



NJ YMCA 13 & over State Championship Meet
Thursday, March 7 to Sunday, March 10, 2024

NEW JERSEY YMCA
13 & OVER STATE CHAMPIONSHIP MEET
MEET ANNOUNCEMENT

About the Championship

Date: Thursday, March 7 to Sunday, March 10, 2024

Location: Franklin & Marshall College, Lancaster, PA

Entry Deadline: Monday, February 26, 2024

Hosted by: **YMCA Greater Monmouth County Swim Team**

Meet Director: Sommer VanDeBoe/Joan Truscio

Web Site: www.ygreaftermonmouthswimteam.com

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About the Championship

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the Mid Atlantic of USA Swimming.

YMCA Sanction number: **CAQ-2024-NJ01308033**

USA-S/Middle Atlantic Swimming Approval number: **MA 2439 AP**

USA-Swimming Sanction Approval Condition

In granting this approval it is understood and agreed that USA Swimming and Middle Atlantic Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.



ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship meet and USA-S Approved can be changed.

MEET TIMELINE: Warm-up and start times for all sessions may be subject to change if deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen circumstances.

MEET SCHEDULE:

Thursday evening, the doors will open at 5:00 PM. For the rest of the meet, doors will open at 6:30 AM for all attendees.

Day	Session		Warm-Up	Meet
Thursday	Session 1	Distance finals – 1000	5:30 PM	TBD
Friday	Session 2	15/O Girls & Boys Prelims	7:00 AM	TBD
	Session 3	13-14 Girls & Boys Prelims	TBD	TBD
	Session 4	Relays & Finals	TBD	TBD



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Day	Session		Warm-up	Meet
	Session 5	15/O Girls & Boys Prelims	7:00 AM	TBD
Saturday	Session 6	13-14 Girls & Boys Prelims	TBD	TBD
	Session 7	Relays & Finals	TBD	TBD
Sunday	Session 8	15/O Girls & Boys Prelims	7:30 AM	TBD
	Session 9	13/O Girls & Boys Finals – 1650	TBD	TBD
	Session 10	13-14 Girls & Boys Prelims	TBD	TBD
	Session 11	Relays & Finals	TBD	TBD

Warm-up and session start times will be finalized once all entries have been received. They will be e-mailed to participating teams and published on the meet website.

INCLEMENT WEATHER/CANCELTATION: 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 after consulting with Franklin and Marshall. The decision of the Meet Committee is final.



LOCATION AND FACILITY

Location: Franklin & Marshall College
Kunkel Aquatic Center

The Kunkel Aquatic Center in the Alumni Sports & Fitness Center is configured as two eight-lane 25-yard courses. Water depth at start is 9 and 6 feet and at turn end is 9 and 6 feet. Colorado electronic timing system will be used. The copy of such certification is on file with USA Swimming.

- During distance sessions/events, both courses will be used for competition and two vacant lanes will be available for warm up/cool down.
- For all other sessions, one course will be used with the remaining lanes and adjacent course available for warm up/cool down.
- Deck Area: Swimmers will be permitted to have only one bag.
- Spectator Area: No chairs, coolers or saving seats will be permitted.

WEB SITE

Meet Information can be found at: www.ygreatermonmouthswimteam.com

Meet Results: Meet results can be found on Meet Mobile and will be uploaded in intervals.

CONTACT INFORMATION

Meet Director: Sommer VanDeBoe svandeboe@gmail.com
Joan Truscio jtruscio@ymcanj.org

Entry Chairperson: Be Smart Inc. besmarttinc@gmail.com

Meet Referee: Judy Sharkey jmsharkey@aol.com

Administrative Official: Ellen Mace, John Lister besmarttinc@gmail.com

Officials Coordinator: Alka Rinkus alkarinkus@verizon.net

Safety Director: Jack Caucino jcaucino@ymcanj.org



NOTICES & RULES

Current USA Swimming rules shall govern this meet.

Deck changes are prohibited.

Operation of a drone or any other flying devices is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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.

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

ELIGIBILITY

ATHLETE ELIGIBILITY

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

USA Swimming Membership: Any swimmer registered as an athlete member of USA Swimming should provide their USA Swimming ID in the entry file. Those swimmers with a valid USA Swimming ID will have their meet results uploaded to SWIMS.

