

Miles of Miles 2024

Hosted by: Greater Somerset County YMCA
at the Somerset Hills YMCA Chandor Pool
this is a closed YMCA meet

Meet Approval Information	<p>NJ Swimming Approval # – NJS-AP-012624SCY</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	January 27 th -28 th 2024	
Facility Information	Somerset Hills YMCA	
Host Team Contact	Melissa Thompson	mthompson@gscymca.org
Meet Director	Melissa Thompson	mthompson@gscymca.org
Meet Referees	Charles Banville	Charles.banville@gmail.com
Admin Official	Marissa Forget	mjadrosichforget@gmail.com
Safety Marshalls	Mary Korey Jason Brauer	mkorey@gscymca.org jbrauer@gscymca.org
Entry Coordinator	Melissa Thompson	mthompson@gscymca.org
Entries Open	December 18 th , 2023	
Entry Deadline	January 4 th , 2023	
Swimmer Age	December 1, 2023	
Entry Fees	Individual Events \$7 Swimmer Surcharge \$10	
Invited Team:	This is a closed YMCA only meet	
Meet Course	SCY	
Meet Format	<p>This meet will be run in accordance with current USA Swimming Rules</p> <p>This is a timed final meet with mixed events by age group.</p> <p>All events except the 500 Free will be run slow to fast. The 500 free will run FAST to SLOW.</p> <p>This meet will be deck seeded with coaches checking in/scratching all swimmers.</p> <p>Deck entries are not accepted.</p>	
No Show Policy	<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>	

Medical Information	Chandor Pool is staffed with certified lifeguards by the host team and all operational personnel are trained in CPR and First Aid There is an AED on site. There is not an EMT on site.
Entry Limits	Meet Limit- 4 Individual Events
Email Entry Files To	Melissa Thompson mthompson@gscymca.org Please put your team name and the meet name in the subject line. Example: GSCY Miles 2024 Entries
Make Checks Payable To	GSCYMCA attn: Mary Korey

Saturday January 26 th , 2024		Warm-up	Start
Session #1	12 & Under Events	7am	TBD
Session #2	13 & Over 500 Free	TBD	TBD
Session #3	12 & Under 500 Free	TBD	TBD
Sunday January 27 th , 2024		Warm-up	Start
Session #4	13&Over Events	7am	TBD
Exact session warm-up & start times will be determined once entries are received.			

Scoring	No Scoring
Awards	No Awards
Starts	Fly-over/Over-the-top' starts will be used during this meet
Admissions and Programs	Spectators will be allowed. The \$10 swimmer surcharge covers admission This meet will not be livestreamed. Meet mobile will be utilized
Concessions	No
Vendor	No
Distance Events	500 Free will be swim FAST to SLOW Swimmers need to provide their own timer and counter for the 500 free.
Heat Limited Events	The host team reserves the right to limit heats in all events, in order to meet the session timeline. The 500 free may be heat limited due to facility operating hours.
Internet Website Posting	GSCY Storm Swimming Hosted Meet Webpage
Meet Requirement Statement	To be eligible for the NJ Swimming Zone Championship Team or for NJ Swimming Athlete Travel Grants for sectional and national level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts toward those participation requirements.

Directions	<p><u>From North:</u> Take Route 287 south to Mt. Airy Road exit 26. Bear right on the exit ramp and stay right at the fork before the light. Stay in the right lane to turn onto Mt. Airy Road. The Somerset Hills YMCA is ¼ mile on the right. Ample parking exists on-site –kindly park at the far end so that regular Y members are not inconvenienced.</p> <p><u>From South:</u> Take Route 287 north to second Mt. Airy Road exit, 26B (Bernardsville/Mt. Airy Rd). Proceed through the first traffic light and bear right at the fork before the second light. The Somerset Hills YMCA is ¼ mile on the right. Ample parking exists on-site – kindly park at the far end so that regular Y members are not inconvenienced.</p>
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Saturday January 26 th , 2024		Sunday January 27 th , 2024	
Session #1		Session #4	
1	10 & U 100 Free	15	13-14 100 Fly
2	11-12 100 Free	16	15 & Over 100 Fly
3	10 & U 100 Breast	17	13-14 200 Fly
4	11-12 100 Breast	18	15 & Over 200 Fly
5	10 & U 100 Back	19	13-14 100 Free
6	11-12 100 Back	20	15 & Over 100 Free
7	10 & U 100 Fly	21	13-14 200 Free
8	11-12 100 Fly	22	15 & Over 200 Free
9	10&U 200 Free	23	13-14 100 Breast
10	11-12 200 Free	24	15 & Over 100 Breast
11	10&U 200 IM	25	13-14 200 Breast
12	11-12 200 IM	26	15 & Over 200 Breast
Session #2		27	13-14 100 Back
13	13 & Over 500 Free	28	15 & Over 100 Back
Session #3		29	13-14 200 Back
14	11-12 500 Free	30	15 & Over 200 Back
		31	13-14 200 IM
		32	15 & Over 200 IM
		33	13-14 400 IM
		34	15 & Over 400 IM
*All Events are mixed			

