

Name of Meet	<b>2013 Summer Sunshine</b> <b>Hosted by Montclair YMCA Dolphins</b> <b>at the Werblin Recreation Center</b>
Meet Sanction #	<b>NJS062313LC</b> In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages by reason of injuries to anyone during the conduct of the event.
Date of Meet	Sunday June 23 <sup>rd</sup> , 2013
Location	<ul style="list-style-type: none"> <li>▪ The pool is located in the Sonny Werblin Recreation Center on the Busch Campus at Rutgers University in Piscataway, New Jersey. The Center's main number is 732-445-0460. <b><i>This number is for emergencies only.</i></b> All calls regarding this meet should be directed to the Meet Director.</li> </ul>
Facility Information	<ul style="list-style-type: none"> <li>▪ The Werblin competition pool is a 50 meter, 8-lane pool with a minimum depth for diving of 6 feet.</li> <li>▪ There are two auxiliary pools, known as "patio pools" (for warm-up and warm-down), and seating for 1,000 spectators, including 400 chair-backed seats. The remaining seating is bleacher style.</li> </ul>
Pool Certification Statement	The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
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.
Meet Director	Ellen Mace, 609-558-0988, <a href="mailto:entries1@juno.com">entries1@juno.com</a>
Meet Referees	Christine Jung, <a href="mailto:chrisleex@aol.com">chrisleex@aol.com</a>
Host Team Contact	Jon Siegel, <a href="mailto:jpsiegel@aol.com">jpsiegel@aol.com</a>
Entry Coordinator	Be Smartt, Inc, <a href="mailto:entries1@juno.com">entries1@juno.com</a> , 609-558-0988.
Safety Marshall	Marvin Navata
Entry Deadline	<ul style="list-style-type: none"> <li>▪ <b>Entry Deadline is 5:00pm on Sunday, June 9<sup>th</sup>, 2013.</b></li> <li>▪ Meet entries will be taken until the meet fills. The host club must stay within the four-hour-per-session rule. (See below procedure for details.)</li> <li>▪ Entry forms, verification forms, waiver releases and fees must be received no later than warm-ups of the first session the team is swimming.</li> <li>▪ The host club reserves the right to scratch any or all entries for swimmers/teams that have not submitted the required forms and entry fee payment by the time of the meet.</li> <li>▪ Please mail entry summary, signed waiver and check to:  <b>BE Smartt, Inc., 604 Paxson Avenue, Mercerville, NJ 08619</b></li> <li>▪ <b>Phone:</b> 609-558-0988, <b>E-Mail:</b> <a href="mailto:entries1@juno.com">entries1@juno.com</a></li> <li>▪ Not waiving signature of receipt on Express Mail will delay receipt.</li> <li>▪ Entries will be considered accepted when loaded into Meet Manager.</li> <li>▪ <b>NO FAX, PHONE OR DECK ENTRIES WILL BE ACCEPTED.</b></li> </ul>
NJS LC Meet Entry Process For Meets Without Qualifying Times	<ul style="list-style-type: none"> <li>▪ For the first six (6) days (starting from the date the meet is posted on the NJ Swimming website) NJS LCM Silver time standards will apply for NJS athletes (make one cut swim three events). Any NJS registered swimmer can participate as long as the swimmer has one silver or gold time in the day's events (make 1, swim 3).</li> <li>▪ If the meet or particular sessions within the meet still have room on the seventh (7) day, the time standards procedure will be lifted. At that point, any level NJS swimmer will be allowed to enter up to 3 events.</li> <li>▪ If any session(s) within the meet still have room on the fourteenth (14) day, then the NJS only restriction will be lifted. At that point, entries for non-NJS swimmers will be accepted.</li> </ul>



