

Name of Meet	NJ YMCA SILVER CHAMPIONSHIP MEET FEBRUARY 19-21, 2010
Sanction #	CAQ 09-2010 # 8010
Sanctioned By	YMCA of the USA Competitive Swimming and Diving Advisory Committee; Carole Bell, New Jersey Competitive Coordinator; Glenda Pae, Competitive V.P. of Y Fields, NJ YMCA Competitive Swimming Championship Committee.
Host Team	Lakeland Hills YMCA Swim Team
Date of Meet	Friday, February 19 to Sunday, February 21, 2010
Location	Gloucester County Institute of Technology (GCIT) 1360 Tanyard Road Sewell, NJ 08080
Facility	Pool with electronic timing and non-turbulent lane lines with a bulkhead dividing two 8 lanes, 25 yard courses. The spectator area has a seating capacity limited to 500 persons which is strictly enforced. By Order of the Fire Marshall, coolers, folding chairs, and strollers are not permitted in the spectator area. 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.
Meet Director	Steve Bias, stephenbias@optonline.net
Meet Referee	Val Gibson, vhgswimming@msn.com
Entry Coordinator	Kim Rozanitis, YMCASilvers@hotmail.com
Entry Deadline	Received by mail or email no later than 10:00PM, Tuesday, February 9, 2010 . No changes will be accepted after this date. No refunds will be made on any entry fees regardless of any subsequent scratches or changes. Email the electronic entry file to Kim Rozanitis via YMCASilvers@hotmail.com The entry fees & registration information should be mailed to: YMCA Silvers Kim Rozanitis 8 Bridle Court Mountain Lakes, NJ 07046
Championship Meet Committee	<ul style="list-style-type: none"> The Committee will be composed of the Meet Referee (Head Official), Meet Director, NJ Competitive Coordinator and the Executive League Coordinators/Chairs from the North Jersey YMCA Swim League and the South Jersey YMCA Swim League, or their designees. 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.
Meet Format Waiver	<p>The host team, with the approval of the NJ State Championship Committee reserves the right to:</p> <ul style="list-style-type: none"> • Change the pool or sessions if necessary for the best operation of the meet, • Adjust warm-up times, sessions and start times after all entries are received and session time estimates are computed by Meet Manager to best manage the meet timeline, • Any changes to the meet format will be posted on our website and sent via email to all teams at least 1 week in advance of the meet.
Internet Website Posting	<p>Website Address: www.lhyswim.com</p> <p>Pre-Meet Information:</p> <ul style="list-style-type: none"> • Meet Information • Downloadable HY-Tek Events list (hyv.file) • Updated meet schedule. • Warm-up schedule and team warm-up assignments. • Timing Assignments <p>Post-Meet Information:</p> <ul style="list-style-type: none"> • Results and Downloadable Files (CL.2 file) • Downloadable Meet Back-up (Backup.zip File)
Applicable Rules	The Meet will be conducted under the 2009 USA Swimming Technical Rules, the NJ YMCA Swim League Constitution and the 2006 edition of Principles & Rules that Govern YMCA Competitive Sports and all supplements thereto.
USA Swimming Approval	<p>This meet will be an Approved Meet in accordance with USA Swimming Rule 202.4. All times for registered USA-S swimmers will be entered into the SWIMS database, as long as 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.</p> <p>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.</p>
Swimmer Eligibility	<ol style="list-style-type: none"> 1. 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 II Sec.1a). 2. 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. 3. 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 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. 4. In order 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

