

July Independence Invitational July 8-10, 2022

Hosted by the Greater Somerset County YMCA

Held under the sanction of USA Swimming

Meet Sanction Info:	<p>NJ Swimming Sanction # - NJS-TF-070822LCM</p> <p>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.</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:	July 8-10, 2022
Location:	Sonny Werblin Recreation Center, Rutgers University, Piscataway
Facility Info:	<p>The Pool located in the Sonny Werblin Recreation Center on the Busch campus of Rutgers University is 50-meter x 8-lanes. The pool utilizes pedestal-style starting blocks, with non- turbulent lane lines, and a Colorado Timing system. The pool is 6’ deep at the starting blocks and ranges from 14’ in the outside lanes to 17’ in the middle lanes. There are two auxiliary pools, known as the “patio pools” which are used for warm-up and warm-down when the competition pool is in use. The depth of the patio pool farthest from the competition pool ranges 4’ at the edge nearest the patio doors to 4’6” on the other side. The second patio pool has a variable depth and is usually set at 6’ for meets. There is ample seating for 350 spectators. Parking for registered vehicles is available in various Rutgers lots. Park ONLY where “SWIM MEET PARKING” signs are posted and follow the instruction of the Rutgers Security Guards.</p> <p>Rutgers University requires all parked vehicles to be registered with the University Parking and Transportation department. A registration link will be distributed to participating coaches and officials a week before the meet.</p>
Important Information from Rutgers University:	<p>Per Rutgers Policy: All people attending the meet (swimmers, coaches, officials, volunteers) must be vaccinated against COVID-19, show negative results from a PCR test from no more than 72 hours prior to the meet. Anyone not able to show vaccination or test status will not be permitted into the building. There will be no refunds for swimmers not admitted.</p>
Pool Certification Statement:	<p>The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement, and refers to the pre-certification of the pool length measurement in regards to National and World Record swims, which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C(4) does not impact on the validity of the times achieved in this pool.</p>

Host Team Contact:	Shannon Hamilton	908.391.1832	GSCYmeetdirector@gmail.com
Meet Director:	Shannon Hamilton	908.391.1832	GSCYmeetdirector@gmail.com
Meet Referee:	Simon Chen	848-702-9050	htoy1@yahoo.com
Administration Official:	Melissa Thompson Just In Timing	908.334.3102	mnjthompson@gmail.com
Safety Marshall:	Mary Korey	201.220.9807	mkorey@gscymca.org
Entry Coordinator:	Darren Milun	862.219.0161	GSCYentries1@gmail.com
Entries Open:	June 24, 2022 at 6:00 am		
Entry Deadline:	Entries will CLOSE on June 30, 2022 or as timeline demands		
Swimmer Age:	Age for this meet is calculated as of July 8, 2022		
Entry Fees:	<ul style="list-style-type: none"> ➤ Individual Event Fee: \$8.00 ➤ Distance Event Fee: \$14.00 ➤ Relay Entry Fee: \$11.00 ➤ There will be a \$10 per swimmer per day surcharge. ➤ Make checks payable to: GSCYMCA 		
Invited Teams:	All programs interested in attending may contact the entry coordinator and host team contact.		
Meet Course:	Long Course Meters (LCM)		

Meet Format:	<p>The Meet will be conducted under the current USA Swimming Technical Rules, and all supplements thereto.</p> <ul style="list-style-type: none"> ➤ This meet will be seeded in long course meters (LCM). ➤ 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 Administration section of the YMCA Sanctioned Championship Swim Meets Criteria. ➤ 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. ➤ 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 <u>not</u> eligible to compete on any relays. ➤ There will be qualifying times used for this meet. ➤ Unattached swimmer entries will not be accepted. ➤ Host team reserves the right to enter swimmers who do not meet the posted time standard. ➤ There will be 12 & under, 13-14, 15 & Over, and 12 & Over distance events. ➤ Individual and Relay Limits: <ul style="list-style-type: none"> • Swimmers may compete in 3 individual events per day. • Swimmers may compete in two (2) relays per day. ➤ Any athlete who gets timed out of the 400 IM will be allowed to add another
Entry Limits:	<p>Daily: (3) Individual events (2) Relays</p> <p>Meet: (9) Individual Events (4) Relays</p>
Checks Payable To:	Make checks payable to GSCYMCA.
Email Entry Files To:	GSCYentries1@gmail.com – Please title email “2022 July Invite”
Checks/Waiver	Bring to the first session of the meet where the team is competing.

