

2009 BOYS & GIRLS NJ YMCA SILVER CHAMPIONSHIP

SANCTIONED BY: NJ YMCA Competitive Swimming Championship Committee; Carole Bell, North District Competitive Coordinator; Glenda Pae, Competitive V.P. of Y Fields Sanction

HOSTED BY: Lakeland Hills YMCA www.lhyswim.com
100 Fanny Road,
Mountain Lakes, NJ 07046 973-334-2820

MEET DIRECTOR: Steve Bias, Lakeland Hills YMCA, stephenbias@optonline.net

MEET REFEREE: Val Gibson, Lakeland Hills YMCA, vhgswimming@msn.com

MEET ENTRY COORDINATOR: Kim Rozanitis, YMCASilvers@Hotmail.com 973-394-1627

MEET LOCATION: Gloucester County Institute of Technology
1360 Tanyard Road
Sewell, NJ 08080

DATES: Friday, February 20, 2009 – Sessions 1& 2
Saturday, February 21, 2009 – Sessions 3-6
Sunday, February 22, 2009 – Session 7-12

FACILITY: Gloucester Institute of Technology has a 16 lane, 25 yard pool with Colorado Timing Systems, non-turbulent lane lines and a bulkhead dividing two 8 lane, 25 yard courses.

MEET TIME TABLE:

Session	Day	Facility Opens	Warm-up	Coaches Meeting	Scratches Due *	Officials Meeting	Session Start	Relays Due **
SESSION 1 & 2 – 11/12 & 13-18 Girls/Boys Distance Events	Friday	3:30 PM	4:00 PM	4:10 PM	4:30 PM	4:20 PM	5:00 PM	N/A
SESSION 3 & 4 – 9/10 and 11/12 Timed Final Events	Saturday	6:30 AM	7:00 AM	7:30 AM	8:00 AM	7:45 AM	8:30 AM	After events 24/37
Session 5 & 6 – 13/14 & 15/18 Timed Final Events	Saturday	11:00 AM	11:30 AM	Noon	12:30 PM	12:15 PM	1:45PM	After events 51/66
SESSION 7 & 8 – 9/10 and 11/12 Timed Final Events	Sunday	6:30 AM	7:00 AM	N/A	8:00 AM	7:45 AM	8:30 AM	After events 80/93
SESSION 9 & 10 – 13/14 & 15/18 Timed Final Events	Sunday	11:00 AM	11:30 AM	N/A	12:30 PM	12:15 PM	1:30 PM	After Events 105/118
SESSION 11 & 12 – 13/14 & 15/18 1650 Free	Sunday	TBA	TBA	N/A	TBA	N/A	TBA	N/A

* - Scratches prior to the start of a Session MUST include the names of relay swimmers for any “Start of Session” Relays.

** - Refers to “End of Session” relays for which individual swimmers names are to be submitted.

The Meet Committee reserves the right to adjust all times and sequence of events/sessions noted above after all entries are received and session time estimates are computed by Meet Manager. The Meet Committee reserves the right to consolidate heats and events after all entries and scratches are finalized. Any changes as a result will be posted on the pool deck.

WARM-UP PROCEDURE:

There will be three 25-minute warm-up sessions for all sessions except the 1650 Free on Sunday which will have a single 25-minute warm-up period and a 20-minute mid-session warm-up for Sessions 1-2 on Friday. The warm-up schedule noted above is subject to revisions based on the entries received. The warm-up procedure and lane assignments will be sent to the head coach for each team via e-mail on or about Wednesday, February 18.

APPLICABLE RULES:

The Meet will be governed by the 2008 USA Swimming Technical Rules, the NJ YMCA Championship Guide, the 2006 edition of Principles and Rules Governing Competitive Physical Activities in the YMCA and all supplements thereto.

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 TO THE RESPECTIVE TEAM FOR RESOLUTION.**

Each competitor must fulfill the following conditions:

ELIGIBILITY:

