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|  | **DEEP FREEZE DISTANCE MEET 2019** |
|  | **Hosted by Summit Area YMCA Swim Team** |
|  | **February 9th & 10th** |
|  |  |
| **Date of Meet** | Saturday and Sunday February 9th & 10th |
| **Location** | Summit Area YMCA |
|  | 67 Maple Street |
|  | Summit, NJ 07901 |
| **Facility** | The Summit Y has a 6 lane competitive pool with Colorado timing system and |
|  | spectator balcony seating. Depth of the pool is 10 feet at the start & 4 feet at the |
|  | turn. A 4 lane warm up/cool down pool will also be available during the meet. |
|  | Metered parking on Saturday only |
|  | Gym will be used to accommodate swimmers and spectators when not competing |
|  | Facility will open @ 7:00am |
| **Meet Statements** | Deep Freeze is a closed YMCA meet. This meet is not USA sanctioned and does |
|  | not count toward NJ Swimming Zone Team eligibility nor for NJ swimming |
|  | Athlete Travel Grants to sectional and national level meets. |
|  | The use of audio or visual recording devices, including cell phone, is not permitted |
|  | in the locker rooms. Deck changing is prohibited. |
| **Meet Director** | Laura Riddell **summit.swimteam@thesay.org** |
| **Meet Referee** | Mike Cannilla **CannillaM@nkarchitects.com** |
| **Meet Safety Marshall** | Ann Doyle |
| **Entry Coordinator** | **summit.swimteam@thesay.org** |
| **Entry Deadline** | **Entry Deadline: Friday February 1st 2019** |
|  | Email entry file to **summit.swimteam@thesay.org** |
|  | There will be no refunds after the entry deadline |
|  | Entries accepted first come basis |
|  | Mail or bring the signed waiver with you |
|  | Entries will be acknowledged within 48 hours of receipt |
|  | Swimmers may swim up to 3 events and 1 relay per day |
| **Website information** | Posted on our website sayswimteam.org |
| **Coaches/Officials** | Teams are expected to bring certified coaches and officials to the meet. |
|  | Emails regarding sign up for officials will be communicated |
| **Swimmer Eligibility** | Swimmer must be a member in good standing of the YMCA |
|  | Swimmers must be listed on the team's official entry form |
|  | All 11 & Over athletes - Age as of 12/1/18 |
| **Meet Format** | Meet will be conducted under the 2019 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 a Timed |
|  | Finals meet. Meet will be deck seeded with coaches checking in/scratching all |
|  | swimmers. When the seeding has been posted, swimmers will report to the blocks. |
| **Meet Format Waiver** | Host club has the right to change format of the meet to make meet more efficient. |
| **Misconduct** | Statement from YMCA of the USA - "Any misconduct or misbehavior of their |
|  | participants in any group event shall forfeit the right of the Association to be |
|  | represented in the sport the following year." |
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|  | **\*\*\*Meet Schedule** |
|  | **Saturday February 13th Warm Up Start** |
|  | Session 1 1650/500 7:15am 8:15am |
|  | Session 2 Main 11/O TBD TBD |
|  | **Sunday February 14th Warm Up Start** |
|  | Session 3 1000/4IM 7:15am 8:15am |
|  | Session 4 Main #2 11/O TBD TBD |
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| **Warm Up** | \*\*\*Warm up for the Sessions 2 and 4 will be determined when the entries are accepted three to four days prior to the meet and a timeline has been created, and coaches will be emailed with assigned times & lanes. |
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| **Check In** | All check-in sheets must be turned into the scoring table 35 minutes prior to the |
|  | start of the session. Swimmers who are swimming will have a line through their |
|  | name. Swimmers that are scratched will have their names circled with a "SCR" next |
|  | to the circle. Swimmers scratching a single event will have a line through their name |
|  | and the event number circled with "SCR" next to the circle. Failure to do so may |
|  | result in the swimmer being scratched. |
| **Starts** | Fly-Over starts will be used |
| **Awards/Scoring** | No awards or scoring |
| **Entry Fees** | **Entry Fee Checks made out to Summit Area YMCA** |
|  | **Entry Fees: $5.00 Individual, $8.00 Relay - 1000 - 1650 events** |
|  | **Swimmer Surcharge $15.00 - (there will be no admittance fees)** |
|  | **Programs $5.00 each session** |
|  | **Mail fees: Summit Area YMCA SWIM TEAM, 67 Maple Street, Summit NJ 07901** |
| **Cancellation** | In case of severe weather conditions or other emergency situations, which force |
| **Refunds** | cancellation of any portion of this meet - NO refunds will be made on entry fees. |
|  | The Summit Area YMCA will make all decisions regarding meet cancellation. |
| **Emergency weather** | All information regarding cancellation/rescheduling of sessions will be |
| **Information** | listed on our website www.sayswimteam.org. |
|  | Information about changes/cancellations will also be emailed to participating coaches |
| **Host Club** | Will provide a single timer in each lane throughout meet other than distance events. |
| **Responsibilities** | Will have stopwatches available for volunteers-please bring your own if you have them. |
|  | Will email entry verification back to participating clubs. |
|  | Will create a warm up/timing schedule based on ind. entries of participating teams. |
| **Participating Club** | Will help with timing/officiating |
| **Responsibilities** |  |
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| **Parent** | Will stay off the deck unless volunteering. |
| **Responsibilities** | Will clear the observation area after their swimmer completes each event |
|  | to give others room to view their swimmer. |
|  | Cooperation and YMCA values are expected. |
| **Concessions** | Food and Drink will be available for purchase |
| **Vendor** | California Beach Hut - www.californiabeachhut.com |
| **Directions** | Google Maps to: 67 Maple Street Summit NJ 07901 |

