

# **NJ YMCA STATE CHAMPIONSHIP MEET**

**March 7-9, 2008**

**Franklin & Marshall College**

**Hosted by Somerset Valley YMCA Swim Team**

## **Sanctioned By:**

YMCA of the USA Competitive Swimming and Diving Advisory Committee, Carole Bell, New Jersey Competitive Coordinator; Glenda Pae, Competitive V.P. of Y Fields, NJ YMCA Competitive Swimming Championship Committee.

## **USA Swimming Approval:**

This meet will be an Approved Meet in accordance with USA Swimming Rule 202.4. 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 Swimming. Mismatches will be rejected by SWIMS.

**COACHES SHALL VERIFY THAT ALL SWIMMER INFORMATION COMPLIES WITH USA "SWIMS" DATABASE REQUIREMENTS; ANY MIS-MATCHED INFORMATION WILL BE RETURNED TO THE RESPECTIVE TEAM FOR RESOLUTION.**

## **Meet Dates:**

Friday	March 7	Sessions	1-7
Saturday	March 8	Sessions	8-12
Sunday	March 9	Sessions	13-19

## **The 2008 YMCA State Championship Meet:**

This meet will be a 3 day trials/finals championship style meet that will host events in the 10/u, 11/12, 13/14, 15/18 age groups and Open events. Published time standards must be strictly adhered to. All events will be pre-seeded.

- The 10/U will be timed finals throughout the meet.
- The 11/12 will be timed finals throughout the meet.
- The events for the 13/14 age group will have prelims in the morning and conclude in the evening with consolations and finals.
- The events for the 15/18 age group will have prelims in the morning and conclude in the evening with consolations and finals. Bonus rounds will be offered for 50 and 100 yard events. Bonus rounds will also be offered for the 200 free and 200 individual medley.
- Open events are timed finals and will not be scored.
- Each combined session will be limited to 550 swimmers.

## **Meet Director:**

Luke Dubiel – Somerset Valley YMCA – [meetchief@svynj.org](mailto:meetchief@svynj.org)

## **Meet Referee:**


Ed Miller - Chair, N.J. YMCA Officials' Committee - [caefmilleriii@msn.com](mailto:caefmilleriii@msn.com)

## **Location:**

Franklin and Marshall College, Lancaster, PA

## **Facility:**

Two eight-lane 25 yard indoor pools, equipped with electronic timing and judging systems. There will be warm up/cool down lanes available throughout the meet. All swimmers will stay on the pool deck with their team. Due to space limitations swimmers will be permitted to have only one bag on deck. For the morning sessions, doors will open at 6:30 AM for swimmers, coaches and officials and at 7 AM for spectators.

Day	Session	Warm-Up	Meet Start
Friday	Sessions 1 & 2	07:00 AM	08:15 AM
	Sessions 3 & 4	11:45 AM	12:30 PM
	Sessions 5 & 6	02:10 PM	03:15 PM
	Session 7	05:30 PM	06:30 PM
Saturday	Sessions 8 & 9	07:00 AM	08:15 AM
	Sessions 10 & 11	12:00 PM	01:30 PM
	Sessions 12	05:30 PM	06:30 PM
<b>Day light saving time begins –  Clocks move ahead one hour</b>			
Sunday	Sessions 13 & 14	07:00 AM	08:15 AM
	Sessions 15 & 16	10:30 AM	11:40 AM
	Sessions 17 & 18	01:30 PM	02:45 PM
	Sessions 19	05:30 PM	06:30 PM

**CHECK THE WEBSITE FOR THE LATEST INFORMATION, [www.svynj.org/ystates](http://www.svynj.org/ystates)**

**The Host Team**, with the approval of the **NJ State Championship Committee** 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, [www.svynj.org/ystates](http://www.svynj.org/ystates)

**COACHES MEETINGS:**

There will be coaches meetings scheduled throughout the meet with the championship meet committee or their designees.

Friday - 07:30 am and 02:45 pm.

Saturday - 07:45 am and 12:45 pm.

Sunday - 07:45 am and 02:00 pm.

**OFFICIALS MEETINGS:**

There will be officials meets scheduled one (1) hour prior to the start of each session as follows.

Friday - 07:15 am, 02:15 pm and 05:30 pm.

Saturday - 07:15 am, 12:30 pm and 05:30 pm

Sunday - 07:15 am, 01:45 pm and 05:30 pm.

Meetings for sessions 3 & 4 and sessions 15 & 16 will be held at the discretion of the meet referee.

**APPLICABLE RULES:**

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.

**ELIGIBILITY:**

Each competitor must fulfill the following conditions:

1. The swimmer must have been a member of his/her YMCA in good standing for at least 90 days prior to the date of the championship and entitled to full privilege membership activities.
2. 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.
3. The swimmer must have represented his/her YMCA in closed competition on at least three occasions on separate days during the current competitive swim season.
4. Entry in the New Jersey YMCA State Championship Meet will be based on qualifying times exclusively and must be certified in either Open, League, Dual or High School Meet competition. (See Applicable Rules above that define a YMCA Inter-association Swim Meet.)

