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| 2016 YMCA LONG COURSE CUP CHAMPIONSHIP June 3-5, 2016 | |
| Host Club | SOMERSET VALLEY YMCA |
| YMCA Sanction | YMCA Championship Sanction - CAQ-2016-NJ03211113 |
| USA-S Approved Meet | This meet is an Approved Meet in accordance with USA Swimming Rule 202.4.  **This meet is open only to properly registered YMCA teams and their swimmers.**  In granting this approval, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. |
| Eligible Teams | In order to be eligible to participate in this meet, one must be a member in good standing with an eligible YMCA team. Eligible teams include:  FSPY, FOBY, GARY, GCY, HACY, HCY, LHY, MAY, MDY, MEY, MYM, NEWY, NJBL, OCY, PFY, RANY, RVYM, RBY, RY, SCY, SHY, SVY, SABY, SAY, SCY, GMY, WEY, WY, WFY, SJAC, EUC, VINY  If you are affiliated with another YMCA team and would like to participate in this meet, please contact the meet director: Timothy J. Foley; [meetdirector@svynj.org](mailto:meetdirector@svynj.org) |
| Meet Requirement Statement | Since this meet is NOT USA Swimming Sanctioned, it does NOT count toward participation requirements for New Jersey Swimming LC Zone Championship Team eligibility nor for NJ Swimming National Championship Meet Travel Grants. |
| Location  Hotels  Directions | DeNunzio Pool, Princeton University, Princeton, NJ   * Holiday Inn, 100 Independence Way, 1-609-520-1200 * Staybridge Suites, 4375 Route1, 1-609-951-0009 * Residence Inn by Marriott, 4225 Route 1, 1-732-329-9600 * Princeton Courtyard by Marriott, Route 1, 1-609-716-9100   **From Route 1 south:** Taking Rt. 1 towards Princeton to Alexander Rd exit. Turn left and follow Alexander Rd. to the third traffic light and turn Right onto Faulty Rd. Take Faculty Rd. to the second light and turn left onto Harrison Street. Continue on Harrison past Nassau street. Once you cross Nassau turn left at the second light onto Franklin Ave. Take the next right onto Ewing Str. Proceed down Ewing Str. to Guyot Ave., and turn right. Park in the first parking lot on your right. The parking lot is directly across from the pool. Follow the sidewalk to the right of the pool and enter the main set of doors.  **From Route 1 north:** Taking Harrison street up into Princeton. You will be on the north side of town. Continue on Harrison past Nassau street. Once you cross Nassau turn left at the second light onto Franklin Ave. Take the next right onto Ewing Str. Proceed down Ewing Str. to Guyot Ave., and turn right. Park in the first parking lot on your right. The parking lot is directly across from the pool. Follow the sidewalk to the right of the pool and enter the main set of doors.  **From 206 north: Take** Rt. 206 south towards Princeton. As you come down the mountain into Princeton you will turn left and follow the signs for Valley Rd. Once you are on Valley Rd. proceed down Valley Rd. and turn right onto Walnut Lane. Proceed down Walnut Ln. and turn left onto Guyot Ave. Park in the first parking lot on your left. The parking lot is directly across from the pool. Follow the sidewalk to the right of the pool and enter the main set of doors. |
| Dates of Meet | June 3, 4, 5, 2016 (Friday through Sunday) |
| Facility Info | The DeNunzio Pool on the campus of Princeton University is a 50-meter 8-lane pool, non-turbulent lane lines, and a new state of the art Colorado Timing system and digital scoreboard. The pool is 9 ft deep at the starting blocks and 17 ft deep at the turn end. There is ample seating for 900 spectators. There is no separate warm-up/warm-down pool. Chairs, coolers, glass containers, alcohol, and tobacco products are strictly prohibited in the facility. **NO chairs or blankets will be allowed on the mezzanine or in the upper hallways.** |
| Facility Certification Statement | The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement, and refers to the pre-certification of the pool length measurement in regards to National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C(4) does not impact on the validity of the times achieved in this pool. |
| Audio/Visual Recording Statement | Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. |
| Meet Director | Timothy J. Foley, 908.642.2477; [meetdirector@svynj.org](mailto:meetdirector@svynj.org) |
| Meet Referee | Tom Pearce, 908.244.5219; [tpearce@optonline.net](mailto:tpearce@optonline.net) |
| Entry Coordinator | Elizabeth Stoddard, 908.930.5676 [meetentries@svynj.org](mailto:meetentries@svynj.org)  **You WILL receive an e-mail confirmation with 48 hours. If you do not, consider your entries NOT received.** |
| Entry Dates | Entries will OPEN Wednesday, April 27, 2016 & will CLOSE on Friday, May 20, 2016 |