1. The swimmer must have been a member of his/her YMCA in good standing for at least 90 days prior to the date of the championship and entitled to full privilege membership activities.
2. The swimmer must be an amateur and must not have represented another YMCA or another swimming organization (exception of high schools) in open or closed competition 90 days prior to February 20, 2009. College students are ineligible.
3. The swimmer must have represented his/her YMCA in closed competition on at least three occasions on separate days during the four (4) month period prior to Friday, February 20, 2009.
4. Entry in the New Jersey YMCA Silver State Championship Meet will be based on qualifying times exclusively and must be certified in either Open, League, Dual or High School Meet competition. No swimmer may participate in a NJ YMCA Silver Championship event for which they have previously achieved a NJ State Championship qualifying time. (Note 2006-2007 rules which define a YMCA Inter association Swim Meet.)
5. Participation is determined by the swimmer's age as of December 1, 2008. 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.)
6. **Swimmers with 4 or more qualifying times for NJ YMCA State Championships are NOT ELIGIBLE to compete at NJ YMCA Silver Championships.**
7. Swimmers will be restricted to entering a maximum of 3 individual events per day **not more than 7 total individual events for the Meet** and two relay events maximum per day. Other than entry qualifying times, there are no restrictions on the number of entries per team in individual events.

8. **The qualifying period for the meet is January 1, 2008-February 15, 2009.**
9. **8/unders are not permitted to swim at YMCA Silver Championships.**
10. **Each YMCA Association may enter more than 1 relay team, however, only the “A” Relay Team may score; all other relay teams are EXHIBITION ONLY.** Coaches should make every effort to identify the most likely swimmers and enter those swimmers names in the relay events. Coaches will be allowed to change the names of the swimmers in the Relays in accordance with the procedures outlined in the section entitled “Relay Entries”. Relay swimmers for this meet must be entered in the NJ YMCA Silver Championships and can only swim those strokes and distances on relays for which they qualify for in this championship. Medley Relay swimmers may not enter a relay and swim any stroke for which they have achieved a Y State qualifying time. No ‘relay-only’ swimmers may be entered in this meet.

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. Swimmers or coaches who cannot produce verification will have their swimmers reassigned to the heat and lane their proof permits or scratched from the meet if no proof exists.

10. The 2006 edition of “Principles and Rules Governing Competitive Physical Activities in the YMCA” and the current Edition of the Revised Swimming and Diving Supplement prepared by the East Field South Competitive Committee will be used to measure eligibility.
11. It shall be the responsibility of the Head Coach and CEO/Executive Director of each YMCA to assure that their swimmers meet all eligibility requirements.
12. The YMCA Silver Championship Meet Committee will be composed of the Meet Referee (Head Official), Meet Director, New Jersey Competitive Coordinator and the North Jersey YMCA Swim League and South Jersey YMCA Swim League Executive League Coordinators, or their designees.

ENTRY DEADLINES:

All entries must be received no later than **6:00 PM, Monday February 16, 2009.**

ENTRIES:

Entries, via electronic “Hy-Tek Entries File” must be received no later than **6:00 PM, Monday February 16, 2009.** Entries must list seed times in yards. **TIMES WILL NOT BE CONVERTED BY THE HOST TEAM.** Coach may convert times swum during the current season as described in the Time Standards Section of the NCAA Swimming and Diving Rule Book.

A **Recap of Entry** form must be signed by the Head Coach and CEO/Executive Director of each YMCA certifying that all swimmers have fulfilled the requirements listed herein.

Entries must be submitted via email to Kim Rozanitis YMCASilvers@Hotmail.com Upon receipt, all coaches will receive a return email of all entries for verification and a summary of meet entry fees. No swimmers will be officially entered into the meet until each coach has confirmed his/her team entry via return email and has submitted (i) an Executed Waiver, (ii) an executed Meet Entries Cover Form and (iii) payment of entry fees in full. Executed Waiver and Meet Entry Cover forms may be submitted electronically. Questions on electronic entries may be directed to Kim Rozanitis YMCASilvers@Hotmail.com

NOTE: The TM Events file is available and may be downloaded from www.lhyswim.com as well as the Meet Announcement.

RELAY ENTRIES:

Relay participants are to be identified by name. Changes will be accepted via relay entry forms (1-set included in the coaches package) as noted above in the table entitled Meet Time Line. **Coaches must provide their relay sheets with changed participants at the Table at the appropriate pool.**

SEEDING:

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, in the sole discretion of the Meet Committee, event(s) may be re-seeded due to the extent of scratches. 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 limit heats in individual events and/or change the pool if necessary for the best operation of the meet.

Distance Event Seeding:

There will be a **positive check in for all distance events (1000 free & 1650 free)**. The distance events will appear in 'psyche sheet' form in the session program. Following the positive check-in by all teams, the events will be deck seeded and heat sheets will be posted. The 1000 Free and 1650 Free will be swum fastest to slowest.

