

2023 NJ YMCA Silver Championships

<b>NJ YMCA SILVER CHAMPIONSHIP MEET</b> <b>FEBRUARY 17-19, 2023</b> <b>YMCA Santioned CAQ-2023-NJ01042587</b>	
<b>Meet Host</b>	Lakeland Hills YMCA Swim Team, Mountain Lakes, NJ 07046
<b>Sanction</b>	Held under the sanction of USA Swimming and Middle Atlantic Swimming. USA Swimming & Middle Atlantic Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. <b>MA 2326 AP</b>
<b>Location</b>	<p>Gloucester County Institute of Technology (GCIT)                      1360 Tanyard Road                      Sewell, NJ 08080  <a href="http://www.gcit.org/">http://www.gcit.org/</a></p> <p>Pool with electronic timing and non-turbulent lane lines with a bulkhead dividing two 8 lane, 25 yard courses. Water depth is 10 feet at the start/turn end of Pool 1 and 5 feet at the start/turn end of Pool 2. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The spectator area has a seating capacity limited to 400 persons which is strictly enforced. <b>By Order of the Fire Marshall, coolers, folding chairs, and strollers are not permitted in the spectator area.</b> Spectators will not be allowed on deck. Spectators and swimmers will not be allowed to save seats in the spectator area. Host team volunteers will assist spectators with seating and will monitor the spectator area. Spectators are requested and expected to cooperate with Fire Marshall's regulations and volunteer requests. The facility, including the spectator area, will be cleared between all sessions.</p>
<b>Meet Director</b>	Justin Alsobrooks, <a href="mailto:justina@justintiming.com">justina@justintiming.com</a>   Dean Ferdico, <a href="mailto:dferdico@gmail.com">dferdico@gmail.com</a>
<b>Meet Referee</b>	Louis Hu, <a href="mailto:louishu@yahoo.com">louishu@yahoo.com</a>
<b>Administrative Official</b>	Just In Timing
<b>Entry Coordinator</b>	Just In Timing, <a href="mailto:entries@justintiming.com">entries@justintiming.com</a>   Checks payable to: LHYMCA
<b>Entry Deadline</b>	<p style="text-align: center;"><b>Deadline 1: Wednesday, February 8<sup>th</sup>, 2023</b>                      <b>Deadline 2: Monday February 13<sup>th</sup>, 2023</b></p> <ul style="list-style-type: none"> <li>• <b><u>****Please Note****There will be 2 event files set up for this meet. One will be for entries due by the deadline of February 8<sup>th</sup> and one will be for entries accepted from swimmers who qualify between February 8<sup>th</sup> and February 13<sup>th</sup>. These entries are due by 9:00 PM February 13<sup>th</sup>.</u></b></li> <li>• <b>Entry Deadline:</b> Entries must be received via email no later than 9:00 pm February 8<sup>th</sup>, 2023. The deadline for additional entries achieved after February 8<sup>th</sup>, 2023, will be February 13<sup>th</sup>, 2023 at 9:00pm.</li> <li>• Swimmers achieving a <b>NEW</b> YMCA silver time between February 8<sup>th</sup> and February 13<sup>th</sup> will also be able to enter in that event; new times achieved ONLY. A separate meet entry file will be available for these entries.</li> </ul> <p style="text-align: center;"><b>NO CHANGES OR ADDITIONS WILL BE ACCEPTED AFTER FEBRUARY 13<sup>th</sup> !!!!!</b></p> <ul style="list-style-type: none"> <li>• No refunds will be made on any entry fees regardless of any subsequent scratches or changes.</li> <li>• Email the electronic entry file to Justin Alsobrooks via <a href="mailto:entries@justintiming.com">entries@justintiming.com</a></li> <li>• The entry fees &amp; registration information should be mailed to OR brought to the meet:                      YMCA Silvers                      c/o Ed Soder                      100 Fanny Road                      Mountain Lakes, NJ 07046</li> </ul>
<b>Swimmers Age</b>	• Age for this meet is as December 1, 2022.
<b>Championship Meet Committee</b>	• The Committee will be composed of the Meet Referee (Head Official), Meet Director, and the Executive League Coordinators, or their designees.

