

# GSCY Long Course Cup 2023

Greater Somerset County YMCA

Held under the sanction of USA Swimming

Meet approval Info:	<p><b>NJ Swimming Approval # -</b></p> <p><b>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.</b></p> <p>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.</p>		
Date of Meet:	Friday, June 2-Sunday June 4, 2023		
Location:	Jersey Aquatic Center 629 Central Ave. New Providence, NJ 07974		
Facility Info:	<p>The pool is Olympic-sized: 25 Yards by 50 meters and utilizes 10 lanes in Short Course or Long Course competition layout. The pool uses pedestal-style blocks with non-turbulent lane lines and an Omega Timing System. Under Long Course layout, the depth of the pool at the starting end is 6'9" and at the turning end is 5 feet. Under Short Course layout, the depth of the 10 competition lanes is 6'9". There are an additional 12 Short Course lanes for use during the general warm-up period that vary in depth from 5' to 6'9". During Short Course competition, there shall be a two lane buffer and 10 lanes available for warm-up and warm-down. There is also one 3 lane by 25 yard auxiliary pool for warm-up and warm-down. (This pool is only open during Long Course meet). The depth of the auxiliary pool ranges from 6'3" to 4'. There is bleacher seating on deck for up to 250 spectators. Parking is available in the facility lot ONLY. Parking in the lots of any surrounding businesses is strictly prohibited unless otherwise directed.</p>		
Pool Certification Statement:	The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.		
Host Team Contact:	Mary Korey	201-220-9807	mkorey@gscymca.org
Meet Director:	Melissa Thompson	908-334-3102	Mthompson@gscymca.org
Meet Referee:	Simon Chen	848-702-9050	<a href="mailto:Htoy1@yahoo.com">Htoy1@yahoo.com</a>
Administration Official:	Melissa Thompson	908-334-3102	MThompson@gscymca.org
Safety Marshall:	Mary Korey	201-220-9807	mkorey@gscymca.org
Entry Coordinator:	Melissa Thompson	908-334-3102	Mthompson@gscymca.org
Entries Open:	May 15, 2023 6am		
Entry Deadline:	Wednesday May 23, 2023 10pm		
Swimmer Age:	Age for this meet is calculated as of : June 2, 2023		
Invited Team:	This is a Closed YMCA Invitational. YMCA programs interested in attending may contact entry coordinator.		
Meet Course:	Long Course Meter (LCM)		
Meet Format:	<p>The Meet will be conducted under the current USA Swimming Technical Rules, the NJ YMCA Swim League Constitution, and the Rules that Govern YMCA Competitive Sports and all supplements thereto.</p> <ul style="list-style-type: none"> <li>• This meet will be seeded in Long Course Meters</li> <li>• This meet will be run as a timed final meet.</li> <li>• An Overall Team, Boys' Team, and Girls' Team score will be kept</li> <li>• This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers are responsible to</li> </ul>		

	<p>report to the blocks. No marshaling will be available.</p> <ul style="list-style-type: none"> <li>• This meet will adhere to all requirements as outlined in Meet Conduct and Administration section of the YMCA Sanctioned Championship Swim Meets Criteria.</li> <li>• All swimmers must be included in a team's official meet roster in the meet database to be eligible to participate in this swim meet in any events including relays.</li> <li>• Swimmers must be full privilege members of their respective YMCA and have represented only their YMCA in competition (with the exception of closed academic competition) for a period of 90 days prior to the start of the meet. If a new swimmer has not yet met this 90-day minimum, coaches may apply for an exception to this rule to the Championship Meet Committee.</li> <li>• Swimmers who have represented a college or post-high school institution in competition are eligible to compete as exhibition only and are not eligible to compete on any relays.</li> <li>• There will be qualifying times used for this meet</li> <li>• Unattached swimmer entries will not be accepted.</li> <li>• Age groups offered: 10/Under, 11-12, 13-14, 15/Over, and 11/Over events.</li> <li>• Age for this meet is: June 3, 2023</li> <li>• Individual and Relay Limits: <ul style="list-style-type: none"> <li>○ Swimmers may compete in 3 individual events per day on Saturday and Sunday.</li> <li>○ Swimmers will be limited to 1 individual event on Friday evening</li> <li>○ Swimmers may compete in one (1) relay per session.</li> </ul> </li> </ul>	
Entry Limits:	Daily: ( 3) Individual events (1) Friday (2) Relay	Meet: ( 7) Individual Events ( 2 ) Relays
Entry Fees:	Individual Entry: \$7.00 Relay Entry: \$12.00 <b>There will be a \$25 athlete surcharge.</b>	
Checks Payable To:	GSCYMCA	
Email Entry Files To:	Gscymeetentries@gmail.com	
Mail Checks/Reports	Mary Korey 140 Mt. Airy Rd. Basking Ridge, NJ 07920  Checks and waivers can be handed in on deck. These are required during the first session each team is competing.	