	<p>since September 1 of the current season.</p> <ol style="list-style-type: none"> 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). Any person younger than 21 is eligible to swim in Open events as long as they have not or are not currently swimming for a college team. A swimmer must be at least 12 years old to swim an open event. 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 and high school times are also accepted. 7. Participation is determined by the swimmer's age as of December 1, 2009. 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. 8. 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; two relay events maximum per day. Open events do not count towards the event limit. Other than entry qualifying times, there are no restrictions on the number of entries per team in individual events, as long as each entrant meets eligibility and time requirements. 9. Swimmers with four (4) or more qualifying times for the NJ YMCA State Championships are NOT ELIGIBLE to compete at the NJ YMCA Silver Championships. 10. The qualifying period for the meet is January 1, 2009 - February 9, 2010. 11. 8/unders are not permitted at the NJ State YMCA Silver Championships. 12. The 2007-2008 edition of "A Manual on Principles and Rules Governing Competitive Physical Activities in the YMCA", the 2007/2008 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. 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. 																							
Meet Format	<p>This meet will be a 2 ½ day timed finals meet that will host events in the 9/10, 11/12, 13/14, 15/18 and Open age groups. Published time standards must be strictly adhered to. All events will be pre-seeded except for the 400 IM, 500 Free, 1000 free and 1650 free. There will be a positive check in for these events. The 1000 & 1650 will be run fastest to slowest. Swimmers are to provide their own counters and timers. Open Events will not be scored.</p>																							
Meet Schedule	<table border="1"> <thead> <tr> <th data-bbox="516 1497 824 1535">Days</th> <th data-bbox="824 1497 1149 1535"></th> <th data-bbox="1149 1497 1300 1535">Warm-up</th> <th data-bbox="1300 1497 1490 1535">Meet Starts</th> </tr> </thead> <tbody> <tr> <td data-bbox="516 1535 824 1566">Friday PM</td> <td data-bbox="824 1535 1149 1566">11/older events</td> <td data-bbox="1149 1535 1300 1566">4:00 PM</td> <td data-bbox="1300 1535 1490 1566">5:30 PM</td> </tr> <tr> <td data-bbox="516 1566 824 1598">Saturday & Sunday AM</td> <td data-bbox="824 1566 1149 1598">9/10 & 11/12 events</td> <td data-bbox="1149 1566 1300 1598">7:00 AM</td> <td data-bbox="1300 1566 1490 1598">8:30 AM</td> </tr> <tr> <td data-bbox="516 1598 824 1661">Saturday & Sunday Mid</td> <td data-bbox="824 1598 1149 1661">13/older Distance Events</td> <td data-bbox="1149 1598 1300 1661">TBA</td> <td data-bbox="1300 1598 1490 1661">TBA</td> </tr> <tr> <td data-bbox="516 1661 824 1696">Saturday & Sunday PM</td> <td data-bbox="824 1661 1149 1696">13/14 & 15/18 Events</td> <td data-bbox="1149 1661 1300 1696">TBA</td> <td data-bbox="1300 1661 1490 1696">TBA</td> </tr> </tbody> </table>	Days		Warm-up	Meet Starts	Friday PM	11/older events	4:00 PM	5:30 PM	Saturday & Sunday AM	9/10 & 11/12 events	7:00 AM	8:30 AM	Saturday & Sunday Mid	13/older Distance Events	TBA	TBA	Saturday & Sunday PM	13/14 & 15/18 Events	TBA	TBA			
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Warm-up Procedure	<ul style="list-style-type: none"> • There will be three (3) twenty-five (25) minute warm-up assignments with teams being designated lanes depending upon age groups and team entries. • Warm-up and the lane assignments will be sent to the teams via e-mail within 72 hours of the meet. • Feet first entry is required and swimmers must enter the pool from the 																							

	starting end.
Seeding	<ul style="list-style-type: none"> • This meet will be seeded in accordance with USA-S Technical Rules (Rule 102.5), and for the benefit of both the swimmers and the spectators, the meet has been pre-seeded except for the distance events. The program will be official unless, in the sole discretion of the Meet Committee, event(s) may be re-seeded due to the extent of scratches. 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 sheets will be posted throughout the deck and in the spectator area indicating the re-seeded event. • 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. • There will be a positive check in for all distance events (400 IM, 500 Free, 1000 free & 1650 free). The distance events will appear in psych sheet form in the session program. Following the positive check-in, the events will be deck seeded and heat sheets will be posted. The 1000 Free and 1650 Free will be swum fastest to slowest.
Swimmer Check-in & Scratches	<ul style="list-style-type: none"> • All scratches shall be submitted to respective pool (color coded) in which the scratched swimmer(s) would otherwise have participated within 30 minutes before the start of any session. • All entries not scratched will become official entries. Any swimmer not scratched using this procedure that does not swim an individual event, will be considered a “no show” and shall be disqualified from the next event in that day’s session, including entry as a member of a relay team. If the missed event is the swimmer’s last event of a session, the swimmer shall be disqualified from competing in the swimmer’s first individual event of the following session and the next relay conducted in the session following the “no show”. • In each coaches packet will be: <ul style="list-style-type: none"> ○ Scratch sheets ○ Relay sheets for name changes ○ Timing & warm-up assignments
Misconduct	<ul style="list-style-type: none"> • 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. • 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.”
Relays	<ul style="list-style-type: none"> • Each YMCA Association may enter more than one relay team. Only the “A” relay team will be eligible for scoring. Coaches should make every effort to identify the most likely swimmers and enter those swimmers names in the relay events. Coaches will be allowed the change the names of the swimmers in the relays at the meet by the designated deadline. • Relay swimmers for this meet must be entered in the NJ YMCA Silver Championships in an individual event and can only swim those strokes and distances on relays for which they qualify in this Championship. Relay swimmers may not enter a relay to swim any stroke for which they have achieved a NJ YMCA State Championship qualifying time. • No “relay-only” swimmers may be entered in this meet.

