

**Fanwood-Scotch Plains YMCA  
Presents  
2015 First Frost Invitational**

Host Team:	Fanwood-Scotch Plains YMCA
Date of meet:	November 22, 2015
Location:	<p>Facility: Raritan Valley Community College 118 Lamington RD, Branchburg, NJ 08876</p> <p>RVCC pool is a six-lane, 25 yard pool; non-turbulent lane lines; Colorado timing system with six-line time display board and a large amount of spectator seating. All teams will be seated in the gym and formal marshalling will be handled by the host team from the gym.</p>
Meet Director:	Gary Dunchus – <a href="mailto:gdunchus@merriongroup.net">gdunchus@merriongroup.net</a>
Meet Referee:	Tom Ryan – <a href="mailto:tpryanjr184@gmail.com">tpryanjr184@gmail.com</a>
Entry Coordinator:	Glenn Falkowski – <a href="mailto:fspyentries@gmail.com">fspyentries@gmail.com</a>
Entry Deadline:	<p><b>Entry Deadline: November 6<sup>th</sup>, 2015</b></p> <ul style="list-style-type: none"> <li>• All entries will be accepted on a first come basis.</li> <li>• Team entries will not be considered as accepted unless the waiver form and entry fees have been received.</li> <li>• All Teams that are not accepted will be contacted.</li> <li>• Meet Entries will be taken until the meet fills.</li> <li>• E-mail team entries in to <a href="mailto:fspyentries@gmail.com">fspyentries@gmail.com</a></li> <li>• Mail waiver and entry fees to Chris Karelus, 1340 Martine Ave. Scotch Plains, NJ, 07076</li> <li>• Deck entries will not be accepted. No phone or faxed entries will be accepted</li> </ul>
Internet posting:	Information for this meet will be posted on <a href="http://www.fspyswimming.com">www.fspyswimming.com</a>
Swimmer Eligibility:	<ul style="list-style-type: none"> <li>• All swimmers must be members of a YMCA to enter and compete in this meet.</li> <li>• There will be 8 &amp; Under, 9-10, and 11-12 Events.</li> <li>• 8/under swimmers may compete in 4 individual events and 1 relay.</li> <li>• 9-10 and 11-12 swimmers may compete in 3 individual events.</li> <li>• Age determined as of December 1st, 2015.</li> </ul>
Meet Format:	<p>The meet will be:</p> <ul style="list-style-type: none"> <li>• Run in accordance with current YMCA Swimming Rules.</li> <li>• Run as a timed final meet.</li> <li>• Marshaled with coaches checking in/scratching all swimmers.</li> <li>• All swimmers will remain seated in and be marshaled from the gym.</li> <li>• The host club has the right to change the format of the meet to insure a more efficient swim meet for the swimmers and the host club. Reasons for these changes could be: To allow more swimmers to swim, To conform to facility capacity limits or for facility safety concerns, To condense the meet into shorter time frame.</li> </ul>

### Meet Schedule

Sunday, November 22, 2015	Warm up:	Meet Start:
Session 1 – 8/under boys and girls	7:00am	8:25am(tentative)
Session 2 – 9-10 boys and girls	TBD	TBD
Session 3 – 11-12 boys and girls	TBD	TBD

The schedule for sessions 2 and 3 will be determined after all entries are received.