Race Starts: Any swimmer entered in the meet must be certified by a coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: An athlete must be at least 13 years of age, and not older than twenty-one (21) years of age as of December 1, 2023.

MAAPP: Any athlete 18 years or older must complete Athlete Protection Training. Coaches must submit proof that each athlete has completed APT in the last 12 months.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of three (3) closed YMCA inter-association meets since September 1, 2023. Waivers may be given upon request. Refer to the current version of the Swimming Addendum Rules that Govern YMCA Competitive Sports for requirements and definitions of YMCA inter-association and sanctioned championship meets.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of January 1, 2023 through the entry deadline.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the Meet Director and the Meet Referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the Meet Referee of any disability prior to competition.

COACH ELIGIBILITY

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: YMCA-USA approved Athlete Protection Training, Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content), and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

Requirements of Safe Sport Act: ALL coaches participating must meet the federally mandated requirements of this law. In addition, each coach must wear a wrist band which can be picked upon arrival.

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.



Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM ELIGIBILITY

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

ENTRY INFORMATION

ENTRY LIMITS: 3 Individual events per day, 1 relay per day and 7 individual events for the meet. Open events do not count as a swim.

There will be time trials each day, but these are not included in the meet sanction and further information will be emailed to participating teams.

QUALIFICATION PERIOD: The qualification period is January 1, 2023 through the entry deadline.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File.

TIME STANDARDS: Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix

ENTRY TIMES: No Times (NT) are not allowed. Submit entry times in short course yards. Entered times must be the swimmer's BEST time achieved during the qualifying period. Converted times from LCM and SCM are permitted using the standard TM conversion factors. If your swimmer has a qualifying time in yards please enter their SCY time.

ENTRY FEES: Individual entries fee per event is \$12.00, distance events (1650 and 1000 free) \$15.00. The Relay Entry Fee is \$32.00. There is no admission fee for spectators. In lieu of a session entry fee there will be a one-time swimmer surcharge of \$30.00. Make all checks payable to "YMCA Greater Monmouth County Swim Team".



ENTRY DEADLINE: Entries must be received by mail or email no later than 10:00 pm on Monday, February 26, 2024. No changes will be accepted after this date.

New Qualifying Swims: Swims achieving the qualifying time standards for the first time from Tuesday, February 27, 2024 through Sunday March 3, 2024 will be accepted. There will be a separate amended file to be used for these late entries and are due by Monday March 4, 2024, 8:00PM.

Proof of times is also required. These cannot be used to improve the seed time of a prior entry, but instead must be a new qualifying entry.

ENTRY PROCEDURE: Entries must be submitted in computer ready form with a printout copy.

Hy-Tek Meet Manager Software is the standard used. The YMCA Greater Monmouth County Swim Team will send each eligible team an event file for Team Manager to facilitate entry into the meet.

All teams must submit a properly signed "2024 NJ YMCA State Championship Meet Certification and Cover Form" and "Hold Harmless Agreement".

Teams must submit a Team Roster, export file electronically from Hy-Tek, with the names and DOB of all swimmers.

Electronic entry files should be sent via email to, besmarttinc@gmail.com "State Entries" in subject line. The meet entry coordinator will respond to email entries within 48 hours.

If you do not receive an email response within 48 hours, assume that your email has not been received. It then becomes the sender's responsibility to make sure that the host club's meet entry coordinator receives the email.

PAYMENT: Entry fees, entries, registration information and team rosters should be mailed to:

Greater Monmouth County Swim Team
166 Maple Avenue
Red Bank, NJ 07701
Attn: Joan Truscio

Make checks payable to: "YMCA Greater Monmouth County Swim Team"

OVER-SUBSCRIPTION: N/A

PSYCH SHEETS: Psych sheets will be posted after final entries have been received and should be available on the website:

www.ygreatermonmouthswimeam.com and besmarttinc.com on Monday, March 4th. Any entry time issues should be brought to the attention of the Entry



Chairperson by 12 noon on Tuesday, March 5th. After that time, please contact the Administrative Official. Do not contact the Meet Director or Entry Chairperson after March 6th.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS: 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. All those officials who have been invited will be provided with a wristband that must be worn while on pool deck.