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	<ul style="list-style-type: none"> <li>The Competitive Coordinator and/or the Meet Committee may challenge entry times and/or may ask for verification of any seed time. All seed times must be provable. Failure to provide such proof when requested will be subject to investigation and possible disqualification or reassignment to the heat and lane the proof permits.</li> </ul>
<b>Meet Format Waiver</b>	<p>The host team, with the approval of the NJ State Championship Committee reserves the right to:</p> <ul style="list-style-type: none"> <li>Change the pool or sessions, if necessary, for the best operation of the meet,</li> <li>Adjust warm-up times, sessions and start times after all entries are received and session time estimates are computed by meet software to best manage the meet timeline,</li> <li>Any changes to the meet format will be posted on our website and sent via email to all teams at least 3 days in advance of the meet.</li> </ul>
<b>Internet Website Posting</b>	<p><b>Website Address:</b> <a href="http://www.lhyswim.com">www.lhyswim.com</a> Pre-Meet Information &amp; Post Meet Info will be posted and emailed to the teams.</p>
<b>Applicable Rules</b>	<p>This meet will be run in accordance to current USA Swimming Technical Rules, the NJ YMCA Swim League Constitution and the 2023 edition of Principles &amp; Rules that Govern YMCA Competitive Sports and all supplements thereto.</p>
<b>USA Swimming Approval</b>	<p>This meet will be an Approved Meet in accordance with USA Swimming Rule 202.4.6. All times for registered USA-S swimmers will be entered into the SWIMS database, if the swimmer's name, as entered into the meet, is exactly the same as the swimmer is registered in USA Swimming. Mismatches will be rejected by SWIMS. <b>Coaches shall verify that all swimmer information complies with USA "SWIMS" database requirements. Any mismatched information will be returned (by SWIMS) to the respective team for resolution.</b> In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.</p> <p><b>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</b> In compliance with USA Swimming Rules and Regulations:</p> <ul style="list-style-type: none"> <li>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</li> <li>Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, PDA's, etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods.</li> <li>Unless approved in advance by the MAS Board and stated in the meet announcement, photographers /videographers are not permitted on deck at any time.</li> <li>As an approved exception, USA Swimming-registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training subject to the location restrictions of this statement so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.</li> <li>Deck changes are prohibited.</li> <li>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. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.</li> </ul>
<b>Swimmer Eligibility</b>	<ol style="list-style-type: none"> <li>A swimmer must be a member in good standing of his/her YMCA for 30 days prior to competing for that YMCA in any meet. The swimmer must be a member in good standing of his/her YMCA for 90 days prior to representing that team in any YMCA State level Championship meet. (Rules That Govern, Rule III Sec.1a).</li> <li>To be eligible to compete in any YMCA State level Championship meet, a swimmer must not have represented any organization other than his/her YMCA team in open or closed competition (except for high school) for at least 90 days prior to that YMCA State level Championship meet entry deadline.</li> <li>An athlete must achieve the minimum qualifying time standard for each Silver Championship Meet event in which he/she enters in Open, League, Dual or High School Meet competition. Coaches</li> </ol>

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	<p>must be prepared to show proof of this achievement at meet registration if requested by meet committee. No swimmer may participate in a NJ YMCA Silver Championship Meet event for which they have previously achieved a NJ State Championship Meet qualifying time.</p> <ol style="list-style-type: none"> <li>4. For an athlete to be eligible to compete in the YMCA Silver Championship meet, he/she must have represented his/her YMCA in at least three closed inter-association YMCA competition on separate days since September 1, 2022.</li> <li>5. The swimmer must be an amateur and may represent a team other than their YMCA or school team during the current season but <i>before</i> their eligibility period commences (90 days prior to the state level competition).</li> <li>6. Any time achieved at an inter-association meet, or YMCA championship meet in which the swimmer competed under their YMCA name is acceptable. USA Swimming times are also accepted. High school swim meets are swum under NFHS rules, which differ from the USA-S technical rules in several areas. For a time from a high school meet to be accepted, that meet must have been observed by USA-S or YMCA officials in accordance with USA-S Rule 202.5, or a printed meet result from a HS Conference Championship, a HS County Championships, NJ HS Meet of Champions, or a HS championship meet utilizing electronic timing. The printed results of the event must show the meet name and be signed by one of the officials at the meet.</li> <li>7. Participation is determined by the swimmer's age as of <b>December 1, 2022</b>. A swimmer may participate in one age group only. There is no swimming up in age group events. A 19-year-old swimmer who is still in high school may compete in the 15/18 age group.</li> <li>8. <b>Each swimmer is restricted to entering a maximum of three (3) individual events per day and not more than seven (7) total individual events for the meet; one relay event maximum per day.</b> Other than entry qualifying times, there are no restrictions on the number of entries per team in individual events, if each entrant meets eligibility and time requirements.</li> <li>9. <b>Swimmers with five (5) or more qualifying times for the NJ YMCA State Championships are NOT ELIGIBLE to compete at the NJ YMCA Silver Championships.</b></li> <li>10. The qualifying period for the meet is January 1, 2022 - February 13, 2023.</li> <li>11. 8/unders are not permitted at the NJ YMCA Silver Championships.</li> <li>12. The 2023 edition of "A Manual on Principles and Rules Governing Competitive Physical Activities in the YMCA", the 2023 Edition of the NJ YMCA State Championship Guide, and the 2008 Edition of the YMCA Mid-Atlantic Group Competitive Swimming and Diving Championships Rules Supplement (where applicable) will be used to measure eligibility.</li> <li>13. It shall be the responsibility of the Head Coach and CEO/Executive Director of each YMCA to assure that their swimmers meet all eligibility requirements.</li> </ol>			
<b>Meet Format</b>	This meet will be a 2 ½ day timed final meet that will host events in the 9/10, 11/12, 13/14, 15/18 age groups. Published time standards must be strictly adhered to. All events will be deck seeded upon completion of checking in/scratching swimmers. The 1000 & 1650 will be run fastest to slowest and swimmers are to provide their own counters and timers (1).			
<b>Meet Schedule</b>	<b>Days</b>		<b>Warm-up</b>	<b>Meet Starts</b>
	Friday PM	11/older events	4:00 PM	5:25 PM
	Saturday & Sunday AM	9/10 & 11/12 events	7:00 AM	8:25 AM
	Saturday & Sunday Mid	13/older Distance Events	TBA	TBA
	Saturday & Sunday PM	13/14 & 15/18 Events	TBA	TBA
<b>Warm-up Procedure</b>	<ul style="list-style-type: none"> <li>• There will be three (3) twenty-five (25) minute warm-up assignments with assigned lanes depending upon age groups and team entries.</li> <li>• Warm-up and the lane assignments will be sent to the teams via e-mail within 72 hours of the meet.</li> <li>• Feet first entry is required, and swimmers must enter the pool from the starting end.</li> </ul>			
<b>Seeding</b>	<ul style="list-style-type: none"> <li>• This meet will be seeded in accordance with USA-S Technical Rules (Rule 102.5), and for the benefit of the swimmers, the meet will be deck seeded upon completion of coaches checking-in/scratching swimmers.</li> <li>• If the Meet Committee decides that it is necessary to re-seed an event, all timers, officials and coaches will be issued heat sheets showing the re-seeded heat and lane assignments and heat</li> </ul>			

