

Name of Meet	<p style="text-align: center;"><b>New Jersey Swimming</b>  <b>Senior State Championships 2015</b>  Hosted by Peddie Aquatics  at the Peddie Aquatics Center, Peddie School  (Held under the sanction of USA Swimming)</p>
Meet Sanction #:	<p><i>NJS031215SC</i>  In granting this 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.</p>
Host Club:	Peddie Aquatics
Date of Meet:	Thursday, Friday, Saturday and Sunday, March 12, 13, 14, and 15 <sup>th</sup> of 2015
Location:	Peddie School, 180 E Etra Rd, Hightstown NJ 08520
Facility Info:	The Peddie Aquatic Facility pool is a 25-yard, 8-lane pool with anti-turbulent lane-dividers and a Colorado timing system. The depth at the starting end is 7' and the depth at the turn end is 6.5'.
Pool Certification Statement:	The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
Meet Director:	Greg Wriede, <a href="mailto:gwriede@peddie.org">gwriede@peddie.org</a> 609-944-7547
Meet Referee(s):	Bach Lequang <a href="mailto:blequang@gmail.com">blequang@gmail.com</a> Ed Fago <a href="mailto:efago@comcast.net">efago@comcast.net</a>
Meet Safety Marshal:	Cathy Signorin <a href="mailto:cathysignorin@peddie.org">cathysignorin@peddie.org</a>
Team Contact:	Greg Wriede 609-944-7547
Entry Coordinator:	Greg Wriede 609-944-7547 Make Checks Payable to Peddie School
Entry Deadline:	<p>Entry Deadline Date: Monday March 2<sup>nd</sup>, 2015 All entries will be accepted up until the entry deadline. As an NJS Championship designated meet, the 4 hour per session rule does not pertain to this meet. All entries must be TM format entries.</p> <p>Email Hy-Tek entry file and proof of time reports to: <a href="mailto:gwriede@peddie.org">gwriede@peddie.org</a></p> <p>Mail the signed waiver and check to: Greg Wriede, The Peddie School, 201 South Main Street, Hightstown NJ, 08520</p> <p>It is not necessary to overnight or express mail your hard copy and check, which are sent in support of an e-mailed entry.</p> <p>Note: Teams need to reconcile entry fees with Meet Director prior to the start of first session that the team competes in within the meet. The meet host reserves the right to scratch swimmers/teams that have not paid their entry fees and turned in their waiver forms by this time.</p>
Entry Amendment Procedures:	<p>Coaches will be permitted to amend in their meet entries for this meet with qualifying times achieved after the standard entry deadline. The process shall be as follows:</p> <ol style="list-style-type: none"> <li>1) Teams may send an updated TM entry file by email to the entry coordinator on Monday, March 9<sup>th</sup>, 2015 that reflects competition results from the weekend of March 7 and 8, 2015. No other updates/amendments will be accepted.</li> <li>2) Coaches need to reconcile entry fees with Meet Director prior to the start of competition at the NJ Swimming Senior State Championships.</li> </ol>
Meet Format Waiver:	<p>The host club has the right to change the format of the meet with the approval of the sanctioning chairman and either the 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 these changes include: to allow more swimmers to swim, to conform to facility capacity limits or for facility safety concerns, and to condense the meet into smaller time frame.</p> <p>Some of the changes that may be made: adding a session, heat limiting distance events, and condensing sessions.</p>

