

	<h1 style="text-align: center;">Deep Freeze 2022</h1> <p style="text-align: center;"><i>Hosted by Summit Area YMCA Swim Team</i></p> <h2 style="text-align: center;">February 11-13th</h2>
Meet Sanction/ Approval Info:	<p>This meet is an approved, closed, inter-association YMCA Invitational meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. USA-S/NJS Approval number:</p>
Dates of Meet:	<p>Friday, Saturday, and Sunday February 11-13th</p>
Meet Statement:	<p>Deep Freeze is a closed YMCA meet. This meet is not USA sanctioned.</p>
Location of Meet:	<p>Summit Area YMCA 67 Maple Street Summit, NJ 07901</p>
Facility Info:	<p>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 @ 6:45am</p>
Pool Certification Statement:	<p>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.</p>
Host Team Contact:	<p>Patrick Collins at Patrick.Collins@theSAY.org</p>
Meet Director:	<p>Patrick Collins at Patrick.Collins@theSAY.org</p>
Meet Referee:	
Administrative Official:	<p>Virginia Cepeda</p>
Safety Marshall:	<p>Ann Doyle</p>
Entry Coordinator:	<p>Karen Haberl at Karen.Haberl@thesay.org</p>
Entries Open/ Deadline:	<p>Entries will open immediately and the deadline is Friday, January 21, 2022. There will be no refunds after the entry deadline. Entries accepted first come basis and will be acknowledged within 48 hours of receipt.</p>
Swimmer's Age/Eligibility:	<p>Swimmer must be a member in good standing of the YMCA. Swimmer ages for this Meet are as of Dec. 1st 2021</p>
Meet Course:	<p>Short Course Yards (SCY)</p>

Meet Format Waiver:	The host club has the right to change the format of the meet: <ul style="list-style-type: none"> To allow more swimmers to swim. To conform to facility capacity limits or for facility safety concerns. To modify the schedule of events to improve the meet timeline
Meet Format:	<ul style="list-style-type: none"> The Meet will be conducted under the 2021-22 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. There will be 11-12 and 13&Over Events 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. Teams are limited to two (2) relays per event.
Entry Limits:	Daily: (3) Individual events (1) Relay Meet: (7) Individual Events (2) Relays
Entry Fees:	\$5.00 Individual, \$10.00 1650/Sunrise Events, \$12.00 Relay Swimmer Surcharge \$15.00
Checks Payable To:	Summit Area YMCA
Mail Checks:	Summit Area YMCA – <i>SAY DEEP FREEZE MEET</i> 67 Maple Street Summit, NJ 07901
Email Entry Files:	Patrick Collins at Patrick.Collins@theSAY.org

Meet Schedule/Order of Events

Fri Distance Feb 11th	WARM UP	START
Session 1 – 1650 Free	6:05PM	6:45PM

Sat Sunrise Feb 12th	WARM UP	START
Session 2 – 500 Free	6:45AM	7:25AM
Sat AM	WARM UP	START
Session 3 – 11&12s	TBD	TBD
Sat PM	WARM UP	START
Session 4 – 13&Overs	TBD	TBD

Sun Sunrise Feb 13th	WARM UP	START
Session 5 – 1000 Fr/4IM	6:45AM	7:25AM
Sun AM	WARM UP	START
Session 6 – 11&12s	TBD	TBD
Sun PM	WARM UP	START
Session 7 – 13&Overs	TBD	TBD

SESSION 1 – FRIDAY DISTANCE – 800 Free Relay / 1650 Freestyle

GIRLS	EVENT	BOYS
1	Open 800 Free Relay	2
3	Mixed 11&O 1650 Free	3

SESSION 2 – SATURDAY SUNRISE – 11&Older 500 Freestyles

GIRLS	EVENT	BOYS
4	Mixed 11&O 500 Free	4

SESSION 3 – SATURDAY AM – 11-12s

GIRLS	EVENT	BOYS
5	11-12 200 Free Relay	6
7	11-12 200 Butterfly	8
9	11-12 100 IM	10
11	11-12 100 Back	12
13	11-12 200 Free	14
15	11-12 100 Breast	16

SESSION 4 – SATURDAY PM – 13&Overs

GIRLS	EVENT	BOYS
17	Open 400 Free Relay	18
19	13&Over 200 IM	20
21	13&Over 100 Free	22
23	13&Over 200 Back	24
25	13&Over 200 Breast	26
27	13&Over 100 Butterfly	28

SESSION 5 – SUNDAY SUNRISE – 1000 Free/400 IM

GIRLS	EVENT	BOYS
29	Mixed 11&O 1000 Free	29
30	Mixed 11&O 400 IM	30

SESSION 6 – SUNDAY AM – 11-12s

GIRLS	EVENT	BOYS
31	11-12 200 Med Relay	32
33	11-12 50 Free	34
35	11-12 200 Back	36
37	11-12 100 Free	38
39	11-12 200 Breast	40
41	11-12 100 Butterfly	42
43	11-12 200 IM	44

