



# NJ YMCA STATE CHAMPIONSHIP MEET

March 13-15, 2009

Franklin & Marshall College

## Hosted by The Community YMCA, Red Bank Swim Team

### Sanctioned By:

YMCA of the USA Competitive Swimming and Diving Advisory Committee, Carole Bell, New Jersey Competitive Coordinator; Glenda Pae, Competitive V.P. of Y Fields, NJ YMCA Competitive Swimming Championship Committee. **Sanction # CAQ 08-09 # 1022**

### 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	March 13	Sessions	1-4
Saturday	March 14	Sessions	5-8
Sunday	March 15	Sessions	9-14

### The 2009 YMCA State Championship Meet:

This meet will be a 3 day trials/finals championship style meet that will host events in the 13/14, 15/18 age groups and Open events. Published time standards must be strictly adhered to. All events will be pre-seeded, EXCEPT 500 free, 400 IM, 1000 and 1650.

- The events for the 13/14 age group will have prelims in the morning and conclude in the evening with consolations and finals.
- The events for the 15/18 age group will have prelims in the morning and conclude in the evening with consolations and finals. Bonus rounds will be offered for 50 and 100 yard events. Bonus rounds will also be offered for the 200 free and 200 individual medley.
- Open events are timed finals and will not be scored.
- There will be time trials each day, starting 45 minutes after the conclusion of the last event of the prior session. Time Trial information will be out within 30 days.

### Meet Director:

Dede Fitton – The Community YMCA, Red Bank Swim Team, [dedegayle@aol.com](mailto:dedegayle@aol.com)

### Meet Referee:

Ed Miller - Chair, N.J. YMCA Officials' Committee, [caefmilleriii@msn.com](mailto:caefmilleriii@msn.com)

### Location:

Franklin and Marshall College, Lancaster, PA

### Facility:

This pool has two eight-lane 25 yard courses, equipped with electronic timing and judging systems. During distance sessions, both courses will be used for competition and two vacant lanes will be available for warm up/cool down. For all other sessions, one course will be used with the remaining lanes and adjacent course available for warm up/cool down. 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. For the morning sessions, doors will open at 6:30 AM for swimmers, coaches and officials and at 7 AM for spectators

### APPLICABLE RULES:

The Meet will be conducted under the 2008 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. A swimmer must be at least 12 years old to swim an open event.
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, 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. 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 2007-2008 edition of "A Manual on Principles and Rules Governing Competitive Physical Activities in the YMCA", the 2007/2008 Edition of the NJ YMCA State Championship Guide, and the 2008 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.

### **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 2009 NJ YMCA State Championships from those teams whose swimmers at the 2008 NJ YMCA State Championship exceeded the 2008 qualifying times for 20% or more of their individual and relay swims.

### **MEET SCHEDULE**

Day	Session		Warm-Up	Meet Start
Friday	Session 1	Prelims	7:00 am	8:15 am
	Sessions 2 & 3	Distance finals - 1000	***see below	1:15 pm
	Session 4	Finals	5:00 pm	5:45 pm
Saturday	Sessions 5 & 6	500, 400 IM prelims	7:00 am	7:40 am
	Session 7	Prelims	8:45 am	10:00 am
	Session 8	Finals	5:00 pm	5:45 pm
Sunday	Session 9 & 10	500 prelims	7:00 am	7:40 am
	Session 11	Prelims	8:45 am	10:00 am
	Session 12 & 13	Distance finals - 1650	***see below	1:15 pm
	Session 14	Finals	5:00 pm	5:45 pm

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

[www.aquarockets.com](http://www.aquarockets.com) and click on "2009 NJ State Championships"

**WARM-UP PROCEDURE:**

\*\*\* To most efficiently use time and space, warm-up for those swimming the 1000 and 1650 will be DURING THE PRECEDING SESSION in any of the available 10 lanes, as follows:

Friday, sessions 2 & 3 (1000) will warm up during session 1

Sunday, sessions 12 & 13 (1650) will warm up during session 11

**IT IS THE SWIMMER'S RESPONSIBILITY TO WARM-UP FOR THESE DISTANCE SESSIONS USING THE AVAILABLE LANES**

For all other sessions, there will be three (3) twenty-five (25) minute warm-up assignments with teams being assigned lanes depending on age groups and team entries. Warm up assignments will be emailed to all coaches one (1) week prior to the meet and will also be posted on the RBY 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. There will be DECK MARSHALS supervising warm-up and will have the authority to disqualify any swimmer from his/her next swim due to any inappropriate behavior during warm-up.