Warm up procedures:	Warm-up rules <ul style="list-style-type: none"> <li>• All swimmers must enter the pool with feet first entries from the starting end of the pool.</li> <li>• Coaches will monitor warm-ups for their teams.</li> <li>• Teams will be assigned warm-up sessions and lanes</li> </ul>
Entry times:	All entry times must be in short course yards. NT's will be accepted
Check in:	Team check-in sheets will be available at the check-in table. Sheets must be turned in 30 minutes before the start of each session.
Starts:	Overhead starts may be used throughout the meet
Awards:	Individual events and relays will receive awards for 1 <sup>st</sup> - 6 <sup>th</sup> place Heat winner ribbons will be awarded during session 1 (8/under)
Entry Fees:	Individual entry fee: \$4.00 per event Relay entry fee: \$10 per relay Facility fee: \$4.00 per swimmer
Admissions and programs:	Admission: \$5.00 Programs: \$5.00
Results:	Results will be emailed to participating teams as well as found on <a href="http://www.fspyswimming.com">www.fspyswimming.com</a>
Host Club Responsibility:	<ul style="list-style-type: none"> <li>• Provide all timers for <b>Session 1</b> of the meet</li> <li>• Provide a single timer in each lane <b>for Session 2 and 3</b> of the meet.</li> <li>• Loan stopwatches to volunteer timers if needed.</li> <li>• E-mail all club entries back to the participating clubs.</li> <li>• Create timing assignments that are fair and equitable for teams participating.</li> <li>• E-mail timing assignments to all participating clubs no later than 72 hours before the meet.</li> <li>• E-mail session schedule prior to the meet.</li> </ul>
Participating Club Responsibilities:	<ul style="list-style-type: none"> <li>• Participating clubs will assist with timing by assignment</li> <li>• Participating club parents must stay off the pool deck except for timing assignments.</li> <li>• Participating clubs will help with officiating whenever possible. List the club contact for club officials on the meet summary.</li> </ul>
Concessions:	Refreshments will be available throughout the meet.
Hospitality:	Coaches and officials hospitality will be provided.
Vendors:	<ul style="list-style-type: none"> <li>• Metro Swim Shop will be selling swimming merchandise.</li> <li>• Northwest Design will be selling custom First Frost apparel .</li> </ul>

### SESSION 1

Girls event #	Event	Boys event #
1	8/under 50 Freestyle	2
3	8/under 100 FR Relay	4
5	8/under 25 Breaststroke	6
7	7/under 25 Breaststroke	8
9	6/under 25 Breaststroke	10
11	8/under 25 Freestyle	12
13	7/under 25 Freestyle	14
15	6/under 25 Freestyle	16
17	8/under 25 Backstroke	18
19	7/under 25 Backstroke	20
21	6/under 25 Backstroke	22
23	8/under 25 Fly	24
25	7/under 25 Fly	26
27	6/under 25 Fly	28
29	8/under 100 IM	30

### Session 2

Girls event #	Event	Boys event #
31	9-10 200 Free	32
33	9-10 100 Breaststroke	34
35	9-10 200 Backstroke	36
37	9-10 100 Fly	38
39	9-10 400 IM	40
41	9-10 100 Free	42
43	9-10 200 Breaststroke	44
45	9-10 100 Backstroke	46
47	9-10 200 Fly	48
49	9-10 500 Free	50

### Session 3

Girls event #	Event	Boys event #
51	11-12 200 Free	52
53	11-12 100 Breaststroke	54
55	11-12 200 Backstroke	56
57	11-12 100 Fly	58
59	11-12 400 IM	60
61	11-12 100 Free	62
63	11-12 200 Breaststroke	64
65	11-12 100 Backstroke	66
67	11-12 200 Fly	68
69	11-12 500 Free	70

## FSPY 2015 First Frost Invitational Meet Entries Form

Team Code: \_\_\_\_\_ Team Name: \_\_\_\_\_

Name(s) of Coaches: \_\_\_\_\_

\_\_\_\_\_

Team Mailing Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

E-mail Address: \_\_\_\_\_

Contact Person Regarding Entries: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

Contact Person Regarding Timers: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

### Entry Fee Summary

Number of Individual Events: \_\_\_\_\_ X \$4.00 = \_\_\_\_\_

Number of Individual Relays: \_\_\_\_\_ X \$10.00 = \_\_\_\_\_

Swimmer Surcharge: \_\_\_\_\_ X \$4.00 = \_\_\_\_\_ Total = \_\_\_\_\_

Make checks payable to FSPY Swim Team

Entries are due by November 6<sup>th</sup>, 2015

Submit checks to: FSPY Swim Team, 1340 Martine Ave, Scotch Plains NJ, 07076

E-mail entries to: [fspyentries@gmail.com](mailto:fspyentries@gmail.com)

**DIRECTIONS:**

**Raritan Valley Community College (908) 526-1200**

**118 Lamington Rd., Branchburg, NJ, 08876**

**From the North or South- Take Rt. 287 to Rt. 78 West. Then follow direction below from Exit 26 on Rt. 78 below.**

**From the East- Take Rt. 78 West to Exit 26 (North Branch). Make a left at the traffic light at the end of the off ramp. Entrance to the college is 2-3 miles on left. Follow signs to parking lot #2. The pool is located in the Physical Education building.**

**From the West- Take Rt. 78 East to Exit 26 (North Branch). At the light at the end of the off ramp make a right. Entrance to the college is 2-3 miles on left. Follow signs to parking lot #2. The pool is located in the Physical Education building.**