## Order of events

Friday June 2				
Session 1- PM				
11/Over Challenge Events				
Qualifying Times in LCM				
Event #	Event Description	11-12	13-14	15&Over
1	Girls 200 Backstroke	3:09.89	2:58.69	2:54.99
2	Boys 200 Backstroke	3:05.19	2:49.09	2:41.39
3	Girls 200 Breaststroke	3:35.99	3:23.99	3:20.49
4	Boys 200 Breaststroke	3:28.69	3:10.79	3:01.39
5	Girls 200 Butterfly	3:10.19	2:59.19	2:53.99
6	Boys 200 Butterfly	3:06.19	2:47.99	2:39.99
7	Girls 400 Freestyle	5:56.49	5:40.59	5:32.89
8	Boys 400 Freestyle	5:48.69	5:24.09	5:09.89

\*Entries for session one will be accepted until the session is filled. Session one may close prior to other sessions.

Qualifying Times (LCM)	Girls Event Numbers	Saturday, June 3 Session #2 AM 10&U Girls and Boys 11-12 Girls	Boys Event Numbers	Qualifying Times (LCM)
	101	10&Under 200 Freestyle Relay	102	
	103	11-12 200 Freestyle Relay		
35.69	105	11-12 50 Freestyle		
39.89	107	10&U 50 Freestyle	108	39.49
1:28.49	109	11-12 100 Butterfly		
1:52.99	111	10&U 100 Butterfly	112	1:50.79
45.49	113	11-12 50 Breaststroke		
53.99	115	10&U 50 Breaststroke	116	53.29
1:30.99	117	11-12 100 Backstroke		
1:45.99	119	10&U 100 Backstroke	120	1:43.09
2:49.19	121	11-12 200 Freestyle		

Qualifying Times (LCM)	Girls Event Numbers	Saturday, June 3 Session #3 MID 11-12 Boys 13-14 Girls and Boys	Boys Event Numbers	Qualifying Times (LCM)
		11-12 200 Freestyle Relay	122	
	123	13-14 200 Freestyle Relay	124	
		11-12 50 Freestyle	126	34.69
34.49	127	13-14 50 Freestyle	128	31.99
		11-12 100 Butterfly	130	1:26.29
1:20.39	131	13-14 100 Butterfly	132	1:15.49
		11-12 50 Breaststroke	134	45.19
45.00	135	13-14 50 Breaststroke	136	40.00
		11-12 100 Backstroke	138	1:27.99
1:23.59	139	13-14 100 Backstroke	140	1:17.89
		11-12 200 Freestyle	142	2:44.89
2:41.79	143	13-14 200 Freestyle	144	2:32.29

Qualifying Times (LCM)	Girls Event Numbers	Saturday, June 3 Session #4 PM 15 & Over <b>Girls and Boys</b>	Boys Event Numbers	Qualifying Times (LCM)
	145	15& Over 200 Freestyle Relay	146	
1:13.49	147	15& Over 100 Freestyle	148	1:06.89
42.00	149	15 & Over 50 Breaststroke	150	37.00
1:19.29	151	15 & Over 100 Butterfly	152	1:11.79
37.00	153	15& Over 50 Backstroke	154	33.00
2:58.19	155	15& Over 200 IM	156	2:43.99

