consulting with the Ocean County YMCA. The decision of the Meet Committee is final.





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**Entry Deadline:**

Entries must be received by mail or email no later than 10:00 pm February 15, 2011. No changes will be accepted after this date.

Swimmers achieving a YMCA State time at the YMCA Silvers Meet will be able to enter in that event. Swimmers achieving a NEW YMCA state time between February 15<sup>th</sup> and February 20<sup>th</sup> will also be able to enter in that event; new times achieved ONLY. The meet host has the right to request proof of times for these entries. A separate meet entry file will be available for these entries.

**Entry Fees:**

Charge for individual entries \$6.00 per event and \$24.00 per relay. All checks should be made payable to The Ocean County YMCA

The entry fees, entries, registration information and team rosters should be mailed to;

The Ocean County YMCA, OCY Swim Team  
1088 West Whitty Rd  
Toms River, NJ 08755  
Attn: Heidi Orpurt

**Entry Procedures:**

Entries must be submitted in computer ready form with a printout copy. Hy-Tek Software is the standard used. OCY will send each eligible team an event file for Team Manager to facilitate entry into the meet. All teams must submit a properly signed "2011 NJ YMCA State Championship Meet Certification and Cover Form" and "Hold Harmless Agreement" with all entries. Entries will not be considered unless these forms are received. In addition 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 Jennifer Colasurdo, [swimjc@verizon.net](mailto:swimjc@verizon.net). 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. If you do not receive an email response, you must contact the entry coordinator by email or phone or mail in your entries.

**\*\*\*\*Please Note\*\*\*\*There will be 2 event files set up for this meet. One will be for entries due by the deadline of February 15<sup>th</sup> and one will be for entries accepted from swimmers who qualify at the Silver Championship Meet. These entries are due by 10:00 PM February 21st.**

**Individual & Relay Events:**

Entries must include the swimmer's name, age as of December 1, 2010 and seed time in yards. TIMES WILL NOT BE CONVERTED by the Host Team, swimmers with unconverted times will be entered into the first heats of the events. The conversion tables on pages 142-143 of the 2008 NCAA Rulebook should be used to convert nonconforming times.



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**Relay Events:**

Two relays may be entered for each age group division, however only the designated "A" Relay team will score, The seed time is all that is required prior to the meet. At the meet, each coach shall submit a relay card (provided in the Coach's Packet at the meet) for each relay, listing the name and swimmer meet ID number for each swimmer in the relay in order. Relay cards are due 30 minutes before the start of the session.

**Entry Limitations:**

Each 11-12 swimmer is limited to seven (7) individual events over the course of the meet. The swimmer can enter a maximum of one (1) relay per day, and a maximum of three (3) individual events per day. Each 10/under swimmer is limited to six (6) individual events over the course of the meet. The swimmer can enter a maximum of one (1) relay per day, and a maximum of three (3) individual events per day.

**Hospitality:**

A hospitality room will be available for coaches who are wearing their deck passes and officials who are in appropriate attire and working each session. Due to limited space, timers will not be allowed access into the hospitality room.

**Concessions:**

Food and drink will be available for purchase.

**Swim Gear:**

The Sport Spot will be on site with swim gear and apparel for sale during the meet.

**T-Shirts:**

YMCA State Championship T Shirts will be available at the meet.

**Photography:** OCY reserves the right to have a photographer on deck.

**Awards:**

**COACHES MUST PICK UP ALL INDIVIDUAL AND TEAM AWARDS PROMPTLY AT THE END OF THE MEET. THE HOST TEAM WILL NOT MAIL AWARDS.**

**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. This will be combined with the 13/Over meet held in March. The top combined boys' and girls' team, according to overall cumulative point totals, receives the Meet Championship Banner.

**Scoring:** The point value for the first through sixteenth place finishes in both individual and relay events are as follows:

**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

Only the A relay can score.





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## YMCA STATES CHAMPIONSHIP EVENT AND SESSION INFORMATION

FRIDAY, FEBRUARY 25, 2011

SESSION 1

WARM-UP: 3:00 PM

START: 4:20 PM

GIRLS	QUALIFYING TIME	EVENT	QUALIFYING TIME	BOYS
1	2:22.99	11/12 200 FREE	2:23.49	2
3	38.59	11/12 50 BREAST	39.99	4
5	1:14.99	11/12 100 FLY	1:20.99	6
7	1:13.39	11/12 100 BACK	1:14.99	8
9	2:38.99	11/12 200 IM	2:41.99	10

