Name of Meet:	**Summit Area YMCA Annual** **2015 Deep Freeze Distance Meet**
Host Club:	Summit Area YMCA, Summit NJ
Date of Meet:	Saturday, February 14 & Sunday, February 15, 2015
Location:	Summit Area YMCA, 67 Maple Street, Summit, NJ 07901. 6-lane, 25 yard pool, equipped with Colorado Timing System at both start and finish ends, and non-turbulent lane lines. Depth at start blocks is 12' and turn end is 4'. Additional warm-up pool is available throughout the meet.
Meet Director:	David Stern, 973.568.9805, david.stern@summityseals.org .
Meet Referee:	Mike Cannilla, CannillaM@nkarchitects.com
Entry Coordinator:	David Stern, 973.568.9805, david.stern@summityseals.org. Best time to call is before 5 pm.
Entry Deadline:	• Entry Deadline is January 31, 2015. • All entries will be accepted on a first come basis. • Team entries will be considered accepted when the entries are received by the entry coordinator and confirmed. • Meet entries will be taken until the meet fills. This meet has filled up quickly each year. • Email entries to david.stern@summityseals.org • Mail a hard copy of your entries and your check to: David Stern, 28 Brantwood Drive, Summit, NJ 07901. • It is not necessary to use overnight or express mail to send the hard copy or your check.
Meet Format Waiver:	The host club has the right to change the format of the meet if needed. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes would be: • To allow more swimmers to swim. • To conform to facility capacity limits or for facility safety concerns. • To condense the meet into smaller time frame.
Internet Website Posting:	Official Website: www.summityseals.org Pre-Meet Information will be posted on the above website: • PDF & Word Meet Announcement files • Any updated meet information • Warm-up Schedule and Team Warm-up Assignments. • Timing assignments.
Coaches Eligibility:	• All coaches "on the deck" must be YMCA-certified coaches.

Swimmer Eligibility:	• All swimmers must be members of YMCA Swimming to enter and compete in this meet. • All swimmers must be listed on a team's official entry form to be eligible to participate in this swim meet in any event(s), including relays. • All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must us an UN- (New Team Alpha Code) as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form. • There are no time standards being used in this meet. • Swimmers may enter 3 individual events & 1 relay per day. • Age for this meet is as of 12/1/14.
Meet Format:	• This meet will be run in accordance to current YMCA Swimming Rules. • This meet will be run as a time final meet. • This meet will be deck seeded with coaches checking in/scratching all swimmers.
Meet Schedule:	• The building will open at 7 am each day. • This meet will have 4 sessions.
Warm-up Procedures:	Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Teams will be assigned lanes for warm-ups. All swimmers are entitled to a fair and comparable warm-up. All teams must get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes. • Coaches will receive warm-up assignments 1 week prior to the meet. • All swimmers must enter the pool from the starting end of the pool. • All swimmers must enter feet first. • All general warm-up lanes will swim in a counterclockwise direction.
Entry Times:	• "NT" or "No Times" entries are allowed for this meet. • All entry times must be in short course yards.
Check-In:	• All check-in sheets must be turned in 30 minutes before the start of each session. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched will have their names circled with a "SCR" next to the circle. Swimmers scratching a single event will have a line through his/her name and the event number circled with "SCR" next to the circle. Failure to follow these procedures will result in the swimmer(s) being scratched from the session.
Relays:	• All relays must have the correct four names listed and the correct order for that relay to be eligible and for the swimmers to receive points. • Coaches must turn in relay cards prior to that relay swimming, listing correct swimmers names and correct order. • The host club will be responsible for confirming the correct names and correct order at the starting block.

Entry Fees:	• $4.00 per individual event; $8 per relay • Make checks payable to: **Summit Area YMCA** • Host club has the right to scratch teams/swimmers for lack of payment of entry fees.
Admissions and Programs:	• In lieu of an admissions fee, a swimmer surcharge of $10 will apply • Cost of Heat Sheet/Program will be $5.00.
Entries:	• Team entries to be submitted by e-mail: david.stern@summityseals.org. • All entries must be Hy-Tek program entries as an attached file to an e-mail. • The meet entry coordinator will respond to e-mails 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. • An Entry Summary and a check must accompany or follow each mailed entry. • Accuracy of seed times is essential. Incomplete entries will not be accepted. • Deck entries will not be accepted. No phone or faxed entries will be accepted.
Results:	• Results will be emailed to all teams. • Results will be posted at www.summityseals.org
Host Club Responsibilities:	• The host club will provide a single timer in each lane through out the meet. • The host club will have stopwatches available for volunteers helping to time. • The host club will e-mail all club entries back to the participating clubs. • The host club will create a warm-up schedule that will be fair and equal to all teams. This warm-up schedule will be e-mailed to all participating clubs and posted on the website: www.summityseals.org no later than 72 hours 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.summityseals.org no later than 72 hours before the meet.
Participating Club Responsibilities:	• Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.summityseals.org 72-hours prior to the meet. • Swimmers in the 1000 & 1650 must provide their own timers. • Participating club parents must stay off the pool deck except for timing assignments. • Participating clubs should help with officiating whenever possible. List the club contact for club officials on the hard copy of your entries.
Concessions:	Food & beverages will be available. Coaches/Officials Hospitality Room will be provided.

Vendor:	California Beach Hut will be selling merchandise and equipment at the event.
Directions:	The Summit Area YMCA is located at 67 Maple Street, Summit, NJ 07901. Plenty of on-street spaces and parking lots are available at no charge the day of the meet. A detailed parking map will be emailed to the participating clubs in advance of the meet. 3

Order of Events

Session 1 (Saturday Morning Distance)

Warm-up 7:15 AM for 1650
Warm-up for Events 2-5 TBD, in Buntin pool
1650's start 8:15 AM

Girls Event	Event	Boys Event
1	**Mixed 11 and Over 1650 Freestyle**	**1**
2	**11-12 500 Freestyle**	**3**
4	**13 and Over 500 Freestyle**	**5**

Session 2 (Saturday Main)

Start Time TBD

Girls Event	Event	Boys Event
6	**200 Freestyle Relay**	**7**
8	**11-12 200 Butterfly**	**9**
10	**13 and Over 100 Freestyle**	**11**
12	**11 -13 100 IM**	**13**
14	**14 and Over 200 IM**	**15**
16	**11–12 100 Backstroke**	**17**
18	**13 and Over 200 Backstroke**	**19**
20	**11-12 200 Freestyle**	**21**
22	**11-12 100 Breaststroke**	**23**
24	**13 and Over 200 Breaststroke**	**25**
26	**13 and Over 100 Butterfly**	**27**

Session 3 (Sunday Morning Distance)

Warm-up 7:15 AM for 1650
Warm-up for Events 29 TBD, in Buntin pool
1000's start 8:15 AM

Girls Event	Event	Boys Event
28	**Mixed 11 and Over 1000 Freestyle**	**28**
29	**Mixed 11 and Over 400 IM**	**29**

Session 4 (Sunday Main)

Start Time TBD

Girls Event	Event	Boys Event
30	200 Medley Relay	31
32	13 and Over 200 Butterfly	33
34	11 and Over 50 Freestyle	35
36	11-12 200 Backstroke	37
38	13 and Over 100 Backstroke	39
40	11-12 100 Freestyle	41
42	13 and Over 200 Freestyle	43
44	11-12 200 Breaststroke	45
46	13 and Over 100 Breaststroke	47
48	11-12 100 Butterfly	49
50	11-13 200 IM	51