Meet Schedule			
Friday, July 8, 2022		Warm-up	Start Time
Session #1	12 & Under Timed Finals	7:15 A.M.	8:20AM
Session #2	13 - 14 Timed Finals	TBD	TBD
Session #3	15 & Over Timed Finals	TBD	TBD
Saturday, July 9, 2022		Warm-up	Start Time
Session #4	12 & Under Timed Finals	7:15 A.M.	8:20AM
Session #5	13 – 14 Timed Finals	TBD	TBD
Session #6	12 & Over Distance	TBD	TBD
Session #7	15 & Over Timed Finals	TBD	TBD
Sunday, July 10, 2022		Warm-up	Start Time
Session #8	12 & Under Timed Finals	7:15 A.M.	8:20AM
Session #9	13 - 14 Timed Finals	TBD	TBD
Session #10	15 & Over Timed Finals	TBD	TBD

Order of Events

Friday July 8, 2022				
LCM Qualifying Time	Girls Event #	Event Description	Boys Event #	LCM Qualifying Time
		Session 1: Friday AM - 12 and Under Timed Finals		
3:15.19	1	200 IM 11-12	2	3:15.19
49.89	3	50 Backstroke 10 and Under	4	49.89
42.49	5	50 Backstroke 11-12	6	42.49
6:00.09	7	400 Freestyle 12 and Under**	8	6:00.09
39.99	9	50 Butterfly 11-12	10	39.99
3:47.29	11	200 IM 10 and Under**	12	3:47.29
1:43.69	13	100 Breaststroke 11-12	14	1:43.69
3:22.49	15	200 Butterfly 12 and Under**	16	3:22.49
		Session 2: Friday Mid-Day - 13 - 14 Timed Finals		
5:28.99	17	400 Freestyle 13-14**	18	5:27.39
1:23.39	19	100 Butterfly 13-14	20	1:20.29
3:23.69	21	200 Breaststroke 13-14	22	3:19.29
1:11.49	23	100 Freestyle 13-14	24	1:09.89
		Session 3: Friday PM - 15 and Over Timed Finals		
5:17.79	25	400 Freestyle 15 and Over**	26	4:59.89
1:18.99	27	100 Butterfly 15 and Over	28	1:14.29
3:15.69	29	200 Breaststroke 15 and Over	30	3:04.49
1:09.49	31	100 Freestyle 15 and Over	32	1:03.09

***Host team reserves the right to heat limits if timeline demands.*

Saturday, July 9, 2022				
LCM Qualifying Time	Girls Event #	Event Description	Boys Event #	LCM Qualifying Time
		Session 4: Saturday AM - 12 and Under Timed Finals		
	33	200 Medley Relay 11-12	34	
	35	200 Medley Relay 10 and Under	36	
35.69	37	50 Freestyle 11-12	38	35.69
1:32.99	39	100 Freestyle 10 and Under**	40	1:32.99
3:20.79	41	200 Backstroke 12 and Under**	42	3:20.79
1:56.19	43	100 Butterfly 10 and Under**	44	1:56.19
2:48.69	45	200 Freestyle 11-12	46	2:48.69
55.09	47	50 Breaststroke 10 and Under	48	55.09
3:44.39	49	200 Breaststroke 12 and Under**	50	3:44.39
3:23.79	51	200 Freestyle 10 and Under**	52	3:23.79
	53	400 Freestyle Relay 11-12	54	
		Session 5: Saturday Mid-Day - 13 - 14 Timed Finals		
	55	200 Medley Relay 13-14	56	
2:57.39	57	200 IM 13-14	58	2:54.69
2:59.39	59	200 Backstroke 13-14	60	2:55.29
32.99	61	50 Freestyle 13-14	62	31.89
1:33.59	63	100 Breaststroke 13-14	64	1:31.29
	65	400 Freestyle Relay 13-14	66	
		Session 6: Saturday Distance – 12 and Over Timed Finals		
11:08.79	67	800 Freestyle 12 and Over**	68	10:48.79
		Session 7: Saturday PM - 15 and Over Timed Finals		
	69	200 Medley Relay 15 and Over	70	
2:50.09	71	200 IM 15 and Over	72	2:38.99
2:50.09	73	200 Backstroke 15 and Over	74	2:41.99
32.09	75	50 Freestyle 15 and Over	76	28.99
1:30.19	77	100 Breaststroke 15 and Over	78	1:25.29
	79	400 Freestyle Relay 15 and Over	80	