SESSION 7 – SUNDAY PM - 13&Overs

GIRLS	EVENT	BOYS
45	Open 400 Medley Relay	46
47	13&Over 50 Free	48
49	13&Over 200 Butterfly	50
51	13&Over 100 Back	52
53	13&Over 200 Free	54
55	13&Over 100 Breast	56

Scoring:	Team scoring will be kept through 16 places. Scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays. Only one relay may score per relay event. This Meet will be scored by gender and the following age groups: 11-12, 13-14, and 15&Over.
Awards:	No awards for events. Individual High Point Awards (1 st place) for each gender and each age group: 11-12, 13-14, and 15&Over.
Starts:	Fly over or over the top starts will be used.
Admissions and Programs:	Since there is a swimmer surcharge there will be no admission fee. Programs will not be available, but heat sheets and results will be available for free on Meet Mobile.
Concessions:	Food and Drink will be available for purchase
Locker Rooms:	Parents, Coaches, and Officials are NOT permitted in the athlete (youth) locker rooms, located downstairs, at any time. Please make sure that you are only using the facility marked for you.
Entry Information:	<p>All entries must be electronic entries, importable into Meet Manager as an attached file to an email.</p> <p>Email entry files to Patrick.Collins@thesay.org and use "SAY DEEP FREEZE 2022" as the subject.</p> <p>The meet entry coordinator will respond to emails within 48 hours. If you do not receive an email response within 48 hours, assume that your email has not been received. It is the e-mailer's responsibility to make sure that the entry coordinator receives the email. If you do not receive an email response, you must contact the entry coordinator by phone.</p> <p>New Jersey Swimming does not allow "NT" or "No Time" to be used as an entry time.</p> <p>All entry times must be in short course yards.</p> <p>Incomplete Entries will not be accepted.</p> <p>Deck Entries will not be accepted.</p>

	The host club reserves the right to scratch swimmers/teams that have not paid their entry fees and turned in their waiver forms by this time.
Distance Events:	Swimmers must provide a timer & counter for the 400 IM, 500, 1000 & 1650 free events. The 1650 free will be heat limited.
Relays:	Two Relay Teams (A&B) only per team. All relays must have the correct four names listed on the relay card in the correct order for that relay to be eligible. Coaches must turn in relay cards no later than 30 minutes prior to the event. All swimmers must be listed in the team's official entry file in order to participate in the meet, including Relay-Only Swimmers. The order of swimmers and the names may be changed by notifying the computer desk, but this must be done prior to the start of the heat. No changes will be made after the relay is started.
Swimmer Eligibility:	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. <ul style="list-style-type: none"> • Age for this meet is as of: December 1, 2021 • All participating swimmers must be YMCA Members <p>All swimmers 18 & Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.</p>
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).
Host Club Responsibilities:	Will provide a single timer in each lane throughout meet other than distance events. Will have stopwatches available for volunteers-please bring your own if you have them. A hospitality room will be maintained for coaches, officials and multi-session SAY volunteers. It will be located in the Barre Room (2 nd floor) just off of the gym.
Participating Club Responsibilities:	Cooperation and YMCA values are expected. All athletes, coaches, volunteers and spectators are expected to follow all posted facility guidelines as well as any instructions as communicated by the Y or Meet Management throughout this meet event. Spectators will only be allowed for the Friday Distance, and Saturday/Sunday Sunrise Sessions. Participating clubs must help with timing assignments. Timing assignments will be emailed to participating clubs and posted on the SAY swim team website. Participating clubs are encouraged

	<p>to provide as many certified officials as possible. Officials must present up to date and complete officials' credentials each session. Please contact the meet referee to volunteer.</p>
<p>Facility Entry and Other Information:</p>	<p>Spectators will only be allowed for the Friday Distance, and Saturday/Sunday Sunrise Sessions.</p> <p>All Adults (18&O) Entering the Building:</p> <p>https://www.thesay.org/Blog/Article/40/Stepping-Up-Security-with-Raptor-Tech</p> <p>Day of Meet Process – Both front and back membership desks will be available.</p> <ul style="list-style-type: none"> • Give Name and DOB • Show their photo ID • Get a "Raptored for Building Entry" card with their name written on it. • Sign the waiver of liability and the code of conduct in blue book <p>All bags are to remain in the gym. We will not be marshalling however there will be a parent announcing events in the gym. We suggest assigning a parent volunteer to help with your swimmers.</p> <p>Only swimmers, certified coaches, certified officials, timers, and authorized meet operations personnel may enter the deck area.</p>
<p>Officials Conduct & Eligibility:</p>	<p>This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP).</p> <p>Make sure all interactions with athletes are observable and interruptible.</p> <p>Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</p> <p>Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. All officials must wear the standard white and blue uniform. Officials will be required to work the entire session.</p>
<p>Coaches Conduct & Eligibility:</p>	<p>This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP).</p> <p>Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.</p>