Internet Website Posting:	<p>Website addresses: <a href="http://www.peddieaquatics.org">www.peddieaquatics.org</a> and <a href="http://www.njswim.org">www.njswim.org</a></p> <p>Pre-Meet Information to be posted on <a href="http://www.peddieaquatics.org">www.peddieaquatics.org</a> and the NJS website <a href="http://www.njswim.org">www.njswim.org</a>:</p> <ul style="list-style-type: none"> <li>• Meet announcement and downloadable Hy-Tek Events list (.HYV file)</li> <li>• Updated meet schedule</li> <li>• Warm-up Schedule and Team Warm-up Assignments</li> <li>• Timing assignments</li> </ul> <p>Post-Meet Information will be posted at <a href="http://www.peddieaquatics.org">www.peddieaquatics.org</a> and the NJS website <a href="http://www.njswim.org">www.njswim.org</a></p> <ul style="list-style-type: none"> <li>• Printable meet results in PDF format</li> <li>• TM Results File</li> </ul>
Meet Requirement Statement:	<p>In order to be eligible for the New Jersey 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 towards those participation requirements.</p>
Coaches' Eligibility:	<ul style="list-style-type: none"> <li>• All coaches "on the deck" must be currently registered coach members of USA Swimming.</li> <li>• Coaches must show coaching card for entrance to facility.</li> <li>• Coaches must have coaching card visible at all times while on deck.</li> <li>• Coaches must have a visible coach's card when entering the meet hospitality area.</li> </ul>
Swimmer Eligibility:	<ul style="list-style-type: none"> <li>• This is a New Jersey Swimming Championship Meet, and as such only New Jersey Swimming registered athletes may enter and compete in this meet.</li> <li>• All swimmers must be members of USA Swimming to enter and compete in this meet.</li> <li>• All swimmers must be listed in a team's official entry file in order to be eligible to participate in this swim meet in any events. This includes relay-only swimmers.</li> <li>• All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use UN-&lt;New Team Alpha Code&gt; as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form.</li> <li>• There will be Open events only.</li> <li>• All swimmers must have times faster than the meet qualifying time standards. Proof of time is required for all events.</li> <li>• Swimmers are permitted to compete in a maximum of three (3) individual events each day including the Midday distance session on Sunday.</li> <li>• Swimmers are permitted a maximum of 10 individual events during the course of the meet.</li> <li>• Swimmers are permitted to compete in a maximum of two (2) relay events each day.</li> <li>• Age for this meet is calculated as of March 12<sup>th</sup>, 2015.</li> </ul> <p>NJS Junior AG Championships Restriction: Swimmers may not compete in the same event(s) at both the Junior Age Group Championships and at the Senior States meet. However, an individual swimmer who qualifies, may compete in different events at the two meets.</p>
USA-S Racing Start Certification Statement:	<p>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 USA Swimming member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p>
Meet Format:	<ul style="list-style-type: none"> <li>• This meet will be run in accordance to current USA Swimming Rules.</li> <li>• For the preliminary sessions a failure to show penalty will not be assessed but the events will count towards the athlete's participation. USA Swimming rules 207.11.6D and 207.11.6E will be enforced with regards to no shows at finals for the top 16 finishers in preliminaries.</li> <li>• In addition, as per the NJS policy manual, failure to show on the Sunday night may result in a \$50 fine per each occurrence.</li> <li>• This meet will be run as a prelim and final meet with consolations and final heats with the exception of the 1000 Freestyle and 1650 Freestyle which will be timed final events. Thursday will feature all heats of the 1650 Freestyle for women and all heats of the 1000 for men. Sunday Midday session will feature the heats of the 1000 for women and the 1650 for men with the exception of the fastest heat of each being swum in finals.</li> <li>• 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.</li> </ul>

USA-S Deck Change Policy Statement:	Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
Meet Schedule:	The building will open at 2:45pm on Thursday, Friday – Sunday at 7:00am for Prelims, and Finals at 5:00pm.

Session Schedule		Warm-up	Start
Thursday PM	Heats of the 1650 (Women) and the 1000 (Men)	4:00 PM	5:00 PM
Friday AM	Preliminaries	7:30 AM	9:00 AM
Friday PM	Finals	5:30 PM	6:30 PM
Saturday AM	Preliminaries	7:30 AM	9:00 AM
Saturday PM	Finals	5:30 PM	6:30 PM
Sunday AM	Preliminaries	7:30 AM	9:00 AM
Sunday MidDay	Heats of 1000 (Women) and the 1650 (Men)	TBA*	TBA*
Sunday PM	Top heats of 1000 (W) and 1650 (M) and Finals	5:30 PM	6:30 PM

\* The schedule for distance events (Sunday) and finals will be developed once all entries have been received. It will be e-mailed to all participating team coaches and published on the Peddie Aquatics and NJ Swimming Web sites.

Warm-up Procedures:	<p>New Jersey Swimming Warm-up and Safety Guidelines:</p> <ul style="list-style-type: none"> <li>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.</li> <li>All swimmers are entitled to a fair and comparable warm-up. All teams must get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes.</li> </ul> <p>Entry Into Pool:</p> <ul style="list-style-type: none"> <li>All swimmers must enter the pool from the starting end of the pool.</li> </ul> <p>Host Team Monitoring Warm-ups:</p> <ul style="list-style-type: none"> <li>Uniformed and designated meet marshals will monitor warm-ups.</li> <li>All general warm-up lanes will swim in a counterclockwise direction.</li> </ul> <p>Warm-up Schedules:</p> <ul style="list-style-type: none"> <li>Warm-up schedules will be e-mailed and posted at <a href="http://www.peddieaquatics.org">www.peddieaquatics.org</a> and the NJ Swimming website <a href="http://www.njswim.org">www.njswim.org</a>.</li> </ul>
Entry Times:	<ul style="list-style-type: none"> <li>New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time.</li> <li>All entry times must be in short course yards. Converted times are acceptable.</li> <li>All entry times must meet the minimum standard for Senior States as approved by NJ Swimming.</li> <li><u>Proof of time</u> will be required for all individual events; Hy-Tek proof of time of the entry file will be acceptable. (Save as a PDF file.)</li> </ul> <p>For all New Jersey Swimming Championship Meets, proof of time must be included with all entries. Entries without proof of time will not be accepted into any New Jersey Swimming Championship Meet.</p>
Check-In:	<ul style="list-style-type: none"> <li>All check-in sheets must be turned into the control room 30 minutes before the start of each session. Swimmers who are swimming will have a line through their name. Swimmers who 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.</li> <li>All distance events will have a positive check-in that will be posted in the control room.</li> <li>Failure to positive check-in may result in a swimmer not participating in that event.</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>The host club will determine if overhead starts will be used after a time line has been produced. This information will be e-mailed and posted in the pre-meet information.</li> </ul>
Distance Events:	<ul style="list-style-type: none"> <li>On Thursday, the female 1650 will be swum 1<sup>st</sup>, slowest to fastest and the male 1000 will be swum 2<sup>nd</sup>, slowest to fastest.</li> </ul>