Qualifying Times (LCM)	Girls Event Numbers	Sunday, June 4 Session #5 AM 10&U <b>Girls and Boys</b> 11-12 <b>Girls</b>	Boys Event Numbers	Qualifying Times (LCM)
	201	10&U 200 Medley Relay	202	
	203	11-12 200 Medley Relay		
1:31.19	205	10&U 100 Freestyle	206	1:30.19
1:18.09	207	11-12 100 Freestyle		
47.09	209	10&U 50 Butterfly	210	45.99
38.29	211	11-12 50 Butterfly		
1:59.79	213	10&U 100 Breaststroke	214	1:55.99
1:40.89	215	11-12 100 Breaststroke		
48.89	217	10&U 50 Backstroke	218	49.19
40.79	219	11-12 50 Backstroke		
3:43.19	221	10&U 200 IM	222	3:40.79
3:11.39	223	11-12 200 IM		

Qualifying Times (LCM)	Girls Event Numbers	Sunday, June 4 Session #6 MID 11-12 <b>Boys</b> 13-14 <b>Girls and Boys</b>	Boys Event Numbers	Qualifying Times (LCM)
		11-12 200 Medley Relay	226	
	227	13-14 200 Medley Relay	228	
		11-12 100 Freestyle	230	1:15.49
1:14.79	231	13-14 100 Freestyle	232	1:09.89
		11-12 50 Butterfly	234	38.59
40.00	235	13-14 50 Butterfly	236	35.00
		11-12 100 Breaststroke	238	1:38.39
1:34.79	239	13-14 100 Breaststroke	240	1:28.09
		11-12 50 Backstroke	242	40.39
40.00	243	13-14 50 Backstroke	244	35.00
		11-12 200 IM	246	3:08.49
3:01.79	247	13-14 200 IM	248	2:51.39

Qualifying Times (LCM)	Girls Event Numbers	Sunday, June 4 Session #7 PM 15 & Over <b>Girls and Boys</b>	Boys Event Numbers	Qualifying Times (LCM)
	249	15& Over 200 Medley Relay	250	
37.00	251	15 & Over 50 Fly	252	33.00
1:32.39	253	15 & Over 100 Breaststroke	254	1:23.49
33.79	255	15& Over 50 Freestyle	256	30.19
1:21.09	257	15 & Over 100 Backstroke	258	1:14.39
2:38.29	259	15& Over 200 Freestyle	260	2:26.09
6:18.79	261	15& Over 400 IM	262	5:47.29

## Meet Schedule:

Session #	Facility Opens	Warm-up	Scratches Due	Session Start
1: 11&Over Challenge Events	4:30pm	4:45pm	5:00pm	5:30pm
2: 10U Girls & Boys and 11/12 <b>Girls</b>	8:00am	8:20am	8:45am	9:15am
3: 11/12 <b>Boys</b> and 13/14 Girls & Boys		TBD		
4: 15 Over Girls & Boys		TBD		
5: 10U Girls & Boys and 11/12 <b>Girls</b>	8:00am	8:20am	8:45am	9:15am
6: 11/12 <b>Boys</b> and 13/14 Girls & Boys		TBD		
7: 15 Over Girls & Boys		TBD		

Scoring:	Overall Team, Boys Team, Girls Team scores will be kept
Awards:	Ribbons will be given to the 12U top 3 finishers in each event. <ul style="list-style-type: none"> <li>Hot Heat Awards will be given in each event to the individual winner of a randomly chosen heat in each event contested.</li> </ul>
Starts:	Overhead starts will be used at the discretion of the meet referee.
Admissions and Programs:	Swimmer Surcharge: \$25 Heat Sheets: \$3
Concessions:	Will be provided
Vendor:	California Beach Hut will be on site Saturday June 3, 2023.
Locker Rooms:	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 Information:	<ul style="list-style-type: none"> <li>Team entries must be submitted by email to <a href="mailto:gscymeetentries@gmail.com">gscymeetentries@gmail.com</a></li> <li>When emailing, please put your team's name and "LC Cup" in the subject line</li> <li>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 email has not been received. It then becomes the e-mailer'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 email or phone</li> <li>All entries must be Hy-Tek or Team Unify program entries as an attached file to an e-mail.</li> <li>An Entry Summary with a signed swimming waiver and a check must follow each e-mailed entry.</li> <li>All entries in 200M and 400M events will require a proof of time. One report per team should be submitted along with the team's entry file. Entry files will not be accepted without a corresponding POT report.</li> </ul>
Entry Times:	<ul style="list-style-type: none"> <li>New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time.</li> <li><b>All entry times must be in Long Course Meters</b></li> <li>Conversions from SCY are allowed</li> <li>Host club reserves the right to enter athletes slower than the qualifying time.</li> </ul>
Relays:	<ul style="list-style-type: none"> <li>All relays must have the correct four (4) names listed and in the correct order for the relay to be eligible.</li> <li>Coaches must turn in the completed relay cards 30 minutes prior to the start of the relay.</li> <li>Coaches may change the order or designation of the relay swimmers up until the time that a given relay begins to swim.</li> <li>The host club will accept entries for A and B relays only to limit heats on a per session basis if required to meet the timeline.</li> </ul>
Heat Limited Events	15/O 400IM may be heat limited to conform to time restraints.