**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 Boys Event**

1 Mixed 11 & Over 1650 1

2 11-12 500 Freestyle 3

4 13 & Over 500 Freestyle 5

**Session: 2 Saturday Main**

Warm Up - approximate 12:00PM Exact times to be determined

6 200 Freestyle Relay 7

8 11-12 200 Butterfly 9

10 13 & Over 100 Freestyle 11

12 11-13 100 IM 13

14 14 & Over 200 IM 15

16 11-12 100 Backstroke 17

18 13 & Over 200 Backstroke 19

20 11-12 200 Freestyle 21

22 11-12 100 Breaststroke 23

24 13 & Over 200 Breaststroke 25

26 13 & Over 100 Butterfly 27

**Session: 3 Sunday Morning Distance**

Warm-up: 7:15 AM

Warm-up for Event 29 TBD, in Buntin pool

1000’s start 8:15 AM

**Girls Event Boys Event**

28 Mixed 11 & Over 1000 Free 28

29 Mixed 11 & Over 400 IM 29

**Session: 4 Sunday Main**

Warm Up - approximate 12:00 PM Exact times to be determined

30 200 Medley Relay 31

32 13 & Over 200 Butterfly 33

34 11 & Over 50 Freestyle 35

36 11-12 200 Backstroke 37

38 13 & Over 100 Backstroke 39

40 11-12 100 Freestyle 41

42 13 & Over 200 Freestyle 43

44 11-12 200 Breaststroke 45

46 13 & Over 100 Breaststroke 47

48 11-12 100 Butterfly 49

50 11-13 200 IM 51

**2019 Deep Freeze Distance Meet**

Meet Participants and Summit Area YMCA will carry general liability insurance in the standard form to cover the above.

Executed this \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_day of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2019

YMCA Association Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Association # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WAIVER**

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrations and assigns waive and release any and all claims against USA Swimming, NJ Swimming, Summit Area YMCA Swim Team, Summit Area YMCA and their staff for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet

**YMCA Club Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature of Coach\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email of Coach/Entry Coordinator\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email of Official’s Coordinator\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Entry Fee Total $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Make checks payable to Summit Area YMCA**

**Mail to: Summit Area YMCA Swim Team, 67 Maple Street, Summit NJ 07901**

**Entries and payment must be received by Friday 2/8/19**