

2023 YMCA Long Course Silver Invitational

Hosted by The Greater Somerset County YMCA Swim Team

Held under the sanction of USA Swimming

Meet approval Info:	<p>This meet is a closed, inter-association YMCA Invitational 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.</p> <p>NJ Swimming Approval-</p>		
Date of Meet:	Saturday, July 22nd and Sunday, July 23rd, 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:	Melissa Thompson	908-334-3102	mthompson@gscymca.org
Meet Director:	Melissa Thompson	908-334-3102	mthompson@gscymca.org
Meet Referees:	Simon Chen (Saturday) Charles Banville (Sunday) Steve Sawin Sunday)	848-702-9050 617-642-2519 973-994-7671	Htoy1@yahoo.com Charles.banville@gmail.com spsawin@aol.com
Administration Official:	Marissa Forget	619-371-1822	mjadrosichforget@gmail.com
Safety Marshall:	Mary Korey	732-741-2504	mkorey@gscymca.org
Entry Coordinator:	Melissa Thompson	201-220-9807	mthompson@gscymca.org
Entries Open:	July 3, 2023		
Entry Deadline:	July 10, 2023		
Swimmer Age:	Age for this meet is calculated as of: July 22, 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"> • This meet will be seeded in Long Course Meters • This meet will be run as a timed final meet. • This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers are responsible to report to the blocks. No marshaling will be available. • This meet will adhere to all requirements as outlined in Meet Conduct and 		

	<p>Administration section of the YMCA Sanctioned Championship Swim Meets Criteria.</p> <ul style="list-style-type: none"> • 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. • 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. • 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. • There will be qualifying times used for this meet. • Unattached swimmer entries will not be accepted. • Age groups offered: 12U, 13-14, 15/Over, and 13/Over events. • Age for this meet is: July 22, 2023 • Individual Limits: <ul style="list-style-type: none"> ○ Swimmers may compete in 3 individual events per day on Saturday and Sunday. 	
Entry Limits:	Daily: (3) Individual events	
Entry Fees:	Individual Entry: \$10.00	
	There will be a \$25 athlete surcharge.	
Checks Payable To:	GSCYMCA	
Email Entry Files To:	gscymeetentries@gmail.com	
Mail Checks/Reports	Mary Korey GSCY Swim Team 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

Qualifying Times (LCM)		Girls Event Numbers	Saturday, July 22 Session #1 AM 15/O Girls and Boys & 13/O 400 Free	Boys Event Numbers	Qualifying Times (LCM)	
Faster Than	Slower Than				Faster Than	Slower Than
2:32.19	2:13.99	1	200 Freestyle	2	2:18.39	2:02.99
2:50.09	2:31.79	3	200 IM	4	2:38.99	2:19.49
		5	50 Backstroke	6		
1:20.99	1:07.59	7	100 Fly	8	1:14.29	1:01.19
2:50.09	2:28.99	9	200 Backstroke	10	2:41.99	2:18.99
1:34.99	1:18.99	11	100 Breaststroke	12	1:25.29	1:11.99
32.09	28.49	13	50 Free	14	28.99	25.79
13/O 5:20.99	15/O 5:10.99	4:36.99	13/O 400 Free	16	13/O 5:05.99	15/O 4:49.99

Qualifying Times (LCM)		Girls Event Numbers	Saturday, July 22 Session #2 MID 13-14 Girls and Boys	Boys Event Numbers	Qualifying Times (LCM)	
Faster Than	Slower Than				Faster Than	Slower Than
2:34.19	2:13.99	17	200 Freestyle	18	2:27.39	2:02.99
2:57.39	2:31.79	19	200 IM	20	2:47.99	2:19.49
		21	50 Backstroke	22		
1:23.29	1:07.59	23	100 Fly	24	1:20.19	1:01.19
2:57.69	2:28.99	25	200 Backstroke	26	2:52.19	2:18.99
1:33.59	1:18.99	27	100 Breaststroke	28	1:30.29	1:11.99
32.49	28.49	29	50 Free	30	30.89	25.79

Qualifying Times (LCM)		Girls Event Numbers	Saturday, July 22 Session #3 PM 12U Girls and Boys	Boys Event Numbers	Qualifying Times (LCM)	
9-10	11-12				9-10	11-12
n/a	3:43.79	31	11-12 200 Breaststroke	32	n/a	3:43.79
45.89	41.79	33	50 Backstroke	34	46.49	41.79
1:45.99	1:34.19	35	100 Butterfly	36	1:47.79	1:33.39
n/a	3:15.49	37	11-12 200 Backstroke	38	n/a	3:15.49
50.51	47.59	39	50 Breaststroke	40	50.99	47.59
1:25.99	1:17.49	41	100 Freestyle	42	1:24.79	1:17.49
3:26.79	3:13.89	43	200 IM	44	3:25.00	3:13.89

