

**2009 SUMMER LONG COURSE CHAMPIONSHIP
SPONSORED BY METUCHEN EDISON YMCA SWIM TEAM**

<u>Sanction #</u>	YMCA Sanction #: CAQ 08-09 # 5099
<u>Date:</u>	Sunday, July 12, 2009 (NO RAIN DATE)
<u>Location</u>	Metuchen Municipal Pool **New Pool Filter installed!! Lake Avenue Metuchen, NJ 08840
<u>Sponsor:</u>	Metuchen-Edison YMCA Swim Team, www.metuchen-edisonymca.org/meyswim .
<u>Time:</u>	6:30 am – Warm-Up 7:15 am – Start Meet will conclude by 12:00pm, Noon
<u>Facility:</u>	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. **New Pool Filter installed!!
<u>Meet Referee:</u>	Al Wiczorek - al.wiczorek@att.net
<u>Eligibility:</u>	This meet is open to all YMCA swimmers.
<u>Entry Deadline:</u>	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 Wednesday, July 1, 2009 . 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> .
<u>Entries:</u>	Team entries may be submitted by e-mail to entries1@juno.com (please use SUMMERLCCHAMPS09 in subject line). All entries must be Hy-Tek program entries. Their HY-TEK meet name is "SUMMERLCCHAMPS09". <ul style="list-style-type: none"> • 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. • An Entry Summary and a check must accompany or follow each mailed entry. • Incomplete entries will not be accepted. • Deck entries will not be accepted. • Age is determined as of July 12, 2009 • Maximum 3 individual events.
<u>Entry Times:</u>	Manual entries must include best times in METERS. If using Hy-Tek, set course to L. NT is not allowed.
<u>Entry Fees:</u>	\$5.00 per individual event. Make checks payable to "MEYSTPA".
<u>Awards:</u>	Awards will be given to the top three (3) finishers in each age group.

<u>Meet Format:</u>	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.
<u>Admission:</u>	Admission - \$4.00, Programs - \$3.00
<u>Waiver:</u>	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.
<u>Time Trials</u>	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 Events

Girls Event #	Description	Boys Event #
1	400 IM	2
3	50 Free	4
5	200 Back	6
7	50 Breast	8
9	200 Fly	10
11	100 Free	12
13	100 Breast	14
15	400 Free	16
17	50 Back	18
19	200 Breast	20
21	50 Fly	22
23	200 Free	24
25	100 Back	26
27	100 Fly	28
29	200 IM	30

All events will be run slowest to fastest. Awards will be based upon age group, 12/under and 13/over.