	<ul style="list-style-type: none"> <li>On Sunday, the 8 fastest seeded swimmers in each the female 1000 and male 1650 events will swim after the 200 Free Relays.</li> <li>All other heats of the female 1000 and male 1650 Freestyle will be swum at the Sunday Midday session.</li> <li>On Sunday, the 1000/1650 Freestyle events will be run fastest to slowest, with the fastest heat of the female 1000 and the male 1650 Freestyle swum at the Sunday Finals session.</li> <li>On Sunday, the 1650/1000 Freestyle events will alternate heats of women and men, and alternate heats of the two distances as well. So, the heats will run as follows: Heat-1 Women's 1000, Heat-1 Men's 1650, Heat-2 Women's 1000, Heat-2 Men's 1650, Heat-3 Women's 1000, Heat-3 Men's 1650, etc..</li> <li>Heats may be combined to save time if necessary.</li> <li>Swimmers must provide their own timer and counter.</li> </ul>
Heat Limited Events:	<ul style="list-style-type: none"> <li>The 1650/1000 Freestyle events may be limited based on the number of entries. Any swimmer who does not make the cut will be refunded their entry fee or can enter another event, providing they have the necessary qualifying time.</li> </ul>
Scoring	Team scoring will be to 16 places: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays	<ul style="list-style-type: none"> <li>All relays for the 200 Free and 200 Medley Relay events will be swum as timed finals during the Finals session.</li> <li>The top 2 heats of the 400 Free, 400 Medley, and 800 Free will be swum at night at the conclusion of the evening's individual events. All other heats will be swum at the conclusion of the preliminary session.</li> <li>Teams are limited to 2 relays of each gender.</li> </ul>
Awards:	Medals will be awarded to the top 8 swimmers in each individual event.
Entry Fees:	Entry fee is \$6.00 per individual prelim/final event; \$11.00 for the 1000 and 1650 events; \$8.00 for the relay events. Make checks payable to: Peddie School.
Admissions and Programs:	Admission will be \$8.00 per session which will include a heat sheet. (Each: Morning and Evening session).
Entries:	<ul style="list-style-type: none"> <li>In accordance with NJS policy, team entries may be submitted by E-mail to <a href="mailto:gwriede@peddie.org">gwriede@peddie.org</a></li> <li>All entries must be Hy-Tek program entries as an attached file to an e-mail.</li> <li>All entries must be accompanied by a copy of the TM Meet Entries report with the <i>Proof of Time</i> option enabled in PDF format.</li> <li>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.</li> <li>An entry summary with a signed NJ Swimming waiver and a check must accompany or follow each entry.</li> <li>Accuracy of seed times is essential. Incomplete entries will not be accepted.</li> <li>Deck entries will not be accepted. No phone or faxed entries will be accepted.</li> </ul>
Bonus Events	<p>Bonus events will be allowed as follows:</p> <ul style="list-style-type: none"> <li>Make 1, Bonus 4</li> <li>Make 2 Bonus 3</li> <li>Make 3, Bonus 2</li> <li>Make 4, Bonus 1</li> <li>Make 5 or more, no Bonus</li> </ul>
Results:	The TM meet results file will be emailed to all participating teams.
Host Club Responsibilities:	<ul style="list-style-type: none"> <li>The host clubs will provide a single timer in each lane throughout the meet, except for distance events.</li> <li>The host clubs will have stopwatches available for volunteers helping to time.</li> <li>The host clubs 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 at least 1 week before the meet and posted on the meet web site.</li> </ul>