Entry Procedure	<ul style="list-style-type: none"> • Electronic entries must be received via email no later than 10:00 PM, Tuesday February 9, 2010. Entries must list seed times in yards. TIMES WILL NOT BE CONVERTED BY THE HOST TEAM. Coaches may convert times swum during the current season as described in the Time Standards Section of the NCAA Swimming and Diving Rule Book. • 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; two relay events maximum per day. Open events do not count towards the event limit. Other than entry qualifying times, there are no restrictions on the number of entries per team in individual events, as long as each entrant meets eligibility and time requirements. • 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"> ○ Release & Hold Harmless Agreement ○ Meet Entry Certification & Cover Form ○ Entry Summary Sheet with payment of entry fees in full.
Entry Fees	Entry fees are \$5.00 per individual event and \$20.00 per relay team. Checks payable to: LAKELAND HILLS YMCA
Scoring	Point scoring of place values will be: <ul style="list-style-type: none"> • Individual Events – 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 • Relays – 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2
Awards	<ul style="list-style-type: none"> • Medals will be awarded in all age group events and relays for the first through eighth place. • Ribbons will be awarded in all age group events and relays for ninth through sixteenth places. • Age group plaques will be awarded to first and second places. • Coaches will pick up all team and individual awards at the end of the meet from the awards desk.
Admission & Programs	<ul style="list-style-type: none"> • Admission is \$5.00 for adults (per session); children under 8, participants and officials are free. • Programs are \$5.00 per session and will include seeded heats for all events except for 400 yards/above. • The building will be open for spectator admission starting at 3:30 PM on Friday, and at 6:30 AM on Saturday & Sunday. • Upon entering the building, swimmers, coaches, and officials should proceed through the hallway to the deck entrance (swimmers & coaches) and check-in/hospitality room (officials). Coaches may pick up their meet packet at the Pool 1 Table (deep end). The hospitality room will be in a classroom off of the main entrance. Coaches must show their credentials, issued by Glenda Pae, VP of Competitive Fields on behalf of YMCA of the USA, in order to check in and receive their meet packets.
Officials	<ul style="list-style-type: none"> • Each participating team is required to submit the name of at least one currently certified Official per session to the Meet Referee. Swimming Officials will be selected from among the parents and associates of participating swimmers' YMCAs. Current YMCA certification is required for

	<p>all officials and the Meet Referee may check cards.</p> <ul style="list-style-type: none"> • Please state YMCA Level 1 or 2 and if dual certified as USA, which level as well as the session(s) available to officiate. Certification cards will be checked upon by the Meet Referee to ensure certifications are current. • The standard white uniform must be worn by all officials. Those officials selected will be contacted directly prior to the championship. There will be no admission charge for officials who will be working the entire 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. The host club can guarantee only those officials registering with the meet referee will receive shirts. • There will be officials' meetings within 60 minutes of the start of a session. There will be no meetings for the mid-sessions on Saturday and Sunday.
Protests	<p>The USA-S protest procedures (Rule 102.11) will be utilized, as modified for this Meet, and set forth below:</p> <ul style="list-style-type: none"> • All protests must be made using the Protest Form and delivered to the Meet Referee. Protest Forms can be obtained from the Scorer's Desk. • For protests made prior to a race, concerning the eligibility of a swimmer or swimmers to compete, the Meet Committee will endeavor to resolve the protest before the start of the race in question. If the Meet Committee cannot resolve the issue before the race is swum, the affected competitor(s) shall be allowed to swim under protest and that fact shall be announced. • All other protests must be made to the Meet Referee, using the Protest Form, within 30 minutes after the conclusion of the race in which the alleged infraction occurred. 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 decisions will be final. Any questions concerning judgments by deck officials should first be addressed to the particular Deck Referee, and then to the Meet Referee, as appropriate. • The Meet Committee will consider all other protests lodged against the Meet, and its decisions will be final. • The results of any protested race will not be announced, any awards will not be given and any points will not be allocated until the protest is resolved or withdrawn, in writing.
Inclement Weather	<p>In case of severe weather conditions or other emergency situations which force cancellation of any portion of this meet – no refunds will be made on any entry fees. Refunds on admission and program will be made only if emergency cancellation occurs prior to the start of a session. The Meet Committee will make all decisions concerning meet cancellation. The decision of The Meet Committee is final.</p>
Concessions	<p>There will be food & drink available for purchase through GCIT.</p>
Vendors	<p>There will be a vendor(s) available for swimming related purchases.</p>
Hotels	<p><i>Please note: accommodations are to be made by each team. This is strictly for information use only.</i></p> <p>BEST WESTERN – 101 GROVE RD., THOROFARE, NJ 08086 (609) 848-4111 DAYS INN – 801 U.S. HWY 130, BROOKLAWN, NJ 08030 (609) 456-6688</p>

