

<u>Name of Meet</u>	NEW JERSEY SWIMMING LONG COURSE 12 & UNDER SILVER/BRONZE CHAMPIONSHIPS Hosted by HAMILTON AQUATIC CLUB
<u>Meet Sanction #:</u>	New Jersey Swimming Sanction #: NJS071809LCB
<u>Date of Meet:</u>	Saturday and Sunday, July 18-19, 2009
<u>Location:</u>	Princeton University, DeNunzio Pool, a eight lane 25 meter facility with Colorado Timing.
<u>Meet Director:</u>	Ellen Mace, 609.558.0988, entries1@juno.com
<u>Meet Referees:</u>	Saturday's Ref will be Paul O'Connor, PaulOConnorNJ@aol.com ; Sunday's Ref will be Dave Rzewnicki drz04@aol.com
<u>Entry Coordinator:</u>	BE Smartt, Inc, entries1@juno.com , 609.558.0988
<u>Meet Marshall</u>	<ul style="list-style-type: none"> • Jim Devlin
<u>Entry Deadline:</u>	<ul style="list-style-type: none"> • No deck entries will be accepted. • Entry forms, verification forms, waiver releases and fees must be received no later than 6:00 p.m. on Thursday July 9, 2009. • Please mail entries and fees to : BE Smartt, Inc., 604 Paxson Avenue, Mercerville, NJ 08619 • Phone: 609.558.0988 E-mail: entries1@juno.com • Not waiving signature of receipt on Express Mail will delay receipt. • <u>Entries without the proper fees, or waiver form will be held and not entered until the fees and waiver form are received and correct.</u> • Entries with be considered accepted when loaded into Meet Manager • NO FAX OR PHONE ENTRIES WILL BE ACCEPTED.
<u>Entry Ammending Process:</u>	According to the Amending Process for NJ Championship Meets, should a swimmer be missing from the entry list or an event, the coach can e-mail the missing information to the meet director by noon, July 15, 2009 . The entry fee for all events entered in this manner is \$10.00 per event (unless the mistake was ours), and must be paid before the start of the meet according to the Amending Process Guidelines.
<u>Meet Format Waiver:</u>	<p>The host club has the right to change the format of the meet with the approval of the sanctioning chairman and age group or senior chairman. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for changes would be:</p> <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. <p>Some of the changes that can be made: 1) add a session, 2) heat limit distance events, 3) to condense sessions and 4) eliminate relays.</p>
<u>Internet Website Posting:</u>	<ul style="list-style-type: none"> • The official meet website is www.besmarttinc.com. • Meet Information, downloadable Hy-Tek Events list (HYV.file), and Final Results will be posted on the BE Smartt and New Jersey Swimming websites: www.njswim.org
<u>Meet Requirement Statement:</u>	This meet qualifies, as "one" of the two required long course meets to be eligible for the New Jersey LC Zone Championship Team or for New Jersey National Championship Reimbursement.

<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> All coaches “on the deck” must be members of USA Swimming. Coaches must show coaching card for entrance to facility. Coaches must show coaching card before picking up any meet information or scratch sheets. Coaches must have coaching card visible at all times while on deck. Coaches must have a visible coaches card when entering hospitality area or when asking for food at concessions.
<u>Swimmer Eligibility:</u>	<ul style="list-style-type: none"> All swimmers must be members of USA Swimming to enter and compete in this meet. All swimmers must be listed on a team’s official entry form to be eligible to participate in this swim meet in any events including relays. This is a New Jersey Swimming Championship Meet; only New Jersey Swimming athletes may enter and compete in this meet. Swimmers with Gold times may enter for time only (Non-Award Division). <p><u>Unattached Swimmers.</u></p> <ul style="list-style-type: none"> All transfer swimmer(s) must swim unattached for 120 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. <p><u>Age Groups that will be offered.</u></p> <ul style="list-style-type: none"> There will be only 10 & Under and 11-12 Events. <p><u>Individual and Relay Limits:</u></p> <ul style="list-style-type: none"> Swimmers can compete in 3 individual events per day. Swimmers may compete in one (1) relay per day/session. <p><u>Age at Meet:</u></p> <ul style="list-style-type: none"> Age for this meet is: Saturday, July 18th, 2009
<u>Meet Format:</u>	<ul style="list-style-type: none"> This meet will be run in accordance to current USA Swimming Rules. This meet will be run as a time final meet. <p><u>How seeding will be done.</u></p> <ul style="list-style-type: none"> 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. Relays will be run as first event of each session and will be pre-seeded.
<u>Meet Schedule:</u>	<ul style="list-style-type: none"> The building will not open before 7:00 a.m. for swimmers and 7:15 a.m. for spectators. This meet will have four sessions on Saturday and four sessions on Sunday. Mid-session and Afternoon session starting times will be announced once entries are received and a time line is established.