****Host team reserves the right to heat limits if timeline demands.**

Sunday, July 10, 2022				
LCM Qualifying Time	Girls Event #	Event Description	Boys Event #	LCM Qualifying Time
		Session 8: Sunday AM - 12 and Under Timed Finals		
	81	200 Freestyle Relay 11-12	82	
	83	200 Freestyle Relay 10 and Under	84	
47.09	85	50 Breaststroke 11-12	86	47.09
2:02.39	87	100 Breaststroke 10 and Under**	88	2:02.39
1:31.99	89	100 Butterfly 11-12	90	1:31.99
40.89	91	50 Freestyle 10 and Under	92	40.89
1:31.39	93	100 Backstroke 11-12	94	1:31.39
48.59	95	50 Butterfly 10 and Under	96	48.59
1:17.49	97	100 Freestyle 11-12	98	1:17.49
1:48.89	99	100 Backstroke 10 and Under**	100	1:48.89
6:59.79	101	400 IM 12 and Under**	102	6:59.79
	103	400 Medley Relay 11-12	104	
		Session 9: Sunday Mid-Day - 13 - 14 Timed Finals		
	105	200 Freestyle Relay 13-14	106	
6:23.49	107	400 IM 13-14**	108	6:17.49
1:22.89	109	100 Backstroke 13-14	110	1:20.69
3:04.89	111	200 Butterfly 13-14	112	3:01.09
2:35.09	113	200 Freestyle 13-14	114	2:32.99
	115	400 Medley Relay 13-14	116	
		Session 10: Sunday PM - 15 and Over Timed Finals		
	117	200 Freestyle Relay 15 and Over	118	
6:11.59	119	400 IM 15 and Over**	120	5:54.09
1:19.19	121	100 Backstroke 15 and Over	122	1:13.59
2:59.09	123	200 Butterfly 15 and Over	124	2:44.49
2:29.19	125	200 Freestyle 15 and Over	126	2:18.39

****Host team reserves the right to heat limits if timeline demands.**

Scoring:	No team score will be kept
Awards:	Awards will be given for 1 st – 3 rd place in individual events for 12 & Under Swimmers “Freedom Heats” will be selected each day and the winners of that heat will receive a “red, white, blue award”
Starts:	Overhead starts will be used at the discretion of the meet referee
Admissions:	Rutgers charge - Spectator fee of \$10/session – 350 tickets available per session, sold through tix.com, beginning Tuesday, July 5 @9AM, first come first serve. Tickets will not be sold at the door. Meet will be live-streamed. https://www.youtube.com/c/GSCYStormSwimming
Concessions:	It is not known at this time if Rutgers will be operating a food and refreshment stand.
Vendor:	Metro Swim Shop will be on site.
Entry Information:	<ul style="list-style-type: none"> ➤ All entries will be on first come basis via E-MAIL ONLY with “2022 July Invite” in the subject line to GSCYentries1@gmail.com. ➤ Meet entries will be taken until the meet is full. Sessions must stay within the “4hr session rule”. ➤ The Host Club will accept entries for multiple relays per team but may limit relay entries per team to an A and B relay to limit heats on a per session basis if required to meet the timeline. ➤ The Host club will require proof of time for entries in the following: 400 IM, 400 Free and 800 Free. Entries are not complete and will not be considered without also submitting a POT report for these events. ➤ Teams WILL receive an e-mail confirmation within 48 hours. If you do not, consider your entries as NOT received. ➤ Deck entries will not be accepted. ➤ Bring checks and waivers to the first session of the meet where the team is competing. <p>Real Time results will be available at www.gscymca.org Meet Mobile will be updated with results.</p>