ENTRY FEES:

Entry fees are \$5.00 per individual event and \$20.00 per relay team.
Mail check payable to LHY and send to:

**Kim Rozanitis
8 Bridle Court
Mountain Lakes, NJ 07046**

All entry fees & paperwork must be received no later than Monday, February 16, 2009. No refunds will be made on any entry fees regardless of any subsequent scratches or changes.

SPECTATOR AREA:

The spectator area has a seating capacity limited to 500 persons which is strictly enforced. **By Order of the Fire Marshall, coolers, folding chairs, and strollers are not permitted in the spectator area.** Spectators will not be allowed on deck. Spectators and swimmers will not be allowed to save seats in the spectator area. Host team volunteers will assist spectators with seating and will monitor the spectator area. Spectators are requested and expected to cooperate with Fire Marshall's regulations and volunteer requests. The facility, including the spectator area, will be cleared between all sessions.

DECK PASSES:

Gloucester Institute of Technology has a large amount of deck space for coaches and swimmers.

Coaches:

Only pre-registered coaches and officials will be permitted access at this entrance. 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:

Each participating team is required to submit the name of at least one currently certified Official per session to the Meet Referee. Swimming Officials will be selected from among the parents and associates of participating swimmers' YMCAs. Current YMCA certification is required for all officials and the Meet Referee may check cards. **Please state YMCA Level 1 or 2 and if dual certified as USA, which level as well as the session(s) available to officiate.** The standard white uniform must be worn by all officials. Those officials selected will be contacted directly prior to the championship. There will be no admission charge for officials who will be working the entire session of the meet. A hospitality room will be available to coaches and officials throughout the meet. Officials will be provided with a championship official's shirt. The host club can guarantee only those officials registering with the meet referee will receive shirts

Timers:

Timers from each team must check in with the Head Timer prior to gaining entry onto the deck. The host team will send each team their timing and lane assignment 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 www.lhyswim.com. Swimmers are to provide for their own timers and counters for the 1000 free and 1650 free events.

ADMISSION:

The building will be open for spectator admission starting at 3:30PM on Friday, and at 6:30AM on Saturday & Sunday. Admission is \$5.00 for adults (per session); children under 8, participants and officials are free. Upon entering the building, swimmers, coaches, and officials should proceed through the hallway to the deck entrance (swimmers & coaches) and check-in/hospitality room (officials). Coaches may pick up their meet packet at the Pool 1 Table (deep end). The hospitality room will be in a classroom off of the main entrance. **Coaches must show their credentials, issued by Glenda Pae, VP of Competitive Fields on behalf of YMCA of the USA, in order to check in and receive their meet packets.**

CONDUCT:

Coaches and their assistants will be held responsible for the conduct of their swimmers and parents during the meet. Any damages assessed to the Host Team by Gloucester Institute of Technology will be charged back to each participating team on a pro-rated basis.

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.”

PROGRAMS:

Programs are \$5.00 per session and will include seeded heats.

SCORING:

Point scoring of place values will be:

Individual Events – 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

Relays – 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

All timed final events shall be scored according to the finish times of all competitors in all heats.

AWARDS:

Medals will be awarded in all age group events and relays for the first through eighth place. Ribbons will be awarded in all age group events and relays for ninth through sixteenth places. Age group plaques will be awarded to first and second places. Coaches will pick up all team and individual awards at the end of the meet from the awards desk.

REFRESHMENTS & TEE SHIRTS:

Food, drink and event t-shirts will be available. A vendor will be available for swimming related purchases.

RESULTS:

Official results of the meet will be sent to each team's Head Coach.

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**. Refunds on admission and program will be made only if emergency cancellation occurs **prior to the start** of a session.

The Meet Committee will make all decisions concerning meet cancellation. The decision of the Meet Committee is final.

SCRATCH PROCEDURE

Timed Finals

All scratches shall be submitted to respective pool (color coded) in which the scratched swimmer(s) would otherwise have participated. **There will be NO scratch meeting.** There will be a coaches meeting as noted above. However, no scratches will be accepted at the coaches meeting.

Before each session, each team must submit to the respective table a neatly written and discernable scratch sheet as set forth below. Scratches for Timed Final sessions must be noted and submitted NO LATER than 30 minutes before the start of any session. 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 any remaining competition for that session. If the missed event is the swimmer's last event of a session, the swimmer shall be disqualified from competing in the swimmer's first individual event of the following session and the next relay conducted in the session following the "no show".

In each Coaches packet will be (i) a SCRATCH SHEET for your team, (ii) Relay entry forms and (iii) a copy of the LANE TIMING and WARM-UP ASSIGNMENTS. Please return the SCRATCH and RELAY SHEETS to the computer table as indicated above and properly marked up as set forth below.