5. Participation is determined by the swimmer's age as of December 1, 2007. A swimmer may participate in one age group only. There is no swimming up in age group events. (A 19 year old swimmer who is still in high school may compete in the 15/18 age group.) Each swimmer is limited to seven (7) individual events; a swimmer can enter a maximum of one (1) relay per day and a maximum of three (3) individual events per day. Open events do not count towards the event limit. Other than entry qualifying times, there are no restrictions on the number of entries per team in individual events, as long as each entrant meets eligibility and time requirements.
6. Each YMCA Association may enter a maximum of two relay teams in each relay event. If entering two relay teams, one must be designated "A" and one designated "B". Only the "A" relay team will be eligible for scoring. "B" relays will not be scored under any circumstance. The top 16 designated "A" relay team entries will swim at night during finals. Coaches should make every effort to identify the most likely swimmers and enter those swimmers names in the relay events. All relay cards are due 30 minutes prior to the start of each session. The top two seeded relay heats will swim at night in finals with the exception of the open relays which will be swum as timed finals.
7. The 2006-2007 edition of "A Manual on Principles and Rules Governing Competitive Physical Activities in the YMCA", the 2006/2007 Edition of the NJ YMCA State Championship Guide, and the 2007 Edition of the YMCA Mid-Atlantic Group Competitive Swimming and Diving Championships Rules Supplement (where applicable) will be used to measure eligibility.
8. It shall be the responsibility of the coach and CEO/Executive Director of each YMCA to assure that their swimmers meet these eligibility requirements.
9. There are "A" and "B" qualifying times. If a swimmer makes an A cut then they are qualified to swim in the meet for that event(s). If they have other events that make the B cut, they can swim any or all of those also up to the seven (7) individual event limit providing that the 550 swimmers per combined session limit is not met. B cut swimmers will be taken fastest to slowest until that quota is filled.
10. **The B time standards will be entered in the following manner.** The swimmer next in the psyche sheet will be added to the session if and only if the session can absorb all swimmers next in line for all the events for that session. If there are 16 events for the 2 sessions the 1<sup>st</sup> swimmer next in line will be added if and only if all 16 events can be absorbed and does not make the swimmer count exceed 550 swimmers for both pools. If it does the swimmers will not be added, if it does not the swimmers will be added and the same acid test will take place for the next swimmers in line.

#### **The Championship Meet Committee:**

The Committee will be composed of the Meet Referee (Head Official), Meet Director, NJ Competitive Coordinator and the North Jersey YMCA Swim League and South Jersey YMCA Swim League Executive League Coordinators or their designees.

The Competitive Coordinator and/or the Meet Committee may challenge entry times and/or may ask for verification of any seed time. **ALL SEED TIMES MUST BE PROVABLE.** Failure to provide such proof when requested will be subject to investigation and possible disqualification by the Championship Meet Committee or the Competitive Coordinator. The NJ YMCA Championship Committee reserves the right to require proof of time prior to entry into the 2008 NJ YMCA State Championships from those teams whose swimmers at the 2007 NJ YMCA State Championship exceeded the 2007 qualifying times for 20% or more of their individual and relay swims.

#### **Warm-up Procedure:**

There will be three (3) twenty-five (25) minute warm-up sessions for the preliminary and afternoon sessions with teams being assigned lanes depending on age groups and team entries. Warm-up/down lanes will be continuously available during finals. Warm up assignments will be emailed to all coaches one (1) week prior to the meet and will also be posted on the SVY Swim Team web site. Due to safety consideration, feet first entry will be required and swimmers must enter the pool from the starting end. Lanes that are shared will have the last five minutes of warm up designated as sprints.

#### **Pool Deck Access:**

Only swimmers, certified coaches, certified officials, timers, and authorized meet operations personnel may enter the deck area. Swimmers, coaches and officials will enter the facility at the designated entry and exit points.

### **Coaches and Officials:**

Only pre-registered coaches and officials will be permitted access to the pool deck. 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. There will be a limit of three (3) coaches per team per session. Officials who have been invited by the Meet Referee to work this meet must check in at the designated meeting room. Officials who are not listed on the pre-registered/invited list will not be allowed entry to the pool deck.

### **Timers:**

Timers from each team must check in. Upon checking in, timing credentials will be provided to remain on the deck. Depending on the number of entries per team per session, the host team will send each team their timing and lane assignments prior to the meet. Teams are required to fulfill their designated timing assignment or risk disqualification of their swimmers. The meet will not start until all timers have reported to their lane. Teams may opt to switch timers throughout each session, but may not opt to vacate their timing assignment prior to the completion of the session. Timing assignments will also be posted on the SVY Swim Team website on week prior to the meet, [www.svynj.org/ystates](http://www.svynj.org/ystates)

### **Swimmer Check-in:**

Swimmers should check in with their coach immediately upon arrival. Check in sheets for the swimmers will be enclosed in the coaches' packet that is distributed at each session requiring check in. Swimmers will be scratched for the day's events if they have not been checked in one half hour after warm ups have started. Coaches and swimmers are responsible for ensuring that the swimmers get to the starting block in time for their respective events.

### **Scratch Procedures and penalties:**

#### **Preliminaries and Timed Finals**

The Scratch Table for Finals will be located next to the computer podium of Pool 1. Scratch procedures for Finals will be in accordance with USA-S Rule 207.12.10 D&E.

Scratches for preliminaries need to be handed in at the computer podium of the respective pool. No scratches will be accepted at the coaches meeting. Scratch sheets must be turned in 45 minutes before the start of final session. Scratches should be indicated as described below using the Team/Session rosters that will be provided in the Coaches Packet.