<b>Meet Format Waiver</b>	<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 changes include:</p> <ul style="list-style-type: none"> <li>▪ To allow more swimmers to swim.</li> <li>▪ To conform to facility capacity limits or for facility safety concerns.</li> <li>▪ To condense the meet into a shorter timeframe.</li> </ul> <p>Some of the changes that may be made include: 1) adding a session, 2) heat-limiting distance events, 3) condensing sessions, 4) combining heats, and 5) eliminating relays.</p>
<b>Internet Website Posting</b>	<ul style="list-style-type: none"> <li>▪ The official meet website is <a href="http://www.besmarttinc.com">www.besmarttinc.com</a>.</li> <li>▪ Meet Information, downloadable Hy-Tek Events list (.HYV file), and final results will be posted on the BE Smartt and New Jersey Swimming websites: <a href="http://www.njswim.org">www.njswim.org</a>.</li> </ul>
<b>Meet Requirement Statement:</b>	<ul style="list-style-type: none"> <li>▪ In order to be eligible for the New Jersey Zone Championship Team or for NJ Swimming Athlete Reimbursement for sectional and national level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts toward those participation requirements.</li> </ul>
<b>Coaches Eligibility</b>	<ul style="list-style-type: none"> <li>▪ All coaches on the deck must be current coach members of USA Swimming.</li> <li>▪ Coaches must show their coaching card for entrance to facility.</li> <li>▪ Coaches must show their coaching card before picking up any meet information or scratch sheets.</li> <li>▪ Coaches must have their coaching card visible at all times while on deck.</li> <li>▪ Coaches must have a visible coach's card when entering hospitality area or when asking for food at concessions.</li> </ul>
<b>Swimmer Eligibility</b>	<ul style="list-style-type: none"> <li>▪ All swimmers must be a member of USA Swimming to enter and compete in this meet.</li> <li>▪ All swimmers must be listed on a team's official entry form to be eligible to participate in this swim meet in any event including relays.</li> <li>▪ See the "NJS LC Meet Entry Process" section above for qualifications into this meet.</li> <li>▪ All transfer swimmers must swim unattached for 120 days from their last attached competition. Swimmers must use "UN-(New Team Alpha Code)" as their team affiliation. All unattached swimmers must be listed on their team's official waiver entry form.</li> </ul> <p><b>Age Groups That Will be Offered</b></p> <ul style="list-style-type: none"> <li>▪ 10 &amp; Under, 11-12, 13-14, 15 &amp; Over</li> </ul> <p><b>Individual and Relay Limits</b></p> <ul style="list-style-type: none"> <li>▪ Swimmers may compete in up to three (3) individual events.</li> <li>▪ Swimmers may compete in one (1) relay.</li> </ul> <p><b>Age at Meet</b></p> <ul style="list-style-type: none"> <li>▪ Age determination date for this meet is <b>Sunday, June 23<sup>rd</sup>, 2013</b></li> </ul>
<b>Swimmers Unaccompanied by a USAS Certified Coach</b>	<p>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. If a swimmer is not accompanied by a USA Swimming member coach, then it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p>
<b>USA Swimming Deck Change Policy</b>	<p>Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</p>
<b>Entry Times</b>	<ul style="list-style-type: none"> <li>▪ New Jersey Swimming does not allow "NT" or "No Time" to be used as an entry time.</li> <li>▪ All entry times must be in long course meters.</li> <li>▪ Converted times from SCY or SCM are acceptable for this meet.</li> </ul>
<b>Meet Format</b>	<ul style="list-style-type: none"> <li>▪ This meet will be run in accordance with current USA Swimming rules.</li> <li>▪ This meet will be run as a timed final meet.</li> </ul> <p><b>Seeding Procedure</b></p> <ul style="list-style-type: none"> <li>▪ This meet will be deck seeded with coaches checking in and/or scratching all swimmers. After the heats have been posted, swimmers will report to the blocks on their own.</li> </ul>
<b>Scoring</b>	<ul style="list-style-type: none"> <li>▪ Team Scoring will not be kept.</li> </ul>
<b>Awards</b>	<ul style="list-style-type: none"> <li>▪ There will be no awards.</li> </ul>
<b>Results</b>	<ul style="list-style-type: none"> <li>▪ Results will be sent to participating teams via email at the conclusion of the meet and posted at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a></li> </ul>



# Meet Schedule

The Meet schedule has changed because of constraints at Rutgers. Please see the Timing & Warm-Up Information for the latest schedule.

\* Starting times for all sessions after the first session each day will be determined after entries are received and a time line created!