ORDER OF EVENTS& QUALIFYING TIMES

The qualifying period for the meet is January 1, 2008-February 15, 2009

Session: 1 Friday PM - Boys 13-18 / Girls 11-12 Distance Pool 1

Day of Meet: 1 Starts at 05:00 PM

Event	No Slower Than	No Faster Than
Event 1 Boys 13-14 1000 Free	12:37.69	11:09.99
Event 2 Boys 15-18 1000 Free	11:54.99	10:29.99
Event 3 Girls 11-12 500 Free	6:42.99	5:57.99
Event 4 Girls 11-12 200 Breast	3:15.49	2:53.59
Event 5 Girls 11-12 200 Fly	2:55.99	2:46.99
Event 6 Girls 11-12 200 Back	2:52.19	2:31.99
Event 7 Boys 13-14 400 IM	5:21.99	4:59.99
Event 8 Boys 15-18 400 IM	4:56.39	4:32.99

Session: 2 Friday PM - Girls 13-18 / Boys 11-12 Distance Pool 2

Day of Meet: 1 Starts at 05:00 PM

Event	No Slower Than	No Faster Than
Event 9 Girls 13-14 1000 Free	13:04.99	11:29.99
Event 10 Girls 15-18 1000 Free	12:40.99	11:19.99
Event 11 Boys 11-12 500 Free	6:39.09	5:55.99
Event 12 Boys 11-12 200 Breast	3:14.79	2:55.99
Event 13 Boys 11-12 200 Fly	3:07.69	2:42.99
Event 14 Boys 11-12 200 Back	2:59.99	2:33.99
Event 15 Girls 13-14 400 IM	5:34.99	5:04.99
Event 16 Girls 15-18 400 IM	5:20.99	4:59.99

Session: 3 Saturday AM 9/10 Girls / 11-12 Boys Pool 1

Day of Meet: 2 Starts at 08:30 AM

Event	No Slower Than	No Faster Than
Event 17 Boys 11-12 200 IM	3:01.99	2:41.99
Event 18 Girls 9-10 200 IM	3:17.59	3:00.59
Event 19 Boys 11-12 50 Free	32.19	29.39
Event 20 Girls 9-10 50 Free	35.29	33.09
Event 21 Boys 11-12 100 Fly	1:31.59	1:20.99
Event 22 Girls 9-10 100 Fly	1:42.99	1:30.99
Event 23 Boys 11-12 50 Breast	45.99	39.99
Event 24 Girls 9-10 50 Breast	46.99	43.69
Event 25 Boys 11-12 100 Back	1:25.39	1:14.99
Event 26 Girls 9-10 100 Back	1:32.99	1:23.99
Event 27 Boys 11-12 200 Medley Relay		2:17.09
Event 28 Girls 9-10 200 Medley Relay		2:36.09
Event 29 Boys 11-12 200 Free	2:46.99	2:21.49

Session: 4 Saturday AM 9/10 Boys / 11-12 Girls Pool 2

Day of Meet: 2 Starts at 08:30 AM

Event	No Slower Than	No Faster Than
Event 30 Girls 11-12 200 IM	2:56.09	2:38.99
Event 31 Boys 9-10 200 IM	3:16.99	3:00.59
Event 32 Girls 11-12 50 Free	31.29	29.29
Event 33 Boys 9-10 50 Free	36.29	33.49
Event 34 Girls 11-12 100 Fly	1:24.69	1:14.99
Event 35 Boys 9-10 100 Fly	1:43.09	1:33.99
Event 36 Girls 11-12 50 Breast	41.79	38.59
Event 37 Boys 9-10 50 Breast	49.79	45.29
Event 38 Girls 11-12 100 Back	1:21.49	1:13.39
Event 39 Boys 9-10 100 Back	1:36.19	1:26.49
Event 40 Girls 11-12 200 Medley Relay		2:18.09
Event 41 Boys 9-10 200 Medley Relay		2:35.09
Event 42 Girls 11-12 200 Free	2:38.99	2:20.99