### **Scratch Sheet Instructions:**

1. Swimmers that are swimming will have a single line through their name. (Example – ~~Swimmer~~)
2. Swimmers that are being scratched from the session will have their name circled and "SCR" will be written next to the circle
3. Swimmers scratching from individual events will have a single line through their name, the event number circled and "SCR" will be written next to the circle

All entries not scratched will become official entries. Any swimmer not scratched using this procedure, who does not swim an event will be considered a "no show" and shall be disqualified from their next event in that session, including entry as a member of a relay team.

### **All sessions, Preliminaries and Finals, will be pre-seeded:**

This meet will be seeded in accordance with USA-S Technical Rules (Rule 102.5), and for the benefit of both the swimmers and the spectators, the Meet has been pre-seeded. The top three preliminary heats will be circle seeded. The program will be official unless, depending upon the volume of scratches; the Meet Committee will decide whether or not to re-seed an event. In either case, lane timers and officials and coaches will be issued heat sheets indicating open lanes. If the Meet Committee decides that it is necessary to re-seed an event, all timers, officials and coaches will be issued heat sheets showing the re-seeded heat and lane assignments and heat sheets will be posted throughout the deck and in the spectator area indicating the re-seeded event.

The host team and/or Meet Committee reserve the right to change the pool or sessions if necessary for the best operation of the meet. Any changes to the meet format will be post on our web site and sent via email to all teams at least one week in advance.

### **Championship Finals, Consolation Finals and Bonus Finals:**

Swimmers initially qualifying for Championship, Consolation Finals and Bonus Finals shall have 30 minutes following the announcement of their names as finalists to scratch a final event by notifying the scratch table.

If any swimmers scratch from an event, the first and/or second alternates will be notified and they will then have to declare their intention to swim in or scratch from the Finals in that event. Failure to compete in a Final Event from which the swimmer has not scratched shall disqualify the swimmer from the remainder of the meet. Exceptions: No penalties shall apply for failure to compete in finals if:

- The referee is notified in the event of injury or illness and accepts the proof thereof.
- It is determined by the referee that failure to compete is caused by circumstances beyond the control of the swimmer.

### **Declaration of Intent to Scratch:**

A swimmer qualifying for consolation or championship finals, based upon the results of the preliminaries in an event, may notify the scratch table within 30 minutes after announcement of the qualifiers for that event that he/she may not compete in the finals of the event, pending the results of a subsequent event in which he/she is entered. The swimmer must declare his/her final intentions within 30 minutes of the completion of subsequent event.

### **Declared False Start:**

In the 13/14 and 15/O events, a swimmer may withdraw from a preliminary heat or swim off by electing to take a declared false start. Such declaration must be made known to the pool referee before the heat or swim off is announced. A declared false start counts as an event swum for the swimmer and will be counted in the maximum number of events allowed to be entered by each swimmer.

### **Finals:**

**15/18 age group 50, 100, 200 yard free and 200 individual medley events:** During preliminaries the top 24 finishers in each event will be announced. Swimmers placing 1-8 shall compete in championship finals, 9-16 consolation finals and 17-24 bonus finals. Swimmers placing 25th and 26th will be announced as alternates.

**All other 15/18 events and all 13/14 events:** During preliminaries the top 18 finishers in each event will be announced. Swimmers placing 1-8 shall compete in championship finals, 9-16 consolation finals, and 17-18 will be announced as alternates.

### **Distance Events:**

Positive check in will also be required for swimmers in the 1000 and 1650 freestyle events. These events may be reseeded based on the number of scratches.

- The 1000 Freestyle events will be run fastest to slowest as a timed final.
- The 1650 Freestyle events will be run fastest to slowest as a timed final in a separate session following the am session on Sunday. The warm up time will be determined once all entries are received.
- Heats will alternate age groups starting with fastest heats.
- Heats may be combined to reduce time.
- Swimmers entered in these events will be responsible for providing their own timers and counters.
- Proof of time is required for entry into these events.

### **Spectators:**

Franklin & Marshall College has a large amount of deck space for coaches and swimmers.

The spectator area, raised above the pool deck has limited seating capacity for approximately 400 spectators. Under no circumstance will spectators be allowed on deck. Spectators and swimmers will not be allowed to save seats in the spectator area. Host team volunteers will assist spectators with seating and will monitor the spectator area. Spectators are expected to cooperate with security requests.

### **Misconduct:**

Statement from YMCA of the USA – “Any misconduct or misbehavior of their participants in any Group event shall forfeit the right of that Association to be represented in the sport the following year.”

**Admission and Programs:**

Admission: **No Admission Cost**

Program: \$5.00 per day.

Programs for finals at night will be provided at free of charge.

Results and downloadable files will be posted on the SVY swim website following each day's events.

[www.svynj.org/ystates](http://www.svynj.org/ystates)

**Special Note: Day light saving time ends on Saturday Night. Don't forget to move the clocks ahead 1 hour.**



**Inclement Weather:**

In case of severe weather conditions or other emergency situations, which force cancellation of any portion of this meet – **no refunds will be made on any entry fees or swimmer surcharges.**

The Meet Committee will make all decisions concerning meet cancellation. The decision of the Meet Committee is final

**Entry Deadline:**

Entries must be received by mail or email no later than 10:00 pm February 25, 2008. No changes will be accepted after this date.