NJS Information and Policies for USA Approved Meets for YMCA

Locker Rooms:	<ul style="list-style-type: none"> • If only one locker room/restroom: If Athletes and Adults including Coaches & Officials must use the same facility, make sure you are not alone with an athlete in the locker room, including using the restroom. Be proactive and tell the meet director immediately if this happens, even when no fault of your own. • If multiple facilities: There is a separate locker room/restroom for athletes only! All other adults including Coaches & Officials need to make sure that you are only using the facility marked for you.
Entry Info:	<ul style="list-style-type: none"> • There will be no refunds after the entry deadline except for events that may be scratched from meet by the Entry Coordinator or Meet Director, or as otherwise directed by NJ Swimming. Entries will be acknowledged within 48 hours of receipt. • All entries will be accepted on a first come basis. • Team entries will be considered accepted when the host club accepts the entries. • Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. • Special Notice: Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.
Entry Times:	<ul style="list-style-type: none"> • New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. • Unless otherwise specified in the earlier Meet Course section, entry times should be for the course that the meet is going to be swum, with converted times being permitted.
Relays:	<ul style="list-style-type: none"> • Relay scratches should be turned in at the required time noted by the meet director. • Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.
Swimmer Eligibility:	<ul style="list-style-type: none"> • Swimmers who are not a member of USA Swimming as provided in Article 302 may compete in this meet, however their results will not be entered into the USA swimming data base. • Swimmers must be full privilege members of their respective YMCA. • All transfer swimmer(s) must swim unattached for 60 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form. • All swimmers 18 & Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.
Check-In:	<ul style="list-style-type: none"> • All check-in sheets must be turned into the scoring table before the start of each session. Check-in times will be noted on the check in sheets. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched will have their names circled with a "SCR" next to the circle. Swimmers scratching a single event will have a line through their name and the event number circled with "SCR" next to the circle. • Failure to follow this procedure may result in the swimmer(s) being scratched from the session.
Adaptive Provisions:	<p>USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Meet 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"> • The host club will help provide timers for the meet. • The host club will e-mail entry verification back to the participating clubs. • The host club will create a warm-up schedule that will be fair and equal to all teams. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. • Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs no later than 1 week before the meet.

<p>Participating Club Responsibilities:</p>	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs 1 week prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck. • Participating clubs should help with officiating whenever possible.
<p>Coaches Conduct & Eligibility:</p>	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP 2.0). • Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions. • As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping. • All coaches “on the deck” must be currently registered coach members of USA Swimming. Verification can be in the form of a current USA Swimming membership card or Coaches Pass available through the USA swimming Deck Pass App. • Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. • All Coaches must have some form of USA coaching credential verification with them at all times. • All YMCA coaches are required to maintain current CPR Pro, First Aid, Coaches Safety Training (Safety Training for Swim Coaches or Lifeguard with successful completion of the Safety Training for Swim Coaches online course) and Principles of YMCA Competitive Swimming and Diving certifications. These are verified at the meet. • All participating coaches must have completed the online YMCA coach registration for the current season.
<p>Officials Conduct & Eligibility:</p>	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP 2.0). • Make sure all interactions with athletes are observable and interruptible. • Current USA Swimming and NJS Swimming certification or YMCA Swimming certification is required for all officials and the Meet Referee will check your cards. • Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. • All officials must wear the standard white and blue uniform. • Officials will be required to work the entire session and will receive free admission.
<p>Meet Format Waiver:</p>	<ul style="list-style-type: none"> • This meet will be run in accordance to current USA Swimming Rules. • The host club has the right to change the format of the meet with the approval of the Administrative vice chair and either the Age Group or Senior vice chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include: <ul style="list-style-type: none"> • To allow more swimmers to swim. • To conform to facility capacity limits or for facility safety concerns. • To condense the meet into smaller time frame. • Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.
<p>Warm-up Procedures:</p>	<ul style="list-style-type: none"> • Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Teams will be assigned lanes according to the size of their entries, to achieve a fair and comparable warm-up for all swimmers. • Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. • All swimmers must enter the pool feet first from the starting end of the pool. • New Jersey Swimming officials and Safety Marshalls will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction.

Results:	<ul style="list-style-type: none"> • Meet result files for TM will be emailed to all participating teams. • Meet results will be posted on the meet website and on the New Jersey Swimming Website: www.njswim.org
USA-S Racing Start Certification Statement:	Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
USA-S Deck Change Policy Statement:	Deck changes are prohibited.
USA-S Drone Policy Statement:	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Minor Athlete Abuse Prevention Policy (MAAPP 2.0)	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy:	<p>Swimwear must conform to USA Swimming Rules.</p> <ul style="list-style-type: none"> • Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition. "Tech suits" are not permitted at this meet for 12 & under swimmers. "Tech Suits" are defined, as suits that have bonded seams, kinetic tape, or meshed seams. A list of restricted suits can be found on the NJ Swimming Website; www.njswim.org. • Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body. <p>Pursuant to USA Swimming Rule 205.10.1, it is permissible for a swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.</p>