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	<p>sheets will be posted throughout the deck and in the spectator area indicating the re-seeded event.</p> <ul style="list-style-type: none"> <li>The host team and/or Meet Committee reserve the right to limit heats in individual events and/or change the pool if necessary, for the best operation of the meet.</li> <li>The 1000 Free and 1650 Free will be swum fastest to slowest.</li> </ul>
<b>Swimmer Check-in &amp; Scratches</b>	<ul style="list-style-type: none"> <li>All scratches shall be submitted to respective pool (color coded) in which the scratched swimmer(s) would otherwise have participated no later than 30 minutes into warm-up of any session except the distance mid sessions. Scratches are due within 10 minutes of warmup.</li> <li>All entries not scratched will become official entries. Any swimmer not scratched using this procedure, who does not swim an event will be considered a “<b>no show</b>” and shall be disqualified from their next event in that session, including entry as a member of a relay team. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer or the coach declares an intent to swim at the scratch table prior to the close of the scratch period for that day’s events.</li> <li>In each coaches’ packet will be: <ul style="list-style-type: none"> <li>Scratch sheets</li> <li>Relay sheets for name changes</li> <li>Timing &amp; warm-up assignments</li> </ul> </li> </ul>
<b>Misconduct</b>	<ul style="list-style-type: none"> <li>Coaches will be held responsible for the conduct of their swimmers and parents during the meet. Any damages assessed to the host team by GCIT will be charged back to each participating team on a pro-rated basis.</li> <li>Misconduct Statement from YMCA of the USA – “Any misconduct or misbehavior of their participants in any Group event shall forfeit the right of that Association to be represented in the sport the following year.”</li> </ul>
<b>Relays</b>	<ul style="list-style-type: none"> <li>Each YMCA Association may enter more than one relay team. Only the “A” relay team will be eligible for scoring/awards. <b>Coaches should make every effort to identify the most likely swimmers and enter those swimmers’ names in the relay events.</b> Coaches will be allowed the change the names of the swimmers in the relays at the meet by the designated deadline.</li> <li>Relay swimmers for this meet must be entered in the NJ YMCA Silver Championships in an individual event. No “relay-only” swimmers may be entered in this meet.</li> </ul>
<b>Entry Procedure</b>	<ul style="list-style-type: none"> <li>Electronic entries must be received via email no later than <b>9:00 PM, Wednesday, February 8, 2023 for deadline 1 and 9:00 PM, Monday, February 13<sup>th</sup>, 2023 for deadline 2.</b> Entries must list seed times in yards. <b>TIMES WILL NOT BE CONVERTED BY THE HOST TEAM.</b> Coaches may convert times swum during the current season as described in the Time Standards Section of the NCAA Swimming and Diving Rule Book.</li> <li><b>All entries must be accompanied by a copy of the Meet Entries report with the <i>Proof of Time</i> option enabled in PDF format.</b></li> <li>Submit entries to: <a href="mailto:entries@justintiming.com">entries@justintiming.com</a></li> <li>Upon receipt, coaches will receive a return email of entries for verification and a summary of meet entry fees. No swimmers will be officially entered into the meet until each coach has confirmed his/her team entry via return email and has submitted: <ul style="list-style-type: none"> <li>Release &amp; Hold Harmless Agreement</li> <li>Meet Entry Certification &amp; Cover Form</li> <li>Entry Summary Sheet with payment of entry fees in full.</li> </ul> </li> </ul>
<b>Entry Fees</b>	<p>\$10.00 per individual event  \$12.00 per distance events (1000 and 1650)  \$28.00 per relay team  Swimmer surcharge of \$25</p> <p>Checks payable to: <b>LAKELAND HILLS YMCA</b></p>
<b>Scoring</b>	<p>Point scoring of place values will be:</p> <ul style="list-style-type: none"> <li>Individual Events – 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1</li> </ul>