Meet Schedule:

Saturday, July 18, 2009		Warm-up	Start
Session 1	10 & Under Girls & Boys Events	7:10 a.m.	8:15 a.m.
Session 2	12/U 200’s	End of Session #1	30 minutes*
Session 3	11-12 Girls and Boys Events	End of Session #2*	60 minutes*
Session 4	11-12 Girls and Boys 400 m. Ind. Medley	End of Session #3*	10 minutes*
Sunday, July 19, 2009		Warm-up	Start
Session 5	10 & Under Girls & Boys Events	7:10 a.m.	8:15 a.m.
Session 6	12/U 400 Freestyles	End of Session #5*	30 minutes*
Session 7	11-12 Girls and Boys Events	End of Session #6*	60 minutes*

* Starting times for all sessions after the first session each day will be determined after entries are received and a time line created!

<u>Warm-up Procedures:</u>	<p>All teams must be given a minimum of thirty minutes of warm-ups.</p> <ul style="list-style-type: none"> • Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes. <p><u>Entry Into Pool:</u></p> <ul style="list-style-type: none"> • All swimmers must enter the pool from the starting end of the pool. <p><u>Host Team Monitoring Warm-ups.</u></p> <ul style="list-style-type: none"> • New Jersey Swimming officials will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction. <p><u>Warm-up Schedules.</u></p> <ul style="list-style-type: none"> • The warm-up sessions will be 30-minute warm-ups divided by teams. There will be designated sprint lanes/pace lanes during the last 10 minutes.
<u>Entry Times:</u>	<ul style="list-style-type: none"> • New Jersey Swimming does not allow ‘NT’ or ‘No Time’ to be used as an entry time. • All entry times must be in long course meters. • Converted times from SCY or SCM are acceptable both for this meet and for NJ JO’s. • All entry times equal to or faster than the New Jersey Long Course Gold Time will be entered in the non-award division. Such entries will be for official time purposes only.
<u>Check-In:</u>	<ul style="list-style-type: none"> • All check-in sheets must be turned into the scoring table 30 minutes before the start of each session. 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 his/her name and the event number circled with “SCR” next to the circle. • Failure to follow the check-in procedure will result in the swimmer(s) being scratched from the session • All distance events will have a positive check-in that will be posted at the scoring table or the control room.
<u>Starts:</u>	‘Fly-over’/‘Over-the-top’ starts will be used.
<u>Distance Events:</u> 400 m. Frees and 400 m. Ind. Medley	<ul style="list-style-type: none"> • The 400 m. Freestyle and 400 m. Ind. Medley Events will be run fastest to slowest. • The 400 m. Freestyle and 400 m. Ind. Medley Events will alternate women and men. Heats will be combined to consolidate a heat. • Swimmers must have their own timer.

<u>Heat Limited Events:</u>	<ul style="list-style-type: none"> • The 400 m. Freestyle and 400 m. I.M. will be ‘Heat Limited’ Events. • The host teams want to accommodate all swimmers in these events. • Entries for these events should only be swimmers who have trained and are trying to make JO’s. Swimmers who enter this event just “to make the distance” should not enter. • If the combined girls’ and boys’ entries total more than 64 swims, then cuts may be made after that number. If necessary, cuts will be made in the following fashion: by gender over 32 first. If one gender has less than 32 entries, the other gender’s number will be increased to that number that puts both entry numbers at 64. • Swimmers below the ‘heat limit’ number will have the option of changing to another event. • Swimmers can stay in those ‘heat limited’ events with the possibility that scratches or the time line will allow the opportunity to swim. In either case, if that swimmer is below the ‘heat limit’ number and does not swim, they will have their entry fee refunded. • Refunds will be mailed to the team within 7 days of the conclusion of the meet.
<u>Relays:</u>	<ul style="list-style-type: none"> • All relays MUST HAVE THE CORRECT FOUR NAMES LISTED AND THE CORRECT ORDER for that relay to be eligible. • Coaches must turn in relay cards prior to that relay swimming listing correct swimmers names and correct order. • Relays will be pre-seeded and teams will report to the block. • Since this is a Silver Level Meet, <u>Only swimmers with "SLOWER THAN: GOLD TIME STANDARD" in the 50 meter distance of the stroke prior to this meet may swim on relays.</u> The Meet Referee and/or the meet jury will handle any protest of relay swimmers during the meet. New Jersey Swimming will handle any protest of relay