**Entry Fees:**

Charge for individual entries \$6.00 per event and \$24.00 per relay. In lieu of a session entry fee for spectators there will be a one time swimmer surcharge of \$10.00. All checks should be made payable to SVYMCA. The entry fees, entries and registration information should be mailed to;

**Luke Dubiel  
8 Rock Mill Run  
Skillman, NJ 08558**

**Entry Procedures:**

Entries must be submitted in computer ready form with a printout copy. Hy-Tek Software is the standard used. SVY will send each eligible team an event file for Team Manager to facilitate entry into the meet. All teams must submit a properly signed "2008 NJ YMCA State Championship Meet Certification and Cover Form" and "Hold Harmless Agreement" with all entries. Entries will not be considered accepted unless these forms are received. In addition teams must submit a Team Roster, export file electronically from Hy-Tek, with the names and DOB of all swimmers.

**Individual & Open Relay Events:**

Entries must include the swimmer's name, age as of December 1, 2007 and seed time in yards. **TIMES WILL NOT BE CONVERTED** by the Host Team, swimmers with unconverted times will be entered into the first heats of the events. For open relay events, only the name and seed times are required. The conversion tables on Page 143 of the 2007 NCAA Rulebook should be used to convert nonconforming times.

**Relay Events:**

A & B relays may be entered for each age group division, however only the designated "A" relay team will score. "B" relays will not be scored under any circumstance. The top 16 designated "A" relay team entries will swim at night during finals. The seed time is all that is required prior to the meet. At the meet, each coach shall submit a relay card (provided in the Coach's Packet at the meet) for each relay, listing the name and swimmer meet ID number for each swimmer in the relay in order. Relay cards are due 30 minutes before the start of the session.

**Entry Limitations:**

Each swimmer is limited to seven (7) individual events over the course of the meet. The swimmer can enter a maximum of one (1) relay per day, and a maximum of three (3) individual events per day. Open events do not count towards the meet total. There are "A" and "B" qualifying times. If a swimmer makes an A cut then they are qualified to swim in the meet for that event(s). If they have other events that make the B cut, they can swim any or all of those, also up to the seven (7) event limit, providing that the 550 swimmer per session limit is not met. B cut swimmers will be taken fastest to slowest until that quota is filled.

**The B time standards will be entered in the following manner.**

The swimmer next in the psyche sheet will be added to the session if and only if the session can absorb all swimmers next in line for all the events for that session. If there are 16 events for the 2 sessions the 1<sup>st</sup> swimmer next in line will be added if and only if all 16 events can be absorbed and does not make the swimmer count exceed 550 swimmers for both pools. If it does the swimmers will not be added, if it does not the swimmers will be added and the same acid test will take place for the next swimmers in line.

**Officials and Coaches Parking:**

The parking lot to the left of the Franklin and Marshall facility will be reserved for officials and coaches. Parking passes will be required. These passes will be sent to the same name and address of the person receiving the State Meet Package. It is their responsibility to distribute the passes as required. Parking in this area will NOT be allowed without a parking pass. If the pass is lost or forgotten, you will have to park in the offsite lot and take the shuttle to the Aquatics Center.

**Event Parking:**

Franklin and Marshall has very limited parking at the Aquatics Center. Parking on the left side of the complex will be reserved for Coaches and officials. Parking on the right side of the complex is reserved for the retail shops and residential parking. Event participants are requested to NOT park in the retail spots. Violators may be towed. Cars parking in the yellow residential spots WILL be towed.

Offsite parking will be provided in the rear lot of the **Yankee Clipper Stadium** which is approximately a 10 minute walk to the facility. Shuttle busses will be provided to transport parents and swimmers from the parking area to the aquatics center. Shuttles will start at 6:00 AM. Doors will open for swimmers at 6:30 AM.

**Hospitality:**

A hospitality room will be available for coaches who are wearing their deck passes and officials who are in appropriate attire and working each session.

**Concessions:**

Food and drink will be available for purchase.

**Swim Gear:**

Swim gear and apparel will be available for sale during the meet.

**T-Shirts:**

YMCA State Championship T Shirts will be available to pre-order for the meet. Price \$15.00. The host team will post information on web site. [www.svynj.org/ystates](http://www.svynj.org/ystates)

**Awards:**

Coaches must pick up awards prior to the end of the meet. The host team will not mail awards.

**Medals:** First through eighth place in all individual and relay events.

**Ribbons:** Ninth through sixteenth place in all individual and relay events.

**Plaques:**

The top two boys' and girls' team in each age group will receive an age group championship plaque.

**Banners:**

The top three boy's and girls' teams, according to overall cumulative boys and girls point totals, will each receive a championship banner. The top combined boys' and girls' team, according to overall cumulative point totals, receives the Meet Championship Banner.

Coaches must pickup all individual and team awards promptly at the end of the meet.

**Scoring:**

The point value for the first through sixteenth place finishes in both individual and relay events are as follows.

**Individual Events:** 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

**Relay Events:** 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2


**Only the A relay can score.**

Timed final events for 10&U and 11/12 age groups shall be scored according to the finish times of all competitors in all heats. In the 13/14 and 15&18 individual events, points for first through eighth place shall be awarded solely on the basis of a championship final and points for ninth through sixteenth place shall be awarded solely on the basis of a consolation finals. Relay events will be scored according to finish times of all "A" designated relays in all heats.