SATURDAY, FEBRUARY 26, 2011

SESSION 2

WARM-UP: 8:00 AM

START: 9:20 AM

GIRLS	QUALIFYING TIME	EVENT	QUALIFYING TIME	BOYS
11	3:00.59	10/U 200 IM	3:00.99	12
13	32.89	10/U 50 FREE	32.99	14
15	1:30.99	10/U 100 FLY	1:33.99	16
17	43.69	10/U 50 BREAST	45.29	18
19	1:23.99	10/U 100 BACK	1:26.49	20
21	2:36.09	10/U 200 MED RELAY	2:35.09	22

SESSION 3

WARM-UP: 2:00 PM

START: 3:20 PM

GIRLS	QUALIFYING TIME	EVENT	QUALIFYING TIME	BOYS
23	1:13.59	11/12 100 IM	1:14.99	24
25	34.19	11/12 50 BACK	34.59	26
27	1:04.19	11/12 100 FREE	1:04.29	28
29	2:58.59	11/12 200 BREAST	2:59.99	30
31	2:54.99	11/12 200 FLY	2:54.99	32
33	2:18.09	11/12 200 MED RELAY	2:17.09	34



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**SUNDAY, FEBRUARY 27 2011**

**SESSION 4**

**WARM-UP: 8:00 AM**

**START: 9:20 AM**

<b>GIRLS</b>	<b>QUALIFYING TIME</b>	<b>EVENT</b>	<b>QUALIFYING TIME</b>	<b>BOYS</b>
35	1:23.59	10/U 100 IM	1:25.99	36
37	38.99	10/U 50 BACK	39.99	38
39	1:14.19	10/U 100 FREE	1:15.39	40
41	37.99	10/U 50 FLY	39.19	42
43	1:36.29	10/U 100 BREAST	1:40.19	44
45	2:41.99	10/U 200 FREE	2:42.99	46
47	2:18.09	10/U 200 FREE RELAY	2:15.09	48

**SESSION 5**

**WARM-UP: 2:00 PM**

**START: 3:20 PM**

<b>GIRLS</b>	<b>QUALIFYING TIME</b>	<b>EVENT</b>	<b>QUALIFYING TIME</b>	<b>BOYS</b>
49	6:10.99	11/12 500 FREE	6:10.99	50
51	28.99	11/12 50 FREE	29.19	52
53	2:33.99	11/12 200 BACK	2:34.99	54
55	1:22.99	11/12 100 BREAST	1:26.49	56
57	32.89	11/12 50 FLY	33.99	58
59	2:05.09	11/12 200 FREE RELAY	2:05.09	60



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## 2011 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: \_\_\_\_\_



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**2011 NJ YMCA State Championship  
the Ocean County YMCA  
Release and HOLD HARMLESS AGREEMENT**

In order to participate in the 2011 NJ YMCA State Championship Meet, the following terms and conditions are herewith agreed to for the promotion and execution of the event.

Ocean County YMCA 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 Ocean County YMCA 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 Ocean County YMCA, 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 Ocean County YMCA will carry general liability insurance in standard form covering the above.

Executed this \_\_\_\_\_ day of \_\_\_\_\_, 2011.

YMCA Association Name: \_\_\_\_\_ YMCA Association #: \_\_\_\_\_

CEO/Executive Director Signature: \_\_\_\_\_



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2011 N.J. YMCA STATE CHAMPIONSHIP  
Entry Summary sheet

Name of YMCA: \_\_\_\_\_

Address: \_\_\_\_\_

Coach: \_\_\_\_\_

Phone Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

**TEAM FEE:**

TOTAL INDIVIDUAL EVENTS: \_\_\_\_\_ x \$6.00 = \_\_\_\_\_

TOTAL RELAYS: \_\_\_\_\_ x \$24.00 = \_\_\_\_\_

AMOUNT ENCLOSED: \$ \_\_\_\_\_

Please list the three certified coaches.

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

Make checks payable to: The Ocean County YMCA

Mail Entries to:  
The Ocean County YMCA  
1088 West Whitty Rd  
Toms River, NJ 08755  
Attn: Heidi Orpurt

Entries must be received by 10:00 pm February 15, 2011.

**THIS FORM MUST BE RETURNED WITH TEAM ENTRIES.**

The following items are to be returned to the host team on or before February 15, 2011.