| Entry Information | * All entries will be on first come basis **via E-MAIL ONLY with “2016 NJ LC CUP” in the subject line.** * Meet entries will be taken until the meet is full. Sessions stay within the 4 hour per session rule * It is not necessary to overnight or express mail your hard copy entries or check in support of the e-mailed entry * Teams WILL receive an e-mail confirmation within 48 hours. If you do not, consider your entries as NOT received * Deck entries will be accepted. The deck entry fees are the same as standard entries. * The Host Club requires proof of time for all entries for the June 3rd sessions. * The Host Club will accept entries for multiple relays per team but may limit relay entries per team to an A and B relay to limit heats on a per session basis if required to meet the timeline. * Mail the signed USA Swimming waiver/meet verification form, the YMCA Meet Declaration Form, and the check to:   E Stoddard, 34 Deanna Drive, Apt. 89, Hillsborough, NJ 08844 |
| Entry Times | * Entries will not be accepted with “NT” * All entry times must be in LCM (Long Course Meters) * Converted times will be accepted. * The Host Club requires proof of time for all entries for the June 3rd sessions. |
| Meet Format | * The Meet will be conducted under the current USA Swimming Technical Rules, the NJ YMCA Swim League Constitution and the Rules that Govern YMCA Competitive Sports and all supplements thereto. * This meet will be run as a timed final meet. * This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers are responsible to report to the blocks. No marshalling will be available. * This meet will adhere to all requirements as outlined in Meet Conduct and Administration section of the YMCA Sanctioned Championship Swim Meets Criteria. * The Host team must stay within the four hour per session rule. |
| Meet Format Waiver Statement | The Host Team reserves the right, with the approval of the NJ Swimming Admin Chair and either the Age Group Chair or the Senior Chair, to adjust warm-up times, start times, and sessions after all entries are received and session time estimates are computed by Meet Manager to best manage the meet timeline as well as offer fair and equitable competition for all athletes.  Coaches will be notified of all time changes and other meet changes via e-mail at least 3 days prior to the meet start. All information will be posted on the SVY Swim Team web site ([www.svynj.org](http://www.svynj.org)) as it becomes available |
| USA-S Racing Start Certification Statement | Any swimmer entered in this meet must be certified by a USA Swimming or YMCA member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a USA Swimming or YMCA member coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. |
| USA-S Deck Change Policy Statement | Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. |
| On Deck Coach Eligibility | * Coaches should display either their YMCA Coaches credential or their USA Swimming Coaches credential *if it includes the Y stamp in the upper right corner*. * Coaches must have current certifications in CPR, First Aid and Lifeguard/YASA/Safety Training for Swim Coaches. * All coaches must be currently registered through the online YMCA registration system. * All coaches will be required to show certification in Principles of YMCA Competitive Swimming and Diving |
| Swimmer Eligibility | * All swimmers must be included in a team’s official meet roster in the meet database to be eligible to participate in this swim meet in any events including relays. * Swimmers must be full privilege members of their respective YMCA and have represented only their YMCA in competition (with the exception of closed academic competition) for a period of 90 days prior to the start of the meet. * Swimmers who have represented a college or post-high school institution in competition are not eligible to compete. * There will be qualifying times used for this meet. * Unattached swimmer entries will not be accepted. * Age Groups that will be offered. * There will be 10 & under, 11-12, 13-14, 15 & Over, and 11&Over events. * Individual and Relay Limits: * Swimmers may compete in 3 individual events per day on Saturday and Sunday. Swimmers will be limited to 1 individual event on Friday evening. * Swimmers may compete in one (1) relay per session. * We will allow as many entries to the 400 IM as desired, and heat limit to one (1) heat MAX girls and boys. Any athlete who gets timed out of the 400 IM will be allowed to add another Sunday event after entries close. * Age for this meet is: **June 3, 2016** |
| Internet Website Posting | Meet website address: [www.svynj.org](http://www.svynj.org)  **Pre-Meet Information posted on website**:   * Meet Packet / Information * Hy-Tek events list (.HYV file) * Updated Meet Schedule * Team Warm-up and Timing Assignments * Psych sheets for heat limited events   **Days of the Meet Information posted on website**:   * Real Time Results * Weather / Emergency Updates   **Post Meet Information posted on website:**   * Full Meet results   **This meet will also be available on Meet Mobile** |
| Meet Schedule | The Spectator entrance will open 15 minutes prior to the start of warm-ups.  Entrance for Coaches, Swimmers, and Officials will open 30 minutes prior to the start of warm-ups. |