**YMCA States Championship Event and Session Information**

Session: 1 Friday Morning - Boys 13-18 Pool 1				Session: 2 Friday Morning - Girls 13-18 Pool 2			
		A	B			A	B
Day of Meet: 1 Starts at 08:15 AM				Day of Meet: 1 Starts at 08:15 AM			
<b>Event</b>				<b>Event</b>			
127	Boys Open 200 Medley Relay	1:45.09		128	Girls Open 200 Medley Relay	1:58.09	
1	Boys 13-14 200 Freestyle	2:04.99	2:06.19	9	Girls 13-14 200 Freestyle	2:08.99	2:10.19
2	Boys 15-18 200 Freestyle	1:53.59	1:54.79	10	Girls 15-18 200 Freestyle	2:05.59	2:06.79
3	Boys 13-14 100 Backstroke	1:04.99	1:05.59	11	Girls 13-14 100 Backstroke	1:08.59	1:09.19
4	Boys 15-18 100 Backstroke	59.99	1:00.59	12	Girls 15-18 100 Backstroke	1:05.49	1:06.09
5	Boys 13-14 100 Butterfly	1:03.99	1:04.59	13	Girls 13-14 100 Butterfly	1:07.59	1:08.19
6	Boys 15-18 100 Breaststroke	1:06.49	1:07.09	14	Girls 15-18 100 Breaststroke	1:14.19	1:14.79
7	Boys 13-14 200 IM	2:19.79	2:20.99	15	Girls 13-14 200 IM	2:26.99	2:28.19
8	Boys 15-18 400 IM	4:32.99	4:35.39	16	Girls 15-18 400 IM	4:59.99	5:03.39
122	Boys 13-14 200 Freestyle Relay	1:54.09		121	Girls 13-14 200 Freestyle Relay	1:57.09	
123	Boys 15-18 400 Freestyle Relay	3:40.09		124	Girls 15-18 400 Freestyle Relay	4:10.09	
Session: 3 Friday Noon Distance Boys Pool 1				Session: 4 Friday Noon Distance Girls Pool 2			
		A	B			A	B
Day of Meet: 1 Starts at 12:30 PM				Day of Meet: 1 Starts at 12:30 PM			
<b>Event</b>				<b>Event</b>			
17	Boys 13-14 1000 Freestyle	11:09.99	11:15.99	19	Girls 13-14 1000 Freestyle	11:29.99	11:35.99
18	Boys 15-18 1000 Freestyle	10:29.99	10:35.99	20	Girls 15-18 1000 Freestyle	11:19.99	11:25.99
Session: 5 Friday Afternoon 11/12 - 10/U Boys Pool 1				Session: 6 Friday Afternoon 11/12 - 10/U Girls Pool 2			
		A	B			A	B
Day of Meet: 1 Starts at 03:15 PM				Day of Meet: 1 Starts at 03:15 PM			
<b>Event</b>				<b>Event</b>			
21	Boys 10 & Under 100 Breaststroke	1:39.19	1:39.79	29	Girls 10 & Under 100 Breaststroke	1:34.99	1:35.59
22	Boys 11-12 200 Freestyle	2:19.99	2:21.19	30	Girls 11-12 200 Freestyle	2:18.99	2:20.19
23	Boys 10 & Under 100 IM	1:24.99	1:25.59	31	Girls 10 & Under 100 IM	1:22.99	1:23.59
24	Boys 11-12 100 Butterfly	1:18.99	1:19.49	32	Girls 11-12 100 Butterfly	1:14.09	1:14.69
25	Boys 10 & Under 50 Backstroke	39.29	39.59	33	Girls 10 & Under 50 Backstroke	38.69	38.99
26	Boys 11-12 100 Backstroke	1:13.99	1:14.59	34	Girls 11-12 100 Backstroke	1:12.89	1:13.49
27	Boys 10 & Under 200 Freestyle	2:39.99	2:41.19	35	Girls 10 & Under 200 Freestyle	2:39.99	2:41.19
28	Boys 11-12 50 Breaststroke	39.19	39.49	36	Girls 11-12 50 Breaststroke	37.99	38.29
<b>Session 7 – 06:30 pm</b>							
<b>Friday Night Finals</b>							

