

Ramapo Hills Swim Conference 2023 Championship Meet Information

Date Monday, July 31st 2023

Location P.V. Park - 1 Marvin Rd. Pompton Plains, NJ

Entries Due* By 12pm on July 28, 2023 to liatframe@yahoo.com ([See directions here](#))

**Also attach an updated roster.*

Scratches/Changes On-site, no later than 4:20pm on 7/31/23

Gates Open 3:45pm (Team tents may be set up day of between 9am-12pm or upon arrival)

Admission Cash Only - admission goes to RHSC

Adults (18-61): \$5
 Seniors (62+) and Children (5-17): \$3
 Children under 5 and Swimmers: No Charge
 Programs: \$3

Parking Parking will be reserved along PV Park Road for Coaches and Officials. This is the road parallel to the lanes. You will be parking on the grass adjacent to the side walk. No one is permitted to park on the guardrail side of the road. All others can park in PV Park parking lot and on streets along Village Rd. Parents can drop off swimmers at the entrance and then continue to park. This is best done if entering PV Park Rd thru Alexander Ave.

Warmup Information: Meet warmups will be divided into 2 slots per session. Warmup times and lane assignments are listed below:

<p>Meet Session 1 10/unders</p> <p>Warmups: 4:30-5:20pm Start time: 5:30pm</p> <p><i>Events #1-23</i></p>	<p>Warmup #1: 4:30-4:50</p> <ol style="list-style-type: none"> 1. Lake Valhalla 2. Lake Valhalla 3. Pequannock 4. Pequannock 5. Pequannock 6. Wayne 7. Wayne 8. Wayne <p>Warmup #2: 4:50-5:10</p> <ol style="list-style-type: none"> 1. Smoke Rise 2. Smoke Rise 3. Smoke Rise 4. Pines Lake 5. Pines Lake 6. Pines Lake 7. Lincoln Park 8. Lincoln Park 	<p>Meet Session 2 11/overs</p> <p>Warmups: 6:20-7pm Anticipated start: 7pm</p> <p><i>Events # 24-53</i></p>	<p>Warmup #1: 6:20-6:40</p> <ol style="list-style-type: none"> 1. Lake Valhalla 2. Lake Valhalla 3. Pequannock 4. Pequannock 5. Pequannock 6. Wayne 7. Wayne 8. Wayne <p>Warmup #2: 6:40-7</p> <ol style="list-style-type: none"> 1. Smoke Rise 2. Smoke Rise 3. Smoke Rise 4. Pines Lake 5. Pines Lake 6. Pines Lake 7. Lincoln Park 8. Lincoln Park
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RHSC Championship Meet Rules:

- Swimmers must have competed in at least two regular season dual meets to be eligible
- Two entries per team for individual events, one official relay and one unofficial (optional)
- Maximum of two events per swimmer (only one individual)
- Swimmers can be replaced the night of a meet, but swimmer may not switch events
- Declare unofficial relays prior to event

Team Volunteer Responsibilities

<u>Marshaling</u>	<u>Awards</u>	<u>Officials</u>	<u>Timers</u>
Wayne Township (Session 1) Smoke Rise (Session 2)	Pequannock (both sessions)	All teams (2 per session)	All teams (3 timers per lane, per session)

Team Volunteer Descriptions:

- **Banner Carriers:** Each team should assign two 10/under swimmers to be banner carriers for the parade that occurs before Session 1.
 - They should be wearing sneakers or shoes with backs.
 - Banner carriers cannot be in Events 1 or 2.
 - Team Banners are stored at Pequannock and will be ready for parade use.
 - Please enter banner carrier names into [this document](#) no later than Friday, July 28th.
- **Marshaling:** Lynn English, Lead Marshaller + Wayne Township (Session 1) & Smoke Rise (Session 2)
 - Assigned team is responsible for bringing 3 marshallers to their assigned session.
 - Parents may NOT accompany their swimmer through the marshaling corral.
- **Awards:** Pequannock (Session 1 & Session 2)
 - Assigned team is responsible for bringing 3 volunteers to each assigned session.
- **Officials:** Each team is responsible for bringing 2 officials (no more than 4) to each session.
 - USA/YMCA certification preferred, LSC/RHSC accepted.
 - Please submit the names of your officials [to this document](#) no later than Friday, July 28th.
 - Officials for Session 1 should report to Wendy Huston by 5pm, officials for Session 2 should report by 6:30pm
- **Timers:** Each team is responsible for providing timers AND their own watches - 3 timers per lane, per session.
 - Ex: If a team is assigned to time lanes 3 and 7, they will bring 6 timers to Session #1 and 6 timers to Session #2 for a total of 12 assigned timers.

Timing assignments (assignments are for both sessions):

Lane	Team	Lane	Team
1	Lake Valhalla	5	Pequannock
2	Pines Lake	6	Lincoln Park
3	Wayne Township	7	Lake Valhalla
4	Smoke Rise	8	Pines Lake