Qualifying Times (LCM)		Girls Event Numbers	Sunday, July 23 Session #4 AM 15/O Girls and Boys & 13/O 400 IM	Boys Event Numbers	Qualifying Times (LCM)	
Faster Than	Slower Than				Faster Than	Slower Than
3:15.69	2:51.49	45	200 Breaststroke	46	3:04.49	2:37.19
		47	50 Fly	48		
1:09.49	1:01.69	49	100 Free	50	1:03.09	56.69
		51	50 Breaststroke	52		
1:19.19	1:09.59	53	100 Backstroke	54	1:13.59	1:03.99
2:59.09	2:31.59	55	200 Butterfly	56	2:44.49	2:17.69
13/O 6:10.00	15/O 5:59.99	57	13/O 400 IM	58	13/O 6:00.00	15/O 5:51.99

Qualifying Times (LCM)		Girls Event Numbers	Sunday, July 23 Session #5 MID 13/14 Girls and Boys	Boys Event Numbers	Qualifying Times (LCM)	
Faster Than	Slower Than				Faster Than	Slower Than
3:23.69	2:51.49	59	200 Breaststroke	60	3:19.29	2:37.19
		61	50 Fly	62		
1:10.39	1:01.69	63	100 Free	64	1:08.19	56.69
		65	50 Breaststroke	66		
1:21.69	1:09.59	67	100 Backstroke	68	1:19.99	1:03.99
3:12.99	2:31.59	69	200 Butterfly	70	3:01.09	2:17.69

Qualifying Times (LCM)		Girls Event Numbers	Sunday, July 23 Session #6 PM 12U Girls and Boys	Boys Event Numbers	Qualifying Times (LCM)	
9-10	11-12				9-10	11-12
44.99	40.09	71	50 Butterfly	72	44.09	40.09
1:40.00	1:32.09	73	100 Backstroke	74	1:38.59	1:32.09
n/a	3:22.59	75	11-12 200 Butterfly	76	n/a	3:22.59
37.99	35.69	77	50 Freestyle	78	37.49	35.69
1:51.99	1:41.79	79	100 Breaststroke	80	1:51.49	1:41.79
3:10.00	2:51.69	81	200 Freestyle	82	3:03.01	2:51.69

Meet Schedule:

Session #	Facility Opens	Warm-up	Scratches Due	Session Start
Session #1 – 15/O Girls and Boys	7:30 am*	8:00 am*	8:25 am*	TBD
Session #2 – 13/14 Girls and Boys	TBD	TBD	TBD	TBD
Session #3 – 12U Girls and Boys	TBD	TBD	TBD	TBD
Session #4 – 15/O Girls and Boys	7:30 am*	8:00 am*	8:25 am*	TBD
Session #5 – 13/14 Girls and Boys	TBD	TBD	TBD	TBD
Session #6 – 12U Girls and Boys	TBD	TBD	TBD	TBD

*Time subject to change based on entries.

Starts:	Overhead starts will be used at the discretion of the meet referee.
Admissions and Programs:	Swimmer Surcharge: \$25
Concessions:	TBD
Vendor:	There will be no vendor on site
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"> • Team entries must be submitted by email to gscymeetentries@gmail.com • When emailing, please put your team's name and "GSCY LC Y Meet" in the subject line. • 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. • All entries must be Hy-Tek or Team Unify program entries as an attached file to an e-mail. • An Entry Summary with a signed swimming waiver and a check must follow each e-mailed entry. • Entries For The 50 Meter Backstroke, Breaststroke and Butterfly: To compete in the 50-Meter Backstroke, Breaststroke or Butterfly, a swimmer must have achieved the qualifying time for the 100- or 200-Meter distance in that stroke. <ul style="list-style-type: none"> • If the swimmer is not entered in the 100- or 200-Meter distance for that stroke in the meet, then the coach must be able to prove that 100 or 200 Meter qualifying time at Meet Check-in. • Entry time for the 50 must be a 50-Meter or 50-Yard time, not a 100 or 200 time. • Coach must be able to prove the entry time using: <ul style="list-style-type: none"> ○ an actual time achieved in the stroke and distance during the qualifying period or ○ a time achieved in the initial leg of a relay or • a time achieved over an initial distance in a longer race.
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. • All entry times must be in Long Course Meters • Conversions from SCY are allowed. • Host club reserves the right to enter athletes slower than the qualifying time.
Heat Limited Events	13/O 400 Free, 13/O 400IM, 11-12 200 Back, 11-12 200 Breast, and 11-12 200 Fly may be heat limited to conform to time restraints.
Swimmer Eligibility:	<ul style="list-style-type: none"> • No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. • 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. • Swimmers must be full privilege members of their respective YMCA Individual Limits: <ul style="list-style-type: none"> ○ Swimmers may compete in 3 individual events per day on Saturday and Sunday.