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<b>Awards</b>	<ul style="list-style-type: none"> <li>• Relays – 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2</li> <li>• Medals will be awarded in all age group events and relays for the first through eighth place.</li> <li>• Ribbons will be awarded in all age group events and relays for ninth through sixteenth places.</li> <li>• Age group plaques will be awarded to first and second places.</li> <li>• Coaches will pick up all team and individual awards at the end of the meet from the awards desk in the hallway outside of Pool 2.</li> </ul>
<b>Admission &amp; Programs</b>	<p>Upon entering the building, swimmers, coaches, and officials should proceed through the hallway to the deck entrance (swimmers &amp; coaches) and check-in/hospitality room (officials). Coaches may pick up their meet packet at the Pool 1 Table (deep end). <b>Coaches must show their credentials in order to check in and receive their meet packets.</b> All teams and coaches must have completed the 2022-23 YMCA Swimming registration and all coaches must have current certifications in Professional CPR, First Aid and Safety Training for Swim Coaches or Lifeguard certification with Safety Training online certificate. The hospitality room will be in a classroom off the main entrance.</p>
<b>Officials</b>	<p>Pre-registration is required for all officials. <b>THERE WILL NO WALK IN OFFICIALS ALLOWED.</b> Meet Referee will send out a request two weeks prior with a link to register online. Requisites for officiating are Level 1/Level 2 YMCA certification and/or USA stroke/turn, starter, referee. Certification cards will be checked prior to the meet to ensure all YMCA and USA certifications are current. This is an approved USA meet. All sessions will be recorded into OTS for those qualifying officials. The standard uniform is a white polo shirt with a navy-blue skirt/skort/shirts or pants. There will be no admission charge for officials who will be working the full session of the meet. A hospitality room will be available to coaches and officials throughout the meet. Officials will be provided with a championship official's shirt.</p>
<b>Protests</b>	<p>The USA-S protest procedures (Rule 102.23) will be utilized, and set forth below:</p> <ol style="list-style-type: none"> <li>1. Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decision shall be final.</li> <li>2. For consideration of all other protests lodged at the meet, the Referee may appoint a meet jury. The jury shall consist of not fewer than three (3) and not more than five (5) persons, at least one of whom shall be a coach and one an athlete.</li> <li>3. Protests made prior to the race contesting the eligibility of a swimmer to compete or to represent an organization shall be made to the Referee in writing. If a protest is not resolved, the Referee or the meet jury shall allow the swimmer to compete under protest and it shall be so announced before the race.</li> <li>4. All other competition-related protests, including protests concerning eligibility and representation, must be made to the Referee and submitted in writing within thirty (30) minutes after the race in which the alleged infraction occurred.</li> <li>5. Except as provided in 102.23.1, the Referee's or the meet jury's ruling may be appealed as follows: A Protests concerning interpretation of the rules in Part One and Part Seven of the USA Swimming Rules and Regulations shall be submitted in writing within ten (10) days to the Chair of the USA Swimming Rules &amp; Regulations Committee who shall issue a ruling within five (5) days from the date of the receipt of such protest. This ruling shall be final and binding on all parties. B All other protests, together with the Referee's or the jury's written decision, shall be submitted to the Zone Board of Review for the Zone in which the 47 1 102.23 sanctioning LSC is located or, in the case of a National Championship or trials class meet, to the National Board of Review, in accordance with Part Four of the USA Swimming Rules &amp; Regulations.</li> <li>6. The official results of any protested race shall not be announced, the affected awards shall not be given, and points scored shall not be allocated until the protest is resolved or is withdrawn in writing.</li> </ol>
<b>COVID-19 Assumption of Risk Disclaimer</b>	<p>We have taken enhanced health and safety measures for all participants. You must follow all posted instructions while at the Gloucester Institute of Technology. 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 Gloucester Institute of Technology Pool, you voluntarily assume all risks related to exposure to COVID-19.</p>