Warm-up/cool-down DURING sessions will be available as follows: When 8 lanes are being used for competition, the remaining lanes and adjacent course will be available for warm-up/cool-down. During distance sessions, both courses will be used for competition and two vacant lanes will be available for warm-up/cool-down.

**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 Red Bank YMCA swim team website: [www.aquarockets.com](http://www.aquarockets.com) and click on "2009 NJ State Championships"

**COACHES MEETINGS:**

There will be coaches meetings scheduled with the championship meet committee or their designees, in the morning of each day, 45 minutes prior to the first session of the day, as follows:

Friday - 7:30 am

Saturday - 6:55am

Sunday - 6:55 am

Each team is responsible for having one of their coach's attend this meeting each day.

**OFFICIALS MEETINGS:**

Officials meetings will be 45 minutes prior to each session, EXCEPT for distance sessions 2, 3, 12, and 13.

**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. During competition, deck marshals will be working to keep the deck area clear for swimmers and officials.

### **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 at the designated meeting room. 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 RBY Swim Team website the week prior to the meet: [www.aquarockets.com](http://www.aquarockets.com) and click on "2009 NJ State Championships."

### **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 for preliminaries and timed finals:**

Scratches for preliminaries need to be handed in at the computer podium 45 minutes after the start of warm-up for each session. No scratches will be accepted at the coaches' meeting. Scratches should be indicated as described below using the Team/Session rosters that will be provided in the Coaches Packet.

The Scratch Table for Finals will be located next to the computer podium of Pool 1. Scratches for finals are due within 30 minutes from the time the top 16 or 24 swimmers are announced in the morning. Scratch procedures for Finals will be in accordance with USA-S Rule 207.12.6 D&E.

### **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
4. All distance events (including 500 and 400 IM) will be positive check-in

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 Preliminaries and Finals sessions will be pre-seeded, EXCEPT distance sessions (including 500 & 400 IM)**

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, preliminary and final sessions will be pre-seeded, although if time constraints are an issue we reserve the right for positive check-in. The top three preliminary heats will be circle 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 posted on our web site ([www.aquarockets.com](http://www.aquarockets.com)) and sent via email to all teams at least one week in advance.

### **Championship Finals, Consolation Finals and Bonus Finals:**

Swimmers initially qualifying for Championship, Consolation Finals and Bonus Finals shall have 30 minutes following the announcement of their names as finalists to scratch a final event by notifying the scratch table. If any swimmers scratch from an event, the first and/or second alternates will be notified and they will then have to declare their intention to swim in or scratch from the Finals in that event. Failure to compete in a Final Event from which the swimmer has not scratched shall disqualify the swimmer from the remainder of the meet.

Exceptions: No penalties shall apply for failure to compete in finals if:

- The referee is notified in the event of injury or illness and accepts the proof there of.
- It is determined by the referee that failure to compete is caused by circumstances beyond the control of the swimmer.

### **Declaration of Intent to Scratch:**

A swimmer qualifying for consolation or championship finals, based upon the results of the preliminaries in an event, may notify the scratch table within 30 minutes after announcement of the qualifiers for that event that he/she may not compete in the finals of the event, pending the results of a subsequent event in which he/she is entered. The swimmer must declare his/her final intentions within 30 minutes of the completion of subsequent event.

### **Declared False Start:**

In the 13/14 and 15/O events, 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.

### **Finals:**

**15/18 age group 50, 100, 200 yard free, 100 yard backstroke, breaststroke, butterfly and 200 individual medley events:** During preliminaries the top 24 finishers in each event will be announced. Swimmers placing 1-8 shall compete in championship finals, 9-16 consolation finals and 17-24 bonus finals. Swimmers placing 25th and 26th will be announced as alternates.

**All other 15/18 events and all 13/14 events:** During preliminaries the top 18 finishers in each event will be announced. Swimmers placing 1-8 shall compete in championship finals, 9-16 consolation finals, and 17-18 will be announced as alternates.

### **Distance Events:**

Positive check in will also be required for swimmers in the 1000 and 1650 freestyle events. These events may be reseeded based on the number of scratches.

- The 1000 Freestyle events will be run fastest to slowest as a timed final.
- The 1650 Freestyle events will be run fastest to slowest as a timed final in a separate session following the am session on Sunday. The warm up time will be determined once all entries are received.
- Heats may be combined to reduce time.
- Swimmers entered in these events will be responsible for providing their own timers and counters.
- Proof of time is required for entry into these events.

