

2009 SHY Long Course Invitational Championships

Hosted by Somerset Hills YMCA at the Pleasant Valley Pool

Sunday June 21, 2009

Session 1 – 800m Free

Warm-up:	6:00 AM – 6:20 AM
Meet:	6:20 AM – 7:30 AM

Session 2 – Remaining Events

Warm-up:	7:30 AM – 8:00 AM
Meet:	8:05 AM – 10:55 AM

The facility opens at 6:00AM, NO EARLIER.

FACILITY: Pleasant Valley Pool has a six-lane 50-meter pool with a Colorado Timing System, ample parking and concessions on-site.

MEET DIRECTOR: Martin Scheidl with SHY (mscheidl@verizon.net)

ELIGIBILITY: Swimmers must be members in good standing of a NJ YMCA.

ENTRY FEES: \$4.00 per individual event.

ENTRIES: Entries AND Team Rosters should be emailed to mscheidl@verizon.net no later than **Monday 6/15/09**. All entries may be revised up through **5:00 PM on Monday 6/15/09**; thereafter all entries will become “*FINALIZED ENTRIES*”. Clubs will receive a confirmation email of their *FINALIZED ENTRIES* and meet entry fees by Tuesday, 6/16/09. Clubs will be required to confirm all Finalized Entries by the start of the meet via Check-In and Scratches. Entry fees ***SHOULD NOT*** be sent until all entries are confirmed and finalized; payment must be made by check, payable to the “SHY STPO” on or before the meet.

Deck entries may be accepted subject to available facility time and **ONLY** if the team’s roster has been previously submitted. **The TM Events File accompanies this Meet Announcement.**

MEET FORMAT: This YMCA meet is designed to provide swimmers with official times for certain long-course events. No scoring will occur nor awards presented. The 2009 USA Swimming Technical Rules shall govern this meet. All events are mixed gender ‘open’ events without restriction as to the swimmer’s age. The Meet Director reserves the right to amend the events, heat limitations and extent of entries based upon the available time of the facility. Any amendments will be announced either (i) in advance via e-mail or (ii) via posting at the meet.

CHECK IN: The entire meet will be deck seeded and, time permitting, deck entries may be accepted. All Coaches must turn in check-in sheets by 7:45 AM. *Scratches should have names circled with the word "SCR" next to the name. Scratches from events should have event number circled and the word "SCR". All other swimmers should have a line through their name signifying the swimmer will swim in all events entered.* Any swimmer who has not checked in will be scratched from their events for that day.

ADMISSIONS: Admission is \$5.00 per person. Children under 8, officials, and participants are free. Included with admission is one psych sheet per family.

REFRESHMENTS: A varied menu of hot and cold refreshments will be available for sale throughout the competition.

RESULTS: All participating clubs will receive a set of Final Results.

OFFICIALS: Participating clubs are requested to provide at least 2 YMCA Level II certified officials.

HOSPITALITY: A hospitality area will be maintained for coaches and officials.

CONDUCT: Proper conduct at all times will be enforced by coaches, parents, marshals, and meet directors. Any swimmer found in restricted areas will be banned from the remainder of the meet. The Meet Director, in his sole judgment, shall be the final arbiter as to conduct of individual and teams.

TIMERS: Participating clubs are requested to provide volunteer timers with watches. Swimmers in the 800m event must provide their own two timers and persons to operate lap counters. Failure to do so will result in disqualification.

DIRECTIONS: Pleasant Valley Park, 3400 Valley Road, Basking Ridge, NJ 07920

From the North: Take Route 287 south to Mt. Airy Road exit. Turn left onto Mt. Airy Road. Proceed to the 2nd traffic light and turn left onto Valley Road. Pleasant Valley Park is approximately 1 mile on the left. Pleasant Valley Pool parking is on the left after entering the park.

From the South: Take Route 287 north to first Mt. Airy Road exit (Liberty Corner/Lyons VA), turn right onto Mt. Airy Road and proceed as above.

EVENTS AND NOTES:

Order of Events – Session 1

Event Number	Event Name
1	Mixed 800 Freestyle

Order of Events – Session 2

Event Number	Event Name
2	Mixed 50 Freestyle
3	Mixed 100 Butterfly
4	Mixed 50 Breaststroke
5	Mixed 100 Backstroke
6	Mixed 50 Butterfly
7	Mixed 100 Freestyle
8	Mixed 50 Backstroke
9	Mixed 100 Breaststroke
10	Mixed 400 Freestyle
11	Mixed 400 IM

1. All events except the 800 Free will run SLOW to FAST. The 800 Free will run FAST to SLOW
2. All events are a mixed gender format.
3. Swimmers may enter as many events as desired, subject to limitations placed on the availability of the facility.
4. Depending on the number of athletes participating, SHY reserves the right to invoke entry limits, revise the order of events, delete certain events and otherwise revise the meet to address the time constraints. This determination will be completed at the time ***FINALIZED ENTRIES*** are returned to each participating club.