



2021 FSPY First Frost

Raritan Valley Community College, Branchburg, NJ

Sunday: November 14, 2019

Short Course Meet

Hosted by

Fanwood – Scotch Plains YMCA

Sanction Number: N/A

Date of Meet:	Sunday, November 14 th 2021
Location:	<p>Site: Raritan Valley Community College 118 Lamington Road Branchburg, New Jersey 08876</p> <p>Facility: Raritan College is a six-lane pool with 7 foot wide lanes. There is a Colorado timing system with a six-lane scoreboard. There is a seating capacity for 500 spectators. The college's gym is available during this meet for seating. The depth at the starting blocks is approximately 12 feet and the depth at the turning end is 3.5 Feet.</p> <p>*Day of Meet Emergency Contact Number: (908) 231-8800 {RVCC Security}</p>
Meet Director:	Glenn Falkowski - Email: glennf@glen.com Phone: (908) 251-3959 Mary Perreault - Email: maryperr14@gmail.com Phone: (973) 885-7020
Meet Referee:	Simon Lee - Email: lee.simon2017@gmail.com Phone: 917-601-8549
Entry Coordinator:	Glenn Falkowski - Email : fspyentries@gmail.com
Entry Deadline:	<ul style="list-style-type: none">• Entry Deadline Date: October 25, 2021• Entries must be emailed to: fspyentries@gmail.com• You will receive a confirmation that entries have been received.• Team entries will not be considered accepted <u>unless</u> the waiver and entry fees have been received.• Meet Entries will be taken until the meet is full.• The waiver must accompany payment and must be received before the start of the meet.• <u>Payment for meet entries to be mailed to: Chris Karelus, Fanwood – Scotch Plains YMCA, 1340 Martine Ave. Scotch Plains, NJ, 07076</u>• It is not necessary to use overnight or express mail to send hard copy and check, which are sent in support of an e-mailed entry.
Meet Format Waiver:	<p>The host club has the right to change the format of the meet:</p> <ul style="list-style-type: none">• To allow more swimmers to swim.• To conform to facility capacity limits or for facility safety concerns.• To condense the meet into a smaller timeframe.• To modify the schedule of events to improve the meet timeline <p>The host club has the right to alter or eliminate qualifying times if required.</p>

Coaches Eligibility:	<ul style="list-style-type: none"> All coaches “on the deck” must be members of YMCA Swimming.
Swimmer Eligibility:	<ul style="list-style-type: none"> All swimmers must be listed on a team’s official entry form to be eligible to participate in this swim meet in any events including relays. Age Groups that will be offered: Sunday: 8-Under, 9-10 and 11-12 Individual Limits: Swimmers may enter and compete in a maximum of 3 individual events per day, 4 events for the meet including relays. Age for this meet is: December 1, 2021 All participating swimmers must be YMCA Members
Meet Format:	<ul style="list-style-type: none"> This meet will be run in accordance to current USA Swimming Rules. This meet will be run as a timed final meet. The USA Swimming scratch rule will be in effect. This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks. Marshaled with coaches checking in/scratching all swimmers.
Meet Schedule:	<ul style="list-style-type: none"> The building will not open until 30 minutes before the start of warm-ups. There will be 3 sessions as defined below
COVID	<ul style="list-style-type: none"> <u>At this time, we are allowing for only ONE (1) parent or guardian per swimmer.</u> <u>However because of changing environment, this is possible to change to NO spectators!</u> All attendees (Parents, Swimmers, Officials and Guests) will be required to wear a mask If the event needs to be canceled or postponed, all fees will be refunded if paid in advanced.

Meet Schedule:			
Sunday, November 14, 2021		Warm-up	Start
Session #2	9-10	7:00 am	8:00 am TBD
Session #1	8&U	TBA	TBA
Session #3	11-12	TBA	TBA
Warm-up Procedures:	<ul style="list-style-type: none"> All teams will be given a minimum of 20 minutes of warm-ups. All swimmers must enter the pool from the starting end of the pool. Feet first only. All general warm-up lanes will swim in a counterclockwise direction. Coaches are responsible for swimmers in their warm up lanes. Block starts during warm ups are only allowed if swimmers are exiting the water at the far end of the pool. Teams will be assigned warm-up sessions and lanes 		
Entry Times:	ENTRY TIMES MUST BE IN YARDS. Please use an estimated time rather than an NT so that we can time out the meet!		
Check-In:	<ul style="list-style-type: none"> All check-in sheets must be turned into the scoring table 20 minutes after the start of the first warm up. No later. Please list your swimmers for relays when submitting back your sheets. 		

