

GSCY Long Course Cup

hosted by

Greater Somerset County YMCA

Held under the sanction of USA Swimming

Meet Sanction Info:	NJ Swimming Sanction # - NJS-TF-052926-LCM Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman 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:	Friday, May 29 th - Sunday May 31 st , 2026		
Link To Facility Info:	Jersey Aquatic Center <i>(Link to Address, Directions, & Facility Information)</i>		
Host Team Contact:	Melissa Thompson		mthompson@gscymca.org
Meet Director:	Just In Timing		justina@justintiming.com
Meet Referees:	Marissa Jadrosich		marissa.jadro@gmail.com
Admin Official:	Nicole Alsobrooks Justin Alsobrooks		nicolea@justintiming.com justina@justintiming.com
Safety Marshalls:	Mary Korey Jesse Novak		mkorey@gscymca.org jnovak@gscymca.org
Entry Coordinator:	Just in Timing	732-779-6958	entries@justintiming.com
Entries Open:	Monday, May 4th at 6:00 am		
Entry Deadline:	Friday, May 15, 2026 at 6:00 pm, or once the meet has filled, if earlier.		
Swimmer Age	Age for this meet is as of May 29, 2026		
Entry fees:	Individual Timed Final Entry Fee: \$7 Relay Entry Fee: \$12		
Entry Surcharges:	Athlete Surcharge: \$25		
Meet Course:	Long Course Meters (LCM)		
Meet Format:	<ul style="list-style-type: none"> • There will be 10 & Under, 11/12, 15 & Over Events. • This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own. • This meet will be run in accordance with current USA Swimming Rules. • The USA Swimming championships scratch rule will be in effect. • This meet will be run as a timed final meet. • We reserve the right to heat limit <u>any</u> events based on the timeline. If we do limit any of these events we will contact the teams by May 27th. • We reserve the right to change the number of lanes for ALL events. • All entries in 200 M and 400M will require proof of time. Entry files will not be accepted without proof of time. • Host team is permitted to enter swimmers who do not meet the time standard. 		
Entry Limits:	Daily: 3 Individual Events 1 Relay Event	Meet: 7 Individual Events 2 Relay Events	
Checks Payable To:	GSCYMCA Attn; Mary Korey 140 Mt. Airy Road, Basking Ridge, NJ 07920		
Email Entry Files To:	entries@justintiming.com		

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 NJS Website, meet website, and e- mailed to the coaches of participating teams.***

The building will open to swimmers 30 minutes before the beginning of each warm-up.

Friday, May 29, 2026		Warm-up	Start	Approx Finish
Session 1A	11/Over Challenge Timed Final Events	TBD	TBD	TBD
Session 1B	11/Over Challenge Timed Final Events	TBD	TBD	TBD
Saturday, May 30, 2026		Warm-up	Start	Approx Finish
Session 2	10 & Under Girls/Boys & 11/12 Girls Timed Finals	TBD	TBD	TBD
Session 3	11/12 Boys & 13/14 Girls/Boys Timed Finals	TBD	TBD	TBD
Session 4	15 & Over Girls/Boys Timed Finals	TBD	TBD	TBD
Sunday, May 31, 2026		Warm-up	Start	Approx Finish
Session 5	10 & Under Girls/Boys & 11/12 Girls Timed Finals	TBD	TBD	TBD
Session 6	11/12 Boys & 13/14 Girls/Boys Timed Finals	TBD	TBD	TBD
Session 7	15 & Over Girls/Boys Timed Finals	TBD	TBD	TBD

Scoring:	No scoring .
Awards:	No awards.
Starts:	'Fly-over/Over-the-top' starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> Spectators will be permitted into the facility. The athlete surcharge will cover admission fees. Heat sheets will be available through Meet Mobile.
Concessions:	No concessions
Vendor:	No vendor
Medical Information:	<ul style="list-style-type: none"> Jersey Aquatic Center is staffed with certified lifeguards by the host team and all operational personnel are trained in CPR and First Aid. There is an AED on site. There is not an EMT on site.
Internet Website Posting:	Internet location for all meet information: https://www.gomotionapp.com/team/njgscy/page/home
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
Directions:	https://maps.app.goo.gl/eiQzE8u1K97rkyCLA