Entry Times:	<ul style="list-style-type: none"> ➤ Entries will not be accepted with “NT”. ➤ All entry times must be in LCM (Long Course Meters); converted times are permitted. ➤ Swimmers must meet the qualifying times as outlined below. ➤ The Host club will require proof of time for entries in the 400 IM, 400 Free and 800 Free. Entries are not complete and will not be considered without also submitting a POT report for these events. ➤ Host club reserves the right to enter swimmers with entry times slower than the qualifying times. ➤ If the meet is not full one week prior to the entry deadline, the host club may accept entries with times lesser than the posted qualifying times, upon approval from NJ Swimming.
Relays:	<p>All relays must have the correct four (4) names listed and in the correct order for the relay to be eligible. Coaches must turn in the completed relay cards 30 minutes prior to the start of the relay. Coaches may change the order or designation of the relay swimmers up until the time that a given relay actually begins to swim.</p> <p>The Host Club will accept entries for multiple relays per team but may limit relay entries per team to an A and B relay to limit heats on a per session basis if required to meet the timeline.</p>
Distance Session 6: (800 FR session)	<ul style="list-style-type: none"> ➤ Event will be swum fastest to slowest, alternating girls and boys. ➤ Psych Sheets will be posted by July 6, 2022 ➤ Swimmers must provide their own timers and lap counters. Timers are also encouraged to bring their own watches. ➤ The Host Team requires proof of time for all entries. ➤ The Host Team reserves the right to heat limit if timeline demands ➤ The Host Team reserves the right to enter athletes slower than the qualifying time.

<p>Heat Limited Events:</p>	<p>Host team reserves the right to limit entries to meet the session time limit.</p> <p>Should it become necessary for sessions timeline purposes, the following events may be heat limited:</p> <ul style="list-style-type: none"> ▪ 10 and Under: 200 IM, 100 Breaststroke, 100 Backstroke, 200 Freestyle, and 100 Butterfly ▪ 12 and Under: 400 IM, 400 Freestyle, 200 Breaststroke, 200 Butterfly, and 200 Backstroke ▪ 13-14: 400 IM, 400 Freestyle ▪ 15 and Over: 400 IM, 400 Freestyle ▪ 12 and Over 800 Freestyle <p>In the event that a swimmer is cut from an event due to Heat Limitations, coaches will be notified no later than Monday prior to the meet and the swimmer will be given the option to swim another event (providing that in doing so they stay within the number of allowable swims per day as listed above in the Swimmer Eligibility Section), or can request a refund of splash fees for that event.</p>
<p>Swimmer Eligibility:</p>	<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 120 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 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. ➤ 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. ➤ 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. ➤ Individual and Relay Limits: Swimmers may compete in 3 individual events per day on Saturday and Sunday. Swimmers may compete in two (2) relays per session.
<p>Adaptive Provisions:</p>	<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 provide a single timer in each lane throughout the meet, ➤ The Host Club will provide two back-up timers for each session <p>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 Error! Hyperlink reference not valid.no later than one week prior to the start of the meet.</p>
<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 and posted on the swim meet website: Error! Hyperlink reference not valid.no later than 3 Days before to the meet. ➤ Participating club parents must stay off the pool deck except for timing assignments. ➤ Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary. <p>All participating teams must be currently registered through the YMCA Online Team registration system.</p>
<p>Officials Conduct & Eligibility:</p>	<ul style="list-style-type: none"> • Swimming officials from participating teams should contact the meet referee, Simon Chen, 848-702-9050 htoy1@yahoo.com with the sessions when they are able to help. • 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 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.

<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 thru 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 have completed the online YMCA coach registration for the current season.
<p>Meet Format Waiver:</p>	<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 Administrative 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. • 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. • Fly over starts will be used. • The Host team must stay within the four hour per session rule.

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 NJ Swimming sanctioned meet, this meet counts toward those participation requirements.
Warm-up Procedures:	<ul style="list-style-type: none"> ➤ Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. ➤ The warm-up sessions will be divided into as many 25-30-minute warm-up sessions as needed. Warm-up lanes will be divided equally by teams according to NJS Warm-up and Safety Guidelines. ➤ All swimmers are entitled to a fair and comparable warm-up. All teams must get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes. ➤ All swimmers must enter the pool from the starting end and will swim in a counterclockwise direction. ➤ USA Swimming officials will monitor warm-ups. ➤ Teams will be notified via email and on the web at Error! Hyperlink reference not valid. as to what the warm-up schedule will be after all entries are received. This information will be provided no later than 3 days prior to the start of the meet.
Check-In:	<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. Swimmers scratching a single event will have a line through his/her name and the event number circled with “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>Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</p>
No Show Procedure:	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.