Session: 5 Saturday PM Pool 1 - 13-14 Boys and 15-18 Girls

Day of Meet: 2 Starts at 01:45 PM

Event	No Slower Than	No Faster Than
Event 43 Girls Open 200 Free Relay		1:44.99
Event 44 Boys 13-14 100 Fly	1:22.39	1:04.29
Event 45 Girls 15-18 100 Fly	1:15.89	1:04.39
Event 46 Boys 13-14 200 IM	2:40.29	2:19.99
Event 47 Girls 15-18 200 IM	2:43.99	2:22.69
Event 48 Boys 13-14 50 Free	29.89	25.69
Event 49 Girls 15-18 50 Free	29.19	26.39
Event 50 Boys 13-14 200 Breast	2:56.59	2:39.89
Event 51 Girls 15-18 200 Breast	2:59.99	2:43.89
Event 52 Boys 13-14 200 Free	2:25.99	2:05.59
Event 53 Girls 15-18 200 Free	2:17.59	2:04.79
Event 54 Boys 13-14 100 Back	1:18.09	1:05.99
Event 55 Girls 15-18 100 Back	1:14.99	1:05.69
Event 56 Boys 13-14 200 Medley Relay		1:58.09
Event 57 Girls 15-18 400 Medley Relay		4:40.09

Session: 6 Saturday PM Pool 2 - 15-18 Boys and 13-14 Girls

Day of Meet: 2 Starts at 01:45 PM

Event	No Slower Than	No Faster Than
Event 58 Boys Open 200 Free Relay		1:33.99
Event 59 Girls 13-14 100 Fly	1:18.69	1:07.99
Event 60 Boys 15-18 100 Fly	1:13.39	57.49
Event 61 Girls 13-14 200 IM	2:40.79	2:26.99
Event 62 Boys 15-18 200 IM	2:34.99	2:08.79
Event 63 Girls 13-14 50 Free	29.39	27.29
Event 64 Boys 15-18 50 Free	26.99	23.79
Event 65 Girls 13-14 200 Breast	3:04.99	2:47.79
Event 66 Boys 15-18 200 Breast	2:46.99	2:26.79
Event 67 Girls 13-14 200 Free	2:22.99	2:09.99
Event 68 Boys 15-18 200 Free	2:07.09	1:53.29
Event 69 Girls 13-14 100 Back	1:14.39	1:08.59

Event 70 Boys 15-18 100 Back	1:09.99	59.89
Event 71 Girls 13-14 200 Medley Relay		2:15.09
Event 72 Boys 15-18 400 Medley Relay		4:10.09

Session: 7 Sunday AM 9/10 Boys - 11/12 Girls Pool 1

Day of Meet: 3 Starts at 08:30 AM

Event	No Slower Than	No Faster Than
Event 73 Boys 9-10 100 IM	1:32.99	1:25.99
Event 74 Girls 11-12 100 IM	1:18.89	1:13.59
Event 75 Boys 9-10 50 Back	44.19	39.99
Event 76 Girls 11-12 50 Back	36.99	34.59
Event 77 Boys 9-10 100 Free	1:24.09	1:15.39
Event 78 Girls 11-12 100 Free	1:09.69	1:04.19
Event 79 Boys 9-10 50 Fly	46.89	39.99
Event 80 Girls 11-12 50 Fly	35.99	32.89
Event 81 Boys 9-10 100 Breast	1:49.99	1:40.19
Event 82 Girls 11-12 100 Breast	1:31.09	1:22.99
Event 83 Boys 9-10 200 Free Relay		2:15.09
Event 84 Girls 11-12 200 Free Relay		2:05.09
Event 85 Boys 9-10 200 Free	3:02.99	2:42.99

Session: 8 Sunday AM 9/10 Girls - 11/12 Boys Pool 2

Day of Meet: 3 Starts at 08:30 AM

Event	No Slower Than	No Faster Than
Event 86 Girls 9-10 100 IM	1:30.09	1:23.59
Event 87 Boys 11-12 100 IM	1:24.79	1:14.99
Event 88 Girls 9-10 50 Back	42.59	38.99
Event 89 Boys 11-12 50 Back	40.99	34.59
Event 90 Girls 9-10 100 Free	1:21.09	1:14.19
Event 91 Boys 11-12 100 Free	1:11.99	1:04.29
Event 92 Girls 9-10 50 Fly	42.59	37.99
Event 93 Boys 11-12 50 Fly	40.79	34.19
Event 94 Girls 9-10 100 Breast	1:46.29	1:36.29
Event 95 Boys 11-12 100 Breast	1:37.69	1:26.49
Event 96 Girls 9-10 200 Free Relay		2:18.09
Event 97 Boys 11-12 200 Free Relay		2:05.09
Event 98 Girls 9-10 200 Free	3:01.99	2:41.99