	Swimmers that are swimming will have a line through their name. Swimmers that are being scratched must follow procedures outlines in “Scratch Procedures” below.
Starts:	<ul style="list-style-type: none"> • Fly-over starts will NOT be used for 8 & Under Events in Session 1. • Fly-over starts will be used for Sessions 2 and 3 (9 – 12 Year olds).
Scratch Procedures:	<p>Scratch Procedures and penalties</p> <p><u>Scratch Sheet Instructions:</u></p> <ol style="list-style-type: none"> 1. Swimmers that are swimming will have a single line through their name. (Example – Swimmer) 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 <p>All entries not scratched will become official entries. If, after the event is seeded, a swimmer is not scratched from a timed final or preliminary event and does not appear at the block to swim the race in time for the initial start of his or her heat, there will be no penalty to the swimmer. It is expected that each team and swimmer will be diligent in scratching from any events where the swimmer will not be swimming and therefore there will be no penalty for a “no-show” for a preliminary or a timed final heat.</p> <p><u>Seeding Timed Finals:</u> Each session will be seeded after receiving scratches in accordance with USA-S Technical Rules (Rule 102.5).</p> <p><u>Declared False Start:</u> 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.</p>
Awards:	<ul style="list-style-type: none"> • Ribbons will be awarded for the top 6 swimmers in each age group for each event except relays. • Ribbons for 8 & under events will be awarded to 12th place. • Relay awards will be awarded to 3rd place. • Awards must be picked up by coaches at the end of the day
Entry Fees:	<ul style="list-style-type: none"> • Individual Entry Fee: \$5.00 / \$10.00 per team for relay • There will be a \$10.00 swimmer surcharge. • Make checks payable to: FSPY Swim Team
Admissions and Programs:	<ul style="list-style-type: none"> • No chairs, coolers, large bags or any other large items will be allowed in the building. • Heat sheets will be POSTED AFTER all scratches have been received and processed. • Admission: No Charge
Entries:	<ul style="list-style-type: none"> • Team entries must be submitted by E-mail to: fspyentries@gmail.com • When e-mailing your entries, please put ‘First Frost’ in the subject line • The meet entry coordinator will respond to e-mail entries within 48 hours. If you do not receive an e-mail response within 48 hours, assume that your email has not been received. It then becomes the e-mailer’s responsibility to make sure that the host club's meet entry coordinator receives the e-mail. If you do not receive an e-mail response, you must contact the entry coordinator by email or phone or mail in your entries.

	<ul style="list-style-type: none"> • An Entry Summary with a signed Swimming waiver and a check must follow each e-mailed entry. • Coaches wishing to deck enter a swimmer should report to the meet director. <ul style="list-style-type: none"> • Deck entries may be accepted at the meet director's discretion. Swimmers not previously entered in the meet must provide proof of current YMCA Membership, pay the \$10.00 swimmer surcharge and event fees. • No Un-attached swimmers will be allowed to participate.
Results:	Results will be posted on the Fanwood-Scotch Plains YMCA Swim Team Website http://www.fspyswimming.com as well as MeetMobile.
Host Club Responsibilities:	<ul style="list-style-type: none"> • The host club will have stopwatches available for volunteers helping to time. • The host club will create a warm-up schedule that will be fair and equitable to all teams. This warm-up schedule will be e-mailed to all participating clubs and posted on the website www.fspyswimming.com no later than 3 days before the meet. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. These timing assignments will be e-mailed to all participating clubs and posted on the website: www.fspyswimming.com no later than 3 days before the meet.
Participating Club Responsibilities:	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.fspyswimming.com 3 days prior to the meet. Those timing will be given a lanyard to wear while on deck. • Please supply a volunteer list (Timers & Marshalls) to FSPY by Wednesday November 10th. • Only timers will be allowed on the pool deck. • Marshalling will be provided for sessions 1, 2 and 3. • Participating club parents must stay off the pool deck except for timing or officiating assignments. • Participating clubs must help with officiating. • Clubs not meeting Participating Responsibilities MAY have their swimmers scratched from the meet at the Meet Directors discretion.
Vendor:	Metro Swim Shop will be onsite selling swimming apparel throughout the day.
Officials:	Any YMCA certified official who is willing to volunteer their time should contact the Meet Referee, Simon Lee - Email: lee.simon2017@gmail.com Phone: 917-601-8549
Deck Changing	Deck changing is prohibited at this meet. Consequences of failing to comply will be at the discretion of the meet referee and may result in being dismissed from the meet.
Concessions:	Refreshments will be available throughout the meet.
Hospitality:	Coaches and officials' hospitality will be provided.