### **Spectators:**

Franklin & Marshall College has a large amount of deck space for coaches and swimmers.

The spectator area, raised above the pool deck has limited seating capacity for approximately 400 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: **No Admission Cost**

Program: \$5.00 per day.

Programs for finals at night will be provided at free of charge.

Results and downloadable files will be posted on the RBY website following each day's events: [www.aquarockets.com](http://www.aquarockets.com) and click on "2009 NJ State Championships"

### **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 or swimmer surcharges.**

The Meet Committee will make all decisions concerning meet cancellation after consulting with Franklin and Marshall. The decision of the Meet Committee is final.

### **Entry Deadline:**

Entries must be received by mail or email no later than 10:00 pm on Monday, March 2, 2009. No changes will be accepted after this date.

### **Entry Fees:**

Charge for individual entries \$6.00 per event and \$24.00 per relay. In lieu of a session entry fee there will be a one time swimmer surcharge of \$10.00. All checks should be made payable to "Red Bank Swim Team"

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

**The Community YMCA, Red Bank Swim Team  
166 Maple Avenue  
Red Bank, NJ 07701  
Attn: Steve Kottakis**

**[njstates2009@aquarockets.com](mailto:njstates2009@aquarockets.com)**

### **Entry Procedures:**

Entries must be submitted in computer ready form with a printout copy. Hy-Tek Software is the standard used. RBY will send each eligible team an event file for Team Manager to facilitate entry into the meet. All teams must submit a properly signed "2009 NJ YMCA State Championship Meet Certification and Cover Form" and "Hold Harmless Agreement" with all entries. Entries will not be considered accepted 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 [njstates2009@aquarockets.com](mailto:njstates2009@aquarockets.com), "State Entries" in subject line. 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.

### **Individual & Open Relay Events:**

Entries must include the swimmer's name, age as of December 1, 2008 and seed time in yards. Minimum age to swim an open relay event is 12 years old. **TIMES WILL NOT BE CONVERTED** by the Host Team, swimmers with unconverted times will be entered into the first heats of the events. For open relay events, only the name and seed times are required. The conversion tables on pages 142-143 of the 2008 NCAA Rulebook should be used to convert nonconforming times.

### **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.

The top two heats of relays will swim during the night's final session. Relays in finals will be "A" designated relays. If a "B" relay is faster than any "A" relay, the "B" relay will still only swim in the preliminary session. In other words, ALL "B" relays will swim in preliminaries only. "A" relays that are not in the top 16, will also compete in the preliminaries session.

All open relays will swim in the night finals sessions.

**Entry Limitations:**

Each 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. Open events do not count towards the meet total.

**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 by the Red Bank YMCA Swim Team.

**Swim Gear:**

Swim gear and apparel will be available for sale during the meet.

**T-Shirts:**

YMCA State Championship T Shirts will be available at the meet for \$15.00 each. The host team will post information on web site [www.aquarockets.com](http://www.aquarockets.com)

**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 boy's and girls' teams, according to overall cumulative boys and girls point totals, will each receive a championship banner. 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.

In the 13/14 and 15&18 individual events, points for first through eighth place shall be awarded solely on the basis of a championship final and points for ninth through sixteenth place shall be awarded solely on the basis of a consolation finals. Relay events will be scored according to finish times of all "A" designated relays in all heats.

## 13/over YMCA State Championships Events, Sessions and Time Standards

### **Session 1: FRIDAY MORNING PRELIMS**

Event 1	Girls 13-14 200 Freestyle	2:09.99
Event 2	Boys 13-14 200 Freestyle	2:05.59
Event 3	Girls 15-18 200 Freestyle	2:04.79
Event 4	Boys 15-18 200 Freestyle	1:53.29
Event 5	Girls 13-14 100 Backstroke	1:08.59
Event 6	Boys 13-14 100 Backstroke	1:05.99
Event 7	Girls 15-18 100 Backstroke	1:05.69
Event 8	Boys 15-18 100 Backstroke	59.89
Event 9	Girls 13-14 100 Butterfly	1:07.99
Event 10	Boys 13-14 100 Butterfly	1:04.29
Event 11	Girls 15-18 200 Breaststroke	2:43.89
Event 12	Boys 15-18 200 Breaststroke	2:26.79
Event 13	Girls 13-14 200 IM	2:26.99
Event 14	Boys 13-14 200 IM	2:19.99
Event 15	Girls 15-18 400 IM	4:59.99
Event 16	Boys 15-18 400 IM	4:32.99
Event 59	Girls 13-14 200 Freestyle Relay	1:57.09
Event 60	Boys 13-14 200 Freestyle Relay	1:54.09
Event 61	Girls 15-18 400 Freestyle Relay	4:10.09
Event 62	Boys 15-18 400 Freestyle Relay	3:40.09

