

Friday Night (Distance) Lights

Hosted by Ridgewood YMCA Breakers Swim Team

Held under the sanction of USA Swimming

	NJ Swimming Sanction # - NJS-TF-061623LCM		
Meet Sanction Info:	Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.		
Date of Meet:	June 16, 2023		
Location:	Address: Jersey Aquatic Center 629 Central Ave, New Providence, NJ 07974		
Facility Info:	The pool is Olympic-sized: 25 Yards by 50 meters and utilizes 10 lanes in Short Course competition layout. The pool uses pedestal-style blocks with non-turbulent lane lines and an Omega Timing System. 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 are a two lane buffer and 10 lanes available for warm-up and warm-down. 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.		
Pool Certification Statement:	The competition course has not been certified in accordance with 104.2.2C(4). This rule requires that pools where World and National records are established need to be certified as to their compliance with pool length requirements of that rule. Times from this meet will be included in SWIMS so long as the swim is one of the standard events recognized by USA Swimming.		
Host Team Contact:	Meaghan Donnelly	201.444.5600 x319	Mdonnelly@Ridgewoodymca.org
Meet Director:	Meaghan Donnelly	201.444.5600 x319	Mdonnelly@ridgewoodymca.org
Meet Referee:	Bach Lequang		blequang@gmail.com
Administration Official:	Adam Lambert	914.980.5580	clam227@yahoo.com
Safety Marshall:	Michael Oldham	201.444.5600 x319	Moldham@ridgewoodymca.org
Entry Coordinator:	Meaghan Donnelly	201.444.5600 x319	Mdonnelly@ridgewoodymca.org
Entries Open:	5/18/ 2023 at 6:00 am		
Entry Deadline:	6/6/2023		
Swimmer Age:	Age for this meet is calculated as of June 16, 2023		
Entry Fees:	Swimmer Surcharge: \$20.00 Individual Entry Fee: \$12.00		
Meet Course:	Long Course Meters (LCM)		
Meet Format:	<ul style="list-style-type: none">• This meet will be run as a timed final meet.• This is a distance meet for ages 11 and older.• Meet will be Pre-Seeded. No Deck entries will be accepted. Heat and Lane assignments will be posted on meet mobile.		
Entry Limits:	Daily: (1) Individual events	Meet: (1) Individual Events	
Checks Payable To:	Ridgewood YMCA		
Email Entry Files To:	Mdonnelly@ridgewoodymce.org		
Mail Checks/Reports	Ridgewood YMCA 112 Oak Street Ridgewood, NJ 07450		

Order of events

Friday Session #1

Qualification Time	Boys	Age Group and Events	Girls	Qualification Time
23:25.49	#1	11 & Older 1500 Free	#2	23:55.39
6:39.19	#3	11 & Older 400 IM	#4	6:48.29
5:48.69	#5	11 & Older 400 Free	#6	5:56.49
12:15.19	#7	11 & Older 800 Free	#8	12:26.69

Meet Schedule:

All times listed are subject to change
All Swimmers Must Supply their own Timers and Counters

		Warm-up	Start Time
Session 1	11 & Older Boys & Girls	5:45pm	6:15pm

Scoring:	This meet will not be scored
Awards:	There will be no awards
Starts:	Overhead Starts will be used
Admissions and Programs:	In lieu of an admission fee each swimmer will be assessed a \$20 surcharge. There will be no program for the meet. Heat and lane assignment will be posted to Meet Mobile which may be accessed by smart phone or tablet.
Spectators consideration:	Parents or legal guardians have access to and an opportunity to observe their child. Please Review the attached Covid-19 Protocol for the Jersey Aquatic Center
Concessions:	There will be no concessions.
Vendor:	There will be no Vendors
Locker Rooms:	Only swimmers may enter and use the locker rooms. Adults are to use restrooms designated by the meet host.
Entry Information:	In accordance with NJS policy, team entries may be submitted by E-mail to Mdonnelly@ridgewoodymca.org. All entries must be Hy-Tek or Team Unify program entries as an attached file to an e-mail. <ul style="list-style-type: none"> ▪ Deck entries will not be accepted. ▪ Meet will be Pre-Seeded. ▪ We will consolidate heats for efficiency purposes.

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 short course yards.
Relays:	There will be no relays.
Distance Events:	All swimmers will need to supply their own timer and counter.
Heat Limited Events:	Heats will be limited to facility capacity.
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. • 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 e-mail all club entries back to the participating clubs. • The host club will create a warm-up schedule that will be fair and equitable to all teams. This warm-up schedule will be e-mailed to all participating clubs no later than 1 week before the meet
Participating Club Responsibilities:	<ul style="list-style-type: none"> • Participating club parents must stay off the pool deck. • Participating clubs will be asked to help with officiating for the meet. • Participating clubs will be asked to provide timers for the meet
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 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.

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 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>Officials will be required to work the entire session and will receive free admission.</p>
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.
Meet Requirement Statement:	In order to be eligible for the NJ Swimming Zone Championship Team or for NJ Swimming Athlete Travel Grants for Sectional and National level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts toward those participation requirements.
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. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes. • 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 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 one 30-minute warm-ups divided by teams. There will be designated sprint lanes the last 5 minutes of the warm-up session. • Warm-up schedules will be e-mailed and posted on the website 1 week prior to the start of the meet.
Check-In:	There is no check-in for this meet. This is a pre-seeded meet.
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:	Meet information, Hy-Tek .HYV Event file and results will be posted on the New Jersey Swimming website. www.njswim.org
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
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 (<i>MAAPP</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”), 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 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.
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 Jersey Aquatic Club. 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 Jersey Aquatic Center, you voluntarily assume all risks related to exposure to COVID-19.
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.
Hotel:	TBD
Directions:	<p>Address: Jersey Aquatic Center 629 Central Ave. New Providence, NJ 07974</p> <p>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 onto 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.</p>



NEW JERSEY
SWIMMING

Friday Night (Distance) Lights

June 16, 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, Ridgewood YMCA, Jersey Aquatic Center, 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 **Friday Night Distance Lights** meet on **6/16/2023** 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.

**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 @ NA =	\$_____
	_____	Distance event entries @ \$12.00 =	\$_____
	_____	Relay event entries @ NA =	\$_____
	_____	Swimmer surcharge @ \$20.00 =	\$_____
		Total:	\$_____

MAKE CHECKS PAYABLE TO: Ridgewood YMCA