Session 1: Friday 11/Over Challenge Timed Final Events

Qualifying Times in LCM				
Event #	Age Group and Event	11-12	13-14	15 & Over
SESSION 1A				
1	Girls 200 Backstroke	3:09.89	2:58.69	2:54.99
2	Boys 200 Backstroke	3:05.19	2:49.09	2:41.39
3	Girls 200 Breaststroke	3:35.99	3:23.99	3:20.49
4	Boys 200 Breaststroke	3:28.69	3:10.79	3:01.39
SESSION 1B				
5	Girls 200 Butterfly	3:10.19	2:59.19	2:53.99
6	Boys 200 Butterfly	3:06.19	2:47.99	2:39.99
7	Girls 400 Freestyle	5:56.49	5:40.59	5:32.89
8	Boys 400 Freestyle	5:48.69	5:24.09	5:09.89

Session 2: Saturday 10 & Under Girls/Boys & 11/12 Girls Timed Finals

Qualifying Times (LCM)	Girls	Age Group and Event	Boys	Qualifying Times (LCM)
	9	11-12 200 Freestyle Relay		
	10	10 & Under 200 Freestyle Relay	11	
		5 minute break		
35.69	12	11-12 50 Freestyle		
39.89	13	10&U 50 Freestyle	14	39.49
1:28.49	15	11-12 100 Butterfly		
1:52.99	16	10&U 100 Butterfly	17	1:50.79
45.49	18	11-12 50 Breaststroke		
53.99	19	10&U 50 Breaststroke	20	53.29
1:30.99	21	11-12 100 Backstroke		
1:45.99	22	10&U 100 Backstroke	23	1:43.09
2:49.19	24	11-12 200 Freestyle		
	25	10 & Under 200 Freestyle	26	

Session 3: Saturday 11/12 Boys & 13/14 Girls/Boys Timed Finals

Qualifying Times (LCM)	Girls	Age Group and Event	Boys	Qualifying Times (LCM)
		11-12 200 Freestyle Relay	27	
	28	13-14 200 Freestyle Relay	29	
		5 minute break		
		11-12 50 Freestyle	30	34.69
34.49	31	13-14 50 Freestyle	32	31.99
		11-12 100 Butterfly	33	1:26.29
1:20.39	34	13-14 100 Butterfly	35	1:15.49
		11-12 50 Breaststroke	36	45.19
45.00	37	13-14 50 Breaststroke	38	40.00
		11-12 100 Backstroke	39	1:27.99
1:23.59	40	13-14 100 Backstroke	41	1:17.89
		11-12 200 Freestyle	42	2:44.89
2:41.79	43	13-14 200 Freestyle	44	2:32.29

Session 4: Saturday 15 & Over Girls/Boys Timed Finals

Qualifying Times (LCM)	Girls	Age Group and Event	Boys	Qualifying Times (LCM)
	45	15& Over 200 Freestyle Relay	46	
		5 minute break		
1:13.49	47	15& Over 100 Freestyle	48	1:06.89
42.00	49	15 & Over 50 Breaststroke	50	37.00
1:19.29	51	15 & Over 100 Butterfly	52	1:11.79
37.00	53	15& Over 50 Backstroke	54	33.00
2:58.19	55	15& Over 200 IM	56	2:43.99

Session 5: Sunday 10 & under & 11/Over Girls Timed Finals

Qualifying Times (LCM)	Girls	Age Group and Event	Boys	Qualifying Times (LCM)
	57	11-12 200 Medley Relay		
	58	10 & Under 200 Medley Relay	59	
		5 minute break		
1:18.09	60	11-12 100 Freestyle		
1:31.19	61	10&U 100 Freestyle	62	1:30.19
38.29	63	11-12 50 Butterfly		
47.09	64	10&U 50 Butterfly	65	45.99
1:40.89	66	11-12 100 Breaststroke		
1:59.79	67	10&U 100 Breaststroke	68	1:55.99
40.79	69	11-12 50 Backstroke		
48.89	70	10&U 50 Backstroke	71	49.19
3:11.39	72	11-12 200 IM		
3:43.19	73	10&U 200 IM	74	3:40.79

