

Gingerbread Man Mini Meet

Hosted by: Ridgewood YMCA Breakers
at the Habernickel Pool

Held under the sanction of USA Swimming

Meet Sanction Info:	NJ Swimming Sanction # – NJS-TF-110225-SCY Any changes of the meet information without the approval of the Competitive Performance Director, administrative chairperson, age group chairperson or senior chairperson 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:	Sunday, November 2, 2025		
Location:	Ridgewood YMCA (Link to Facility and Directions)		
Host Team Contact:	Meaghan Donnelly		MDonnelly@ridgewoodymca.org
Meet Director:	Meaghan Donnelly		MDonnelly@ridgewoodymca.org
Meet Referees:	Raymond Wong Albert Hendrawan		officials@bbswim.org ahendrawan1976@gmail.com
Admin Officials:	Adam Lambert		clam227@yahoo.com
Safety Marshalls:	Regan Morimoto Meaghan Donnelly		MDonnelly@Ridgewoodymca.org
Entry Coordinator:	Meaghan Donnelly	201-444-5600x319	MDonnelly@ridgewoodymca.org
Entries Open:	October 15, 2025 at 6:00 am		
Entry Deadline:	October 25, 2025 at 6:00 pm or until meet reaches capacity.		
Swimmer Age	Age for this meet is calculated as of November 2, 2025		
Entry fees:	Individual Entry Fee: \$8.00 Relay Entry Fee: \$12.00		
Entry Surcharges:	Swimmer Surcharge: \$20.00		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	- This meet will be run as a timed final meet. - This meet is a distance meet for ages 10 and older, a mini-meet for ages 8 and Under, and a 200-yard event meet for ages 9 and 10. NT's or "No Times" will be accepted for this meet - This meet will be pre-seeded. No deck entries will be accepted. Heat and lane assignments will be posted to Meet Mobile.		
Entry Limits:	Daily: 3 Individual events for 8 & Under 1 Distance event for 10 & Over 1 200-yard event for ages 9 & 10	Meet:	3 Individual Events for 8 & Under 1 Relay Event for 8 & Under 1 Individual event for 9 & Over
Checks Payable To:	Ridgewood YMCA		
Email Entry Files To:	MDonnelly@ridgewoodymca.org		

Tentative Meet Schedule

***This schedule is tentative pending receipt of entries.
Depending on the entries, sessions may be combined or split.
The complete schedule with session warm-up, and start times will be established when all entries have been received and a timeline developed, published on the meet website, and e-mailed to the coaches of participating teams.***

Sunday		
Session 1	Morning	8 & Under
Session 2	Midday	11 & Over Distance & 9-10

Scoring:	This meet will not be scored
Awards:	Meet Caps will be awarded to all heat winners. There will be no event awards.
Starts:	There will be no over-the-top starts used for the 8 and Under session. Overhead starts will be used for session 1 and 3.
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. - We will allow ONE spectator per family. If this spectator is not a Ridgewood YMCA member, please bring photo ID.
Concessions:	None
Vendor:	None
Distance Events:	Swimmers are responsible to supply their own timer and a person to count for them.
Heat Limited Events	Heats will be limited to facility capacity.
Internet Website Posting:	Internet location for all meet information: https://www.gomotionapp.com/team/njrybst/page/hosted-meets/gingerbread-man-mini
Medical Information:	Ridgewood YMCA Pool is staffed with certified lifeguards and all operational personnel are trained in CPR and First Aid. - There is an AED on site. - There is not an EMT on site.
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

Order of Events

Session: 1 Gingerbread 8 & U	
1	Girls 8 & Under 50 Freestyle
2	Boys 8 & Under 50 Freestyle
3	Girls 7 Year Olds 25 Freestyle
4	Boys 7 Year Olds 25 Freestyle
5	Girls 6 & Under 25 Freestyle
6	Boys 6 & Under 25 Freestyle
7	Girls 8 Year Olds 25 Breaststroke
8	Boys 8 Year Olds 25 Breaststroke
9	Girls 7 & Under 25 Breaststroke
10	Boys 7 & Under 25 Breaststroke
11	Girls 8 Year Olds 25 Freestyle
12	Boys 8 Year Olds 25 Freestyle
13	Girls 6 & Under 25 Backstroke
14	Boys 6 & Under 25 Backstroke
15	Girls 7 Year Olds 25 Backstroke
16	Boys 7 Year Olds 25 Backstroke
17	Girls 8 Year Olds 25 Backstroke
18	Boys 8 Year Olds 25 Backstroke
19	Girls 7 & Under 25 Butterfly
20	Boys 7 & Under 25 Butterfly
21	Girls 8 Year Olds 25 Butterfly
22	Boys 8 Year Olds 25 Butterfly
23	Girls 8 & Under 100 IM
24	Boys 8 & Under 100 IM
25	Girls 8 & Under 100 Freestyle Relay
26	Boys 8 & Under 100 Freestyle Relay
27	Girls 8 & Under 100 Medley Relay
28	Boys 8 & Under 100 Medley Relay

Session: 2 Gingerbread Distance & 9/10 Session	
29	Girls 9-10 200 Freestyle
30	Boys 9-10 200 Freestyle
31	Mixed 11 & Over 1650 Freestyle
32	Girls 9-10 200 Backstroke
33	Boys 9-10 200 Backstroke
34	Mixed 11 & Over 400 IM
35	Girls 9-10 200 Breaststroke
36	Boys 9-10 200 Breaststroke
37	Mixed 10 & Over 500 Freestyle
38	Girls 9-10 200 Butterfly
39	Boys 9-10 200 Butterfly
40	Mixed 11 & Over 1000 Freestyle

NJS Information and Policies for USA Sanctioned Meets

Locker Rooms:	• 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.
Spectator Considerations:	• As per USA Swimming Safe Sport Protocols, Parents or legal guardians will have access to their child and an opportunity to observe their child if the facility protocols allow for spectators.
Entry Info:	• 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: Meet entry 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:	• New Jersey Swimming follows the practice of not entering a meet with 'NT' or 'No Time'. Unless otherwise stated in the meet announcement, "NT's" will not be accepted. • 'NT' or 'No Time' will NOT be accepted for this meet. • 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.
Swimmer Eligibility:	• 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.
Check-In:	• 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:	USA Swimming 2025 Technical 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:	• 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.
Participating Club Responsibilities:	• 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. Due to limited space, the host team asks that swimmers be limited to 1 parent or legal guardian in the stands. • Participating clubs should help with officiating whenever possible.
Coaches Conduct & Eligibility:	• This meet is conducted according to current USA Swimming 2025 Technical Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (2025 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 credential 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:	• This meet is conducted according to current USA Swimming 2025 Technical Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (2025 MAAPP). • Make sure all interactions with athletes are observable and interruptible. • Current USA Swimming and LSC Swimming certification is required for all officials and the Meet Referee will check your credentials. • 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 to receive credit for the session in OTS.
Meet Format Waiver:	• This meet will be run in accordance to current USA Swimming 2025 Technical 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: • 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.

Warm-up Procedures:	• 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 Marshals will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction.
Results:	• 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, locker rooms or behind the starting blocks.
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 (2025 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 ("2025 MAAPP"), and that they understand that compliance with the 2025 MAAPP policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy:	Swimwear must conform to USA Swimming 2025 Technical Rules. • 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. 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.