<b>Meet Schedule</b>	<ul style="list-style-type: none"> <li>▪ The building will not open before 7:00am for swimmers and 7:15am for spectators.</li> <li>▪ This meet will have three sessions on Sunday.</li> <li>▪ The starting time for all sessions following the morning session will be announced once entries are received and a time line is established.</li> </ul>
<b>Warm-Up Procedures</b>	<ul style="list-style-type: none"> <li>▪ Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines and will include general warm-up lanes, sprint lanes, and pace lanes.</li> </ul> <p><b>Entry Into Pool</b></p> <ul style="list-style-type: none"> <li>▪ All swimmers must enter the pool from the starting end of the pool.</li> </ul> <p><b>Host Team Monitoring Warm-Ups</b></p> <ul style="list-style-type: none"> <li>▪ New Jersey Swimming officials will monitor warm-ups.</li> <li>▪ All general warm-up lanes will swim in a counterclockwise direction.</li> </ul> <p><b>Warm-Up Schedules</b></p> <ul style="list-style-type: none"> <li>▪ The warm-up sessions will be 30-minute each, divided by teams. There will be designated sprint lanes and pace lanes during the last 10 minutes of each session, unless additional warm-up sessions are warranted.</li> </ul>
<b>Check-In</b>	<ul style="list-style-type: none"> <li>▪ All check-in sheets must be turned into the scoring table 30 minutes before the start of each session. Swimmers who are competing will have a line through their name. Swimmers who are to be scratched for all events in the session will have their names circled with "SCR" noted next to the circle. Swimmers scratching a single event will have a line through his or her name and the event number circled with "SCR" next to the circle.</li> <li>▪ Failure to follow the check-in procedure may result in the swimmer(s) being scratched from the session.</li> </ul>
<b>Starts</b>	"Fly-over" ("over-the-top") starts may be used at the discretion of the meet referee.
<b>Mid-Session Events— Heat Limits</b>	<ul style="list-style-type: none"> <li>▪ All Mid-Session events will be swum slowest to fastest.</li> <li>▪ Swimmers need to provide their own timers.</li> <li>▪ All Mid-Session events may be "Heat Limited". A determination will be made when entries are received and a tentative timeline created for the meet.</li> <li>▪ Swimmers below the "heat limit" number will have the option of changing to another event. Psych sheets will be posted on <a href="http://www.besmartinc.com">www.besmartinc.com</a> no later than one week before the meet.</li> <li>▪ Swimmers may stay in those "heat-limited" events with the possibility that scratches or the timeline will allow the opportunity to swim. In either case, if that swimmer is below the "heat limit" number and does not swim, he or she will have the entry fee refunded.</li> <li>▪ Refunds will be mailed to the team within two weeks of the conclusion of the meet.</li> </ul>
<b>Entry Fees</b>	<ul style="list-style-type: none"> <li>▪ Individual Entry Fee: \$5.00.</li> <li>▪ Relay Entry Fee: \$9.00.</li> <li>▪ Make checks payable to <b>Montclair YMCA</b></li> </ul>
<b>Admissions and Programs</b>	<ul style="list-style-type: none"> <li>▪ Admission will be \$7.00 per session.</li> <li>▪ Heat sheets will be available at \$3 per session</li> </ul>
<b>Entries</b>	<ul style="list-style-type: none"> <li>▪ In accordance with New Jersey Swimming policy, team entries may be submitted by e-mail to <a href="mailto:entries1@juno.com">entries1@juno.com</a>.</li> <li>▪ All entries must be Hy-Tek program entries as an attached file to an e-mail. Subject line should include <b>MYM Sunshine</b></li> <li>▪ The meet entry coordinator will respond to e-mails 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</li> </ul>