	<p>COMFORT INN – 9TH AVE & BLACK HORSE PIKE, RUNNEMEDE, NJ 08078 (609) 939-6700</p> <p>FOUR POINTS HOTEL – ROUTE 70 AND I-295 – 1450 ROUTE 70 EAST, CHERRY HILL, NJ 8024-2258 (800) 257-8262</p> <p>FAIRFIELD INN – 1160 HURFVILLE ROAD, DEPTFORD, NJ 08096 (856) 686-9050</p> <p>HO JO INN – 832 BLACK HORSE PIKE, BLACKWOOD, NJ 08012 (609) 228-4040</p> <p>HOLIDAY INN – STATE HWY 70 & SAYER AVE., CHERRY HILL, NJ 08034 (609) 663-5300</p> <p>HOLIDAY INN – HWY 295 & CENTER SQUARE, BRIDGEPORT, NJ 08014 (609) 467-3322</p> <p>HOLIDAY INN – 109 9TH AVE., RUNNEMEDE, NJ 08078 (609) 939-4200</p> <p>RESIDENCE INN – 1821 CUTHBERT RD., CHERRY HILL, NJ 08034 (609) 429-6111</p> <p>RESIDENCE INN – 1154 HURFVILLE ROAD, DEPTFORD, NJ 08096 (856) 686-9188</p> <p>HOWARD JOHNSON – 341 S. BLACK HORSE PIKE, BELLMAWR, NJ 08031 (609) 931-0700</p>
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Directions	<p>FROM ROUTE 55 Exit at Route 47 Delsea Drive North – Westville Exit 56B. 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.</p> <p>FROM THE DELAWARE MEMORIAL BRIDGE 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.</p> <p>FROM THE NEW JERSEY TURNPIKE 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.</p> <p>FROM ATLANTIC CITY 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.</p> <p>FROM THE COMMODORE BARRY BRIDGE 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.</p>
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ORDER OF EVENTS & QUALIFYING TIMES*The qualifying period for the meet is January 1, 2009 – February 9, 2010***Friday PM Events**

Slower Than	Equal To or Faster Than	Girls Event #	Event	Boys Event #	Slower Than	Equal To or Faster Than
2:54.99	3:14.99	1	11/12 200 Butterfly	2	2:54.99	3:14.99
2:38.99	2:54.99	3	13/14 200 Butterfly	4	2:29.99	2:54.99
2:27.39	2:43.29	5	15/18 200 Butterfly	6	2:11.59	2:33.99
2:58.59	3:18.99	7	11/12 200 Breaststroke	8	2:59.99	3:19.99
2:47.49	3:03.69	9	13/14 200 Breaststroke	10	2:39.49	2:57.99
2:42.89	2:59.99	11	15/18 200 Breaststroke	12	2:26.79	2:46.99
2:33.99	2:53.99	13	11/12 200 Backstroke	14	2:34.99	2:54.99
2:25.99	2:36.79	15	13/14 200 Backstroke	16	2:19.99	2:39.99
2:19.89	2:32.79	17	15/18 200 Backstroke	18	2:08.39	2:28.99
6:10.99	6:45.99	19	11/12 500 Freestyle	20	6:10.99	6:45.99
5:06.99	5:36.99	21	13/14 400 IM	22	4:59.99	5:29.99
4:59.99	5:22.99	23	15/18 400 IM	24	4:32.99	4:56.99