Session 6: Sunday 11/12 Boys & 13/14 Girls/Boys Timed Finals

Qualifying Times (LCM)	Girls	Age Group and Event	Boys	Qualifying Times (LCM)
		11-12 200 Medley Relay	75	
	76	13-14 200 Medley Relay	77	
		5 minute break		
		11-12 100 Freestyle	78	1:15.49
1:14.79	79	13-14 100 Freestyle	80	1:09.89
		11-12 50 Butterfly	82	38.59
40.00	82	13-14 50 Butterfly	83	35.00
		11-12 100 Breaststroke	84	1:38.39
1:34.79	85	13-14 100 Breaststroke	85	1:28.09
		11-12 50 Backstroke	87	40.39
40.00	88	13-14 50 Backstroke	89	35.00
		11-12 200 IM	90	3:08.49
3:01.79	91	13-14 200 IM	92	2:51.39

Session 7: Sunday 15 & Over Girls/Boys Timed Finals

Qualifying Times (LCM)	Girls	Age Group and Event	Boys	Qualifying Times (LCM)
	93	15& Over 200 Medley Relay	94	
		5 minute break		
37.00	95	15 & Over 50 Fly	96	33.00
1:32.39	97	15 & Over 100 Breaststroke	98	1:23.49
33.79	99	15& Over 50 Freestyle	100	30.19
1:21.09	101	15 & Over 100 Backstroke	102	1:14.39
2:38.29	103	15& Over 200 Freestyle	104	2:26.09
6:18.79	105	15& Over 400 IM	106	5:47.29

NJS Information and Policies for USA Sanctioned Meets

Locker Rooms:	<ul style="list-style-type: none"> ● 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:	<ul style="list-style-type: none"> ● 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:	<ul style="list-style-type: none"> ● 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:	<ul style="list-style-type: none"> ● 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. ● 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.
Over Entry Policy:	<ul style="list-style-type: none"> ● Swimmers entered in more events than permitted per day or for the duration of the meet, as stated in the meet announcement, will be required to scratch down to the allowable limit. Scratches may be submitted by the athlete or their coach and must be done before the start of the session.
Swimmer Eligibility:	<ul style="list-style-type: none"> ● 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:	<ul style="list-style-type: none"> ● 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:	<p>USA Swimming 2026 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).</p>
Host Club Responsibilities:	<ul style="list-style-type: none"> ● 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:	<ul style="list-style-type: none"> ● 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. ● Participating clubs should help with officiating whenever possible.
Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> ● This meet is conducted according to current USA Swimming 2026 Technical Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (2026 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:	<ul style="list-style-type: none"> ● This meet is conducted according to current USA Swimming 2026 Technical Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (2026 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:	<ul style="list-style-type: none"> ● This meet will be run in accordance to current USA Swimming 2026 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: <ul style="list-style-type: none"> ● 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:	<ul style="list-style-type: none"> ● 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:	<ul style="list-style-type: none"> ● 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, restrooms, 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 (2026 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 ("2026 MAAPP"), and that they understand that compliance with the 2026 MAAPP policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy:	<p>Swimwear must conform to USA Swimming 2026 Technical Rules.</p> <ul style="list-style-type: none"> ● 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. <p>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.</p>

GSCY LONG COURSE CUP
May 29-May 31, 2026 at Jersey Aquatic Center
Meet Declaration Form

Please complete this form in its entirety. The Competition Committee and Meet Director will use this form if there are questions or clarifications needed in your team's entries.

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA below are full privilege members of the YMCA and meet all eligibility requirements.

COACHES - All coaches representing the YMCA below hold current certifications in CPR Pro, First Aid, Coaches Safety Training, and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association has insurance coverage for representative(s) including leadership, and participants who will be in attendance at the GSCY Long Course Cup for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. I hereby certify that the YMCA below has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches, guests and swimmers during their travel to and from and during their participation in the

RELEASE - In consideration of your accepting this entry, I hereby, for myself, guests, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, Greater Somerset County YMCA, Somerset Hills YMCA, their agents, representatives or assigns for any and all injuries which may be suffered by participants at the 2026 GSCY Long Course Cup. Furthermore, we understand that the YMCA of the USA, Greater Somerset County YMCA, and Jersey Aquatic Center are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

I hereby certify that swimmers listed on the entry disk and/or entry forms have fulfilled the YMCA NJ State Championship Committee Meet Requirements and that the seed times are verifiable.

Participating YMCA: _____

Coach's Name: _____

Telephone: _____

(day) _____ (night) _____ (email) _____

Signatures: _____

Coach: _____ Date: _____

YMCA Executive Director: _____ Date: _____