	<p>coordinator receives the e-mail. If you do not receive an e-mail response, you must contact the entry coordinator by email or phone.</p> <ul style="list-style-type: none"> <li>An Entry Summary along with a signed New Jersey Swimming waiver and a check for <b>all</b> entry fees must accompany or follow each entry.</li> <li>Accuracy of seed times is essential. Incomplete entries will not be accepted.</li> <li>Deck, phone, and/or faxed entries will not be accepted.</li> </ul>
<b>Host Club Responsibilities</b>	<ul style="list-style-type: none"> <li>Provide a single timer in each lane throughout the meet.</li> <li>Have stopwatches available for volunteers helping to time.</li> <li>Create a warm-up schedule that will be fair and equitable to all teams. This warm-up schedule will be e-mailed to all participating clubs no later than one week before the meet.</li> <li>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 no later than one week before the meet and posted at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a>.</li> </ul>
<b>Participating Club Responsibilities</b>	<ul style="list-style-type: none"> <li>Help with timing assignments (<b>mandatory</b>). Timing assignments will be e-mailed to participating clubs one week prior to the meet and posted at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a>.</li> <li>Parents must stay off the pool deck except to fulfill timing assignments.</li> <li>Should help with officiating whenever possible. List the club contact for club officials on the meet summary.</li> </ul>
<b>Concessions</b>	<ul style="list-style-type: none"> <li>Refreshments will be available throughout the meet.</li> </ul>
<b>Vendor</b>	<ul style="list-style-type: none"> <li><b>Metro Swim Shop</b> will be in attendance.</li> </ul>
<b>Hotels:</b>	<ul style="list-style-type: none"> <li>Brunswick Hilton, Three Center Drive, East Brunswick, NJ 732-828-2001</li> <li>Days Inn-South Plainfield, 2989 Hamilton Boulevard, South Plainfield, NJ 732-753-2600</li> <li>Embassy Suite (closest to pool) 212 Centennial Ave, Piscataway, NJ 732-980-0500</li> <li>Holiday Inn-Somerset, 195 Davidson Avenue, Somerset, NJ 732-356-1700</li> </ul>
<b>Directions:</b>	<p><b>Directions to Sonny Werblin Recreation Center:</b>  <b>Address:</b> 656 Bartholomew Rd, Piscataway <b>Campus:</b> Busch Campus</p> <p><b>Garden State Parkway Southbound</b> Turn off at Exit 129 and take the New Jersey Turnpike South. Exit the Turnpike at Exit 9, bear right after the tollbooths and follow signs for Route 18 North—New Brunswick. Stay to the left to continue on Route 18 North. Proceed along Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p><b>Garden State Parkway Northbound</b> Turn off at Exit 105 and follow signs for Route 18 North. After approximately 24 miles, you will pass the entrance for the New Jersey Turnpike. Continue on Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p><b>Interstate 287</b> Turn off at Exit 9 Bound Brook/Highland Park. Proceed East on River Road towards Highland Park. Continue on River Road and you will pass under the overpass for Route 18. Turn left at the next traffic light onto North. Take the next exit on Route 18 North, Campus Road. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p><b>New Jersey Turnpike</b> Exit the Turnpike at Exit 9, bear right after the tollbooths and follow signs for Route 18 North—New Brunswick. Stay to the left to continue on Route 18 North. Proceed along Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p><b>US Route 1</b> Turn off at exit marked Route 18 North—New Brunswick. Proceed along Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p><b>Rutgers will have posted signs indicating which of the parking lots are for the swim meet. Please use one of these lots. Rutgers campus police may ticket automobiles that are parked in lots other than those designated for the swim meet!</b></p>