Swimmer Eligibility:	<ul style="list-style-type: none"> <li>• No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.</li> <li>• 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.</li> <li>• All Unattached swimmers must be listed on the team's official waiver entry form.</li> <li>• Swimmers must be full privilege members of their respective YMCA Individual and Relay Limits: <ul style="list-style-type: none"> <li>○ Swimmers may compete in 3 individual events per day on Saturday and Sunday. Swimmers will be limited to 1 individual event on Friday evening.</li> <li>○ Swimmers may compete in one relay per session</li> <li>○ We will allow as many entries to the 15/O 400IM as desired but may heat limit to accommodate the timeline. Any athlete who gets timed out of the 400IM will be allowed to add another Sunday event.</li> </ul> </li> </ul> <p><b>All swimmers 18 &amp; 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.</b></p>
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>
Host Club Responsibilities:	<ul style="list-style-type: none"> <li>• The Host Club will provide a single timer in each lane throughout the meet.</li> <li>• The Host Club will provide two back-up timers for each session.</li> <li>• The Host Club will create a warm-up schedule and a timing assignment schedule that will be fair and equitable to all participating teams.</li> <li>• The warm-up and timing schedules will be e-mailed to all participating teams and will be posted on <a href="http://GreaterSomersetCountyYMCA.com">Greater Somerset County YMCA Swim Team Home (teamunify.com)</a> no later than one week before the meet.</li> </ul>
Participating Club Responsibilities:	<ul style="list-style-type: none"> <li>• Participating club parents must stay off the pool deck except for timing assignments.</li> <li>• Participating clubs should help with officiating whenever possible. Kindly sign-up in advance here.</li> <li>• All participating teams must be currently registered through the YMCA Online Team registration system</li> </ul>
Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> <li>• This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP).</li> <li>• Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.</li> <li>• 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.</li> <li>• 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.</li> <li>• Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility.</li> <li>• All Coaches must have some form of USA coaching credential verification with them at all times.</li> <li>• 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.</li> <li>• All participating coaches must have completed the online YMCA coach registration for the current season.</li> </ul>