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| Friday, June 3, 2016 | | Warm-Up | Session Start |
| Session 1 | 11& Over Challenge Events | 4:40 PM | 5:45 PM |
| Saturday, June 4, 2016 | |  | |
| Session 2 | 13/14 Girls & Boys; 11-12 Boys | 7:15 AM | 8:15 AM |
| Session 3 | 10&U Girls & Boys; 11-12 Girls | TBD | TBD |
| Session 4 | 15 & Over Girls & Boys | TBD | TBD |
| Sunday June 5, 2016 | |  | |
| Session 5 | 13/14 Girls & Boys; 11-12 Boys | 7:15 AM | 8:15 AM |
| Session 6 | 10&U Girls & Boys; 11-12 Girls | TBD | TBD |
| Session 7 | 15 & Over Girls & Boys | TBD | TBD |

Note: Warm-up and Sessions start may change based on Facility requirements. All changes will be e-mailed to all participating teams AND posted at [www.svynj.org](http://www.svynj.org).

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| Warm Up Procedures | * Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes. * 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. * All swimmers must enter the pool from the starting end of the pool. * All general warm-up lanes will swim in a counterclockwise direction. * Warm-up times for all sessions will be posted at [www.svynj.org](http://www.svynj.org) no later than May 31, 2016 |
| Check-In | All check-in sheets must be turned into the scoring table 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.  Completed relay cards should be turned into the scoring table. Relay names must be turned in prior to the start of the relay events for the session. |
| Starts | Fly-over starts may be used at the discretion of the meet host and the meet referee. This determination will be made after all entries have been received. |
| Friday Evening Challenge Events | * This session is for swimmers age 11 and older, only. * Swimmers will be limited to ONE event. * The time limit for this session will be 4 hours. * This session will run FATEST to SLOWEST alternating women and men. Heats may be combined to consolidate a heat in the interest of the timeline. * (Note that for any pair of events (200 Back, 200 Brst, 200 Fly) in which one gender has more heats than the other, the additional heats for the more numerous gender will be completed prior to starting the next pair of events. For example, if there are 10 heats of girls 200 Back and 5 heats of boys 200 Back, none of the 200 Brst heats will be swum before all of the 200 Back heats have been completed.) * Host team reserves the right to limit entries to meet the session time limit. Heat limited events will be in the following order: * If entries for Friday’s session exceed the 4 hour limit, the 400 Freestyle may be limited to the fastest 7 Heats of Male swimmers and 7 Heats of Female swimmers. * If entries for the session still exceed the 4 hour limit after the 400 Free heats have been limited as above, the 200 Meter events may also be limited to the fastest 7 heats for each gender. * The host team will refund any entry fee for a swimmer that entered but did not qualify for the heats that will swim. * Note that ifthere is no time constraint, all entries will be accepted. * The Host Team will accept updated entries until May 31, 2016 at noon. * The host team will inform affected teams and post psych sheets for any events that are heat limited on our web site: [www.svynj.org](http://www.svynj.org) no later than June 1st at not later than 8 PM. * The Open Challenge events will have a positive check-in. * Swimmer must provide their own timers and timers are encouraged to provide their own watches for the 400 meter freestyle. Timers will be assigned for the 200 meter distance events. * If a swimmer is not listed on the final psych sheets they will not be permitted to swim in Session 1. * The Host Club requires proof of time for all entries for the June 3rd session. |
| Relays | All relays must have the correct four (4) names listed and in the correct order for the relay to be eligible. Coaches must turn in the completed relay cards 30 minutes prior to the start of the relay. Coaches may change the order or designation of the relay swimmers up until the time that a given relay actually begins to swim.   * The Host Club will accept entries for multiple relays per team but may limit relay entries per team to an A and B relay to limit heats on a per session basis if required to meet the timeline. |
| Scoring | * Team scores will be kept. * 8 place scoring will be 9,7,6,5,4,3,2,1 * Relay scoring will be 18,14,12,10,8,6,4,2 |
| Awards | * Top three awards will be given in individual events and in the relays. * Hot Heat Awards will be given in each event to the individual winner of a randomly chosen heat in each event contested. |
| Entry Fees | * Individual Event Fee: $5.00 * Relay Entry Fee: $9.00 * Make checks payable to: **SCYMCA** |
| Admission and Programs | * Admission fee: Weekend Pass $15 Individual Session $7 * Heat Sheet: $3.00 per session. |
| Results | Real Time results will be available at [www.svynj.org](http://www.svynj.org)  Meet Mobile will be updated with results. |
| USA-S SWIMS Database Inclusion | 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-S Swimming. Mismatches will be rejected by SWIMS. ANY MIS-MATCHED INFORMATION WILL BE RETURNED (BY SWIMS) TO THE RESPECTIVE TEAM FOR RESOLUTION. |
| Host Club Responsibilities | * The Host Club will provide a single timer in each lane throughout the meet, EXCEPT for events 7 & 8 (400 meter freestyle). Swimmers in this event must provide their own timers. * The Host Club will provide two back-up timers for each session * The Host Club will create a warm-up schedule and a timing assignment schedule that will be fair and equitable to all participating teams. The warm-up and timing schedules will be e-mailed to all participating teams and will be posted on [www.svynj.org](http://www.svynj.org) no later than one week prior to the start of 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.svynj.org](http://www.svynj.org) no later than 3 Days before to the meet. * 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 meet summary. * All participating teams must be currently registered through the YMCA Online Team registration system. |
| Concessions | Will be provided by Princeton University Tiger Concessions. |
| Vendor | Metro Swim Shop will be on site. |