- 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



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## Directions to the Ocean County YMCA:

### *From the North:*

Take Garden State Parkway Exit 88 to Route 70 West. Take Route 70 West to New Hampshire Avenue South (turn right into jug handle). Continue 2 ½ miles on New Hampshire Avenue. Make a right turn at the 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:*

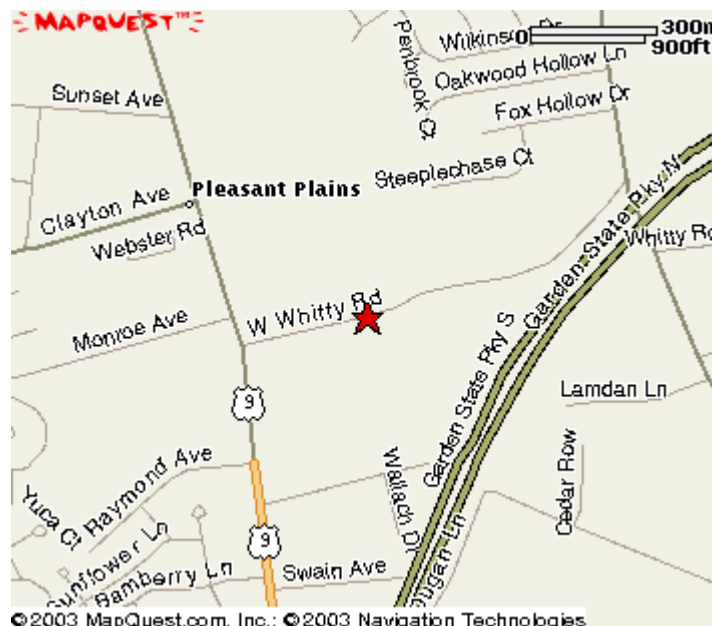
Take Garden State Parkway Exit 83 (you will be on Route 9 North). Continue North, West Whitty Road will be the second traffic light. Turn right onto West Whitty Road, and the 'Y' will be a quarter mile further on the left.

### *From the East:*

Take Route 37 West to Route 166 North. At the Garden State Parkway overpass, Route 166 will change to Route 9 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 traffic light, make a left turn onto Route 9 North. West Whitty Road will be the next traffic light. Turn right onto West Whitty Road and the 'Y' will be a quarter mile further on the left.







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## Hotel Information

### **Ramada and Suites of Toms River**

2373 Highway 9

Toms River, N.J. 08755

3.5 miles from OCYMCA

Contact: Dana Lancellotti at 732 905 2626 x 156 for Ramada room blocks

**Special rate for teams: \$79.00 plus taxes - non smoking, standard room with two double beds.**

**\$99.00 plus taxes for suites (featuring full kitchen with all appliances, living room and separate bedroom). We are a beautiful, full-service hotel with exceptional hospitality. We have restful and energizing accommodations to help your team prepare to WIN! Our beautiful Angles Café and Lounge offers Complimentary Continental Breakfast exclusively available for teams with blocks for this event.**

**Ramada amenities include the following:**

- Check-in: 3pm and Check-Out: 12 noon
- Children 19 & under stay free with an adult (guests must be 21 to check-in)
- Angles Cafe Grille & Lounge
- Room Service  
(9am-9pm for the Main Building Only)
- High Speed Wireless Internet Access Throughout -FREE
- 24 Hour Business Center
- Fitness Center
- Tennis & Basketball Courts
- Seasonal Outdoor Pool & Heated Whirlpool
- 24 Hour Game Room
- ATM Machine in Lobby
- Free USA Today (M-F)
- Ballroom & Meeting Rooms Available

**OCEAN COUNTY YMCA**

1088 W Whitty Road, Toms River NJ 08755

P 732 341 9622 F 732 341 1629

[WWW.OCYMCA.ORG](http://WWW.OCYMCA.ORG)



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

### **Holiday Inn of Toms River**

290 Highway 37 East

Toms River, N.J. 08753

4.4 miles from OCYMCA

Contact Liz Santoro at 732 244 4000 x 506 for Holiday Inn room blocks.

**Special rate for teams: \$79 plus taxes – non smoking, double bed standard room.**

The hotel restaurant is open every day from 7:00am -10:00pm, with the exception of Monday-Thursday and Sunday when they close briefly from 2pm-4pm. They offer a wonderful cold continental breakfast with bagels, muffins, fresh fruit, cereals, juices etc. for \$8.00 per person.

In addition, the hotel includes:

- Free Wi-Fi throughout hotel
- 24 hour business center with printer
- The Palms Restaurant and Lounge (room service is also available)
- Indoor pool, sauna, fitness center and game room
- ATM machine in lobby area
- Washer, Dryer, and weekday dry cleaning available

The room amenities include:

- Well-appointed rooms with tasteful and modern décor
- Free HBO, CNN, and ESPN
- On Demand movies, games and music available
- Coffeemaker, hairdryer, and iron
- Bath and Body Works bath products