<p>Officials Conduct &amp; Eligibility:</p>	<ul style="list-style-type: none"> <li>• This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP).</li> <li>• Make sure all interactions with athletes are observable and interruptible.</li> <li>• Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</li> <li>• Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help and are asked to signup here in advance.</li> <li>• All officials must wear the standard white and blue uniform.</li> <li>• Officials will be required to work the entire session</li> </ul>
<p>Meet Format Waiver:</p>	<ul style="list-style-type: none"> <li>• This meet will be run in accordance with current USA Swimming Rules.</li> <li>• The host club has the right to change the format of the meet with the approval of the sanctioning Chairman and either the Age Group or Senior Chairman.</li> <li>• These changes would be made for a more efficient swim meet for the swimmers and the host club.</li> <li>• Reasons for these changes include: 1) To allow more swimmers to swim, 2) To conform to facility capacity limits, 3) To condense the meet into smaller time frame.</li> <li>• Some of the changes that can be made: 1) change estimated start times, 2) combine sessions and 3) limit the number of swimmers.</li> </ul>
<p>Meet Requirement Statement:</p>	<p>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.</p>
<p>Warm-up Procedures:</p>	<p>New Jersey Swimming Warm-up and Safety Guidelines:</p> <ul style="list-style-type: none"> <li>• Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes.</li> <li>• All swimmers are entitled to a fair and comparable warm-up. All teams <b>MUST</b> get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes.</li> <li>• All swimmers must enter the pool from the starting end of the pool.</li> <li>• Uniformed and designated meet marshals will monitor warm-ups.</li> <li>• All general warm-up lanes will swim in a counterclockwise direction.</li> <li>• The warm-up sessions will be divided into as many 25-30-minute warm-ups sessions as needed.</li> <li>• Warm up lanes will be divided by teams.</li> <li>• There will be designated sprint lanes the last 5 minutes of each warm-up session.</li> <li>• There will be a separate, open warm-up for the 400 FR.</li> <li>• Warm-up schedules will be e-mailed and posted on the website 1 week prior to the start of the meet.</li> </ul>
<p>Check-In:</p>	<p>All check-in sheets must be turned into the control table 30 minutes before the start of each session. 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. Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</p> <p>All check-in sheets must be turned into the scoring table 30 minutes before the start of each session. 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.</p> <p>Completed relay cards should be turned into the scoring table. Relay names must be turned in prior to the start of the relay events for the session.</p>
<p>No Show Procedure:</p>	<p>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.</p>
<p>Internet Website Posting:</p>	<p>Meet information, Hy-Tek .HYV Event file and results will be posted on the New Jersey Swimming website. <a href="http://www.njswim.org">www.njswim.org</a></p> <p>Meet website address is: <a href="https://www.teamunify.com/team/njgscy/page/hosted-meets">https://www.teamunify.com/team/njgscy/page/hosted-meets</a></p>



	<p><b>Pre-meet Information posted on website:</b></p> <ul style="list-style-type: none"> <li>• Meet Announcement</li> <li>• Hy-Tek Events List</li> <li>• Updated Meet Schedule</li> <li>• Team Warm-up and Timing Assignments</li> <li>• Psych sheets</li> </ul> <p><b>Days of the meet information posted on the website:</b></p> <ul style="list-style-type: none"> <li>• Weather/ Emergency Updates</li> </ul>
Results:	<ul style="list-style-type: none"> <li>• Results will be emailed to all participating teams.</li> <li>• Result will be posted on the New Jersey website: <a href="http://www.njswim.org">www.njswim.org</a> and <a href="#">GSCY TeamUnify</a></li> <li>• Realtime results will be posted on Meet Mobile</li> </ul>
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, locker rooms, or behind the blocks.
USA-S Deck Change Policy Statement:	Deck Changes are prohibited.
Minor Athlete Abuse Prevention Policy (MAAPP)	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.
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.
Tech Suit/Swimwear Policy:	<p><b>Swimwear must conform to USA Swimming Rules:</b></p> <ul style="list-style-type: none"> <li>• 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 &amp; under swimmers. "Tech Suits" are defined, as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. A list of restricted suit can be found on the NJ Swimming Website; <a href="http://www.njswim.org">www.njswim.org</a></li> <li>• Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (e.g., kinesio tape) on any part of the body.</li> <li>• Pursuant to USA Swimming Rule 205.10.1, it is permissible for the swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.</li> </ul>
CoVID-19 Assumption of Risk Disclaimer	We have taken enhanced health and safety measures for all participants. You must follow all posted instructions while at the Ramsey Municipal Pool. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting Paramus Municipal Pool, you voluntarily assume all risks related to exposure to COVID-19.
Hotel:	The Grand Summit Hotel, 570 Springfield Ave, Summit NJ 07901 (908) 273-3000 The Hub Murray- BW Premier Collection, 535 Central Ave., New Providence NJ 07974 (908) 665-9200
Medical Information:	<ul style="list-style-type: none"> <li>• Jersey Aquatic Center is staffed by certified lifeguards and all operational personnel are trained in CPR and First Aid.</li> <li>• There is an AED on site.</li> </ul>
Directions:	Address: Jersey Aquatic Center 629 Central Ave. New Providence, NJ 07974 Directions: From 78 East Take Exit 44 toward New Providence/County Highway 527. At the end of the exit ramp turn left onto County Road 527/Glenside Avenue. After ½ mile, turn Left onto Glenside Road. Glenside Road will become South Street/County Highway 647. Turn Left onto Central Avenue. Jersey Aquatic Center will be 0.3 miles after this turn on the right-hand side of the road. From 78 West Take Exit 43 and merge onto Diamond Hill Road/County Highway 655. In a little less than a mile, turn right not Mountain Avenue/County Highway 622. Again, in a little less than a mile, turn left onto South Street/County Highway 647. In 0.8 miles, turn left onto Central Avenue. Jersey Aquatic Center will be 0.3 miles after this turn on the right-hand side of the road. From Interstate 287 Take Exit 21A (Route 78/New York City). Follow "From 78 West" directions above.





