



HAMILTON Y SUMMER FUN MEET

Hosted by **HAMILTON Y AQUATIC CLUB** @ PRINCETON UNIVERSITY, DeNunzio Pool

TUESDAY, July 14, 2009

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|----------------------|---|------------------|
| Doors open at 9:00AM | Warm-up @ 9:15AM; check-in by 9:15AM | Start at 10:00AM |
|----------------------|---|------------------|

FACILITY: Princeton University is an 8 lane **50 meter** pool located on Faculty Road with Colorado timing.

MEET DIRECTOR: Ellen W. Mace (entries1@juno.com)

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

ENTRY FEES: \$5.00 per individual event and \$4.00 per relay event; deck entries \$10.00.

ENTRIES: Team Manager entries should be emailed to entries1@juno.com no later than **Monday July 6, 2009**. Entries can be in yards, short course meters or long course meters. Payment should be made to **HAC and mailed to BE Smartt, Inc., 604 Paxson Avenue, Mercerville, NJ 08619**. Deck entries **may** be accepted; the fee will be \$10.00 per event. The TM events file is posted at www.besmarttinc.com

MEET FORMAT: This YMCA meet is designed to give YMCA swimmers an opportunity to qualify for the upcoming YMCA nationals. No awards will be given. The 2009 USA Swimming Technical Rules shall govern this meet. All events are open. However, swimmers must be 12 years old by July 31, 2009 in order to compete. The Meet Director reserves the right to amend the events, or limit heats.

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 9:15AM. **Scratches should have names circled with the word "SCR" next to the name. Scratches from events should have the event number circled and the "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 the session.

ADMISSIONS: There will be a no admission fee to the facility; heat sheets will be posted, no programs will be available.

RESULTS: A zip file will be posted immediately following the meet at www.besmarttinc.com. Please advise if you will need a hard copy of the meet results.

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



CONDUCT: Proper conduct at all times will be enforced by coaches, parents, marshals, and the meet directors.

TIMERS: Participating clubs will be asked to provide timers with stopwatches; we will have **three** timers on a lane.

DIRECTIONS: Take Route 1 South, to Route 571 (Washington Road) make a right, then another right at the first light. The parking lot will be on your left past DeNunzio Pool.

QUESTIONS: Contact Ellen, 609.558.0988, entries1@juno.com or Sue Welsh, 609.468.9286, sjwelsh99@aol.com

EVENTS AND NOTES:

Order of Events

| Event # | Event Name | Event # | Event Name |
|---------|-------------------------|---------|----------------------------|
| 1 | Girls 200 Medley Relay* | 17 | Girls 200 Breaststroke |
| 2 | Boys 200 Medley Relay* | 18 | Boys 200 Breaststroke |
| 3 | Girls 50 Freestyle | 19 | Girls 50 Backstroke |
| 4 | Boys 50 Freestyle | 20 | Boys 50 Backstroke |
| 5 | Girls 100 Backstroke | 21 | Girls 100 Freestyle |
| 6 | Boys 100 Backstroke | 22 | Boys 100 Freestyle |
| 7 | Girls 200 Butterfly | 23 | Girls 100 Butterfly |
| 8 | Boys 200 Butterfly | 24 | Boys 100 Butterfly |
| 9 | Girls 100 Breaststroke | 25 | Girls 50 Breaststroke |
| 10 | Boys 100 Breaststroke | 26 | Boys 50 Breaststroke |
| 11 | Girls 200 IM | 27 | Girls 200 Backstroke |
| 12 | Boys 200 IM | 28 | Boys 200 Backstroke |
| 13 | Girls 200 Freestyle | 29 | Girls 200 Freestyle Relay* |
| 14 | Boys 200 Freestyle | 30 | Boys 200 Freestyle Relay* |
| 15 | Girls 50 Butterfly | 31 | Girls 400 Freestyle/400IM |
| 16 | Boys 50 Butterfly | 32 | Boys 400 Freestyle/400 IM |

1. All events will run SLOW to FAST.
2. Entries can be in yards, short course meters, or long course meters.
3. Swimmers may enter as many events as desired.
4. HAC reserves the right to combine any event into a mixed gender event.
5. Depending on the number of athletes participating, HAC reserves the right to invoke entry limits, revise the order of events, delete certain events and otherwise revise the meet to address any time/facility constraints.
6. * Relays will be deck entered based on available time and facility setup.



**2009 HAMILTON YMCA SUMMER FUN MEET
The HAMILTON YMCA AQUATIC CLUB
Release and HOLD HARMLESS AGREEMENT**

In order to participate in the 2009 HAMILTON YMCA SUMMER FUN MEET, the following terms and conditions are herewith agreed to for the promotion and execution of the event.

The HAMILTON Y AQUATIC CLUB, its officers, agents, employees and assigns, shall not be liable for any injury or damage to Participant's officers, agents, employees and assigns or the property on the premises of the event unless caused by or due to the negligence of the HAMILTON Y AQUATIC CLUB or its officers, agents, employees and assigns.

Participant, its officers, agents, employees and assigned shall not be liable for any injury or damage to Princeton University, its officers, agents, employees and assigns or to property on the premise of the event unless caused by, or due to the negligence of the Participant, its officers, agents, employees and assigns.

All Participants and the HAMILTON Y AQUATIC CLUB will carry general liability insurance in standard form covering the above.

Executed this _____ day of _____, 2009.

YMCA Association Name: _____ YMCA
Association #: _____

CEO/Executive Director Signature:
