

Name of Meet	NEW JERSEY YMCA LONG COURSE CUP at PRINCETON UNIVERSITY JUNE 13-15, 2008 Long Course Meet Hosted by Somerset Valley YMCA
	This will be a closed inter-association meet for YMCA's Only
Date of Meet:	Friday, Saturday, and Sunday, June 13-15, 2008
Location:	<p>Site: DeNunzio Pool, Princeton University, Princeton, NJ.</p> <p>Facility: The pool is located in the DeNunzio Aquatic Center, Princeton University in Princeton, New Jersey. The facility has an Olympic-sized 50-meter 8-lane main pool, non-turbulent lane lines, and a new state of the art Colorado Timing system and digital scoreboard.</p>
Meet Director:	Luke Dubiel - (609)-203-3525 e-mail: - meetdirector@svynj.org.
Meet Referee:	Paul Jennings – E-mail pdjennings5@yahoo.com
Entry Coordinator:	Luke Dubiel, 8 Rock Mill Run, Skillman NJ 08558 <ul style="list-style-type: none"> • 609-203-3525 • meetdirector@svynj.org • Best time to contact: evenings
Entry Deadline:	<ul style="list-style-type: none"> • Entry Deadline Date: , June 5th, 2008 • Email Is the Preferred Method of sending completed entries – meetdirector@svynj.org. • Mail Entries to: Luke Dubiel, 8 Rock Mill Run, Skillman NJ 08558 • You will receive a confirmation that entries have been received. • Team entries will not be considered <u>accepted</u> unless the waiver and entry fees have been received. • Meet Entries will be taken until the meet is full. The host club must stay within the four hour per session rule. • If you are not e-mailing your entries, then overnight or express mail is recommended, <i>but waive the signature.</i> • It is not necessary to use overnight or express mail to send hard copy and check, which are sent in support of an e-mailed entry.
Meet Format Waiver:	<ul style="list-style-type: none"> • The Host Team, - reserves the right to adjust warm-up times, sessions and start times after all entries are received and session time estimates are computed by Meet Manager to best manage the meet timeline. • Coaches will be notified of all time changes and information will be posted on the SVY Swim Team web site.
Internet Website	Meet Information will also be posted at Somerset Valley YMCA Swim Team Website:

<u>Posting:</u>	<p>www.svynj.org/nj-cup</p> <p>Pre-Meet Information posted on website.</p> <ul style="list-style-type: none"> • Meet Information will be posted on the website. • Downloadable Hy-Tek Events list (HYV.file) will be posted on the website. • List Teams whose entries have been received. • List Updated meet schedule. • List Warm-up Schedule and Team Warm-up Assignments. • List Timing assignments. <p>Post-Meet Information posted on website.</p> <ul style="list-style-type: none"> • Downloadable Results (CL2 file) • Downloadable Meet Back-up (Backup.zip File) • Downloadable Individual Team Results (CL2 file) • Meet Results
<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> • Coaches must show their YMCA Coaches Deck Pass to gain access to the deck and pick up their Meet Packet. Coaches must display their YMCA Deck Pass at all times while on the deck. .
<u>Swimmer Eligibility:</u>	<ul style="list-style-type: none"> • 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. • Un-attached Swimmers. <ul style="list-style-type: none"> • The swimmer must be an amateur and may represent a team other than their YMCA or school team during the current season but before their eligibility period commences (90 days prior to the state competition). Any person younger than 21 is eligible to swim in Open events as long as they have not or are not currently swimming for a college team • Age Groups that we be offered. <ul style="list-style-type: none"> • There will be 10 & under, 11-12, 13-14, 15 & over. • No Time Standards will be used. • Individual and Relay Limits: <ul style="list-style-type: none"> • Swimmers may enter and compete in 3 individual events per day. • Swimmers may enter and compete in one (1) relay per day/session. • Age for this meet is: June 13th, 2008
<u>Meet Format:</u>	<ul style="list-style-type: none"> • The Meet will be conducted under the 2007 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 will report to the blocks on their own.
<u>Meet Schedule:</u>	<ul style="list-style-type: none"> • The building will not open until 30 minutes before the start of warm-ups! • This meet will have one session with Open challenge events on Friday evening. Saturday and Sunday will have three sessions per day.

Meet Schedule:

Friday, June 13, 2008 (4 hour limit)		Warm-up	Start
Session #1	Open Challenge Events	5:00 p.m.	6:10 p.m.

Saturday, June 14, 2008 (Sessions Limited to 4 hours)		Warm-up	Start
Session #2	10 & U Boys and Girls, 11-12 Boys	7:00 a.m.	8:10 a.m.
Session #3	11-12 Girls and 13-14 Girls	12:00 a.m.	1:10 p.m.
Session #4	13-14 Boys and 15-19 Girls & Boys	5:00 p.m.	6:10 p.m.
Sunday, June 15, 2008 (Sessions Limited to 4 hours)		Warm-up	Start
Session #5	10 & U Boys and Girls, 11-12 Boys	7:00 a.m.	8:10 a.m.
Session #6	11-12 Girls and 13-14 Girls	12:00 a.m.	1:10 p.m.
Session #7	13-14 Boys and 15-19 Girls & Boys	5:00 p.m.	6:10 p.m.