## YMCA States Championship Event and Session Information

Session: 8 Saturday Morning - Girls 13-18 Pool 1				A	B	Session: 9 Saturday Morning - Boys 13-18 Pool 2				A	B
Day of Meet: 2 Starts at 08:30 AM					Day of Meet: 2 Starts at 08:30 AM						
<b>Event</b>					<b>Event</b>						
126	Girls Open 200 Freestyle Relay	1:44.99			125	Boys Open 200 Freestyle Relay	1:33.99				
37	Girls 15-18 500 Freestyle	5:37.99	5:40.99		45	Boys 15-18 500 Freestyle	5:09.99	5:12.99			
38	Girls 13-14 50 Freestyle	27.09	27.39		46	Boys 13-14 50 Freestyle	25.59	25.89			
39	Girls 15-18 100 Butterfly	1:04.59	1:05.09		47	Boys 15-18 100 Butterfly	57.49	58.09			
40	Girls 13-14 200 Butterfly	2:38.99	2:40.19		48	Boys 13-14 200 Butterfly	2:29.99	2:31.19			
41	Girls 15-18 100 Freestyle	57.49	58.09		49	Boys 15-18 100 Freestyle	50.99	51.59			
42	Girls 13-14 200 Breaststroke	2:47.99	2:49.49		50	Boys 13-14 200 Breaststroke	2:39.99	2:41.49			
43	Girls 15-18 200 IM	2:23.99	2:25.19		51	Boys 15-18 200 IM	2:08.99	2:10.19			
44	Girls 13-14 400 IM	5:04.99	5:07.39		52	Boys 13-14 400 IM	4:59.99	5:02.39			
118	Girls 15-18 400 Medley Relay	4:40.09			117	Boys 15-18 400 Medley Relay	4:10.09				
120	Girls 13-14 200 Medley Relay	2:15.09			119	Boys 13-14 200 Medley Relay	1:58.09				
<b>Session: 10 Saturday Afternoon 11/12 - 10/U Boys Pool 1</b>				A	B	<b>Session: 11 Saturday Afternoon -11/12 - 10/U Girls Pool 2</b>				A	B
Day of Meet: 2 Starts at 01:30 PM					Day of Meet: 2 Starts at 01:30 PM						
<b>Event</b>					<b>Event</b>						
53	Boys 11-12 200 IM	2:39.99	2:41.19		63	Girls 11-12 200 IM	2:35.99	2:37.19			
54	Boys 10 & Under 50 Freestyle	32.99	33.29		64	Girls 10 & Under 50 Freestyle	32.59	32.89			
55	Boys 11-12 50 Backstroke	34.19	34.49		65	Girls 11-12 50 Backstroke	34.09	34.39			
56	Boys 10 & Under 50 Breaststroke	44.79	45.09		66	Girls 10 & Under 50 Breaststroke	42.89	43.19			
57	Boys 11-12 100 Freestyle	1:03.29	1:03.89		67	Girls 11-12 100 Freestyle	1:03.29	1:03.89			
58	Boys 10 & Under 50 Butterfly	38.99	39.29		68	Girls 10 & Under 50 Butterfly	37.99	38.29			
59	Boys 11-12 200 Breaststroke	2:51.99	2:53.49		69	Girls 11-12 200 Breaststroke	2:51.59	2:53.09			
60	Boys 10 & Under 200 Freestyle Relay	2:15.09			70	Girls 10 & Under 200 Freestyle Relay	2:18.09				
61	Boys 11-12 200 Butterfly	2:39.99	2:41.19		71	Girls 11-12 200 Butterfly	2:43.99	2:45.19			
62	Boys 11-12 200 Freestyle Relay	2:05.09			72	Girls 11-12 200 Freestyle Relay	2:05.09				
<b>Session 12 – 06:30 PM</b>											
<b>Saturday Night Finals</b>						<b>Day Light savings time begins – Move clock ahead 1 hour</b>					
<b>Session: 13 Sunday Morning 13-18 Boys Pool 1</b>				A	B	<b>Session: 14 Sunday Morning 13-18 Girls Pool 2</b>				A	B
Day of Meet: 3 Starts at 08:30 AM					Day of Meet: 3 Starts at 08:30 AM						
<b>Event</b>					<b>Event</b>						
73	Boys 13-14 500 Freestyle	5:35.99	5:38.99		81	Girls 13-14 500 Freestyle	5:48.99	5:51.99			
74	Boys 15-18 50 Freestyle	23.69	23.99		82	Girls 15-18 50 Freestyle	26.19	26.49			
75	Boys 13-14 100 Breaststroke	1:13.99	1:14.59		83	Girls 13-14 100 Breaststroke	1:17.59	1:18.19			
76	Boys 15-18 200 Butterfly	2:10.99	2:12.19		84	Girls 15-18 200 Butterfly	2:26.99	2:28.19			
77	Boys 13-14 200 Backstroke	2:21.99	2:23.19		85	Girls 13-14 200 Backstroke	2:24.99	2:26.19			
78	Boys 15-18 200 Backstroke	2:08.99	2:10.19		86	Girls 15-18 200 Backstroke	2:21.99	2:23.19			
79	Boys 13-14 100 Freestyle	55.59	56.19		87	Girls 13-14 100 Freestyle	59.49	1:00.09			
80	Boys 15-18 200 Breaststroke	2:26.59	2:28.09		88	Girls 15-18 200 Breaststroke	2:44.59	2:46.09			

### YMCA States Championship Event and Session Information

<b>Session: 15 Sunday Noon 13-18 Boys Pool 1</b>		<b>A</b>	<b>B</b>			<b>Session: 16 Sunday Noon 13-18 Girls Pool 2</b>	
Day of Meet: 3 Starts at 11:40 AM				Day of Meet: 3 Starts at 11:40 AM			
<b>Event</b>				<b>Event</b>			
89	Boys 13-14 1650 Freestyle	18:49.99	18:55.89	91	Girls 13-14 1650 Freestyle	19:19.99	19:26.89
90	Boys 15-18 1650 Freestyle	17:52.99	17:59.89	92	Girls 15-18 1650 Freestyle	19:19.99	19:26.89
<b>Session: 17 Sunday Afternoon 11/12 - 10/U Boys Pool 1</b>		<b>A</b>	<b>B</b>			<b>Session: 18 Sunday Afternoon 11/12 - 10/U Girls Pool 2</b>	
Day of Meet: 3 Starts at 02:45 PM				Day of Meet: 3 Starts at 02:45 PM			
<b>Event</b>				<b>Event</b>			
93	Boys 11-12 100 IM	1:13.99	1:14.59	105	Girls 10 & Under 200 IM	2:58.99	3:00.19
94	Boys 10 & Under 200 IM	2:59.99	3:01.19	106	Girls 11-12 100 IM	1:12.99	1:13.59
95	Boys 11-12 50 Freestyle	29.39	29.69	107	Girls 11-12 50 Freestyle	28.79	29.09
96	Boys 10 & Under 100 Freestyle	1:14.99	1:15.59	108	Girls 10 & Under 100 Freestyle	1:13.69	1:14.29
97	Boys 11-12 50 Butterfly	33.99	34.29	109	Girls 11-12 50 Butterfly	32.39	32.69
98	Boys 10 & Under 100 Butterfly	1:32.99	1:33.49	110	Girls 10 & Under 100 Butterfly	1:29.99	1:30.59
99	Boys 11-12 200 Backstroke	2:31.99	2:33.19	111	Girls 11-12 200 Backstroke	2:29.99	2:31.19
100	Boys 10 & Under 100 Backstroke	1:25.99	1:26.59	112	Girls 10 & Under 100 Backstroke	1:23.99	1:24.59
101	Boys 11-12 100 Breaststroke	1:25.59	1:26.19	113	Girls 11-12 100 Breaststroke	1:21.99	1:22.59
102	Boys 10 & Under 200 Medley Relay	2:35.09		114	Girls 10 & Under 200 Medley Relay	2:36.09	
103	Boys 11-12 200 Medley Relay	2:17.09		115	Girls 11-12 200 Medley Relay	2:18.09	
104	Boys 11-12 500 Freestyle	5:51.99	5:54.99	116	Girls 11-12 500 Freestyle	5:54.00	5:57.00
<b>Session 19 – Starts 06:30 PM</b>							
<b>Sunday Night Finals</b>							

**2008 NJ YMCA State Championship  
Meet Entry Certification and Cover Form**

Please read carefully. This form must be completed in its entirety. The NJ Competitive Coordinator, NJ State Championship Committee, Meet Committee and/or the Meet Directors WILL USE THIS FORM IF THERE IS A QUESTION as to eligibility of swimmers and/or coaches, OR CLARIFICATION NEEDED IN YOUR TEAMS ENTRIES. This form must accompany all entries.

- I hereby certify that swimmers listed in the entry file have fulfilled the YMCA State Meet Eligibility Requirements and that the seed times are legitimate.
- I hereby certify that I have read the entire meet packet including "no show" policy, scratch procedures and check-in policies.
- I hereby certify that the Coaches representing my team have met their entire eligibility requirement and their certifications are current.
- I hereby certify that I have read the Timing Assignment Policy.
- I hereby certify that I have read the Spectator Admission policies and procedures.

CEO/Executive Director: \_\_\_\_\_ (please print)

Signature: \_\_\_\_\_

Coaches Name: \_\_\_\_\_ (please print)

Signature: \_\_\_\_\_

Coach's Phone: Day: \_\_\_\_\_ Night: \_\_\_\_\_

Coach's Email: \_\_\_\_\_

**2008 NJ YMCA State Championship  
The Somerset Valley YMCA Swim Team  
Release and HOLD HARMLESS AGREEMENT**

In order to participate in the 2008 NJ YMCA State Championship Meet, the following terms and conditions are herewith agreed to for the promotion and execution of the event.

The Somerset Valley YMCA, its officers, agents, employees and assigns, shall not be liable for any injury or damage to Participant's officers, agents, employees and assigns or the property on the premises of the event unless caused by or due to the negligence of the Somerset Valley or its officers, agents, employees and assigns.

Participant, its officers, agents, employees and assigned shall not be liable for any injury or damage to Franklin and Marshall, its officers, agents, employees and assigns or to property on the premise of the event unless caused by, or due to the negligence of the Participant, its officers, agents, employees and assigns.

All Participants and the Somerset Valley YMCA Swim Team will carry general liability insurance in standard form covering the above.

Executed this \_\_\_\_\_ day of \_\_\_\_\_, 2008.

YMCA Association Name: \_\_\_\_\_ YMCA Association #: \_\_\_\_\_

CEO/Executive Director Signature: \_\_\_\_\_

**2008 N.J. YMCA STATE CHAMPIONSHIP  
Entry Summary sheet**

Name of YMCA: \_\_\_\_\_

Address: \_\_\_\_\_

Coach: \_\_\_\_\_

Phone Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

**TEAM FEE:**

TOTAL INDIVIDUAL EVENTS: \_\_\_\_\_ x \$6.00 = \_\_\_\_\_

TOTAL RELAYS: \_\_\_\_\_ x \$24.00 = \_\_\_\_\_

SWIMMER SURCHARGE: Number of Swimmers \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

AMOUNT ENCLOSED: \$ \_\_\_\_\_

Please list the three certified coaches.

<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____

Make checks payable to: SVYMCA.

**Mail entries to:  
Luke A Dubiel  
8 Rock Mill Run  
Skillman, NJ 08558**

Entries must be received by February 25, 2008.