Internet Website Posting:	<p>Meet information, Hy-Tek. HYV Event file and results will be posted on the New Jersey Swimming website. www.njswim.org</p> <p>Meet website address: gscyswimming.com</p> <p>Pre-Meet Information posted on website:</p> <ul style="list-style-type: none">➤ Meet Packet / Information➤ Hy-Tek events list (.HYV file)➤ Updated Meet Schedule➤ Team Warm-up and Timing Assignments➤ Psych sheets for heat limited events <p>Days of the Meet Information posted on website:</p> <ul style="list-style-type: none">➤ Weather / Emergency Updates <p>Post Meet Information posted on website:</p> <ul style="list-style-type: none">➤ Full Meet results <p>This meet will also be available on Meet Mobile</p>
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Results:	<ul style="list-style-type: none"> • Results will be emailed to all participating teams. • Result will be posted on the New Jersey website: www.njswim.org and GSCY https://www.teamunify.com/team/njgscy/page/home • Real-time result will be posted on Meet Mobile.
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 (<i>MAAPP 2.0</i>)	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 a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. A list of restricted suit 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.
Hotel:	<p>Embassy Suites, 121 Centennial Ave, Piscataway, NJ 732.980.0500 Radisson Hotel, 21 Kingsbridge Rd, Piscataway, NJ 732.980.0400 Doubletree Hotel, 200 Atrium Way, Somerset, NJ 732.469.2600 Hyatt Regency, 2 Albany St, New Brunswick, NJ 732.873.6629 Somerset Marriott, 110 Davidson Ave, Somerset, NJ 732.560.0500 Courtyard by Marriott, 250 Davidson Ave, Somerset, NJ 732.271.4555 La Quinta Hotel, 60 Cottontail Lane, Somerset, NJ 732.560.9880</p>

Directions:

From New Jersey Turnpike (North or South) Turn off at Exit 9. After toll booth bear to the right; follow signs for "Route 18 North- New Brunswick."

Continue along Route 18 North past the exits for "Route 27" and "Rutgers University" and proceed over the Raritan River on the John Lynch Memorial Bridge.

Take exit for Campus Rd, Rutgers Stadium, and Busch Campus.

Follow traffic circle 1/4 around onto Bartholomew Road. Proceed straight to the 4—Way stop. Make a left onto Brett Rd. and bear left.

From Garden State Parkway (North or South) Southbound - Coming from northern New Jersey

Turn off at Exit 129 for the New Jersey Turnpike and head south. Follow directions to campus from Route 18 North, below.

Northbound - Coming from southern New Jersey (below Exit 105) Turn off at Exit 105 and follow signs for Route 18 North.

After approximately 24 miles you will pass the entrance for the New Jersey Turnpike and continue on Route 18 North. Follow directions to campus from Route 18 North, below.

Northbound (above Exit 105)

Follow Parkway over Driscoll Bridge and take Exit 127 (Route 440 North). Follow Route 440 North (it becomes Route 287 North). Follow directions for Route 287 North, below.

From Route 18 Continue along Route 18 North past the exits for "Route 27" and "Rutgers University" and proceed over the Raritan River on the John Lynch Memorial Bridge stay in the left-hand lane.

Follow Signs for Campus Rd, Rutgers Stadium, and Busch Campus.

Follow traffic circle 1/4 around onto Bartholomew Road. Proceed straight to the 4—Way stop. Make a left onto Brett Rd. and proceed to your left.

From Route 1 (North or South)

Turn off at exit marked "Route 18 North-New Brunswick"

Continue along Route 18 North past the exits for "Route 27" and "Rutgers University" and proceed over the Raritan River on the John Lynch Memorial Bridge.

Follow Signs for Campus Rd, Rutgers Stadium, and Busch Campus.

Follow traffic circle 1/4 around onto Bartholomew Road. Proceed straight to the 4—Way stop. Make a left onto Brett Road. Follow Brett and bear left.

From Route 287 (North or South) Turn off at Exit 9 (formerly Exit 5) "River Road, Bound Brook, Highland Park".

Proceed East on River Road toward Highland Park. Make a left onto Stuphen Road. At the 4- way stop make a left onto Scarlet Knight Way (Frelinghuysen Road).

Follow the traffic circle 1/2 around and follow signs for Bartholomew Road. Follow Bartholomew Road to the 4-Way stop. Make a left onto Brett Road. Follow Brett and bear left.

Via Public Transit Trains New Jersey Transit's Northeast Corridor Line provides New Brunswick with both local and express service between New York and Newark's Penn Stations and Trenton New Jersey. (For Information call 201-762-5100).

Amtrak provides limited direct service to New Brunswick; however, connections can easily be made via New Jersey Transit trains to principle Amtrak stations at MetroPark, New York and Trenton. (For Information call 1-800-USA-RAIL).