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| **Friday Night June 3**  **Session 1**  ***11/Over Challenge Events*** | | | | |
|  | | **Qualifying Times** | | |
| **Event** | **Event Description** | **11-12** | **13-14** | **15-18** |
| 1 | Girls 200 Backstroke (2) | 3:20.79 | 2:59.39 | 2:50.09 |
| 2 | Boys 200 Backstroke (2) | 3:20.79 | 2:55.29 | 2:41.99 |
| 3 | Girls 200 Breaststroke (2) | 3:44.39 | 3:23.69 | 3:15.69 |
| 4 | Boys 200 Breaststroke (2) | 3:44.39 | 3:19.29 | 3:04.49 |
| 5 | Girls 200 Butterfly (2) | 3:22.49 | 3:04.89 | 2:59.09 |
| 6 | Boys 200 Butterfly (2) | 3:22.49 | 3:01.09 | 2:44.49 |
| 7 | Girls 400 Freestyle (1) | 6:00.09 | 5:28.99 | 5:17.79 |
| 8 | Boys 400 Freestyle (1) | 6:00.09 | 5:27.39 | 4:59.89 |

1. The 400 Freestyle events may be limited to the fastest 7 heats (7 each of female and male event heats) if entries for the session exceed the 4hour limit.
2. The 200 meter events may be limited to the fastest 7 heats (7 each of female and male event heats) if entries for the session still exceed the 4 hour limit after the 400 Free heats have been limited as above. (Note that this step is not likely to be needed.)