<p>Audio/Visual Recording Statement:</p>	<p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p>
<p>Directions:</p>	<p>Parking: There is ample parking either in front of the pool, or behind the pool by the outdoor track.</p> <p>From the North:</p> <p>From I-287 South (From Morristown Area): Take I-287-S to I-78 West. Proceed on I-78 W for approx. 3 miles to Exit 26 (Lamington/North Branch). At traffic light at off ramp make a left onto Rattlesnake (county road 665) which turns into Lamington Road.</p> <p>Lamington Road: Take Lamington Road for 2.3 miles. The side entrance to Raritan Valley Community College will be on the left. You may enter the side entrance to the college. To enter college from main entrance continue straight on Lamington Road. At traffic light make a left onto Easton Turnpike (county road 614). At the next traffic light (Orr Drive) make a left into the main entrance to the College.</p> <p>From Garden State Parkway South (From North Jersey): Take Exit 142 for I-78 West. Proceed on I-78 W for approx. 26 miles to Exit 26 (Lamington/North Branch). At traffic light at off ramp make a left onto Rattlesnake (County Road 665) which turns into Lamington Road. See above “Lamington Road”.</p> <p>From Route 206 South (From Chester/Peapack) Proceed south on Route 206. Make a right turn onto Lamington road in Bedminster (Texaco gas station). Proceed on Lamington Road for approximately 3 - 4 miles. Just past the Lamington General Store antique shop make a left onto Lamington road (County road 665). Take Lamington Road for approximately 2.6 miles. See above “Lamington Road”.</p> <p>From the South:</p> <p>From I-287 North (From Edison Area): Take I-287 N to the Route 22 West exit. After approx. 7 miles (just before the 5th light), exit at Raritan Valley College Drive (Orr Drive). At the end of Orr Drive is a traffic light. Proceed straight to enter the College.</p> <p>From Garden State Parkway North (From the Shore area): Take Exit 127 to I-287 North. Proceed on I-287 NORTH to the Route 22 West exit. After approx. 7 miles (just before the 5th light), exit at Raritan Valley College Drive (Orr Drive). At the end of Orr Drive is a traffic light. Proceed straight to enter the College.</p> <p>From Route 206 North (From Princeton Area): Take Route 206 North to Somerville Circle. At Somerville Circle exit onto Route 28 West (County road 614). Proceed on Route 28 W (County road 614) for approx. 4 miles. Entrance to the College will be on your right at a traffic light with Orr Drive on your left.</p>

FSPY First Frost 2021 Meet Entries Form

Team Code: _____ Team Name: _____

Name(s) of Coaches: _____

Team Mailing Address: _____

E-mail Address: _____

Contact Person Regarding Entries: _____

Cell Phone Number: _____ E-mail: _____

Contact Person Regarding Timing: _____

Cell Phone Number: _____ E-mail: _____

Officials: 1. _____ 2. _____

3. _____ 4. _____

Entry Fee Summary

Number of Individual Events: _____ X \$5.00 = _____

Number of Individual Relays: _____ X \$10.00 = _____

Swimmer Surcharge: _____ X \$10.00 = _____

Total = _____

Make checks payable to: *FSPY Swim Team*

*Entries are due by **October 25th, 2021**

Submit checks to:

FSPY Swim Team
1340 Martine Ave
Scotch Plains NJ, 07076
E-mail entries to: fspyentries@gmail.com

WAIVER

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 Fanwood-Scotch Plains YMCA, Raritan Valley Community College, 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 en route to or from, said meet, or to property on the premises.

Head Coach/Competitive Aquatic Director:

Signed _____ Date _____

CEO/Executive Director:

Signed _____ Date _____

FSPY First Frost 2021 Events

8 & Under		
Girls Event#	Events	Boys Event#
#1	8 & Under – 100 yard Freestyle Relay	#2
#3	8 & Under – 100 yard IM	#4
#5	6 & Under – 25 yard Breaststroke	#6
#7	7 year old – 25 yard Breaststroke	#8
#9	8 year old – 25 yard Breaststroke	#10
#11	8 & Under 50 Yard Butterfly	#12
#13	6 & Under – 25 yard Backstroke	#14
#15	7 year old – 25 yard Backstroke	#16
#17	8 & Under – 25 yard Backstroke	#18
#19	8 & Under – 50 yard Breaststroke	#20
#21	6 & Under – 25 yard Freestyle	#22
#23	7 year old – 25 yard Freestyle	#24
#25	8 year old – 25 yard Freestyle	#26
#27	8 & Under – 50 Backstroke	#28
#29	6 & Under – 25 yard Butterfly	#30
#31	7 year old – 25 yard Butterfly	#32
#33	8 year old – 25 yard Butterfly	#34
#35	8 & Under – 50 Freestyle	#36

9-10		
Girls Event#	Events	Boys Event#
#37	9/10 – 200 yard IM	#38
#39	9/10 – 50 yard Breaststroke	#40
#41	9/10 – 100 yard Backstroke	#42
#43	9/10 – 50 yard Freestyle	#44
#45	9/10 – 100 yard Breaststroke	#46
#47	9/10 – 50 yard Butterfly	#48
#49	9/10 – 100 yard Freestyle	#50
#51	9/10 – 50 yard Backstroke	#52
#53	9/10 – 100 yard IM	#54
#55	9/10 – 100 yard Butterfly	#56
#57	9/10 – 200 yard Freestyle	#58
#59	9/10 – 200 yard Free Relay	#60

11-12		
Girls Event#	Events	Boys Event#
#61	11/12 – 200 yard IM	#62
#63	11/12 – 50 yard Breaststroke	#64
#65	11/12 – 100 yard Backstroke	#66
#67	11/12 – 50 yard Freestyle	#68
#69	11/12 – 100 yard Breaststroke	#70
#71	11/12 – 50 yard Butterfly	#72
#73	11/12 – 100 yard Freestyle	#74
#75	11/12 – 50 yard Backstroke	#76
#77	11/12 – 100 yard IM	#78
#79	11/12 – 100 yard Butterfly	#80
#81	11/12 – 200 yard Freestyle	#82
#83	11/12 – 200 yard Free Relay	#84