Session: 9 Sunday PM Pool 1 - 13-14 Girls and 15-18 Boys

Day of Meet: 3 Starts at 01:30 PM

Event	No Slower Than	No Faster Than
Event 99 Boys Open 200 Medley Relay		1:45.09
Event 100 Girls 13-14 500 Free	6:19.99	5:48.59
Event 101 Boys 15-18 500 Free	5:45.19	5:09.99
Event 102 Girls 13-14 100 Breast	1:24.99	1:17.59
Event 103 Boys 15-18 100 Breast	1:16.99	1:06.49
Event 104 Girls 13-14 200 Back	2:42.29	2:25.99
Event 105 Boys 15-18 200 Back	2:34.99	2:09.49
Event 106 Girls 13-14 100 Free	1:03.89	59.59
Event 107 Boys 15-18 100 Free	57.99	51.29
Event 108 Girls 13-14 200 Fly	2:51.99	2:38.99

Event 109	Boys 15-18 200 Fly	2:32.59	2:11.59
Event 110	Girls 13-14 200 Free Relay		1:57.09
Event 111	Boys 15-18 400 Free Relay		3:40.09

Session: 10 Sunday PM Pool 2 - 13-14 Boys and 15-18 Girls

Day of Meet: 3 Starts at 01:30 PM

Event	No Slower Than	No Faster Than
Event 112	Girls Open 200 Medley Relay	1:58.09
Event 113	Boys 13-14 500 Free	6:07.69
Event 114	Girls 15-18 500 Free	6:09.99
Event 115	Boys 13-14 100 Breast	1:29.99
Event 116	Girls 15-18 100 Breast	1:23.99
Event 117	Boys 13-14 200 Back	2:44.99
Event 118	Girls 15-18 200 Back	2:37.99
Event 119	Boys 13-14 100 Free	1:02.49
Event 120	Girls 15-18 100 Free	1:01.39
Event 121	Boys 13-14 200 Fly	2:50.59
Event 122	Girls 15-18 200 Fly	2:43.29
Event 123	Boys 13-14 200 Free Relay	1:54.09
Event 124	Girls 15-18 400 Free Relay	4:10.09

Session: 11 Sunday PM 1650 Boys Pool 1

Day of Meet: 3 Starts at TBA

Event	No Slower Than	No Faster Than
Event 125	Boys 13-14 1650 Free	20:51.89
Event 126	Boys 15-18 1650 Free	20:21.89

Session: 12 Sunday PM 1650 Girls Pool 2

Day of Meet: 3 Starts at TBA

Event	No Slower Than	No Faster Than
Event 127	Girls 13-14 1650 Free	21:53.19
Event 128	Girls 15-18 1650 Free	21:38.89

NJ YMCA SILVER CHAMPIONSHIP

IMPORTANT PARENT INFORMATION

DUE TO GCIT AND FIRE MARSHALL REGULATIONS, PLEASE NOT ETHE FOLLOWING:

- **Spectator seating will be limited to 500 persons.** The Fire Marshall will count spectators. The Meet Committee recommends that no more than one parent accompany each swimmer to the meet. The Meet Committee recommends car pooling where possible.
- **So that all parents of swimmers have the opportunity to watch their children swim, please observe only those events in which your child(ren) is(are) competing.** There will be seating other areas of GCIT including the vending/cafeteria area.
- **Cooperation from everyone will be needed so that Y Silvers can remain a positive experience for all swimmers and parents. Remember, this is a YMCA sponsored championship.**

POOL 1

FRIDAY

4PM w/up - **Session 1** – 13/18 Boys and 11/12 Girls

SATURDAY

7AM w/up - **Session 3** - 9/10 Girls 11-12 Boys
11:30 AM w/up - **Session 5** - 13-14 Boys 15-18 Girls

SUNDAY

7AM w/up - **Session 7** - 9/10 Boys and 11-12 Girls
11:30AM w/up - **Session 9** – 13-14 Girls 15-18 Boys
4:20 PM w/up - **Session 11** - Boys 1650

POOL 2

FRIDAY

4PM w/up - **Session 2** - 13/18 Girls and 11/12 Boys

SATURDAY

7AM w/up - **Session 4** - 9/10 Boys 11-12 Girls
11:30 AM w/up - **Session 6** - 13-14 Girls 15-18 Boys

SUNDAY

7AM w/up - **Session 8** - 9/10 Girls 11-12 Boys
11:30AM w/up - **Session 10** – 13-14 Boys 15-18 Girls
4:20 PM w/up - **Session 12** - Girls 1650

Spectator Area

DIRECTIONS TO:

Gloucester County Institute of Technology
1360 Tanyard Road
Sewell, NJ 08080

FROM ROUTE 55

Exit at Route 47 Delsea Drive North – Westville Exit 56B. At the light, turn left onto Bankbridge Road. At the next light, turn left onto Tanyard Road. The entrance for GCIT is on the left at the bottom of the hill.