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| **Qualifying Times** | **Girls Event Numbers** | | **Saturday June 4** | **Boys Event Numbers** | **Qualifying Times** | |
| **Session: 2 Morning Session Day 2** |
| ***13-14 Girls/Boys & 11-12 Boys*** |
|  |  | | 11-12 400 Freestyle Relay | 9 |  | |
|  | 10 | | 13-14 200 Freestyle Relay | 11 |  | |
|  |  | | 11-12 200 Freestyle | 12 | 02:48.7 | |
| 02:35.1 | 13 | | 13-14 200 Freestyle | 14 | 02:33.0 | |
|  |  | | 11-12 100 Butterfly | 15 | 01:32.0 | |
| 01:23.4 | 16 | | 13-14 100 Butterfly | 17 | 01:20.3 | |
|  |  | | 11-12 50 Breaststroke | 18 | 47:09 | |
| 44.59 | 19 | | 13-14 50 Breaststroke | 20 | 43.29 | |
|  |  | | 11-12 100 Backstroke | 21 | 01:31.4 | |
| 01:22.9 | 22 | | 13-14 100 Backstroke | 23 | 01:20.7 | |
|  |  | | 11-12 50 Freestyle | 24 | 35:69 | |
| 32.99 | 25 | | 13-14 50 Freestyle | 26 | 31.89 | |
|  |  | |  |  |  | |
| **Qualifying Times** | **Girls Event Numbers** | | **Saturday June 4** | **Boys Event Numbers** | **Qualifying Times** | |
| **Session: 3 Mid Day Session Day 2** |
| ***10 & U Boys & Girls And 11-12 Girls*** |
|  | 27 | | 11-12 400 Freestyle Relay |  |  | |
|  | 28 | | 10 & Under 200 Freestyle Relay | 29 |  | |
| 02:48.7 | 30 | | 11-12 200 Freestyle |  |  | |
| 03:23.8 | 31 | | 10 & Under 200 Freestyle | 32 | 03:23.8 | |
| 01:32.0 | 33 | | 11-12 100 Butterfly |  |  | |
| 01:56.19 | 34 | | 10 & Under 100 Butterfly | 35 | 01:56.19 | |
| 47:09 | 36 | | 11-12 50 Breaststroke |  |  | |
| 55:09 | 37 | | 10 & Under 50 Breaststroke | 38 | 55:09 | |
| 01:31.4 | 39 | | 11-12 100 Backstroke |  |  | |
| 01:48.9 | 40 | | 10 & Under 100 Backstroke | 41 | 01:48.9 | |
| 35:69 | 42 | | 11-12 50 Freestyle |  |  | |
| 40.89 | 43 | | 10 & Under 50 Freestyle | 44 | 40.89 | |
|  | | | | | | |
| **Qualifying Times** | **Girls Event Numbers** | **Saturday June 4** | | **Boys Event Numbers** | | **Qualifying Times** |
| **Session: 4 Evening Session Day 2** | |
| ***15 & Over Girls and Boys*** | |
|  | 45 | 15 & Over 200 Freestyle Relay | | 46 | |  |
| 02:50.09 | 47 | 15 & Over 200 IM | | 48 | | 02:38.99 |
| 1:18.99 | 49 | 15 & Over 100 Butterfly | | 50 | | 01:14.29 |
|  | 51 | 15 & up 50 Breaststroke | | 52 | |  |
| 01:09.49 | 53 | 15 & up 100 Freestyle | | 54 | | 01:03.09 |
|  | 55 | 15 & up 50 Back | | 56 | |  |
|  |  |  | |  | |  |
| **Qualifying Times** |  | **Sunday June 5** | | **Boys Event Numbers** | | **Qualifying Times** |
|  | **Girls Event Numbers** | **Session: 5 Morning Session Day 3** | |  | |  |
|  |  | ***13-14 Girls/Boys & 11-12 Boys*** | |  | |  |
|  |  | 11-12 400 Medley Relay | | 57 | |  |
|  | 58 | 13-14 200 Medley Relay | | 59 | |  |
|  |  | 11-12 200 IM | | 60 | | 03:15.2 |
| 02:57.4 | 61 | 13-14 200 IM | | 62 | | 02:54.7 |
|  |  | 11-12 50 Butterfly | | 63 | | 39.99 |
| 37.99 | 64 | 13-14 50 Butterfly | | 65 | | 36.99 |
|  |  | 11-12 100 Breaststroke | | 66 | | 01:43.7 |
| 01:33.6 | 67 | 13-14 100 Breaststroke | | 68 | | 01:31.3 |
|  |  | 11-12 100 Freestyle | | 69 | | 01:17.5 |
| 01:11.5 | 70 | 13-14 100 Freestyle | | 71 | | 01:09.9 |
|  |  | 11-12 50 Backstroke | | 72 | | 42.49 |
| 39.49 | 73 | 13-14 50 Backstroke | | 74 | | 37.49 |
|  |  |  | |  | |  |
|  | | | | | | |
| **Qualifying Times** |  | **Sunday June 5** | | **Boys Event Numbers** | | **Qualifying Times** |
| **Girls Event Numbers** | **Session: 6 Mid Day Session Day 3** | |
|  | ***10 & U Boys & Girls And 11-12 Girls*** | |
|  |  | |
|  | 75 | 11-12 400 Medley Relay | |  | |  |
|  | 76 | 10 & Under 200 Medley Relay | | 77 | |  |
| 03:15.2 | 78 | 11-12 200 IM | |  | |  |
| 03:47.3 | 79 | 10 & Under 200 IM | | 80 | | 03:47.3 |
| 39.99 | 81 | 11-12 50 Butterfly | |  | |  |
| 48.59 | 82 | 10 & Under 50 Butterfly | | 83 | | 48.59 |
| 01:43.7 | 84 | 11-12 100 Breaststroke | |  | |  |
| 02:02.4 | 85 | 10 & Under 100 Breaststroke | | 86 | | 02:02.4 |
| 01:17.5 | 87 | 11-12 100 Freestyle | |  | |  |
| 01:33.0 | 88 | 10 & Under 100 Freestyle | | 89 | | 01:33.0 |
| 42.49 | 90 | 11-12 50 Backstroke | |  | |  |
| 49.89 | 91 | 10 & Under 50 Backstroke | | 92 | | 49.89 |
|  |  |  | |  | |  |
| **Qualifying Times** | **Girls Event Numbers** | **Sunday June 5** | | **Boys Event Numbers** | | **Qualifying Times** |
| **Session: 7 Evening Session Day 3** | |
| ***15 & Over Girls and Boys*** | |
|  |  | |
|  | 93 | 15 & Over 200 Medley Relay | | 94 | |  |
| 06:11.59 | 95 | 15 & Over 400 IM (3) | | 96 | | 05:54.09 |
| 32.09 | 97 | 15 & Over 50 Free | | 98 | | 28.99 |
| 01:19.19 | 99 | 15 & Over 100 Backstroke | | 100 | | 01:13.59 |
| 01:30.19 | 101 | 15 & Over 100 Breaststroke | | 102 | | 01:25.29 |
| 2:29.19 | 103 | 15 & Over 200 Freestyle | | 104 | | 2:18.39 |
|  | 105 | 15 & Over 50 Fly | | 106 | |  |