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<b>Tech Suit/Swimwear Policy:</b>	Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or Approved competition. <b>“Tech suits” are not permitted at this meet for 12 &amp; under swimmers.</b> “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; <a href="http://www.njswim.org">www.njswim.org</a>
<b>Inclement Weather</b>	In case of severe weather conditions or other emergency situations which force cancellation of any portion of this meet – <b>no refunds will be made on any entry fees.</b> The Meet Committee will make all decisions concerning meet cancellation. The decision of The Meet Committee is final. Any changes will be posted on <a href="http://www.lhyswim.com">www.lhyswim.com</a>
<b>Concessions</b>	There will be food & drink available for purchase through GCIT on Saturday & Sunday.
<b>Vendors</b>	There will be a vendor(s) available for swimming related purchases.
<b>Hotels</b>	<i>Please note: accommodations are to be made by each team. This is strictly for information use only.</i> <b>Courtyard Mt Laurel:</b> 1000 Century Parkway · Mount Laurel, NJ 08054 866-767-0278 <b>Double Tree Suites by Hilton:</b> 515 Fellowship Road North, Mount Laurel, NJ 866-573-4235 <b>Hampton Inn:</b> 5000 Crawford Place, Mount Laurel, NJ, 08054 866-538-6218 <b>Hyatt Place Mt. Laurel:</b> 8000 Crawford Place, Mt. Laurel, NJ 08054 866-538-1314 <b>Staybridge Suites:</b> 4115 Church Road, Mount Laurel, NJ 08054 866-678-6350
<b>Directions</b>	<b>FROM ROUTE 55 South</b> Exit 56B at Route 47 North toward Woodbury/ Westville. At the light, turn left onto Bankbridge Road. At the next light, turn left onto Tanyard Road. The entrance for GCIT is on the left at the bottom of the hill.  <b>FROM THE DELAWARE MEMORIAL BRIDGE</b> Take Interstate 295 north. Take Exit 21 onto Delaware Street and continue through Woodbury for about 1.7 miles. As Delaware Street becomes Cooper Street, continue for .5 miles. Turn right at traffic light onto Evergreen Avenue. Travel one block and turn left at next light onto E. Barber Ave. Proceed about 3.2 miles. The entrance for GCIT is on the left at the bottom of the hill.  <b>FROM THE NEW JERSEY TURNPIKE</b> Take the N.J. Turnpike south to Exit 3. After toll, follow signs for Route 168 south. Continue for about one mile to traffic light and turn right on Route 544 & Route 41 south, Clements Bridge Road. Continue for about 1.7 miles to Deptford Center Rd. and make a right. Travel about 0.8 miles and merge onto Rt. 55 South. Travel about 2.4 miles and exit at 56B Woodbury/Westville. After you exit, make a left at the 1st light, Bankbridge Rd. Make a left at the next light, Tanyard Rd. The entrance for GCIT is on the left at the bottom of the hill.  <b>FROM ATLANTIC CITY</b> Take the Atlantic City Expressway North. Take exit 44 towards Rt-168/Sicklerville/Blackwood. Stay to the right for Rt-168/Blackwood. Sicklerville Rd will turn into Woodbury-Turnersville Rd as you cross Rt-168. Travel for about 1.5 miles. Make a left onto Barnsboro-Blackwood Rd. and bear to the right. Continue for about 1.2 miles. At the stop sign, make a right onto Egg Harbor Rd. Go straight through the light as you are now on Rt-47/Delsea Dr. for about 1.2 miles. Make a left onto Bankbridge Rd. Make a left at the next light, Tanyard Rd. The entrance for GCIT is on the left at the bottom of the hill.  <b>FROM THE COMMODORE BARRY BRIDGE</b> Take Route 322 east to light at Route 45. Turn left onto Route 45 north and travel for about 2.0 miles. Turn right onto Heritage Rd and go about 2.1 miles. Turn right onto Main St. Make a slight left onto Center St and go for about 1.7 miles. Now make a left onto Tanyard Rd. GCIT is about 1.3 miles ahead on the right, past Gloucester County College.
<b>Spectators</b>	<b>DUE TO GCIT AND FIRE MARSHALL REGULATIONS, PLEASE NOTE THE FOLLOWING:</b> <b>Spectator seating will be limited to 400 persons.</b> The Fire Marshall will count spectators. The Meet Committee recommends that no more than one parent accompany each swimmer to the meet. The Meet Committee recommends carpooling where possible.  <b>So that all parents of swimmers can watch their children swim, please observe only those events in which your child(ren) is(are) competing.</b> There will be seating in other areas of GCIT including the vending/cafeteria area.