# Montclair YMCA Dolphins 2013 Summer Sunshine

## Order of Events

### Session 1 Sunday Morning

#### All 12 & Under

- Event 1 Girls 10 & Under 200 Freestyle Relay
- Event 2 Boys 10 & Under 200 Freestyle Relay
- Event 3 Girls 11-12 200 Freestyle Relay
- Event 4 Boys 11-12 200 Freestyle Relay
- Event 5 Girls 10 & Under 100 Breaststroke
- Event 6 Boys 10 & Under 100 Breaststroke
- Event 7 Girls 11-12 100 Breaststroke
- Event 8 Boys 11-12 100 Breaststroke
- Event 9 Girls 10 & Under 50 Backstroke
- Event 10 Boys 10 & Under 50 Backstroke
- Event 11 Girls 11-12 50 Backstroke
- Event 12 Boys 11-12 50 Backstroke
- Event 13 Girls 10 & Under 100 Butterfly
- Event 14 Boys 10 & Under 100 Butterfly
- Event 15 Girls 11-12 100 Butterfly
- Event 16 Boys 11-12 100 Butterfly
- Event 17 Girls 10 & Under 50 Freestyle
- Event 18 Boys 10 & Under 50 Freestyle
- Event 19 Girls 11-12 50 Freestyle
- Event 20 Boys 11-12 50 Freestyle
- Event 21 Girls 10 & Under 100 Backstroke
- Event 22 Boys 10 & Under 100 Backstroke
- Event 23 Girls 11-12 100 Backstroke
- Event 24 Boys 11-12 100 Backstroke
- Event 25 Girls 10 & Under 50 Breaststroke
- Event 26 Boys 10 & Under 50 Breaststroke
- Event 27 Girls 11-12 50 Breaststroke
- Event 28 Boys 11-12 50 Breaststroke
- Event 29 Girls 10 & Under 100 Freestyle
- Event 30 Boys 10 & Under 100 Freestyle
- Event 31 Girls 11-12 100 Freestyle
- Event 32 Boys 11-12 100 Freestyle
- Event 33 Girls 10 & Under 50 Butterfly
- Event 34 Boys 10 & Under 50 Butterfly
- Event 35 Girls 11-12 50 Butterfly
- Event 36 Boys 11-12 50 Butterfly

### Session 2 Sunday Mid

#### 200s/400s

- Event 37 Girls 10 & Under/  
11-12 200 Freestyle
- Event 38 Boys 10 & Under/  
11-12 200 Freestyle
- Event 39 Women 13-14/  
15 & Over 400 Freestyle
- Event 40 Men 13-14/  
15 & Over 400 Freestyle
- Event 41 Girls 10 & Under/  
11-12 200 IM
- Event 42 Boys 10 & Under/  
11-12 200 IM
- Event 43 Women 13-14/  
15 & Over 400 IM
- Event 44 Men 13-14/  
15 & Over 400 IM

### Session 3 Sunday Afternoon

#### All 13 & Over

- Event 45 Girls 13-14 200 Freestyle Relay
- Event 46 Boys 13-14 200 Freestyle Relay
- Event 47 Women 15 & Over 200 Freestyle Relay
- Event 48 Men 15 & Over 200 Freestyle Relay
- Event 49 Women 13-14/15 & Over 200 Backstroke
- Event 50 Men 13-14/15 & Over 200 Backstroke
- Event 51 Women 13-14/15 & Over 100 Freestyle
- Event 52 Men 13-14/15 & Over 100 Freestyle
- Event 53 Women 13-14/15 & Over 200 Breaststroke
- Event 54 Men 13-14/15 & Over 200 Breaststroke
- Event 55 Women 13-14/15 & Over 100 Butterfly
- Event 56 Men 13-14/15 & Over 100 Butterfly
- Event 57 Women 13-14/15 & Over 100 Breaststroke
- Event 58 Men 13-14/15 & Over 100 Breaststroke
- Event 59 Women 13-14/15 & Over 200 Butterfly
- Event 60 Men 13-14/15 & Over 200 Butterfly
- Event 61 Women 13-14/15 & Over 100 Backstroke
- Event 62 Men 13-14/15 & Over 100 Backstroke
- Event 63 Women 13-14/15 & Over 50 Freestyle
- Event 64 Men 13-14/15 & Over 50 Freestyle
- Event 65 Women 13-14/15 & Over 200 IM
- Event 66 Men 13-14/15 & Over 200 IM





NEW JERSEY SWIMMING

# MYM 2013 Summer Sunshine

Sunday June 23<sup>rd</sup>

### 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, Rutgers The State University, Montclair YMCA, Be Smartt Inc 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.

### Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form, for the Montclair YMCA Dolphins 2013 Summer Sunshine meet on **June 23<sup>rd</sup>, 2013** are registered members of United States Swimming. All United States Swimming numbers are correctly listed and unless otherwise noted, are not required to swim unattached (UN) due to the 120 day transfer. Also I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

Club Name/Club Code \_\_\_\_\_

Signature of Coach and/or Parent/Guardian \_\_\_\_\_

Telephone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Name(s) of 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 =	\$_____
	_____ Relay entries @ \$9.00 =	\$_____
	Total:	\$_____

Make checks payable to: **Montclair YMCA**

### Article 302.4 of the United States 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 United States 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.

### List all Unattached Swimmers:

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_