Deck Privileges	<p>Only currently credentialed coaches, USA or YMCA Swimming registered athletes and essential meet personnel will be permitted on deck. A (non-removable) identification band must be provided to and worn by each non-athlete member of USA Swimming, including coaches and officials, that is on-deck at a sanctioned meet; such identification band shall be issued following a review of that individual's membership/certification credentials and personal photo ID. A new identification band shall be issued for each day of such meet, and the credentials/photo ID must be re-checked if a replacement ID is issued.</p> <p>Swimmers must be under the direct supervision of an USA or YMCA Swimming Member Certified Coach at all times. Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them while on deck during warm-up, warm down, before, during, or after the meet. Additionally, these swimmers must register a contact person with the meet director. This information should be submitted with the entries.</p>
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July Independence Invitational July 8-10, 2022

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, **and 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 **July Independence Invitational** meet on **July 8-10, 2022** 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:

Entry Fee Summary:	_____	Individual event entries @ \$8.00 =	\$_____
	_____	Distance event entries @ \$14.00 =	\$_____
	_____	Relay event entries @ \$11.00 =	\$_____
	_____	Swimmer surcharge @ 10.00 /day =	\$_____
		Total:	\$_____

Make checks payable to: GSCYMCA

GSCYMCA Independence Invitational – COVID 19 PROTOCOLS – Sonny Werblin Recreation Center

- In applying for this sanctioned event, the Host, GSCYMCA Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, NJ Swimming (LSC), the State of New Jersey and the Somerset County Department of Health.
- COVID Contact Person- The Manager/Head Lifeguard on duty will serve as the immediate COVID contact person.
- Main Covid Contact Person: Mary Korey, mkorey@gscymca.org
- Covid Ambassador: Mary Korey, mkorey@gscymca.org

Personal Protective Equipment (PPE)

- All unvaccinated staff will be required to wear masks when not on stand and where social distancing may not be possible.
- The first aid room and COVID room will hold extra PPE for emergencies.
- Staff will be required to wear masks and gloves when helping patrons or providing aid.

COVID- 19 Awareness Training

- All staff members will be trained on the New Jersey Department of Health guidelines to keep themselves and the patrons safe. COVID- 19 awareness training will continue throughout the season as more information and courses are provided

Police Notification Policy

- In the event of non-compliance to social distancing guidelines, management will be trained to give a warning. If the patron is still non-compliant the police will be called. There will be no tolerance for non-compliance.
- Rutgers Police: 732-932-7211

Screening and Documenting Staff

- Temperatures will be taken of all staff members prior to entering the facility. No staff member will be allowed to work with a temperature reading of 100.4 degrees or higher.

- Any staff with symptoms of COVID- 19 will be encouraged to stay home and will require a note from a physician to return to work. Symptoms related to COVID-19 include:

- | | |
|---|------------------------------|
| ○ Fever or chills | ○ Headache |
| ○ Cough | ○ New loss of taste or smell |
| ○ Shortness of breath or difficulty breathing | ○ Congestion or runny nose |
| ○ Fatigue | ○ Nausea or vomiting |
| ○ Muscle or body aches | ○ Diarrhea |

Infection Control Strategies

Communication with Local Health Authority

- GSCYMCA Staff will contact the local health department IMMEDIATELY by phone (732-745-8490) if we suspect a confirmed case of COVID-19. When reporting the staff will give pool location and where the patient resides.
- If the local health department cannot be reached, the New Jersey Department of Health will be contacted (1-800-367-6543). If after hours, then the emergency after hour's phone number will be called (609) 392-2020.
- If the Pool experiences a confirmed case of COVID-19, management will work with the Local Health Authority to determine if the facility should be shut down temporarily.

YMCA Sanctioned Meet Declaration Form

(Return signed form to the meet director)

Participating YMCA:

YMCA Address:

Meet Name: GSCYMCA Independence Invitational

Meet Date(s): July 8 – July 10, 2022

Meet Host: Greater Somerset County YMCA

Meet Location: Sonny Werblin Pool, Rutgers

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet all eligibility requirements.

COACHES - All coaches representing the YMCA above 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 now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the [MEET_NAME] for the entire period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the [MEET_NAME].

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, Somerset County YMCA, their agents, representatives or assigns, and the Princeton University for any and all injuries which may be suffered by participants at the YMCA Long Course Cup Championship. Furthermore we understand that the YMCA of the USA and Somerset County YMCA and GSCY Swim Team 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.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee