

**2008 SUMMER LONG COURSE CHAMPIONSHIP**  
**SPONSORED BY METUCHEN EDISON WOODBRIDGE YMCA SWIM TEAM**

<b>Sanction #</b>	YMCA Sanction #TBA
<b>Date:</b>	Sunday, July 13, 2008 (NO RAIN DATE)
<b>Location</b>	Metuchen Municipal Pool Lake Avenue Metuchen, NJ 08840
<b>Sponsor:</b>	Metuchen-Edison YMCA Swim Team, <a href="http://www.metuchen-edisonymca.org/meyswim">www.metuchen-edisonymca.org/meyswim</a> .
<b>Time:</b>	6:30 am – Warm-Up 7:15 am – Start
<b>Facility:</b>	Outdoor 5 lane, 50-meter pool featuring non-turbulent lane lines, new starting blocks, Colorado starting system and 25-yard pool for warm-up and cool-down. Facility has parking for 250 cars, space for swimmers and full snack bar with covered pavilion. Spectators are strongly encouraged to bring lawn chairs.
<b>Eligibility:</b>	This meet is open to all YMCA swimmers.
<b>Entry Deadline:</b>	All entries will be accepted on a first-come basis. Meet entries will be taken until the meet fills. Team entries will not be considered as accepted unless the waiver and entry fees have been received.  The entry deadline is <b>Wednesday, July 2, 2008</b> .  Mail Entries to : BE SMARTT INC., 604 Paxson Avenue, Mercerville, NJ 08619  If you are mailing your entries, we recommend sending them via overnight delivery or express mail, <i>but waive the signature</i> .
<b>Entries:</b>	Team entries may be submitted by e-mail to <a href="mailto:entries1@juno.com">entries1@juno.com</a> (please use SUMMERLCCHAMPS08 in subject line). All entries must be Hy-Tek program entries. They HY-TEK meet name is “SUMMERLCCHAMPS08”. <ul style="list-style-type: none"> <li>• 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 e-mail has not been received. It then becomes the sender’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 e-mail or phone, or mail your entries.</li> <li>• An Entry Summary and a check must accompany or follow each mailed entry.</li> <li>• Incomplete entries will not be accepted.</li> <li>• Deck entries will not be accepted.</li> <li>• Age is determined as of July 13, 2008</li> <li>• Maximum 3 individual events.</li> </ul>
<b>Entry Times:</b>	Manual entries must include best times in METERS. If using Hy-Tek, set course to L.
<b>Entry Fees:</b>	\$5.00 per individual event. Make checks payable to “MEYSTPA”.
<b>Awards:</b>	Awards will be given to the top three (3) finishers in each age group..
<b>Meet Format:</b>	USA Swimming Rules apply. This meet will be deck-seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report directly to the blocks.
<b>Admission:</b>	Admission - \$4.00, Programs - \$2.00
<b>Waiver:</b>	In consideration of the acceptance of contestant’s entries. Parents, guardians and/or coaches of said contestants waive for themselves, their heirs and assignees, any and all right to claims for damages against the Metuchen Municipal Pool.
<b>Time Trials</b>	If time permits, Time Trials will be allowed at the end of the meet at the cost of \$7.00 per individual event and \$14.00 per relay. Please see the Meet Director.

## Summer Long Course Championships

<b>Girls Event #</b>	<b>Description</b>	<b>Boys Event #</b>
1	Open 400 IM	2
3	12 & U 50 Free	4
5	Open 50 Free	6
7	Open 200 Back	8
9	12 & U 50 Breast	10
11	Open 50 Breast	12
13	Open 200 Fly	14
15	12 & U 100 Free	16
17	Open 100 Free	18
19	12 & U 100 Breast	20
21	Open 100 Breast	22
23	Open 400 Free	24
25	12 & U 50 Back	26
27	Open 50 Back	28
29	Open 200 Breast	30
31	12 & U 50 Fly	32
33	Open 50 Fly	34
35	Open 200 Free	36
37	12 & U 100 Back	38
39	Open 100 Back	40
41	12 & U 100 Fly	42
43	Open 100 Fly	44
45	12 & U 200 IM	46
47	Open 200 IM	48