	swimmers after the meet. (See NJ Swimming verification form.)
<u>Scoring:</u>	Team Scoring will not be kept. All events will be scored as one level.
<u>Awards:</u>	<ul style="list-style-type: none"> • Medals will be awarded for the top 3 relays in each relay event. • Medals will be awarded for the top 8 non-Gold division swimmers in each individual event. • No awards for swimmers entered with Gold times. These swims will be for official times only.
<u>Entry Fees:</u>	<ul style="list-style-type: none"> • Individual Entry Fee: \$5.00 • Relay Entry Fee: \$9.00 • Make checks payable to: <u>Hamilton Aquatic Club</u>
<u>Admissions and Programs:</u>	<ul style="list-style-type: none"> • Admission will be \$7.00 per session. • Cost of Program will be \$10.00 for the entire meet.
<u>Entries:</u>	<ul style="list-style-type: none"> • In accordance with NJS policy, team entries may be submitted by E-mail to: entries1@juno.com • All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail. • The meet entry coordinator will respond to e-mails entries within 48 hours. If you do not receive an e-mail response within 48 hours, assume that your email has not been received. It then becomes the e-mailer's responsibility to make sure that the host club's meet entry coordinator receives the e-mail. If you do not receive an e-mail response, you must contact the entry coordinator by email or phone or mail in your entries. • An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each mailed entry. • Accuracy of seed times is essential. Incomplete entries will not be accepted. • Deck entries will not be accepted. No phone or faxed entries will be accepted.
<u>Results:</u>	<ul style="list-style-type: none"> • All Teams will be asked on the meet Summary whether they want results mailed or e-mailed. • Results can be ordered from the scoring table. For a cost of \$10.00

<u>Host Clubs Responsibilities:</u>	<ul style="list-style-type: none"> • The host clubs will provide a single timer in each lane through out the meet. • The host club will have stopwatches available for volunteers helping to time. • The host club will e-mail all club entries back to the participating clubs. • The host club will create a warm-up schedule that will be fair and equal to all teams. This warm-up schedule will be e-mailed to all participating clubs no later than 72 hours before the meet. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. These timing assignments will be e-mailed to all participating clubs no later than 72 hours before the meet.
<u>Participating Club Responsibilities:</u>	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs 72-hours prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. • Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.
<u>Concessions:</u>	Refreshments will be available throughout the meet.
<u>Vendor:</u>	NJ SWIM will be the meet vendor
<u>Hotels:</u>	Holiday Inn, 100 Independence Way, 1.609.520.1200, ask for special rate.

	<p>Staybridge Suites, 4375 Route 1, 1.609.951.0009, ask of sports group rate Residence Inn by Marriott, 4225 Route 1, 1.732.329.9600, Includes breakfast Princeton Courtyard by Marriott, Route 1 and Mapleton Road, 1.609.716.9100; includes breakfast</p>
<p><u>Directions:</u></p>	<ul style="list-style-type: none"> • <u>From the NJ Turnpike, North or South:</u> Take Exit 8 towards Princeton. Take Route 33 West to Route 571. Continue on 571 across Route 1, to the first light, Faculty Road, make a right. The pool and the parking lot will be on your left about ¼ mile from the light. • <u>From US Highway 1, north or south</u> - Take the Princeton-Hightstown exit towards Princeton. Follow the above directions.

