

Champions Classic 2023

Hosted by: Greater Somerset County YMCA
at the Jersey Aquatic Center

Held under the sanction of USA Swimming

Meet Approval Info:	This is a closed YMCA meet (YMCA Members Only) USA swimming approved NJ Swimming Approval # -NJS-AP-102123SCY Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.	
Date of Meet:	October 21-22, 2023	
Link to Facility Info:	Jersey Aquatic Center, 629 Central Ave., New Providence, NJ 07974	
Host Team Contact:	Melissa Thompson	mthompson@gscymca.org
Meet Director:	Marissa Forget	mjadrosichforget@gmail.com
Meet Referees:	Charles Banville	Charles.banville@gmail.com
Admin Officials:	Melissa Thompson	mthompson@gscymca.org
Safety Marshalls:	Mary Korey	mkorey@gscymca.org
Entry Coordinator:	Melissa Thompson	908-334-3102 mthompson@gscymca.org
Entries Open:	October 9 th , 2023	
Entry Deadline:	October 13 th , 2023	
Swimmer Age	December 1, 2023	
Entry fees:	Individual Events \$7 Relay Events \$20	
Entry Surcharges:	Athlete Surcharge \$20	
Meet Course:	SCY	
Teams Invited:	YMCA Members/Teams Only	
Meet Format:	This meet will be run as a timed final meet. There will be 9-10, 11-12, 13-14, and 15-18 events. This meet is deck seeded with coaches checking in & scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own.	
No Show Policy:	No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer's maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.	
Medical Information:	Jersey Aquatic Center is staffed by certified lifeguards and all operational personnel are trained in CPR and First Aid. There is an AED on site. There is not an EMT on site.	
Entry Limits:	Daily: 3 Individual Events, 1 Relay	Meet: 6 Individual Events, 2 relays
Checks Payable To:	GSCYMCA	
Email Entry Files To:	Mail to ATTN: Mary Korey, 140 Mt. Airy Rd., Basking Ridge, NJ 07920	

Tentative Meet Schedule

This schedule is tentative pending receipt of entries.

Depending on the entries, sessions may be combined or split.

The complete schedule with session warm-up and start times will be established when all entries have been received and a timeline developed. The schedule will be published on the meet section of the NJS website, meet website, and e-mailed to the coaches of

Saturday, October 21, 2023	Age Groups	Warm-up	Start
Session #1	9-12 year olds	8am	9am
Session #2	13-14 year olds	TBD	TBD
Session #3	15 & Overs	TBD	TBD
Sunday, October 22, 2023			
Session #4	9-12 year olds	8am	9am
Session #5	13-14 year olds	TBD	TBD
Session #6	15 & Overs	TBD	TBD

Scoring:	There will be scoring
Awards:	Ribbons for 1 st , 2 nd , and 3 rd place in the 12&U Events
Starts:	The host club will determine if “overhead/ fly-over” starts will be used after a timeline has been produced.
Admissions and Programs:	Spectators will be permitted into the facility. Heat sheets will be available on Meet Mobile.
Concessions:	None
Vendor:	None
Distance Events:	None
Heat Limited Events	None
Internet Website Posting:	GSCY Storm Swimming
Meet Requirement Statement:	In order to be eligible for the NJ Swimming Zone Championship Team or for NJ Swimming Athlete Travel Grants 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
Directions:	Address: Jersey Aquatic Center 629 Central Ave. New Providence, NJ 07974

Meet Events

Saturday, October 21, 2023			Sunday, October 22, 2023		
Session #1 9-12s			Session #4 9-12s		
Girls	Event	Boys	Girls	Event	Boys
1	9-10 200 Medley Relay	2	49	9-10 200 Free Relay	50
3	11-12 200 Medley Relay	4	51	11-12 200 Free Relay	52
5	9-10 200 IM	6	53	11-12 200 FREE	54
7	11-12 200 IM	8	55	9-10 100 IM	56
9	9-10 50 BACK	10	57	11-12 100 IM	58
11	11-12 50 BACK	12	59	9-10 50 FREE	60
13	9-10 100 BREAST	14	61	11-12 50 FREE	62
15	11-12 100 BREAST	16	63	9-10 100 FLY	64
17	9-10 50 FLY	18	65	11-12 100 FLY	66
19	11-12 50 FLY	20	67	9-10 50 BREAST	68
21	9-10 100 FREE	22	69	11-12 50 BREAST	70
23	11-12 100 FREE	24	71	9-10 100 BACK	72
			73	11-12 100 BACK	74
Session #2 13-14s			Session #5 13-14s		
Girls	Event	Boys	Girls	Event	Boys
25	13-14 200 Medley Relay	26	75	13-14 200 Free Relay	76
27	13-14 200 FREE	28	77	13-14 100 FREE	78
29	13-14 100 BREAST	30	79	13-14 200 BREAST	80
31	13-14 200 FLY	32	81	13-14 100 BACK	82
33	13-14 50 FREE	34	83	13-14 200 IM	84
35	13-14 200 BACK	36	85	13-14 100 FLY	86
Session #3 15&Overs			Session #6 15&Overs		
Girls	Event	Boys	Girls	Event	Boys
37	15-18 200 Medley Relay	38	87	15-18 200 Free Relay	88
39	15-18 200 FREE	40	89	15-18 100 FREE	90
41	15-18 100 BREAST	42	91	15-18 200 BREAST	92
43	15-18 200 FLY	44	93	15-18 100 BACK	94
45	15-18 50 FREE	46	95	15-18 200 IM	96
47	15-18 200 BACK	48	97	15-18 100 FLY	98