TIMERS: The host team will create timing assignments that will be fair and equal to all teams. These will be emailed to all participating clubs and posted on the website: www.ygreaftermonmouthswimteam.com no later than 72 hours before the meet. Timers from each team must check in. The host club will have stopwatches available for timers. Upon checking in, timing credentials will be provided to remain on the deck. **Teams are required to fulfill their designated timing assignment or risk disqualification of their swimmers.**

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: 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. All coaches and officials must check in to receive their wristband. Coaches that have not pre-registered will not be allowed on the pool deck.

EVENT CHECK-IN: For Thursday's 1000 Freestyle Final, coaches will be e-mailed on Monday, March 4, 2024 with swimmers entered. Coaches are asked to advise of any scratches by Wednesday, March 6th at 5 PM. A Meet Program will be sent to all coaches and posted to the website for this session.

On Friday morning, Team/Session rosters ("Scratch Sheets") will be provided to coaches at the start of warm-up and should be returned 25 minutes after the start of warm-ups (start of second warm-up session). **During the 13/14 Preliminaries on Friday and Saturday, scratch sheets for the following day will be provided to coaches. Coaches are asked to return the scratch sheets as soon as possible (ideally during Finals that night) but need to be handed in at the computer podium NO LATER THAN 15 minutes after the start of warm-up for each session.** Scratches should be indicated as described below using appropriate scratch sheet for that session.



Scratches for sprint relays need to be handed in at the computer podium 15 minutes after the end of that day's preliminary session. Coaches can change the relay cards 30 minutes prior to the start of the Finals session.

SCRATCH PROCEDURE AND PENALTIES FOR FINALS: The Scratch Table for Finals will be located next to the computer podium of Main Pool.

Scratches for finals are due within 30 minutes from the time the top 16 or 24 swimmers are announced.

If there have been scratches from a Final event, the Administrative Referee will attempt to notify any swimmer moved up into FINALS.

Failure to compete in a Finals Event from which the athlete has not scratched shall disqualify the athlete from the remainder of the meet. However, 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, or it is determined by the referee that failure to compete is caused by circumstances beyond the control of the athlete.

Scratch procedures for Finals will be in accordance with USA-S Rule 207.11.6 D&E.

SCRATCH SHEET INSTRUCTIONS:

All events will be positive check-in.

Swimmers that are swimming will have a single line through their name.

Swimmers that are being scratched from the session will have their name circled and "SCR" will be written next to the circle

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. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer or the coach declares an intent to swim at the scratch table prior to the close of the scratch period for that day's events.

COACHES MEETING: Coaches meeting – TBD if needed

OFFICIALS AND TIMERS MEETING: Officials meetings 45 minutes prior to sessions 2,3,5,6,8,10 and Friday/Saturday/Sunday finals sessions. Officials meetings 15 minutes prior to session 1, 9 and 11. Timers meetings TBD.



CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, Administrative Official, Coaches Rep and Participants Rep.

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a Timed Finals and Prelims & Final format depending on the event. Swimmer's age will be determined as of December 1, 2023. This meet is an Approved Meet in accordance with USA Swimming Rule 202.4.

This meet will be a 3 ½ day preliminaries/finals championship style meet that will host events in the 13-14, 15/O age groups and Open events.

Published time standards must be strictly adhered to.

Open events are timed finals and will **not** be scored.

There will be time trials each day, but these are not included in the meet sanction and further information will be available at www.ygreatermonmouthswimteam.com.

The events for the 13-14 age groups will have prelims in the late morning/afternoon and will conclude in the evening with finals. Swimmers placing 1-8 shall compete in championship finals, 9-16 consolation finals. Two alternates will also be announced.

The events for the 15/O age groups will have prelims in the morning and will conclude in the evening with finals. Swimmers placing 1-8 shall compete in championship finals, 9-16 consolation finals and 17-24 bonus finals. Two alternates will also be announced. Bonus finals will be offered for all 15/O age group events that are 200 yards or less.

1000 and 1650 events will be run in both pools as a timed final swum fastest to slowest.

For the 1000 and 1650 Finals, swimmers will need to provide their own timer.

For the 500, 1000, and 1650 events, swimmers will need to provide their own counters.