Saturday AM Events

Slower Than	Equal To or Faster Than	Girls Event #	Event	Boys Event #	Slower Than	Equal To or Faster Than
2:38.99	2:52.49	25	11/12 200 IM	26	2:41.99	3:01.79
3:00.59	3:17.59	27	9/10 200 IM	28	3:00.99	3:18.99
29.29	30.59	29	11/12 50 Freestyle	30	29.39	31.29
33.09	34.89	31	9/10 50 Freestyle	32	33.49	35.49
1:14.99	1:25.99	33	11/12 100 Butterfly	34	1:20.99	1:32.99
1:30.99	1:42.99	35	9/10 100 Butterfly	36	1:33.99	1:45.09
38.59	41.79	37	11/12 50 Breaststroke	38	39.99	44.29
43.69	46.69	39	9/10 50 Breaststroke	40	45.29	48.99
1:13.39	1:19.49	41	11/12 100 Backstroke	42	1:14.99	1:23.09
1:23.99	1:31.49	43	9/10 100 Backstroke	44	1:26.49	1:36.19
NA	NA	45	11/12 200 Medley Relay	46	NA	NA
NA	NA	47	9/10 200 Medley Relay	48	NA	NA
2:22.99	2:34.69	49	11/12 200 Freestyle	50	2:23.49	2:36.99

Saturday Mid Session

Slower Than	Equal To or Faster Than	Girls Event #	Event	Boys Event #	Slower Than	Equal To or Faster Than
11:39.99	13:15.99	51	13/14 1000 Freestyle	52	11:19.99	12:39.99
11:19.99	12:41.99	53	15/18 1000 Freestyle	54	10:35.99	11:54.99

Saturday PM Events

Slower Than	Equal To or Faster Than	Girls Event #	Event	Boys Event #	Slower Than	Equal To or Faster Than
1:43.59	NA	55	Open 200 Freestyle Relay	56	1:33.49	NA
2:26.99	2:36.69	57	13/14 200 IM	58	2:19.99	2:39.99
2:20.29	2:33.19	59	15/18 200 IM	60	2:07.79	2:24.89
27.29	28.59	61	13/14 50 Freestyle	62	25.69	27.49
26.29	27.79	63	15/18 50 Freestyle	64	23.49	25.19
2:08.99	2:18.49	65	13/14 200 Freestyle	66	2:03.09	2:16.99
2:03.79	2:13.59	67	15/18 200 Freestyle	68	1:52.79	2:02.59
1:07.79	1:12.59	69	13/14 100 Backstroke	70	1:05.29	1:12.49
1:04.99	1:11.19	71	15/18 100 Backstroke	72	59.19	1:07.99
NA	NA	73	13/14 200 Medley Relay	74	NA	NA
NA	NA	75	15/18 400 Medley Relay	76	NA	NA

Sunday AM Events

Slower Than	Equal To or Faster Than	Girls Event #	Event	Boys Event #	Slower Than	Equal To or Faster Than
1:23.59	1:29.29	77	9/10 100 IM	78	1:25.99	1:32.49
1:13.59	1:17.89	79	11/12 100 IM	80	1:14.99	1:21.39
38.99	41.79	81	9/10 50 Backstroke	82	39.99	43.59
34.59	36.79	83	11/12 50 Backstroke	84	34.59	37.69
1:14.19	1:19.29	85	9/10 100 Freestyle	86	1:15.39	1:21.39
1:04.19	1:07.99	87	11/12 100 Freestyle	88	1:04.29	1:09.99
37.99	41.89	89	9/10 50 Butterfly	90	39.99	44.89
32.89	35.59	91	11/12 50 Butterfly	92	34.19	38.29
1:36.29	1:44.89	93	9/10 100 Breaststroke	94	1:40.19	1:49.89
1:22.99	1:31.29	95	11/12 100 Breaststroke	96	1:26.49	1:36.59
NA	NA	97	9/10 200 Freestyle Relay	98	NA	NA
NA	NA	99	11/12 200 Freestyle Relay	100	NA	NA
2:41.99	3:01.99	101	9/10 200 Freestyle	102	2:42.99	3:02.99

Sunday Mid Session

Slower Than	Equal To or Faster Than	Girls Event #	Event	Boys Event #	Slower Than	Equal To or Faster Than
19:19.99	21:54.99	103	13/14 1650 Freestyle	104	18:49.99	21:24.99
19:19.99	21:38.99	105	15/18 1650 Freestyle	106	17:52.99	20:21.89