	<ul style="list-style-type: none"> <li>The host clubs 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 at least 1 week before the meet and posted on the meet web site.</li> </ul>
Participating Club Responsibilities:	<ul style="list-style-type: none"> <li>Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs at least one week prior to the meet.</li> <li>Participating club parents must stay off the pool deck except for timing assignments.</li> <li>Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet waiver.</li> </ul>
Concessions:	Food will be available on site through a vendor
Vendor:	METRO Swim Shop will be in attendance.
Hotels:	<ul style="list-style-type: none"> <li>Holiday Inn, 100 Independence Way. 609-520-1200</li> <li>Staybridge Suites, 4375 Route 1. 609-951-0009</li> <li>Residence Inn by Marriott, 4225 Route 1. 732-329-9600</li> <li>Princeton Courtyard by Marriott, Route 1 &amp; Mapleton Rd. 609-726-9100</li> </ul>
Directions:	Take the NJ Turnpike to Exit 8, Hightstown/Princeton. Follow Route 33 West to Hightstown. Make a left at the 2nd traffic light onto Main Street (the firehouse will be in front of you), then go straight through one traffic light and at Ward Street make a left. Make the first right onto South Main Street. Continue past the Peddie School campus and at Etra Road, make a left. Pass the playing fields and the Athletic Center driveway is on the left.



NEW JERSEY SWIMMING

# 2015 NJ Swimming Senior State Championships

Thursday-Sunday March 12<sup>th</sup> – 15<sup>th</sup>, 2015

## Waiver

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, NJ Swimming, Peddie Aquatics Association and Peddie School and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

## Meet Verification

I hereby certify that all entered swimmers and coaches listed on this form are registered members of USA Swimming. All USA 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.

Club Name/Club Code \_\_\_\_\_

Signature of Coach and/or Parent/Guardian \_\_\_\_\_

Telephone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Name(s) of Coach(es): \_\_\_\_\_

Name/E-Mail/Phone Number of person to contact regarding this entry: \_\_\_\_\_

Name/E-Mail/Phone Number of person to contact regarding timers/officials: \_\_\_\_\_

Entry Fee Summary: _____	Individual non-1000/1650 event entries @ \$6.00 =	\$ _____
_____	1000/1650 event entries @ \$11.00 =	\$ _____
_____	Relay event entries @ \$8.00	\$ _____
	Total:	\$ _____

Make checks payable to: Peddie School

## 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 USA 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 \_\_\_\_\_

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_

**NJS SCY SENIOR CHAMPIONSHIPS**  
**Hosted by Peddie Aquatic Association**  
**March 12<sup>th</sup>-15<sup>th</sup>**

Women's Events		Men's Events
<b>Day 1 Thursday- 4 pm warm up- 5 pm start</b>		
1	1650 yard Freestyle	
	1000 yard Freestyle	2
<b>Day 2 Friday</b>		
<b>Prelims 7:30 warm up- 9 am start</b>		
<b>Finals- TBD after entries are received</b>		
3	200 yard Freestyle	4
5	100 yard Breaststroke	6
7	100 yard Butterfly	8
9	400 Yard Individual Medley	10
11	800 yard Freestyle Relay	12
<b>Day 3 Saturday</b>		
<b>Prelims 7:30 warm up- 9 am start</b>		
<b>Finals- TBD after entries are received</b>		
13	200 yard Medley Relay	14
15	200 yard Butterfly	16
17	50 yard Freestyle	18
19	200 yard Breaststroke	20
21	100 yard Backstroke	22
23	500 yard Freestyle	24
25	400 yard Freestyle Relay	26
<b>Day 4 Sunday</b>		
<b>Prelims 7:30 warm up- 9 am start</b>		
<b>Finals- TBD after entries are received</b>		
27	200 yard Freestyle Relay	28
29	1000 yard Freestyle	
	1650 yard Freestyle	30
31	200 yard Backstroke	32
33	100 yard Freestyle	34
35	200 yard Individual Medley	36
37	400 yard Medley Relay	38

**NEW JERSEY SWIMMING**  
**2015 SENIOR SHORT COURSE CHAMPIONSHIPS TIME STANDARDS**

<b>GIRLS TIME STANDARDS</b>	<b>EVENTS</b>	<b>BOYS TIME STANDARDS</b>
26.69	50 yd. Freestyle	24.29
57.69	100 yd. Freestyle	52.49
2:06.69	200 yd. Freestyle	1:56.29
5:42.89	500 yd. Freestyle	5:22.89
11:51.09	1000 yd. Freestyle	11:29.09
19:30.09	1650 yd. Freestyle	19:00.09
1:05.99	100 yd. Backstroke	1:03.09
2:26.49	200 yd. Backstroke	2:15.79
1:17.39	100 yd. Breaststroke	1:10.89
2:45.19	200 yd. Breaststroke	2:32.69
1:05.69	100 yd. Butterfly	59.89
2:28.49	200 yd. Butterfly	2:19.69
2:23.69	200 yd. Ind. Medley	2:13.99
5:05.39	400 yd. Ind. Medley	4:43.89