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	<p><b>Cooperation from everyone will be needed so that Y Silvers can remain a positive experience for all swimmers and parents. Remember, this is a YMCA sponsored championship.</b></p>
<b>Covid-19 Waiver</b>	<p>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.</p> <p>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.</p> <p>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.</p>

### ORDER OF EVENTS & QUALIFYING TIMES

#### Session 1 Friday Pool 1 (Deep End)

Event	= or Faster	Slower than
Event 1 Girls 11-12 200 IM	2:42.59	2:34.99
Event 2 Boys 13-14 400 IM	5:19.99	4:42.09
Event 3 Girls 15-18 400 IM	5:12.99	4:49.99
Event 4 Girls 11-12 50 Back	34.59	33.29
Event 5 Boys 13-14 200 Back	2:29.89	2:17.89
Event 6 Girls 15-18 200 Back	2:23.09	2:12.99
Event 7 Girls 11-12 100 Breast	1:27.19	1:22.19
Event 8 Boys 13-14 200 Free	2:07.39	2:00.19
Event 9 Girls 11-12 500 Free	6:37.99	6:08.59
Event 10 Girls 15-18 200 Free	2:04.99	1:59.39

#### Session 2 Friday Pool 2 (Shallow End)

Event	= or Faster	Slower than
Event 11 Boys 11-12 200 IM	2:45.59	2:35.49
Event 12 Girls 13-14 400 IM	5:27.79	4:56.59
Event 13 Boys 15-18 400 IM	4:47.59	4:23.59
Event 14 Boys 11-12 50 Back	35.79	33.89
Event 15 Girls 13-14 200 Back	2:26.29	2:20.09
Event 16 Boys 15-18 200 Back	2:13.99	2:04.09
Event 17 Boys 11-12 100 Breast	1:28.99	1:22.99
Event 18 Girls 13-14 200 Free	2:10.49	2:05.59
Event 19 Boys 11-12 500 Free	6:39.99	6:08.59
Event 20 Boys 15-18 200 Free	1:55.29	1:49.69

#### Session 3 Sat AM Pool 1 (Deep End)

Event	= or Faster	Slower than
Event 21 Boys 11-12 200 Free	2:28.09	2:18.09
Event 22 Girls 9-10 200 IM	3:12.69	3:00.59
Event 23 Boys 11-12 100 IM	1:17.19	1:12.59

#### Session 4 Sat AM Pool 2 (Shallow End)

Event	= or Faster	Slower than
Event 34 Girls 11-12 200 Free	2:26.29	2:18.29
Event 35 Boys 9-10 200 IM	3:18.99	3:00.99
Event 36 Girls 11-12 100 IM	1:15.39	1:11.89

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Event 24 Girls 9-10 100 Back	1:27.09	1:23.09
Event 25 Boys 11-12 200 Back	2:53.99	2:34.59
Event 26 Girls 9-10 100 Breast	1:40.89	1:36.29
Event 27 Boys 11-12 50 Free	30.09	28.39
Event 28 Girls 9-10 200 Free	2:54.29	2:41.99
Event 29 Boys 11-12 200 Breast	3:16.99	2:58.99
Event 30 Girls 9-10 50 Fly	39.89	37.29
Event 31 Boys 11-12 100 Fly	1:23.19	1:13.49
Event 32 Girls 9-10 200 Free Relay		
Event 33 Boys 11-12 200 Free Relay		

Event 37 Boys 9-10 100 Back	1:30.39	1:24.09
Event 38 Girls 11-12 200 Back	2:46.39	2:33.99
Event 39 Boys 9-10 100 Breast	1:45.29	1:37.89
Event 40 Girls 11-12 50 Free	29.79	28.49
Event 41 Boys 9-10 200 Free	2:57.99	2:41.99
Event 42 Girls 11-12 200 Breast	3:09.99	2:58.19
Event 43 Boys 9-10 50 Fly	41.39	37.99
Event 44 Girls 11-12 100 Fly	1:19.19	1:14.09
Event 45 Boys 9-10 200 Free Relay		
Event 46 Girls 11-12 200 Free Relay		

**Session 5 Sat MID Pool 1 (Deep End)**

Event	= or Faster	Slower than
Event 47 Girls 13-14 1000 Free	12:12.99	11:27.39
Event 47 Girls 15-18 1000 Free	11:38.99	11:04.89

**Session 6 Sat MID Pool 2 (Shallow End)**

Event	= or Faster	Slower than
Event 48 Boys 13-14 1000 Free	11:44.99	10:59.99
Event 48 Boys 15-18 1000 Free	10:55.99	10:11.99