1. The 400 IM will be limited to the fastest 8 Girls 8 Boys entered.

We will allow as many entries to the 400 IM as desired, and heat limit to one (1) heat MAX girls and boys. Any athlete who gets timed out of the 400 IM will be allowed to add another Sunday event after entries close.

**2016 YMCA Long Course Cup Championship**

**June 3-5, 2016**

**WAIVER**

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, NJ Swimming, Princeton University, YMCA of the USA and the Somerset Valley YMCA and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we am/are YMCA registered athletes and am/are eligible to compete in all the events I/we have entered.

**Meet Verification**

I hereby certify that all entered swimmers and the coaches listed on this form for the **2016 YMCA Long Course Cup Championship** are registered members of the YMCA. Also I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

**CLUB NAME (CLUB CODE):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SIGNATURE of COACH** and/or **PARENT/GUARDIAN**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ADDRESS:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TELEPHONE**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **e-mail ADDRESS:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**NAME(S) of COACH(ES)**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**NAME and PHONE NUMBER/EMAIL ADDRESS of person to contact regarding this entry:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**NAME and EMAIL ADDRESS of person to receive final results:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ENTRY FEE SUMMARY:** \_\_\_\_\_\_\_\_\_\_Individual event entries @ $5.00 = $\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_Relay event entries @ $9.00 = $ \_\_\_\_\_\_\_\_\_\_

TOTAL ENTRY FEES = $\_\_\_\_\_\_\_\_\_\_

**MAKE CHECKS PAYABLE TO: SCYMCA**

**Mail this waiver/verification form, the YMCA Sanctioned Championship Meet Declaration Form, and payment to:**

**E Stoddard, 34 Deanna Drive, Apt 89, Hillsborough, NJ 08844**

**Please provide the attached form with each team’s entries to verify the “full Y” membership of every swimmer being entered. This form should be signed by the executive director of the YMCA and returned to the meet director.**

**YMCA Sanctioned Championship Meet Declaration Form**

**Participating YMCA**: [YMCA\_NAME]

**YMCA Address:**  [YMCA\_ADDRESS]

**Meet Name**: 2015 LC CUP YMCA CHAMPIONSHIP

**Meet Date(s):**  June 3-5, 2016

**Meet Host:**  Somerset Valley YMCA (SVY)

**Meet Location:**  Princeton University, Princeton NJ

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We the undersigned attest to the following:

**SWIMMERS** - All swimmers representing the YMCA above are full privilege members of the YMCA and meet all eligibility requirements.

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR Pro, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 2015 LC CUP YMCA CHAMPIONSHIP for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. I hereby certify that YMCA has a minimum of $1,000,000/$2,000,000 in liability insurance that covers our coaches and swimmers during their travel to and from and during their participation in the 2015 LC CUP YMCA CHAMPIONSHIP.

**RELEASE** - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, Somerset Valley YMCA, their agents, representatives or assigns, and the Princeton University for any and all injuries which may be suffered by participants at the 2015 LC CUP YMCA CHAMPIONSHIP. Furthermore we understand that the YMCA of the USA and Somerset Valley YMCA are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

*Name and Signature of Head Coach*

*Name and Signature of YMCA Executive Director or Designee*