The Meet will be conducted under the 2023 USA Swimming Technical Rules, the NJ YMCA Swim League Constitution and the Rules that Govern YMCA Competitive Sports and all supplements thereto.

Lane timers, 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.

In granting an approval for this meet, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

EVENT SEEDING: Most events will be seeded Slowest to Fastest and the top three preliminary heats will be circle seeded. For the 400 IM and 500 Freestyle, only the top two heats will be circle seeded. The 1000 and 1650 will be run as a Timed Final and seeded fastest to slowest.

The Meet Referee/Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that athlete 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.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups depending on age groups and team entries.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts. Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

All warm-ups will be supervised and any swimmer acting inappropriately during warm-up, will be disqualified from his/her next swim.



STARTS: The host club will determine if "Fly-over" starts will be used after a time line has been produced. This information will be posted in the pre-meet information and e-mailed to coaches. If 'Fly-over' starts are used at this meet; all swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

SWIM-OFFS: In the event a swim-off is necessary, the Meet Referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2).

INITIAL SPLITS: Coaches desiring a time for an initial split in an individual or relay event must complete the appropriate form and present it to the Deck Referee prior to the swim in question so that additional timers can be provided as a back-up to the timing system. Forms are available at the Computer Table next to the Main Pool. Coaches may be asked to provide one or more timers for their athletes.

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with the swimmer's entry.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted in the pool lobby in selected areas. Ongoing results will be posted on Meet Mobile.

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Meet Referee and the Meet Referee's decisions will be final (USA-S Rule 102.23). All other protests must be made in writing by the team's coach within 30 minutes for the swim in question and all such protests will be adjudicated by the Meet Committee.

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct:

- Deck access is limited to only registered and approved coaches, swimmers, and working officials. Coaches and working officials will be required to wear wristbands.

- Deck changes are prohibited.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity.”. This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- **SMOKING, VAPING, ALCOHOL & DRUGS: THERE IS NO SMOKING, VAPING, ALCOHOL OR DRUGS IN THE AQUATIC CENTER COMPLEX.**
- Glass, Food and Chairs are not permitted on the pool deck or locker room.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Photographs are not allowed to be taken behind the block during competition.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.
- Massage tables are not permitted.
- There is a designated locker room for the athletes and coaches only. Parents are not allowed in the locker room.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Shaving is not permitted in any areas of the facility.
- Each local YMCA has established policies for background screening, child abuse prevention training and code of conduct for staff and volunteers. It is the responsibility of each YMCA staff member and volunteer to know and comply with those local YMCA policies. In addition, each USA Swimming member coach and volunteer must be in compliance with USA Swimming and U.S. Safe Sport Law requirements.

AWARDS AND RECOGNITION

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. Relay events will be scored according to finish times of all "A" designated relays in all heats. Only "A" relays may swim in the fastest heat of the scoring relay events.

In the 13-14 and 15/O 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 final.

AWARDS:

Medals - First through eighth place in all individual and scored relay events.

Ribbons - Ninth through sixteenth place in all individual and scored 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 boys' 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 PICK UP ALL INDIVIDUAL AND TEAM AWARDS PROMPTLY AT THE END OF THE MEET. THE HOST TEAM WILL NOT MAIL AWARDS.

SENIOR RECOGNITION: Graduating Seniors will be recognized on Saturday night prior to the start of Finals.

TIME TRIALS

FORMAT AND FEE: Time Trials are open only to athletes entered in the Championship meet. An athlete may only swim the stroke being contested in a Time Trials event, e.g. an athlete may not swim backstroke in a breaststroke event in Time Trials. Entry fee per event is **\$15.00**.

TIME TRIAL LIMITS: Each athlete is allowed to enter a total of 3-time trial events for the meet – limited to no more than 1 per day.

As the main meet is USA-S Approved, there is a daily limitation on the number of events a swimmer can swim (rule reference 102.2.2 and 102.2.7).

- A swimmer may swim no more than 3 individual events per day in a Prelims/Finals meet.
- Time Trial events must count as a part of this daily total.



TIME TRIAL PROCEDURE: There will be a Time Trial session on each day of this meet, but will not be part of the acquired sanction and further information will be available at www.ygreatermonmouthswimteam.com

SPECTATORS

ADMISSION FEE: No Admission Cost

HEAT SHEETS: Posted on Meet Mobile

CONCESSION STAND: F&M University WILL NOT be providing concessions during the 2024 Meet. Packaged snacks and drinks will be available for purchase.