**Session 7 Sat PM Pool 1 (Deep End)**

Event	= or Faster	Slower than
Event 49 Boys 13-14 50 Free	26.29	25.09
Event 50 Girls 15-18 50 Free	26.49	25.39
Event 51 Boys 13-14 200 Breast	2:47.49	2:32.99
Event 52 Girls 15-18 200 Breast	2:44.99	2:35.99
Event 53 Boys 13-14 100 Back	1:07.79	1:03.19
Event 54 Girls 15-18 500 Free	5:36.39	5:19.89
Event 55 Boys 13-14 200 Fly	2:46.99	2:22.99
Event 56 Girls 15-18 100 Fly	1:04.09	1:00.69
Event 57 Boys 13-14 200 Free Relay		
Event 58 Girls 15-18 400 Free Relay		

**Session 8 Sat PM Pool 2 (Shallow End)**

Event	= or Faster	Slower than
Event 59 Girls 13-14 50 Free	27.59	26.59
Event 60 Boys 15-18 50 Free	23.99	22.99
Event 61 Girls 13-14 200 Breast	2:53.79	2:42.99
Event 62 Boys 15-18 200 Breast	2:31.09	2:20.69
Event 63 Girls 13-14 100 Back	1:08.19	1:05.39
Event 64 Boys 15-18 500 Free	5:17.99	4:57.99
Event 65 Girls 13-14 200 Fly	2:44.79	2:29.59
Event 66 Boys 15-18 100 Fly	57.99	54.99
Event 67 Girls 13-14 200 Free Relay		
Event 68 Boys 15-18 400 Free Relay		



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### Session 9 Sun AM Pool 1 (Deep End)

Event	= or Faster	Slower than
Event 69 Boys 9-10 100 IM	1:28.59	1:22.99
Event 70 Girls 11-12 50 Fly	33.59	31.79
Event 71 Boys 9-10 50 Free	34.49	32.69
Event 72 Girls 11-12 100 Back	1:15.49	1:11.39
Event 73 Boys 9-10 100 Fly	1:45.09	1:33.49
Event 74 Girls 11-12 400 IM	5:55.99	5:30.99
Event 75 Boys 9-10 100 Free	1:17.99	1:12.89
Event 76 Girls 11-12 100 Free	1:05.99	1:02.99
Event 77 Boys 9-10 50 Breast	48.09	45.29
Event 78 Girls 11-12 200 Fly	3:10.99	2:51.99
Event 79 Boys 9-10 50 Back	40.69	38.79
Event 80 Girls 11-12 50 Breast	39.89	37.49
Event 81 Boys 9-10 200 Medley Relay		
Event 82 Girls 11-12 200 Medley Relay		

### Session 11 Sun MID Pool 1 (Deep End)

Event	= or Faster	Slower than
Event 97 Boys 13-14 1650 Free	19:57.99	18:29.69
Event 97 Boys 15-18 1650 Free	18:18.99	16:59.99

### Session 13 Sun PM Pool 1 (Deep End)

Event	= or Faster	Slower than
Event 99 Girls 13-14 100 Free	1:00.29	57.79
Event 100 Boys 15-18 100 Free	51.89	49.99
Event 101 Girls 13-14 100 Breast	1:19.89	1:15.29
Event 102 Boys 15-18 100 Breast	1:08.49	1:03.69
Event 103 Girls 13-14 500 Free	5:55.99	5:34.39
Event 104 Boys 15-18 100 Back	1:00.19	56.99
Event 105 Girls 13-14 200 IM	2:28.19	2:21.59
Event 106 Boys 15-18 200 IM	2:09.49	2:02.89
Event 107 Girls 13-14 100 Fly	1:09.29	1:05.09
Event 108 Boys 15-18 200 Fly	2:19.99	2:04.09
Event 109 Girls 13-14 200 Medley Relay		
Event 110 Boys 15-18 400 Medley Relay		

### Session 10 Sun AM Pool 2 (Shallow End)

Event	= or Faster	Slower than
Event 83 Girls 9-10 100 IM	1:25.59	1:22.49
Event 84 Boys 11-12 50 Fly	34.69	31.79
Event 85 Girls 9-10 50 Free	33.79	32.59
Event 86 Boys 11-12 100 Back	1:17.59	1:12.99
Event 87 Girls 9-10 100 Fly	1:40.99	1:29.49
Event 88 Boys 11-12 400 IM	6:00.99	5:32.99
Event 89 Girls 9-10 100 Free	1:16.49	1:13.29
Event 90 Boys 11-12 100 Free	1:06.29	1:02.29
Event 91 Girls 9-10 50 Breast	46.09	43.59
Event 92 Boys 11-12 200 Fly	3:10.99	2:52.99
Event 93 Girls 9-10 50 Back	39.79	38.29
Event 94 Boys 11-12 50 Breast	41.29	38.19
Event 95 Girls 9-10 200 Medley Relay		
Event 96 Boys 11-12 200 Medley Relay		