NJS Information and Policies for USA Approved Meets for YMCA

Locker Rooms:	<ul style="list-style-type: none"> • If only one locker room/restroom: If Athletes and Adults including Coaches & Officials must use the same facility, make sure you are not alone with an athlete in the locker room, including using the restroom. Be proactive and tell the meet director immediately if this happens, even when no fault of your own. • If multiple facilities: There is a separate locker room/restroom for athletes only! All other adults including Coaches & Officials need to make sure that you are only using the facility marked for you.
Entry Info:	<ul style="list-style-type: none"> • There will be no refunds after the entry deadline except for events that may be scratched from meet by the Entry Coordinator or Meet Director, or as otherwise directed by NJ Swimming. Entries will be acknowledged within 48 hours of receipt. • All entries will be accepted on a first come basis. • Team entries will be considered accepted when the host club accepts the entries. • Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. • Special Notice: Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.
Entry Times:	<ul style="list-style-type: none"> • New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. • Unless otherwise specified in the earlier Meet Course section, entry times should be for the course that the meet is going to be swum, with converted times being permitted.
Relays:	<ul style="list-style-type: none"> • Relay scratches should be turned in at the required time noted by the meet director. • Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.
Swimmer Eligibility:	<ul style="list-style-type: none"> • Swimmers who are not a member of USA Swimming as provided in Article 302 may compete in this meet, however their results will not be entered into the USA swimming data base. • Swimmers must be full privilege members of their respective YMCA. • All transfer swimmer(s) must swim unattached for 60 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form. • All swimmers 18 & Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.
Check-In:	<ul style="list-style-type: none"> • All check-in sheets must be turned into the scoring table before the start of each session. Check-in times will be noted on the check in sheets. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched will have their names circled with a "SCR" next to the circle. Swimmers scratching a single event will have a line through their name and the event number circled with "SCR" next to the circle. • Failure to follow this procedure may result in the swimmer(s) being scratched from the session.
Adaptive Provisions:	<p>USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).</p>

<p>Host Club Responsibilities:</p>	<ul style="list-style-type: none"> • The host club will help provide timers for the meet. • The host club will e-mail entry verification back to the participating clubs. • The host club will create a warm-up schedule that will be fair and equal to all teams. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. • Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs no later than 1 week before the meet.
<p>Participating Club Responsibilities:</p>	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs 1 week prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck. • Participating clubs should help with officiating whenever possible.
<p>Coaches Conduct & Eligibility:</p>	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP 2.0). • Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions. • As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping. • All coaches “on the deck” must be currently registered coach members of USA Swimming. Verification can be in the form of a current USA Swimming membership card or Coaches Pass available through the USA swimming Deck Pass App. • Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. • All Coaches must have some form of USA coaching credential verification with them at all times. • All YMCA coaches are required to maintain current CPR Pro, First Aid, Coaches Safety Training (Safety Training for Swim Coaches or Lifeguard with successful completion of the Safety Training for Swim Coaches online course) and Principles of YMCA Competitive Swimming and Diving certifications. These are verified at the meet. • All participating coaches must have completed the online YMCA coach registration for the current season.
<p>Officials Conduct & Eligibility:</p>	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP 2.0). • Make sure all interactions with athletes are observable and interruptible. • Current USA Swimming and NJS Swimming certification or YMCA Swimming certification is required for all officials and the Meet Referee will check your cards. • Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. • All officials must wear the standard white and blue uniform. • Officials will be required to work the entire session and will receive free admission.
<p>Meet Format Waiver:</p>	<ul style="list-style-type: none"> • This meet will be run in accordance to current USA Swimming Rules. • The host club has the right to change the format of the meet with the approval of the Administrative vice chair and either the Age Group or Senior vice chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include: <ul style="list-style-type: none"> • To allow more swimmers to swim. • To conform to facility capacity limits or for facility safety concerns. • To condense the meet into smaller time frame. • Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.

Warm-up Procedures:	<ul style="list-style-type: none"> • Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Teams will be assigned lanes according to the size of their entries, to achieve a fair and comparable warm-up for all swimmers. • Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. • All swimmers must enter the pool feet first from the starting end of the pool. • New Jersey Swimming officials will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction.
Results:	<ul style="list-style-type: none"> • Meet result files for TM will be emailed to all participating teams. • Meet results will be posted on the meet website and on the New Jersey Swimming Website: www.njswim.org
USA-S Racing Start Certification Statement:	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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
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.
USA-S Deck Change Policy Statement:	Deck changes are prohibited.
USA-S Drone Policy Statement:	Operation of a drone, or any other flying apparatus, 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.
Minor Athlete Abuse Prevention Policy (MAAPP 2.0)	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 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy:	<p>Swimwear must conform to USA Swimming Rules.</p> <ul style="list-style-type: none"> • Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition. "Tech suits" are not permitted at this meet for 12 & under swimmers. "Tech Suits" are defined, as suits that have bonded seams, kinetic tape, or meshed seams. A list of restricted suits can be found on the NJ Swimming Website; www.njswim.org. • Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body. <p>Pursuant to USA Swimming Rule 205.10.1, it is permissible for a swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.</p>