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|  | ***Miles of Miles 2019***  **Hosted by SVY Swimming**  **Sunday January 27, 2019**  **at the**  **Somerset Valley YMCA in Bridgewater** |
|  | **Sunday January 27, 2019**  **This is a YMCA meet designed to offer distances that are not routinely contested throughout the year; particularly for the younger athlete.**  This meet will be carefully timed out so you and your swimmers in Session 1 &  2 will know what time (approximately) they will be swimming. To prevent open lanes, please e-mail @ [meetdirector@svynj.org a](mailto:meetdirector@svynj.org)nd [meetentries@svynj.org o](mailto:meetentries@svynj.org)f any scratches as soon as possible. There will be a compulsory check-in 30 minutes prior to the swimmers race time. Session 3 will conduct a traditional warm-up period, time to be determined once entries are received.  **The meet will be pre-seeded and will be swum fastest to slowest in each event. Preliminary psych sheets will be posted at** [**www.snynj.org**](http://www.snynj.org/) **no later than January 25, 2019 and will be updated at that site as scratches are received.**   * Two warm-up/warm-down lanes will be available adjacent to the competitive lanes during the meet. * 6 lanes will be used for competition. * All events will be swum as mixed timed finals. * This meet will be run as three sessions. |
| **Session 1: 13 & Over 1500 meter freestyle**  Warm-up H1 / H2: 10:00 am Start: 10:20 am   Host team reserves right to limit session time |
| **Session 2: 9 - 12 year olds - 400 meter freestyle**   * Will begin immediately after Session 1 ends * Start Time to be determined after entries are received * Host team reserves right to limit session time |
|  | **Session 3: 12/U year old – events**  **Event 3: 9-12 200 meter Freestyle**  **Event 4: 8/u 50 meter Breaststroke**  **Event 5: 9-12 200 meter backstroke**  **Event 6: 12/u 100 free**  **Event 7: 9-12 200 meter breaststroke**  **Event 8: 8/u 50 meter Butterfly**  **Event 9: 12/u 200 meter Butterfly**  **Event 10: 8/u 50 meter Back**  **Event 11: 12/u 200 Meter IM**   * Will begin immediately after Session 2 ends. * Session 3 will have a traditional 30 min warm-up in all lanes. * Warm-up to be determined after entries are received. * Additional entries *may* be allowed based on timeline of sessions 1& 2. |
| **Meet Director** | Tim Foley: mobile 908.642-2477 Email: [meetdirector@svynj.org](mailto:meetdirector@svynj.org) |
| **Meet Referees** | Thomas Pearce [tpearce@optonline.net](mailto:tpearce@optonline.net)  Sandi Rushevics [sandi.rushevics@ogilvy.com](mailto:sandi.rushevics@ogilvy.com) |
| **Facilities** | Somerset Valley has a 10 lane heated 25 meter indoor pool with non-turbulent lane lines and electronic timing, with a 5 foot starting end. Large on-site parking. 6 lanes will be used at this meet. |
| **Eligibility** | This meet is open to all YMCA swimmers. Age for this meet is December 1,  2018. |
| **Entries** | **Entries times must be in SCM.**  **PLEASE NOTE: No times “NT’s” will not be accepted. Times are required for pre-seeding events.**  **S*wimmers in S#1-#2 MUST provide their own Counter AND Timer*** |
| **Entry Restriction** | 13/over swimmers may compete in ONE session only.  12/under swimmers may compete in TWO sessions.   Session 3: Swimmer may compete in 2 events |
| **Entry Deadline** | Entries deadline is January 20, 2019 @ 6:00PM  Meet will be filled on a first-come first-serve basis. |
| **Entry Fees** | $11.00 per individual Distance event (1500M), $4.00 for all other 12/U Events. Please send ONE CHECK ONLY for the total amount of your team entries. We will not accept a collection of individual checks from your team members. Your check should be made payable to **SCYMCA**. |
| **Email Entries To** | Elizabeth Stoddard; [meetentries@svynj.org p](mailto:meetentries@svynj.org)lease add ‘Miles 2019’ in  **SUBJECT** line. |
| **Rules** | The current USA Swimming Guidelines will govern this meet. All events are timed finals. |
| **Timers** | The host team will supply 1 timer for Sessions 1 & 2, and 2 timers for Session  3.  **Swimmers in Session 1 – 2 must ALSO provide a timer and counter**. Equipment (stop watches and lap counters) will be provided by host team. |
| **Officials** | A schedule for officials will be sent to attending teams. Thank you for your help! Attending teams should provide officials as needed. |
| **Admission** | There will be no charge for admission. |
| **Notes** | Notification of any changes to the meet will be made to contact person from each team. Please list the contact person, address, telephone number and e- Mail address on the Meet Entry Summary form. |
| **Results** | Results will be available on Meet Mobile and online at [www.svynj.org](http://www.svynj.org/) |

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| **Adaptive Provisions:** | USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet). |
| **No Show Procedure:** | **Option 1 – Accommodate the swimmer where possible:**  No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer’s maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.  The host club schedule an additional heat to accommodate the swimmer. |
| **Tech Suit/Swimwear Policy:** | Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or Approved competition. **“Tech suits” are not permitted at this meet for 12 & under swimmers.** “Tech Suits “are defined, as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. A list of restricted suit can be found on the NJ Swimming Website; [www.njswim.org](http://www.njswim.org) |

**Directions:**

601 Garretson Rd. Bridgewater, NJ

908-526-0688

**From South 206:**

 Take 206 North

 At the Somerville Circle, take SECOND exit onto Ramp towards 202/206 North

 Stay on 206 crossing Route 22 and exit at Commons Way at the Bridgewater Commons

Mall.

 At traffic light TURN LEFT, away from the mall

 Continue OVER 202/206 to end at 2nd Traffic light

 and TURN LEFT onto Garretson Rd.

 Continue 1 mile to the YMCA on your RIGHT (across from HS).

**From North 287:**

 Take 287 South

 Take Ramp (RIGHT) onto US-206 [US-202] 0.6 mi US-202 / US-206 / US-22 W / Somerville / Flemington

 Keep RIGHT onto Ramp 0.2 mi Commons Way / Garretson Rd

 Turn RIGHT (West) onto Commons Way 0.4 mi

 Turn LEFT (West) onto Garretson Rd 0.5 mi

**From South 287:**

 Take 287 North

 At exit 14B, take Ramp (LEFT) onto US-22 for 2.6 miles

 Exit RIGHT towards US-206 / US-202 / I-287 N / Morristown / Netcong

 Keep RIGHT onto Ramp 120 yards

 Take Ramp (LEFT) onto US-206 [US-202] 0.5 mi

 Keep RIGHT onto Ramp 0.1 mi Commons Way / Garretson Rd

 Turn LEFT (West) onto Commons Way 0.6 mi

Turn LEFT (West) onto Garretson Rd 0.5 mi

“Miles of Miles 2019”

Entry Summary

**Team**

**Club Code**

Names of Coaches

Team Mailing Address

Contact Person regarding Entries

Phone #

E-Mail

Contact Person regarding Officials

Phone #

E-Mail

**Entry Fee Summary**

#of Individual entries

x $6.00 =

Please Make Checks Payable To: ***SCYMCA***

Mail To: Elizabeth Stoddard, 34 Deanna Drive, Apt 89, Hillsborough, NJ 08844