FROM THE DELAWARE MEMORIAL BRIDGE

Take Interstate 295 north. Take Exit 21 onto Delaware Street and continue through Woodbury for about 1.7 miles. As Delaware Street becomes Cooper Street, continue for .5 miles. Turn right at traffic light onto Evergreen Avenue. Travel one block and turn left at next light onto E. Barber Ave. Proceed about 3.2 miles. The entrance for GCIT is on the left at the bottom of the hill.

FROM THE NEW JERSEY TURNPIKE

Take the N.J. Turnpike south to Exit 3. After toll, follow signs for Route 168 south. Continue for about one mile to traffic light and turn right on Route 544 & Route 41 south, Clements Bridge Road. Continue for about 1.7 miles to Deptford Center Rd. and make a right. Travel about 0.8 miles and merge onto Rt. 55 South. Travel about 2.4 miles and exit at 56B Woodbury/Westville. After you exit, make a left at the 1st light, Bankbridge Rd. Make a left at the next light, Tanyard Rd. The entrance for GCIT is on the left at the bottom of the hill.

FROM ATLANTIC CITY

Take the Atlantic City Expressway North. Take exit 44 towards Rt-168/Sicklerville/Blackwood. Stay to the right for Rt-168/Blackwood. Sicklerville Rd will turn into Woodbury-Turnersville Rd as you cross Rt-168. Travel for about 1.5 miles. Make a left onto Barnsboro-Blackwood Rd. and bear to the right. Continue for about 1.2 miles. At the stop sign, make a right onto Egg Harbor Rd. Go straight through the light as you are now on Rt-47/Delsea Dr. for about 1.2 miles. Make a left onto Bankbridge Rd. Make a left at the next light, Tanyard Rd. The entrance for GCIT is on the left at the bottom of the hill.

FROM THE COMMODORE BARRY BRIDGE

Take Route 322 east to light at Route 45. Turn left onto Route 45 north and travel for about 2.0 miles. Turn right onto Heritage Rd and go about 2.1 miles. Turn right onto Main St. Make a slight left onto Center St and go for about 1.7 miles. Now make a left onto Tanyard Rd. GCIT is about 1.3 miles ahead on the right, past Gloucester County College.

**NJ YMCA SILVER CHAMPIONSHIPS
FEBRUARY 20-22, 2009
HOTEL INFORMATION**

Please note: accommodations are to be made by each team. This is strictly for information use only.

BEST WESTERN – 101 GROVE RD., THOROFARE, NJ 08086 (609) 848-4111

DAYS INN – 801 U.S. HWY 130, BROOKLAWN, NJ 08030 (609) 456-6688

COMFORT INN – 9TH AVE & BLACK HORSE PIKE, RUNNEMEDE, NJ 08078
(609) 939-6700

FOUR POINTS HOTEL – ROUTE 70 AND I-295 – 1450 ROUTE 70 EAST, CHERRY HILL, NJ
8024-2258 (800) 257-8262

FAIRFIELD INN – 1160 HURFVILLE ROAD, DEPTFORD, NJ 08096 (856) 686-9050

HO JO INN – 832 BLACK HORSE PIKE, BLACKWOOD, NJ 08012 (609) 228-4040

HOLIDAY INN – STATE HWY 70 & SAYER AVE., CHERRY HILL, NJ 08034
(609) 663-5300

HOLIDAY INN – HWY 295 & CENTER SQUARE, BRIDGEPORT, NJ 08014
(609) 467-3322

HOLIDAY INN – 109 9TH AVE., RUNNEMEDE, NJ 08078 (609) 939-4200

RESIDENCE INN – 1821 CUTHBERT RD., CHERRY HILL, NJ 08034 (609) 429-6111

RESIDENCE INN – 1154 HURFVILLE ROAD, DEPTFORD, NJ 08096 (856) 686-9188

HOWARD JOHNSON – 341 S. BLACK HORSE PIKE, BELLMAWR, NJ 08031 (609) 931-0700

**2009 NJ YMCA
Silver Championship
Meet Entries Cover Form**

Please complete this form in its entirety. The Competition Committee and Meet Director will use this form if there are questions or clarifications needed in your team's entries. This form must be submitted with all entries.