	<p>As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping.</p> <p>All coaches "on the deck" must be currently registered coach members of USA Swimming. Verification can be in the form of a current USA Swimming membership card or Coaches Pass available thru the USA swimming Deck Pass App. All Coaches must have some form of USA coaching credential verification with them at all times.</p>
<p>Meet Format Waiver:</p>	<p>The host club has the right to change the format of the meet with the approval of the sanctioning chairman and either the age group or senior chairman. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include:</p> <ul style="list-style-type: none"> - To allow more swimmers the opportunity to swim. - To conform to facility capacity limits or for facility safety concerns. - To condense the meet into smaller time frame. <p>Some of the changes that can be made: 1) add a session, 2) heat limit distance events and, 3) condense sessions.</p>
<p>Warm-Up Procedures:</p>	<p>All swimmers are entitled to a fair and comparable warm-up. All teams MUST get the same opportunities for general warm-up lanes, sprint and pace lanes.</p> <p>Warm-ups will be at one time with teams being designated lanes depending on age groups and team entries. Warm up assignments will be emailed to coaches one (1) week prior to the meet and will also be posted on the SAY Swim Team website.</p> <p>Feet first entry will be required and swimmers must enter the pool from the starting end.</p> <p>PLEASE NOTE: Swimmers are prohibited from using and 'gear', 'equipment' or swimming aids during any warm-up or warm-down without formal approval from the Meet Referee in either the competition pool or the warm-up/warm-down pools.</p>
<p>Check-In:</p>	<p>All check-in sheets are to be turned into the control room 30 minutes before the start of each session. Swimmers that are swimming are to have a line through their name. Swimmers that are being scratched are to have their names circled with a "SCR" next to the circle. Swimmers scratching a single event are to have a line through his/her name and the event number circled</p>

	with "SCR" next to the circle. (Please use a simple line, not a scribble, so that the name can still be read.
No-Show Policy:	No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event for preliminary sessions and timed final events. 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.
Internet Website Posting:	The following will be posted on the SAY Swim Team Website: (www.sayswimteam.org): Before the meet, we will email and post: Meet Announcement Psych Sheets Updated Meet Schedule/Timeline Warm-Up Schedule and Team Warm-Up Assignments Volunteer/Timing Assignments for visiting teams After the meet, we will email and post: Downloadable Results (.CL2 file) Printable Results (.PDF file)
USA-S Racing Start Certification Statement:	Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
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. In addition, volunteers and spectators cannot use any of the above on deck. Please refrain from the use of Flash Photography at the start of each race.
USA-S Deck Change Policy Statement:	Deck Changes are prohibited.
Minor Athlete Abuse Prevention Policy ("MAAPP"):	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy	Swimwear must conform to USA Swimming Rules: • 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

	<p>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</p> <ul style="list-style-type: none"> • Rule 102.8.1E explicitly bans the use of therapeutic elastic tape on any part of the body • Pursuant to USA Swimming Rule 205.10.1, it is permissible for the swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons. <p>Questions regarding suits should be directed to the Meet Referee prior to the start of the Session.</p>
Directions:	Google Maps to: 67 Maple Street Summit NJ 07901
Covid-19 Assumption of Risk Disclaimer	<p>Every participant must sign the Summit Area YMCA waiver prior to visiting our facility or participating in any Y program/event. The waiver must be completed for each member in your unit. This only has to be completed once. www.thesay.org/waiver</p> <p>We have taken enhanced health and safety measures for all participants. You must follow all posted instructions while at the Summit Area YMCA. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the Summit Area YMCA, you voluntarily assume all risks related to exposure to COVID-19.</p>



NEW JERSEY
SWIMMING

SAY Deep Freeze

February 11-13, 2022

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, **Summit Area YMCA Swim Team** 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 are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

Covid-19 Waiver

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form for Deep Freeze meet on February 11-13, 2022 are registered members of USA Swimming. All USA Swimming members are correctly entered according to; Article 302.4 of the USA Swimming Rules and Regulations. False Registration: An LSC may impose a fine of up to \$100 per event against a member coach or a member club's representative signing a document which indicates a swimmer is registered with USA Swimming for a meet when that swimmer is not properly registered or eligible to compete for that club. This will be enforced by the LSC and the LSC will be entitled to the fines imposed. Also I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

Information below must be submitted to the club hosting the meet before the start of the meet along with payment.

Club Name/Club Code: _____

Signature of Head Coach: _____

Telephone _____ **E-Mail Address** _____

Name(s) of Attending Coach(es):

Name/E-Mail/Phone Number of person to contact regarding this entry:

NAME/E-Mail/Phone Number of person to contact regarding timers/officials:

Entry Fee Summary:

Individual event entries @ \$5.00 = \$ _____

Distance event entries @ \$10.00 = \$ _____

Relay event entries @ \$12.00 = \$ _____

Swimmer surcharge @ \$15.00 = \$ _____

Total: \$ _____

MAKE CHECKS PAYABLE TO: SUMMIT AREA YMCA