<u>Warm-up Procedures:</u>	<ul style="list-style-type: none"> All teams will be given thirty minutes of warm-ups. 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. There will be two 30-minute warm-ups divided by teams. There will be designated sprint lanes/pace lanes during the last 10 minutes. This information will be sent out via e-mail along with the pre-meet information and posted on the Somerset Valley website.
<u>Entry Times:</u>	<ul style="list-style-type: none"> Entries will not be accepted with 'NT' or 'No Time' to be used as an entry time. All entry times must be in long course meters. Converted times will be permitted.
<u>Check-In:</u>	<ul style="list-style-type: none"> 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. All relay events will have a positive check-in that will be posted at the scoring table or the control room. Completed relay cards should be turned into the scoring table only.
<u>Starts:</u>	<ul style="list-style-type: none"> The host club will determine if 'Fly-over'/'Over-the-top' starts will be used after a time line has been produced. This information will be sent out via e-mail along with the pre-meet information and posted on the Somerset Valley website.
<u>Friday Evening Challenge Events:</u>	<ul style="list-style-type: none"> The time limit for this session will be 4 hours. The Open Challenge events will have a positive check-in. The Open Challenge events will be run fastest to slowest. The Open Challenge events will alternate women and men. Heats can be combined to consolidate a heat. Swimmer must provide their own timers and timers are encouraged to provide their own watches. The Open Challenge events are for swimmers age 11 and up.
<u>Relays:</u>	<ul style="list-style-type: none"> 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 completed relay cards 30 minutes prior to that relay swimming at the scoring table.
<u>Scoring:</u>	<ul style="list-style-type: none"> Individual scoring will be (1-9, 2-7, 3-6, 4-5, 5-4, 6-3, 7-2, 8-1) Relay scoring will be (1-18, 2-14, 3-12, 4-10, 5-8, 6-6, 7-4, 8-2)
<u>Awards:</u>	<ul style="list-style-type: none"> Team Trophy 1st Place Female Team Trophy 1st Place

	<ul style="list-style-type: none"> • Male Team Trophy 1st Place • Medals will be awarded for the top 3 relays in each relay event. • Medals will be awarded for the top 3 swimmers in each individual event. • Ribbons will be awarded for swimmers who place 4th through 8th • Hot Race Awards – During random heats, an award will be given to winner of heat.
<u>Entry Fees:</u>	<ul style="list-style-type: none"> • Individual Entry Fee: \$4.00 • Swimmer Surcharge: \$2.00 • Relay Entry Fee: \$12.00 • Make checks payable to: SVYMCA
<u>Admissions and Programs:</u>	<ul style="list-style-type: none"> • Admission will be \$6.00 per session. • Cost of Program will be \$5.00 per day. • The spectator area must be emptied after each session.
<u>Entries:</u>	<ul style="list-style-type: none"> • Team entries may be submitted by E-mail to: meetdirector@svynj.org When e-mailing your entries, please put 'NJLCCUP08' in the subject line • All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail. • The meet entry coordinator will respond to e-mail 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 with a signed Swimming waiver and a check must accompany your mailed entry or follow each e-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.
<u>Results:</u>	<ul style="list-style-type: none"> • All Teams will be asked on the meet Summary whether they want results mailed or e-mailed. • Results can be ordered from the admission table for a cost of \$10.00. • Results will be posted on the Somerset Valley YMCA Swim Team Website www.svynj.org/nj-cup.
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none"> • 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 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.svynj.org/nj-cup 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.svynj.org/nj-cup no later than 72 hours before the meet.
<u>Participating Club Responsibilities:</u>	<ul style="list-style-type: none"> • 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/nj-cup 72-hours prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. • Participating clubs will help with officiating.. List the club contact for club officials on the meet summary.
<u>Concessions:</u>	Will be provided by host team.
<u>Vendor:</u>	Ultimate Swim Shop and Northwest Design

<p><u>Hotels:</u></p>	<p><u>Residence Inn By Marriott</u> ,4225 Brunswick Pike, Princeton, NJ 08540 (609) 683-0001 <u>Hyatt Regency Princeton</u>, 102 Carnegie Ctr, Princeton, NJ(609) 987-1234 <u>Radisson Hotel of Princeton</u>, 4355 US Hwy No. 1, Princeton, NJ(609) 452-2400 <u>Courtyard by Marriott Princeton</u>, 3815 Brunswick Pike, Princeton, NJ 08540 (609) 716-9100</p>
<p><u>Directions:</u></p>	<p><u>From NJ Turnpike</u> NJ Turnpike Take Exit 8 (Hightstown), follow signs for Princeton (133 West to Rte 571). Continue on Rte 571 across Rte 1. At the first light just across the river, make a right onto Faculty Rd. (*Proceed up hill, the pool will be on your left at the second driveway.)</p> <p><u>From Route 1</u> Rte 1 Take Washington Rd (Rte 571) into Princeton. At first light just across the river, make a right onto Faculty Rd. (*) **Instructions for driving to Princeton are available by telephone. For a recorded message, call (609)-258-2222 using a touch-tone phone.</p> <p><u>From Somerville</u> Take Rt. 206 South to center of Princeton (Rt. 27 – Nassau St.) and TURN LEFT. Continue to the traffic light and TURN RIGHT onto Washington Rd. (Rt. 571). Continue South to the 4th traffic light and TURN LEFT (before the river) onto Faculty Road. Pool entrance is about 500 yards on the LEFT.</p>