SEAT SAVING POLICY: Saving seats is NOT permitted.

ATHLETE APPAREL: T and T Swimming will be on site Friday thru Sunday

CHAMPIONSHIP APPAREL: TBD

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races. There is no photography permitted on the pool deck unless approved by the NJ YMCA Championship Committee.
- No personal chairs are allowed in the spectator area.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Photographs are not allowed to be taken behind the block during competition.
- Spectators are not permitted on deck.
- No smoking, vaping, drugs, or alcohol are permitted in the swimming complex.
- There is a designated locker room for the athletes and coaches only. Parents are not allowed in the locker room.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 2 must be signed by each association participating in the meet.

LIABILITY LIMITS: In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or

claims for damages arising by reason of injuries to anyone during the conduct of the meet.

EMERGENCIES: The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

EVACUATION PROCEDURE: Follow facility posted evacuation procedures.



DIRECTIONS

GPS: 931 Harrisburg Ave, Lancaster, PA 17603

LODGING

Teams are responsible for their own lodging.

PARKING

Parking is available in designated areas. Please follow the instructions of campus personnel or other parking attendants.



APPENDIX 1: ORDER OF EVENTS AND QUALIFYING TIMES

13/Over YMCA State Championships				
Events, Sessions and Time Standards:				
Girls Event Number	Time Standard	Description	Boys Event Number	Time Standard
Session 1 – Thursday Evening				
Distance Finals				
101	11:27.39	13-14 1000 Freestyle	102	10:59.99
103	11:04.89	15/O 1000 Freestyle	104	10:11.99

Session 2 – Friday Morning				
15/O Girls & Boys Preliminaries				
** - The 400 IMs will run in both pools after a 5 minute break after the prior event.				
205	1:11.79	15/O 100 Breaststroke	206	1:03.69
209	:54.89	15/O 100 Freestyle	210	:49.99
213	2:14.19	15/O 200 Backstroke	214	2:04.09
217	4:52.49	15/O 400 IM **	218	4:25.99
Session 3 – Friday Afternoon				
13/14 Girls & Boys Preliminaries				
203	1:15.29	13-14 100 Breaststroke	204	1:11.69
207	:57.79	13-14 100 Freestyle	208	:54.39
211	2:21.29	13-14 200 Backstroke	212	2:17.89
215	4:58.99	13-14 400 IM **	216	4:44.49



Session 4 – Friday Evening				
Event Finals				
201	1:44.99	Open 200 Free Relay	202	1:32.99
203		13-14 100 Breaststroke	204	
205		15-21 100 Breaststroke	206	
207		13-14 100 Freestyle	208	
209		15/O 100 Freestyle	210	
211		13-14 200 Backstroke	212	
213		15/O 200 Backstroke	214	
215		13-14 400 IM	216	
217		15/O 400 IM	218	
219	3:52.19	13-14 400 Freestyle Relay	220	3:36.19
221	3:49.99	15/O 400 Freestyle Relay	222	3:30.99



Session 5 – Saturday Morning				
15/18 Girls & Boys Preliminaries				
303	5:19.89	15/O 500 Freestyle ***	304	4:57.99
307	1:02.69	15/O 100 Backstroke	308	:56.99
311	2:17.99	15/O 200 Butterfly	312	2:04.09
315	2:14.79	15/O 200 IM	316	2:02.89
Session 6 – Saturday Afternoon				
13/14 Girls & Boys Preliminaries				
301	5:36.99	13-14 500 Freestyle ***	302	5:22.19
305	1:05.39	13-14 100 Backstroke	306	1:03.19
309	2:30.79	13-14 200 Butterfly	310	2:22.99
313	2:21.59	13-14 200 IM	314	2:14.39
*** - The 500 Free will run in both pools which will be followed by a 5 minute break after the completion of the event swimming in the Main Pool.				
Session 7 – Saturday Evening				
Event Finals				
301		13-14 500 Freestyle	302	
303		15/O 500 freestyle	304	
305		13-14 100 Backstroke	306	
307		15/O 100 Backstroke	308	
309		13-14 200 Butterfly	310	
311		15/O 200 Butterfly	312	
313		13-14 200 IM	314	
315		15/O 200 IM	316	
317	4:30.19	13-14 400 Medley Relay	318	4:10.19
319	4:19.99	15/O 400 Medley Relay	320	3:59.99