### Session 12 Sun MID Pool 2 (Shallow End)

Event	= or Faster	Slower than
Event 98 Girls 13-14 1650 Free	20:40.99	19:06.99
Event 98 Girls 15-18 1650 Free	20:04.99	18:34.59

### Session 14 Sun PM Pool 2 (Shallow End)

Event	= or Faster	Slower than
Event 111 Boys 13-14 100 Free	57.59	54.99
Event 112 Girls 15-18 100 Free	56.99	54.89
Event 113 Boys 13-14 100 Breast	1:16.69	1:11.69
Event 114 Girls 15-18 100 Breast	1:15.49	1:11.79
Event 115 Boys 13-14 500 Free	5:41.99	5:22.19
Event 116 Girls 15-18 100 Back	1:04.99	1:01.49
Event 117 Boys 13-14 200 IM	2:23.29	2:14.39
Event 118 Girls 15-18 200 IM	2:21.89	2:14.79
Event 119 Boys 13-14 100 Fly	1:06.69	1:01.99
Event 120 Girls 15-18 200 Fly	2:30.79	2:17.99
Event 121 Boys 13-14 200 Medley Relay		
Event 122 Girls 15-18 400 Medley Relay		

2023 NJ YMCA Silver Championships

Meet Entry Certification Form

Please read carefully. This form must be completed in its entirety. The NJ Competitive Coordinator, NJ State Championship Committee, Meet Committee and/or the Meet Directors WILL USE THIS FORM IF THERE IS A QUESTION as to eligibility of swimmers and/or coaches, OR CLARIFICATION NEEDED IN YOUR TEAMS ENTRIES. This form must accompany all entries.

- I hereby certify that swimmers listed in the entry file have fulfilled the YMCA Silver Meet Eligibility Requirements and that the seed times are legitimate.
I hereby certify that I have read the entire meet packet including "no show" policy, scratch procedures and check-in policies.
I hereby certify that the Coaches representing my team have met their entire eligibility requirement and their certifications are current.
I hereby certify that I have read the Timing Assignment Policy.
I hereby certify that I have read the Spectator Admission policies and procedures.

CEO/Executive Director: (Print) (Signature)

Coaches Name: (Print) (Signature)

Coach's Phone: Day: Evening:

Coach's Email:

Release and HOLD HARMLESS AGREEMENT

In order to participate in the 2023 NJ YMCA Silver Championship Meet, the following terms and conditions are herewith agreed to for the promotion and execution of the event.

The Lakeland Hills YMCA Swim Team & JUST IN TIMING LLC, their officers, agents, employees and assigns, shall not be liable for any injury or damage to Participant's officers, agents, employees and assigns or the property on the premises of the event unless caused by or due to the negligence of the Lakeland Hills YMCA or its officers, agents, employees and assigns.

Participant, its officers, agents, employees and assigned shall not be liable for any injury or damage to Gloucester County Institute of Technology, its officers, agents, employees and assigns or to property on the premise of the event unless caused by, or due to the negligence of the Participant, its officers, agents, employees and assigns.

USA Swimming & Middle Atlantic Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

All Participants and The Lakeland Hills YMCA Swim Team will carry general liability insurance in standard form covering the above.

Executed this day of , 2023.

YMCA Association Name:

YMCA Association #: CEO/Executive Director: (Signature)

2023 NJ YMCA Silver Championships

Entry Summary Sheet

Name of YMCA: \_\_\_\_\_

Address: \_\_\_\_\_

Coach: \_\_\_\_\_

Phone: \_\_\_\_\_

Team Contact/Phone for Timers: \_\_\_\_\_

**TEAM FEES:**

TOTAL INDIVIDUAL EVENTS: \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

DISTANCE (1000 and 1650): \_\_\_\_\_ x \$12.00 = \_\_\_\_\_

TOTAL RELAYS: \_\_\_\_\_ x \$28.00 = \_\_\_\_\_

TOTAL SWIMMERS SURCHARGE: \_\_\_\_\_ x \$25.00 = \_\_\_\_\_

Make checks payable to: **LHY**

TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_

Please list the certified coaches.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Mail Entries to:**

**YMCA Silvers  
Ed Sodor  
100 Fanny Road  
Mountain Lakes, NJ 07046**

Electronic entries along with a Proof of Time Report (pdf) must be received by 9:00 PM Monday, February 13<sup>th</sup>, 2023.

The following items can be turned in upon the first day of competition:

- ✓ Meet Entry Certification Form & Release and Hold Harmless Agreement
- ✓ Entry Summary Sheet
- ✓ Check for Entry Fee