Sunday PM Events

Slower Than	Equal To or Faster Than	Girls Event #	Event	Boys Event #	Slower Than	Equal To or Faster Than
1:57.59	NA	107	Open 200 Medley	108	1:44.59	NA
5:46.99	6:18.89	109	13/14 500 Freestyle	110	5:31.99	6:07.99
5:35.99	6:06.99	111	15/18 500 Freestyle	112	5:09.99	5:36.99
1:07.79	1:15.29	113	13/14 100 Butterfly	114	1:04.49	1:16.99
1:03.79	1:11.99	115	15/18 100 Butterfly	116	56.69	1:03.19
1:17.59	1:22.69	117	13/14 100 Breaststroke	118	1:13.99	1:23.49
1:13.99	1:22.69	119	15/18 100 Breaststroke	120	1:06.29	1:14.69
59.59	1:02.69	121	13/14 100 Freestyle	122	55.99	1:00.69
56.89	1:00.19	123	15/18 100 Freestyle	124	50.99	54.89
NA	NA	125	13/14 200 Freestyle Relay	126	NA	NA
NA	NA	127	15/18 400 Freestyle Relay	128	NA	NA

**2010 NJ YMCA SILVER CHAMPIONSHIP
Entry Summary Sheet**

Name of YMCA: _____

Address: _____

Coach: _____

Phone: _____

Team Contact/Phone for Timers: _____

TEAM FEES:

TOTAL INDIVIDUAL EVENTS: _____ x \$5.00 = _____

TOTAL RELAYS: _____ x \$20.00 = _____

Make checks payable to: **LHY**

AMOUNT ENCLOSED: \$ _____

Please list the three certified coaches.

Friday	Saturday	Sunday
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____

Mail Entries to:

**YMCA Silvers
Kim Rozanitis
8 Bridle Court
Mountain Lakes, NJ 07046**

Entries must be received by Tuesday, February 9, 2010.

The following items are to be returned to the host team on or before February 9, 2010.

- ✓ Meet Entry Certification & Cover Form
- ✓ Entry Summary Sheet
- ✓ Electronic Meet Entry File
- ✓ Release and Hold Harmless agreement
- ✓ Check for Entry Fee

NJ YMCA SILVER CHAMPIONSHIP

IMPORTANT PARENT INFORMATION

DUE TO GCIT AND FIRE MARSHALL REGULATIONS, PLEASE NOTE THE FOLLOWING:

Spectator seating will be limited to 500 persons. 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 car pooling where possible.

So that all parents of swimmers have the opportunity to watch their children swim, please observe only those events in which your child(ren) is(are) competing. There will be seating other areas of GCIT including the vending/cafeteria area.

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.

ATTENTION TEAMS

TEAM PAGES ARE AVAILABLE FOR THE 2010 NJ YMCA SILVER CHAMPIONSHIP PROGRAM

Any team, coaching staff, or parent's organization may submit a team page for inclusion in this year's NJ YMCA Silver Championship program. Team pages are fun and the swimmers get a real kick out of reading them while waiting for their turn to swim.

Swimmers: Thank your coaches

Coaches: Congratulate your swimmers

Parents: Encourage your children

COST \$50

Send copy-ready team page along with a check payable to LHY to:

LHY Silver Championships
100 Fanny Road
Mountain Lakes, NJ 07046

All team pages must be received on or before
Tuesday, February 9, 2010

Questions, contact Steve Bias stephenbias@optonline.net

ATTENTION PARENTS

All parents and families are offered an opportunity to sponsor events at the 2010 NJ YMCA Silver Championships. For sponsorship fee of \$10 per event, your message will appear at the top of the event selected, such as:

Event 54 Girls 15-18 100 Free
Sponsor: The Bias Family (LHY)

Event 76 Boys 15-18 100 Back
Sponsor: LHY Coaching Staff

Event 80 Boys 15-18 100 Breast
Sponsor: Good Luck Jack (RBY)

Fill out the form below. Your forms and payment (\$10 check made payable to LHY) must be received no later than Tuesday, February 9, 2010. Sponsorship will be granted on a first come, first serve basis. PLEASE LIST YOUR FIRST, SECOND AND THIRD CHOICES. You will be notified via e-mail if your sponsorship is not granted and fees will be returned to your coach at the meet.

Mail to:
Silver Championships
Kim Rozanitis
8 Bridle Court
Mountain Lakes, NJ 07046

Questions: Contact Kim Rozanitis YMCASilvers@hotmail.com

SPONSORSHIP FORM

Event Number & Description (e.g. 13-14 100 Free)

1st Choice

2nd Choice

3rd Choice

MESSAGE: (25 characters maximum including spaces)

Name: _____

E-Mail Address: _____

Phone: _____