Session 8 – Sunday Morning				
15/18 Girls & Boys Preliminaries				
409	1:59.39	15/O 200 Freestyle	410	1:49.69
413	2:35.99	15/O 200 Breaststroke	414	2:20.69
417	1:00.69	15/O 100 Butterfly	418	54.99
421	:25.39	15/O 50 Freestyle	422	:22.99
Session 9/10– Sunday Morning				
13/14 and 15/18 Girls & Boys 1650 Distance Finals				
401	18:34.59	15/O 1650 Freestyle	402	16:59.99
403	19:10.99	13-14 1650 Freestyle	404	18:35.99
Session 11 – Sunday Afternoon				
13/14 Girls & Boys Preliminaries				
407	2:05.59	13-14 200 Freestyle	408	2:00.19
411	2:44.19	13-14 200 Breaststroke	412	2:34.19
415	1:05.09	13-14 100 Butterfly	416	1:01.99
419	:26.89	13-14 50 Freestyle	420	:24.99
Session 12 – Sunday Evening				
Event Finals				
405	1:58.09	Open 200 Medley Relay	406	1:45.09
407		13-14 200 Freestyle	408	
409		15/O 200 Freestyle	410	
411		13-14 200 Breaststroke	412	
413		15/O 200 Breaststroke	414	
415		13-14 100 Butterfly	416	
417		15/O 100 Butterfly	418	
419		13-14 50 Freestyle	420	
421		15/O 50 Freestyle	422	



APPENDIX 2: YMCA SANCTIONED MEET DECLARATION FORM

(**Note:** Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: NJ YMCA 13 & over State Championship Meet

Meet Date(s): Thursday, March 7 to Sunday, March 10, 2024

Meet Host: YMCA Greater Monmouth County Swim Team

Meet Location: Franklin & Marshall College, Kunkel Aquatic Center, Lancaster, PA

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

- All swimmers age 18 and older have completed Child/Athlete Protection Training within the last 12 months.

COACHES - All coaches representing the YMCA above have completed the annual YMCA coach registration and hold current certifications in: BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the NJ YMCA 13 & over State Championship Meet for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the NJ YMCA 13 & over State Championship Meet.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, YMCA Greater Monmouth County, their agents, representatives or assigns, and the Kunkel Aquatic Center in the Alumni Sports & Fitness Center at Franklin and Marshall College for any and all injuries which may be suffered by participants at the NJ 13 & over YMCA State Championship Meet. Furthermore, we understand that the YMCA of the USA and YMCA Greater Monmouth County Swim Team are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name of Head Coach

Signature

Name of YMCA Executive Director or Designee

Signature



APPENDIX 3: SAFE SPORT ACT

New federal legislation enacted in February 2018 has expanded requirements around sexual abuse prevention for organizations that arrange amateur athletic competitions for minors. To ensure compliance with all applicable laws, and to continue to strengthen our ability to protect youth in our care from abuse, ALL coaches and officials participating in the 2024 NJ YMCA 13 & over State Championship Meet, should take the following steps to ensure policies and procedures for abuse prevention and reporting align with the law.

- Coaches and officials should be up to date with either the YMCA of the USA or USA-S annual certification process.
- All coaches and official should have their identification visible on them during the meet and be prepared to present such when entering the pool deck area.
- All coaches and volunteers must read and provide a signature to acknowledge that they have read and understood the 2024 Code of Conduct. Coaches will be required to sign when picking up their Meet Package and Officials will sign when participating in their first official briefing.
- Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

REQUIRED REPORTING: A report should be filed with the local authorities within 24 hours. In addition, during the event, staff and volunteers should report concerns or complaints about other staff, volunteers, adults, or youths to the Meet Director or Safety Director or to Praesidium's Anonymous Helpline at (855) 347-0751



NJ YMCA 13 & over State Championship Meet
Thursday, March 7 to Sunday, March 10, 2024

This is the last page of the Meet Announcement