NEW JERSEY SWIMMING 12 & UNDER SILVER/BRONZE CHAMPIONSHIPS
SATURDAY AND SUNDAY, JULY 18-19, 2009

SATURDAY - ORDER OF EVENTS

SESSION #1 – 10 & Under Girls and Boys: Warm Up: 7:10 a.m. (Split Warm-ups: two 30 minute warm-ups divided by teams. Sprint Lanes available during last 10 minutes. **Session Start Time: 8:15 a.m.**

<u>Girls Evt. #</u>	<u>Silver Time Standard Slower Than:</u>	<u>Age Group Event</u>	<u>Silver Time Standard Slower Than:</u>	<u>Boys Evt. #</u>
#1	N/A	10 & Under - 200 m. Medley Relay	N/A	#2
#3	2:57.99	10 & Under – 200 m. Freestyle	2:59.99	#4
#5	1:33.09	10 & Under - 100 m. Backstroke	1:35.29	#6
#7	:49.39	10 & Under - 50 m. Breaststroke	:50.49	#8
#9	:36.39	10 & Under - 50 m. Freestyle	:37.19	#10
#11	1:40.09	10 & Under – 100 m. Butterfly	1:41.69	#12

SESSION #2 – 12 & Under Girls and Boys 200 m. Stroke Events

Warm Up: Right after Event #12 –Open Pool **Session Start Time: 30 minutes after start of Warm-ups**

<u>Girls Evt. #</u>	<u>Silver Time Standard Slower Than:</u>	<u>Age Group Event</u>	<u>Silver Time Standard Slower Than:</u>	<u>Boys Evt. #</u>
#13	2:56.09	12 & Under 200 m. Backstroke	2:59.59	#14
#15	3:22.79	12 & Under 200 m. Breaststroke	3:27.19	#16
#17	3:12.49	12 & Under 200 m. Butterfly	3:12.49	#18

SESSION #3 – 11 -12 Girls and Boys:

Warm Up: Right after Event #18 – (Split Warm-ups: two 30 minute warm-ups divided by teams. Sprint Lanes available during last 10 minutes. **Session Start Time: 60 minutes after start of Warm-ups.**

<u>Girls Evt. #</u>	<u>Silver Time Standard Slower Than:</u>	<u>Age Group Event</u>	<u>Silver Time Standard Slower Than:</u>	<u>Boys Evt. #</u>
#19	N/A	11-12 - 200 m. Medley Relay	N/A	#20
#21	2:34.09	11-12 – 200 m. Freestyle	2:34.89	#22
#23	1:21.49	11-12 – 100 m. Backstroke	1:22.29	#24
#25	:42.89	11-12 - 50 m. Breaststroke	:43.29	#26
#27	:32.19	11-12 - 50 m. Freestyle	:32.39	#28
#29	1:22.99	11-12 – 100 m. Butterfly	1:24.09	#30

SESSION #4 – 11 -12 Girls and Boys 400 m. Ind. Medley:

Warm Up: Right after Event #30 –Open Pool **Session Start Time: 10 minutes after start of Warm-ups**

<u>Girls Evt. #</u>	<u>Silver Time Standard Slower Than:</u>	<u>Age Group Event</u>	<u>Silver Time Standard Slower Than:</u>	<u>Boys Evt. #</u>
#31	6:26.19	11-12 - 400 m. Ind. Medley**	6:28.29	#32

** Will be swum fastest to slowest, alternating girls and boys

** Swimmers must provide their own person to time.

NEW JERSEY SWIMMING 12 & UNDER SILVER/BRONZE CHAMPIONSHIPS
SATURDAY AND SUNDAY, JULY 18-19, 2009

SUNDAY - ORDER OF EVENTS

SESSION #5 – 10 & Under Girls and Boys: Warm Up: 7:10 a.m. (Split Warm-ups: two 30 minute warm-ups divided by teams. Sprint Lanes available during last 10 minutes. Session Start Time: 8:15 a.m.