**THIS FORM MUST BE RETURNED WITH TEAM ENTRIES.**

The following items are to be returned to the host team on or before February 25, 2008.

- Entry Summary Sheet
- Meet Entry File, Hy-Tek.
- Electronic copy of team roster
- Release and Hold Harmless agreement
- Check for Entry Fee
- List of Certified Coaches attending meet

**ATTENTION BUSINESS OWNERS AND PROFESSIONALS**

All business owners and professionals are invited to advertise in the 2008 NJ YMCA State Championship program.

Rates are as follows:

One Quarter Page (3.625" X 4.875" maximum) - \$40

One Half Page (4.875" X 7.5" maximum) - \$75

Full Page (7.5" X 10" maximum) - \$100

All advertisements should be sent electronically to [Drz04@aol.com](mailto:Drz04@aol.com) and be received no later than February 20, 2008. Payment by check made out to SVYMCA is also due no later than February 20, 2008, and should be mailed to Dave Rzewnicki 118 Westfield Ave, Piscataway, NJ 08854. Questions may be directed to Dave at [Drz04@aol.com](mailto:Drz04@aol.com)

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**TEAM PAGES AVAILABLE FOR THE  
2008 YMCA STATE CHAMPIONSHIP PROGRAM**

Any Team, Coaching Staff, or Parents Organization may submit a Team Page for inclusion in this year's YMCA State Championship program. Team pages are fun and the swimmers get a real kick out of reading them while waiting for their turn to swim.

Swimmers: Thank your coaches  
Coaches: Congratulate your swimmers  
Parents: Encourage your children

COST \$100  
(Send copy-ready Team Page along with a check payable to SVYMCA.)

All Team Pages must be received on or before  
February 20, 2008

**Contact**  
Dave Rzewnicki  
118 Westfield Ave  
Piscataway, NJ 08854  
[Drz04@aol.com](mailto:Drz04@aol.com)

**ATTENTION PARENTS**

All Parents are offered an opportunity to sponsor events at the 2008 YMCA State Championships.

For sponsorship fee of \$10 per event, your message will appear at the top of the event selected

Examples:

- \* Event 54 Girls 15-18 100 Free  
Sponsor: The Fromm Family (OCY)
- \* Event 76 Boys 15-18 100 Back  
Sponsor: SVY Coaching Staff
- \* Event 80 Boys 15-18 100 Breast  
Sponsor: Good Luck Brian (SVY)

Enclosed are sponsor forms. Your forms and payment (\$10 check made payable to SVYMCA) must be received no later than Monday, February 9, 2008. Sponsorship will be granted on a first come, first serve basis. PLEASE LIST YOUR FIRST, SECOND AND THIRD CHOICES. You will be notified via e-mail if your Sponsorship is not granted and fees will be returned to your coach at the meet.

**SPONSORSHIP FORM**

1ST CHOICE

2ND CHOICE

3RD CHOICE

EVENT# \_\_\_\_\_

DESCRIPTION:  
(ie 13-14 100 FREE)

\_\_\_\_\_

MESSAGE: (25 characters maximum including spaces)

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Name: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Phone: \_\_\_\_\_

## DIRECTIONS

### From South Jersey

Take the New Jersey Turnpike to exit 6 (Pennsylvania Turnpike west). Take the PA Turnpike west to exit 286 (Lancaster/Reading/Rt. 222 south). Take Rt. 222 south approximately 14 miles to the Lancaster area.

For a tour of downtown Lancaster: Stay to the left and exit onto Rt. 30 east (Coatesville). Proceed less than one mile and exit onto Rt. 23 west (Walnut Street). Continue west on Walnut Street for approximately 2.5 miles/12 traffic lights to the intersection of West Walnut and College Avenue. Turn right onto College Avenue and proceed for approximately 0.25 mile.

For a more direct approach: Stay to the right and follow signs for Rt. 30 west (York). Pass Oregon, Lititz and Fruitville Pikes. Just beyond Fruitville Pike, exit to continue on 30 west (York). Take first exit for Harrisburg Pike (The Park City Mall will be on right). At the top of the exit ramp, turn left onto Harrisburg Pike. Proceed 1.5 miles through several traffic lights until you reach the overhead pedestrian bridge connecting College Square to the main campus of Franklin & Marshall on your right.

### Central and North Jersey

Travel on I-78 W toward EASTON PA (Portions toll) (Crossing into PENNSYLVANIA).  
Merge onto US-222 S via EXIT 54A.  
Merge onto US-222 S toward SINKING SPRINGS.  
Take the US-422 W exit toward LEBANON.  
Merge onto US-222 S.  
Merge onto US-222 S / US-30 W toward LANCASTER / YORK.  
Take the OREGON PIKE / PA-272 exit.  
Stay STRAIGHT to go onto YORK RD.  
Turn LEFT onto PA-501 / LITITZ PIKE. Continue to follow LITITZ PIKE.  
LITITZ PIKE becomes US-222 / PA-272 / LITITZ AVE.  
Turn RIGHT onto E MCGOVERN AVE / US-222 S / PA-272 S.  
Continue to follow US-222 S / PA-272 S.  
Turn RIGHT onto W JAMES ST.  
W JAMES ST becomes HARRISBURG PIKE.  
Turn LEFT onto COLLEGE AVE