### **Session 2: FRIDAY AFTERNOON 1000's, GIRLS**

Event 17	Girls 13-14 1000 Freestyle	11:29.99
Event 19	Girls 15-18 1000 Freestyle	11:19.99

### **Session 3: FRIDAY AFTERNOON 1000's, BOYS**

Event 18	Boys 13-14 1000 Freestyle	11:09.99
Event 20	Boys 15-18 1000 Freestyle	10:29.99

### **Session 4: FRIDAY NIGHT FINALS**

Event 57	Girls Open 200 Medley Relay	
Event 58	Boys Open 200 Medley Relay	
Event 1	Girls 13-14 200 Freestyle	
Event 2	Boys 13-14 200 Freestyle	
Event 3	Girls 15-18 200 Freestyle	
Event 4	Boys 15-18 200 Freestyle	
Event 5	Girls 13-14 100 Backstroke	
Event 6	Boys 13-14 100 Backstroke	
Event 7	Girls 15-18 100 Backstroke	
Event 8	Boys 15-18 100 Backstroke	
Event 9	Girls 13-14 100 Butterfly	
Event 10	Boys 13-14 100 Butterfly	
Event 11	Girls 15-18 200 Breaststroke	
Event 12	Boys 15-18 200 Breaststroke	
Event 13	Girls 13-14 200 IM	
Event 14	Boys 13-14 200 IM	
Event 15	Girls 15-18 400 IM	
Event 16	Boys 15-18 400 IM	
Event 59	Girls 13-14 200 Freestyle Relay	
Event 60	Boys 13-14 200 Freestyle Relay	
Event 61	Girls 15-18 400 Freestyle Relay	
Event 62	Boys 15-18 400 Freestyle Relay	



**Session 5: SATURDAY SUNRISE PRELIMS, GIRLS**

Event 21	Girls 15-18 500 Freestyle	5:35.99
Event 23	Girls 13-14 400 IM	5:04.99

**Session 6: SATURDAY SUNRISE PRELIMS, BOYS**

Event 22	Boys 15-18 500 Freestyle	5:09.99
Event 24	Boys 13-14 400 IM	4:59.99

**Session 7: SATURDAY PRELIMS**

Event 25	Girls 15-18 100 Butterfly	1:04.39
Event 26	Boys 15-18 100 Butterfly	57.49
Event 27	Girls 13-14 200 Breaststroke	2:47.79
Event 28	Boys 13-14 200 Breaststroke	2:39.89
Event 29	Girls 15-18 200 IM	2:22.69
Event 30	Boys 15-18 200 IM	2:08.79
Event 31	Girls 13-14 200 Butterfly	2:38.99
Event 32	Boys 13-14 200 Butterfly	2:29.99
Event 33	Girls 15-18 50 Freestyle	26.39
Event 34	Boys 15-18 50 Freestyle	23.79
Event 35	Girls 13-14 100 Freestyle	59.59
Event 36	Boys 13-14 100 Freestyle	55.99
Event 65	Girls 15-18 400 Medley Relay	4:40.09
Event 66	Boys 15-18 400 Medley Relay	4:10.09
Event 67	Girls 13-14 200 Medley Relay	2:15.09
Event 68	Boys 13-14 200 Medley Relay	1:58.09

**Session 8: SATURDAY FINALS**

Event 63	Girls Open 200 Freestyle Relay	
Event 64	Boys Open 200 Freestyle Relay	
Event 21	Girls 15-18 500 Freestyle	
Event 22	Boys 15-18 500 Freestyle	
Event 23	Girls 13-14 400 IM	
Event 24	Boys 13-14 400 IM	
Event 25	Girls 15-18 100 Butterfly	
Event 26	Boys 15-18 100 Butterfly	
Event 27	Girls 13-14 200 Breaststroke	
Event 28	Boys 13-14 200 Breaststroke	
Event 29	Girls 15-18 200 IM	
Event 30	Boys 15-18 200 IM	
Event 31	Girls 13-14 200 Butterfly	
Event 32	Boys 13-14 200 Butterfly	
Event 33	Girls 15-18 50 Freestyle	
Event 34	Boys 15-18 50 Freestyle	
Event 35	Girls 13-14 100 Freestyle	
Event 36	Boys 13-14 100 Freestyle	
Event 65	Girls 15-18 400 Medley Relay	
Event 66	Boys 15-18 400 Medley Relay	
Event 67	Girls 13-14 200 Medley Relay	
Event 68	Boys 13-14 200 Medley Relay	