Friday Night June 13		
Warm up 5:00 Start Time 6:10		
Girls Event Numbers	Session: 1 11 & Up Open Challenge Events	Boys Event Numbers
1	200 Backstroke	2
3	200 Breaststroke	4
5	200 Butterfly	6

7	400 Free Style	8
	Saturday June 14 Warm up 7:00 am – Start Time 8:10 am Session: 2 Morning Session Day 2 10 & Under Boys & Girls and 11-12 Boys	
Girls Event Numbers		Boys Event Numbers
	11-12 200 Free Relay	9
10	10 & Under 200 Freestyle Relay	11
	11-12 200 Freestyle	12
13	10 & Under 200 Freestyle	14
	11-12 100 Butterfly	15
16	10 & Under 100 Butterfly	17
	11-12 50 Breaststroke	18
19	10 & Under 50 Breaststroke	20
	11-12 100 Backstroke	21
22	10 & Under 100 Backstroke	23
	11-12 50 Freestyle	24
25	10 & Under 50 Freestyle	26

Girls Event Numbers	Session: 3 Mid Day Session Day 2 Warm up starts at 12:00 Start Time 01:10 11 & 12 Girls and 13-14 Girls	Boys Event Numbers
27	11-12 200 Freestyle Relay	
28	13-14 200 Freestyle Relay	
29	11-12 200 Freestyle	
30	13-14 200 Freestyle	
31	11-12 100 Butterfly	
32	13-14 100 Butterfly	
33	11-12 50 Breaststroke	
34	13-14 50 Breaststroke	
35	11-12 100 Backstroke	
36	13-14 100 Backstroke	
37	11-12 50 Freestyle	
38	13-14 50 Freestyle	
Girls Event Numbers	Session: 4 Evening Session Day 2 Warm up starts at 5:00 Start Time 6:10 13-14 Boys and 15 & Up Girls and Boys	Boys Event Numbers
	13-14 200 Freestyle Relay	39
40	15 & up 200 Freestyle Relay	41
	13-14 200 Freestyle	42
43	15 & up 200 Freestyle	44
	13-14 100 Butterfly	45
46	15 & up 100 Butterfly	47
	13-14 50 Breaststroke	48
49	15 & up 50 Breaststroke	50
	13-14 100 Backstroke	51
52	15 & up 100 Backstroke	53
	13-14 50 Freestyle	54
55	15 & up 50 Freestyle	56
Girls Event Numbers	Sunday June 15 Warm up 7:00 am – Start Time 8:10 am Session: 5 Morning Session Day 3 10 & Under Boys & Girls and 11-12 Boys	Boys Event Numbers
	11-12 200 Medley Relay	57
58	10 & Under 200 Medley Relay	59
	11-12 200 IM	60
61	10 & Under 200 IM	62
	11-12 50 Butterfly	63
64	10 & Under 50 Butterfly	65
	11-12 100 Breaststroke	66
67	10 & Under 100 Breaststroke	68
	11-12 100 Freestyle	69
70	10 & Under 100 Freestyle	71
	11-12 50 Backstroke	72
73	10 & Under 50 Backstroke	74

Session: 6 Mid Day Session Day 3		
Warm up starts at 12:00 Start Time 01:10		
Girls Event Numbers	11 & 12 Girls and 13-14 Girls	Boys Event Numbers
75	11-12 200 Medley Relay	
76	13-14 200 Medley Relay	
77	11-12 200 IM	
78	13-14 200 IM	
79	11-12 50 Butterfly	
80	13-14 50 Butterfly	
81	11-12 100 Breaststroke	
82	13-14 100 Breaststroke	
83	11-12 100 Freestyle	
84	13-14 100 Freestyle	
85	11-12 50 Backstroke	
86	13-14 50 Backstroke	
Session: 7 Evening Session Day 3		
Warm up starts at 5:00 Start Time 6:10		
Girls Event Numbers	13-14 Boys and 15 & Up Girls and Boys	Boys Event Numbers
	13-14 200 Medley Relay	87
88	15 & up 200 Medley Relay	89
	13-14 200 IM	90
91	15 & up 200 IM	92
	13-14 50 Butterfly	93
94	15 & up 50 Butterfly	95
	13-14 100 Breaststroke	96
97	15 & up 100 Breaststroke	98
	13-14 100 Freestyle	99
100	15 & up 100 Freestyle	101
	13-14 50 Backstroke	102
103	15 & up 50 Backstroke	104