<u>Girls Evt. #</u>	<u>Silver Time Standard Slower Than:</u>	<u>Age Group Event</u>	<u>Silver Time Standard Slower Than:</u>	<u>Boys Evt. #</u>
#33	N/A	10 & Under - 200 m. Free Relay	N/A	#34
#35	3:22.89	10 & Under – 200 m. Ind. Medley	3:26.89	#36
#37	1:21.89	10 & Under - 100 m. Freestyle	1:22.89	#38
#39	:43.19	10 & Under - 50 m. Backstroke	:44.09	#40
#41	:42.19	10 & Under - 50 m. Butterfly	:43.19	#42
#43	1:46.59	10 & Under – 100 m. Breaststroke	1:49.99	#44

SESSION #6 – 10 & Under Girls and Boys 400 m. Freestyle

Warm Up: Right after Event #44 –Open Pool Session Start Time: 30 minutes after start of Warm-ups

<u>Girls Evt. #</u>	<u>Silver Time Standard Slower Than:</u>	<u>Age Group Event</u>	<u>Silver Time Standard Slower Than:</u>	<u>Boys Evt. #</u>
#45	6:19.69	10 & Under - 400 m. Freestyle**	6:24.59	#46
#47	5:29.99	11-12 - 400 m. Freestyle**	5:30.79	#48

- ** Will be swum fastest to slowest, alternating girls and boys
- ** Swimmers must provide their own person to time.

SESSION #7 – 11 -12 Girls and Boys:

Warm Up: Right after Event #46 – (Split Warm-ups: two 30 minute warm-ups divided by teams. Sprint Lanes available during last 10 minutes. Session Start Time: 60 minutes after start of Warm-ups.

<u>Girls Evt. #</u>	<u>Silver Time Standard Slower Than:</u>	<u>Age Group Event</u>	<u>Silver Time Standard Slower Than:</u>	<u>Boys Evt. #</u>
#49	N/A	11-12 - 200 m. Free Relay	N/A	#50
#51	2:54.29	11-12 – 200 m. Ind. Medley	2:55.59	#52
#53	1:10.59	11-12 – 100 m. Freestyle	1:10.49	#54
#55	:37.99	11-12 - 50 m. Backstroke	:38.69	#56
#57	:35.89	11-12 - 50 m. Butterfly	:36.69	#58
#59	1:34.19	11-12 – 100 m. Breaststroke	1:34.89	#60

HAMILTON AQUATIC CLUB

ENTRY SUMMARY FOR: Long Course 12 & Under Silver/Bronze Championships

July 18-19, 2009

Team: _____ USA-S Club Code: _____

Name(s) of Coach(es): _____

e-mail address to send results in lieu of regular mailing: _____

Club Mailing Address: _____

(to mail final results) _____

Contact Person Regarding These Entries: _____

Phone No.: _____ Fax No.: _____

Email _____

Contact Person Regarding Timers & Officials: _____

(a parent, not a coach)

Phone No.: _____

Email _____

Entry Fee Summary:

Number of Individual Entries: _____ x \$5.00= \$ _____

Number of Relay Entries: _____ x \$9.00= \$ _____

Total Entries & Fees: \$ _____

Check amount: \$ _____

MAKE CHECKS PAYABLE TO: HAMILTON AQUATIC CLUB

New Jersey Swimming Inc.

Official Meet Verification Form

Club Name: _____ Club Code: _____

Club E-Mail Address: _____

Head Coaches Name: _____

Club Address: _____



I hereby certify that all swimmers and coaches listed on the entry or hard copy with disk entries, for the **NJ SWIMMING LC 12&U SILVER/BRONZE CHAMPS** to be held on **JULY 18-19, 2009** are registered members of New Jersey Swimming/ United States Swimming. All United States Swimming numbers are correctly listed and, unless otherwise noted, are not required to swim unattached (UN) due to the 120-day transfer. Also I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

Signature _____ Date _____
(Signature cannot be photocopied)

Article 302.4 of the USA Swimming Rules and regulations.

FALSE REGISTRATION: An LSC may impose a fine of up to **\$100 per event** against a member coach or a member club's representative signing a document which indicates a swimmer is registered with United States Swimming for a meet when that swimmer is not properly registered or eligible to compete for that club. This will be enforced by the LSC and the LSC will be entitled to the fines imposed.

LIST ALL UNATTACHED SWIMMERS:

Unattached Swimmer _____, Unattached Swimmer _____

Unattached Swimmer _____, Unattached Swimmer _____

Unattached Swimmer _____, Unattached Swimmer _____

Unattached Swimmer _____, Unattached Swimmer _____