	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.
Adaptive Provisions:	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).
Host Club Responsibilities:	<ul style="list-style-type: none"> • The Host Club will provide a single timer in each lane throughout the meet. • The Host Club will provide two back-up timers for each session. • The Host Club will create a warm-up schedule and a timing assignment schedule that will be fair and equitable to all participating teams. • The warm-up and timing schedules will be e-mailed to all participating teams and will be posted on our https://gscyswimming.com 3 days prior to the start of the event.
Participating Club Responsibilities:	<ul style="list-style-type: none"> • Participating club parents must stay off the pool deck except for timing assignments. • Participating clubs should help with officiating whenever possible. • All participating teams must be currently registered through the YMCA Online Team registration system
Coaches Conduct & Eligibility:	<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). • 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.
Officials Conduct & Eligibility:	<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). • Make sure all interactions with athletes are observable and interruptible. • Current USA Swimming and NJS Swimming or YMCA Swimming certification certification is required for all officials and the Meet Referee will check your cards.

	<ul style="list-style-type: none"> 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 sign up here in advance. All officials must wear the standard white and blue uniform. Officials will be required to work the entire session
Meet Format Waiver:	<ul style="list-style-type: none"> This meet will be run in accordance with current USA Swimming Rules. 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. These changes would be made for a more efficient swim meet for the swimmers and the host club. 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. Some of the changes that can be made: 1) change estimated start times, 2) combine sessions and 3) limit the number of swimmers.
Warm-up Procedures:	<p>New Jersey Swimming Warm-up and Safety Guidelines:</p> <ul style="list-style-type: none"> Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. All swimmers are entitled to a fair and comparable warm-up. All teams MUST get the same opportunities for warm-up. All swimmers must enter the pool from the starting end of the pool. Uniformed and designated meet marshals will monitor warm-ups. All general warm-up lanes will swim in a counterclockwise direction. The warm-up sessions will be divided into as many 20-25 minute warm-ups sessions as needed. Warm up lanes will be divided by teams. There will be a separate, open warm-up for the 400 FR and 400 IM following the conclusion of Sessions 1 and 4. Warm-up schedules will be e-mailed and posted on the website 3 days prior to the start of the meet.
Check-In:	<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>
No Show Procedure:	<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>
Internet Website Posting:	<p>Meet website: https://gscyswimming.com Pre-meet Information posted on website:</p> <ul style="list-style-type: none"> Meet Announcement Hy-Tek Events List Updated Meet Schedule Team Warm-up and Timing Assignments <p>Days of the meet information posted on the website:</p> <ul style="list-style-type: none"> Weather/ Emergency Updates
Results:	<ul style="list-style-type: none"> Results will be emailed to all participating teams. Realtime results will be posted on Meet Mobile
USA-S Racing Start Certification Statement:	<p>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</p>

	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>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 a suit that has 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 (e.g., kinesio tape) on any part of the body. • 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.
Medical Information:	<ul style="list-style-type: none"> • 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.
Directions:	<p>GPS Use Address: Jersey Aquatic Center 629 Central Ave. New Providence, NJ 07974</p> <p>Additional parking information will be provided with warm-ups/timing assignments</p>



NEW JERSEY
SWIMMING

Long Course Y Invitational 2023 July 22-23, 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 Monmouth 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 GMNY Long Course YMCA Invitational meet on July 15-16, 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.

The 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:

Entry Fee Summary: _____

Individual event entries @ \$10.00 = \$ _____

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

MAKE CHECKS PAYABLE TO: GSCYMCA

****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

GSCY Long Course YMCA Invitational July 22-23, 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-privileged 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 GSCY Long Course Y Invitational 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 GSCY Long Course Y Invitational. 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 GSCY Long Course Y Invitational. 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 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 GMNY Long Course Y Invitational entry sheets.

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

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