**Session 9: SUNDAY SUNRISE PRELIMS, GIRLS**

Event 37 Girls 13-14 500 Freestyle 5:48.59

**Session 10: SUNDAY SUNRISE PRELIMS, BOYS**

Event 38 Boys 13-14 500 Freestyle 5:31.99

**Session 11: SUNDAY PRELIMS**

Event 39 Girls 15-18 100 Breaststroke 1:14.39

Event 40 Boys 15-18 100 Breaststroke 1:06.49

Event 41 Girls 13-14 100 Breaststroke 1:17.59

Event 42 Boys 13-14 100 Breaststroke 1:13.99

Event 43 Girls 15-18 200 Backstroke 2:21.89

Event 44 Boys 15-18 200 Backstroke 2:09.49

Event 45 Girls 13-14 200 Backstroke 2:25.99

Event 46 Boys 13-14 200 Backstroke 2:21.99

Event 47 Girls 15-18 200 Butterfly 2:27.39

Event 48 Boys 15-18 200 Butterfly 2:11.59

Event 49 Girls 13-14 50 Freestyle 27.29

Event 50 Boys 13-14 50 Freestyle 25.69

Event 51 Girls 15-18 100 Freestyle 57.59

Event 52 Boys 15-18 100 Freestyle 51.29

**Session 12: SUNDAY 1650's, GIRLS**

Event 53 Girls 13-14 1650 Freestyle 19:19.99

Event 55 Girls 15-18 1650 Freestyle 19:19.99

**Session 13: SUNDAY 1650's, BOYS**

Event 54 Boys 13-14 1650 Freestyle 18:49.99

Event 56 Boys 15-18 1650 Freestyle 17:52.99

**Session 14: SUNDAY FINALS**

Event 37 Girls 13-14 500 Freestyle

Event 38 Boys 13-14 500 Freestyle

Event 39 Girls 15-18 100 Breaststroke

Event 40 Boys 15-18 100 Breaststroke

Event 41 Girls 13-14 100 Breaststroke

Event 42 Boys 13-14 100 Breaststroke

Event 43 Girls 15-18 200 Backstroke

Event 44 Boys 15-18 200 Backstroke

Event 45 Girls 13-14 200 Backstroke

Event 46 Boys 13-14 200 Backstroke

Event 47 Girls 15-18 200 Butterfly

Event 48 Boys 15-18 200 Butterfly

Event 49 Girls 13-14 50 Freestyle

Event 50 Boys 13-14 50 Freestyle

Event 51 Girls 15-18 100 Freestyle

Event 52 Boys 15-18 100 Freestyle

**2009 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: \_\_\_\_\_

**2009 NJ YMCA State Championship  
The Community YMCA Red Bank Swim Team  
Release and HOLD HARMLESS AGREEMENT**

In order to participate in the 2009 NJ YMCA State Championship Meet, the following terms and conditions are herewith agreed to for the promotion and execution of the event.

The Community YMCA Red Bank 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 Somerset Valley or its officers, agents, employees and assigns.

Participant, its officers, agents, employees and assigned shall not be liable for any injury or damage to Franklin and Marshall, 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 Community YMCA, Red Bank Swim Team will carry general liability insurance in standard form covering the above.

Executed this \_\_\_\_\_ day of \_\_\_\_\_, 2009.

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

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

**2009 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 = \_\_\_\_\_

SWIMMER SURCHARGE: Number of Swimmers \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

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

Please list the three certified coaches.

<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____

Make checks payable to: "The Red Bank Swim Team"

**Mail Entries to:**

**The Community YMCA, Red Bank Swim Team  
166 Maple Avenue  
Red Bank, NJ 07701  
Attn: Steve Kottakis**

**njstates2009@aquarockets.com**

Entries must be received by 10:00 pm, on Monday, March 2, 2009.

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

The following items are to be returned to the host team on or before March 2, 2009.