NEW JERSEY  
SWIMMING

# Long Course Cup 2023 June 2 – 4, 2023

## Waiver

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators, and assigns, waive and release any and all claims against USA Swimming, NJ Swimming, Greater Somerset County YMCA and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

## Covid-19 Waiver

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

## Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form for the Long Course Cup 2023 meet on June 2-4, 2023 are registered members of USA Swimming. All USA Swimming members are correctly entered according to; Article 302.4 of the USA Swimming Rules and Regulations. False Registration: An LSC may impose a fine of up to \$100 per event against a member coach or a member club's representative signing a document which indicates a swimmer is registered with USA Swimming for a meet when that swimmer is not properly registered or eligible to compete for that club. This will be enforced by the LSC and the LSC will be entitled to the fines imposed.

Also, I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

Information below must be submitted to the club hosting the meet before the start of the meet along with payment.

Club Name/Club Code \_\_\_\_\_

Signature of Coach and/or Parent/Guardian \_\_\_\_\_

Telephone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Name(s) of Coach(es): \_\_\_\_\_

\_\_\_\_\_

Name/E-Mail/Phone Number of person to contact regarding this entry:

\_\_\_\_\_

NAME/E-Mail/Phone Number of person to contact regarding timers/officials:

\_\_\_\_\_

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Entry Fee Summary: \_\_\_\_\_

Individual event entries @ \$7.00 = \$ \_\_\_\_\_

Relay event entries @ \$12.00 = \$ \_\_\_\_\_

Swimmer surcharge @ 25.00 = \$ \_\_\_\_\_ Total: \$ \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: Greater Somerset County YMCA**

\*\*Please make every effort to bring payment to first day of meet.

If unable to do so, mail to:

Mary Korey  
140 Mt. Airy Rd.  
Basking Ridge, NJ 07920

Long Course Cup 2023 June 2-4, 2023 at Jersey Aquatic Center  
Meet Declaration Form

Please complete this form in its entirety. The Competition Committee and Meet Director will use this form if there are questions or clarifications needed in your team's entries. We the undersigned attest to the following: SWIMMERS - All swimmers representing the YMCA below are full privilege members of the YMCA and meet all eligibility requirements. COACHES - All coaches representing the YMCA below hold current certifications in CPR Pro, First Aid, Coaches Safety Training, and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online. INSURANCE - Our Association has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 2023 NJ YMCA 8/under State Championship for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. I hereby certify that the YMCA below has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their travel to and from and during their participation in the 2023 NJ YMCA 8/under State Championship. 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, Greater Somerset County YMCA, Jersey Aquatic Center, their agents, representatives or assigns for any and all injuries which may be suffered by participants at the 2023 NJ YMCA 8/under State Championship. Furthermore, we understand that the YMCA of the USA, Greater Somerset County YMCA, and Jersey Aquatic Center 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. I hereby certify that swimmers listed on the entry disk and/or entry forms have fulfilled the YMCA NJ State Championship Committee Meet Requirements and that the seed times are verifiable.

Participating YMCA: \_\_\_\_\_

Coach's Name: \_\_\_\_\_

Telephone:(day)\_\_\_\_\_ (night)\_\_\_\_\_ (email)\_\_\_\_\_

Signatures:

Coach:\_\_\_\_\_ Date:\_\_\_\_\_

YMCA Executive Director:\_\_\_\_\_ Date:\_\_\_\_\_

The coaches listed below will be responsible for all their swimmers as named on the NJ YMCA 8 and Under State Championship entry sheets.

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Team Entry will not be processed unless this form is completed and signed in its entirety.