I hereby certify that swimmers listed on the entry disk and/or entry forms have fulfilled the East Field (South Division) Committee Meet Requirements and that the seed times are verifiable.

YMCA: _____

Coach's Name: _____

Telephone: _____ (email) _____

Signatures:

Coach: _____ Date: _____

YMCA Executive Director: _____ Date: _____

The coaches listed below have East Field Competitive Committee issued Deck Passes and will be responsible for all their swimmers as named on the NJ YMCA State Championship entry sheets.

FRIDAY 11/12 & 13/older

1. _____
2. _____
3. _____

SATURDAY 9/10 & 11/12

1. _____
2. _____
3. _____

13/14 & 15/18

1. _____
2. _____
3. _____

SUNDAY 9/10 & 11/12

1. _____
2. _____
3. _____

13/14 & 15/18

1. _____
2. _____
3. _____

Team Contact for Timers _____

Phone # _____ Email _____

Team Entry will not be processed unless this form is completed and signed in its entirety.

**NJ YMCA SILVER CHAMPIONSHIP
FEBURARY 20-22, 2009**

RECAP OF ENTRY

Name of YMCA: _____

Address: _____

Coach: _____

Phone

Email

TEAM FEE:

TOTAL INDIVIDUAL EVENTS: _____ x \$5.00 = _____

TOTAL RELAYS: _____ x \$20.00 = _____

AMOUNT ENCLOSED: \$ _____

Make checks payable to LHY.

Mail to:

**Kim Rozanitis
8 Bridle Court
Mountain Lakes, NJ 07046**

Waiver & Release

In consideration of the acceptance of our association entry, we on behalf of our association entered herein and its associated entities (collectively "participants"), hereby waive and release any and all claims against Gloucester Institute of Technology, Lakeland Hills YMCA, the YMCA of the USA and their officers, agents, employees, volunteers and assigns, for any injury, expenses, or damages, to participant's officers, agents, employees and assigns while present at, or enroute to or from, said meet, or to property on the premises of the event unless caused by, or due to the negligence of Gloucester County Institute of Technology and Lakeland Hills YMCA or its officers, agents, employees, volunteers and assigns.

The competitors named on this entry have fulfilled the membership and eligibility requirements as set forth by the East Field (South Division) Committee.

CEO/Executive Director:

Signed _____ **Date** _____

Head Coach/Competitive Aquatic Director:

Signed _____ **Date** _____

ATTENTION TEAMS

TEAM PAGES ARE AVAILABLE FOR THE 2009 NJ YMCA SILVER CHAMPIONSHIP PROGRAM

Any team, coaching staff, or parents organization may submit a team page for inclusion in this year's NJ YMCA Silver Championship program. Team pages are fun and the swimmers get a real kick out of reading them while waiting for their turn to swim.

Swimmers: Thank your coaches

Coaches: Congratulate your swimmers

Parents: Encourage your children

COST \$50

Send copy-ready team page along with a check payable to LHY to:

LHY Silver Championships
100 Fanny Road
Mountain Lakes, NJ 07046

All team pages must be received on or before
Tuesday, February 10, 2009

Questions, contact Steve Bias stephenbias@optonline.net

ATTENTION PARENTS

All parents and families are offered an opportunity to sponsor events at the 2009 NJ YMCA Silver Championships. For sponsorship fee of \$10 per event, your message will appear at the top of the event selected, such as:

- * Event 54 Girls 15-18 100 Free
Sponsor: The Bias Family (LHY)
- * Event 76 Boys 15-18 100 Back
Sponsor: LHY Coaching Staff
- * Event 80 Boys 15-18 100 Breast
Sponsor: Good Luck Jack (RBY)

Fill out the form below. Your forms and payment (\$10 check made payable to LHY) must be received no later than Tuesday, February 10, 2009. Sponsorship will be granted on a first come, first serve basis. PLEASE LIST YOUR FIRST, SECOND AND THIRD CHOICES. You will be notified via e-mail if your sponsorship is not granted and fees will be returned to your coach at the meet.

Mail to:
LHY Silver Championships
100 Fanny Road
Mountain Lakes, NJ 07046

Questions: Contact Steve Bias stephenbias@optonline.net

SPONSORSHIP FORM

	Event Number	Description (e.g. 13-14 100 Free)
1 st Choice		
2 nd Choice		
3 rd Choice		

MESSAGE: (25 characters maximum including spaces)

Name: _____

E-Mail Address: _____

Phone: _____