- 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

**ATTENTION BUSINESS OWNERS AND PROFESSIONALS**

All business owners and professionals are invited to advertise in the  
2009 NJ YMCA State Championship program.  
Rates are as follows:

One Quarter Page (3.625" X 4.875" maximum) - \$40

One Half Page (4.875" X 7.5" maximum) - \$75

Full Page (7.5" X 10" maximum) - \$100

All advertisements and any questions should be sent electronically to [cathweber@comcast.net](mailto:cathweber@comcast.net). All advertisements should be received no later than February 13, 2009. Payment by check made out to "The Red Bank Swim Team" is also due no later than February 13, 2009, and should be mailed to Cathy Weber, 4 Duncan Drive, Holmdel, NJ 07733.

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**TEAM PAGES AVAILABLE FOR THE  
2009 YMCA STATE CHAMPIONSHIP PROGRAM**

Any Team, Coaching Staff, or Parents Organization may submit a Team Page for inclusion in this year's YMCA State 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 \$100  
(Send copy-ready Team Page along with a check payable to "The Red Bank Swim Team")

All Team Pages must be received on or before  
Friday, February 13, 2009

**Contact**  
Cathy Weber  
[cathweber@comcast.net](mailto:cathweber@comcast.net)  
4 Duncan Drive  
Holmdel, NJ 07733

**ATTENTION PARENTS**

All Parents are offered an opportunity to sponsor events at the 2009 YMCA State Championships.

For sponsorship fee of \$10 per event, your message will appear at the top of the event selected

Examples:

- \* Event 8, Boys 15-18 100 Back  
Sponsor: RBY Coaching Staff
- \* Event 39, Boys 15-18 100 Breast  
Sponsor: Good Luck Brian (SVY)
- \* Event 51, Girls 15-18 100 Free  
Sponsor: The Fromm Family (OCY)

Enclosed are sponsor forms. Your forms and payment (\$10 check made payable to "The Red Bank Swim Team" must be received no later than Friday, February 13, 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.

**SPONSORSHIP FORM**

1ST CHOICE

2ND CHOICE

3RD CHOICE

EVENT# \_\_\_\_\_

DESCRIPTION:  
(I.e. 13-14 100 FREE)

\_\_\_\_\_

MESSAGE: (25 characters maximum including spaces)

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Name: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

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

**DIRECTIONS to: Franklin and Marshall College  
628 College Ave  
Lancaster, PA 17603**

### **From South Jersey**

Take the **New Jersey Turnpike** to **exit 6 (Pennsylvania Turnpike west)**. Take the PA Turnpike west to **exit 286 (Lancaster/Reading/Rt. 222 south)**. Take Rt. 222 south approximately 14 miles to the Lancaster area.

**For a tour of downtown Lancaster:** Stay to the left and exit onto **Rt. 30 east (Coatesville)**. Proceed less than one mile and exit onto **Rt. 23 west (Walnut Street)**. Continue west on Walnut Street for approximately 2.5 miles/12 traffic lights to the intersection of West Walnut and College Avenue. Turn right onto **College Avenue** and proceed for approximately 0.25 mile.

**For a more direct approach:** Stay to the right and follow signs for **Rt. 30 west (York)**. Pass Oregon, Lititz and Fruitville Pikes. Just beyond Fruitville Pike, exit to **continue** on 30 west (York). Take first exit for **Harrisburg Pike** (The Park City Mall will be on right). At the top of the exit ramp, turn left onto Harrisburg Pike. Proceed 1.5 miles through several traffic lights until you reach the overhead pedestrian bridge connecting College Square to the main campus of Franklin & Marshall on your right.

### **Central and North Jersey**

Travel on I-78 W toward EASTON PA (Portions toll) (Crossing into PENNSYLVANIA).

Merge onto US-222 S via EXIT 54A.

Merge onto US-222 S toward SINKING SPRINGS.

Take the US-422 W exit toward LEBANON.

Merge onto US-222 S.

Merge onto US-222 S / US-30 W toward LANCASTER / YORK.

Take the OREGON PIKE / PA-272 exit.

Stay STRAIGHT to go onto YORK RD.

Turn LEFT onto PA-501 / LITITZ PIKE. Continue to follow LITITZ PIKE.

LITITZ PIKE becomes US-222 / PA-272 / LITITZ AVE.

Turn RIGHT onto E MCGOVERN AVE / US-222 S / PA-272 S.

Continue to follow US-222 S / PA-272 S.

Turn RIGHT onto W JAMES ST.

W JAMES ST becomes HARRISBURG PIKE.

Turn LEFT onto COLLEGE AVE

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