



New Jersey Swimming
2016 Long Course Junior Olympics
 Hosted by Scarlet Aquatics
 (Held Under The Sanction of USA Swimming)

Meet Sanction #	<i>NJS072816LCB</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.
Time Trails Sanction #	<i>TTNJS072816LC</i>
Date of Meet	Thursday July 28 th through Sunday July 31 st , 2016
Location	Sonny Werblin Recreation Center - 656 Bartholomew Road - Piscataway, NJ 08854
Facility Info	The Sonny Werblin Recreation Center pool is an 8-lane, 50 meter pool, with pedestal starting blocks and a Colorado Timing system. There is an auxiliary pool (patio pool) for warm-up and warm-down throughout the meet, and ample seating for spectators. The water depth in the competition pool is 6 feet at the scoreboard end and 14 feet at the dive end.
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.
USA-S Deck Change Policy Statement	Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
Meet Director	Ellen Mace, besmarttinc@gmail.com , 609.558.0988
Meet Referees	Rob Curry, rcauce@yahoo.com Perry Novak, perryenovak@optonline.net (Saturday and Sunday)
Safety Marshal	Kyle Gurkovich, kgurkovich@gmail.com
Team Contact	Thomas Speedling, 732-742-4600, scarletaquatics@gmail.com
Admin Official	John Lister, Ellen Mace, Jason Mace, besmarttinc@gmail.com , 609.558.0988
Entry Coordinator	Be Smartt Inc, besmarttinc@gmail.com , 609.558.0988
Entry Information & Deadline:	<p>§ The entry deadline for this meet is Wednesday July 20th, 2016.</p> <p>§ Email entry files and proof of time reports to: besmarttinc@gmail.com</p> <ul style="list-style-type: none"> • All entries must be Hy-Tek program entries as an attached file to an e-mail. • 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. <p>§ 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.</p> <p>§ Please bring the entry fee summary, signed waiver and entry fees to the first session of the meet that the team is swimming.</p> <p>§ The host club reserves the right to scratch swimmers/teams that have not paid their entry fees and turned in their waiver forms by the first session of the meet that the team is swimming.</p> <p>§ Entries will be considered accepted when loaded into Meet Manager.</p> <p>§ No fax, phone or deck entries will be accepted.</p>
Entry Amending Process	According to the Amending Process for NJ Swimming Championship Meets, should a swimmer be missing from the entry list or an event after the entry deadline, the coach can e-mail the missing information to besmarttinc@gmail.com by 6:00pm Wednesday July 26 th , 2016. The entry fee for all events entered in this manner will be the regular entry fee for the event, plus an additional \$5.00 late fee per entry (unless the mistake was the host's), and must be paid before the start of the meet according to the Amending Process Guidelines.

Meet Format Waiver	<p>The host club has the right to change the format of the meet with the approval of the administrative 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 changes include:</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 may be made: 1) add a session, 2) heat limit distance events, 3) condense sessions, and 4) eliminate relays.</p>
Internet Website Posting	<ul style="list-style-type: none"> • The official websites for LC JO's 2016 are: www.besmarttinc.com & www.njswim.org <p>Pre-Meet Information:</p> <ul style="list-style-type: none"> • Meet Announcement • Downloadable Hy-Tek Meet Events (.HYV File) • Updated Meet/Session Schedule • Warm-up Assignments • Timing Assignments <p>Post-Meet Information:</p> <ul style="list-style-type: none"> • Final results in publication order • Downloadable Results (Zipped .CL2 & .HY3 files) for TM
Meet Requirement Statement	<p>In order to be eligible for the New Jersey Swimming Zone Championship Team or for New Jersey Swimming athlete travel grants for sectional and national level meets, NJ Swimming policy stipulates certain participation requirements. As a New Jersey Swimming sanctioned meet, this meet counts towards these participation requirements.</p>
Coaches Eligibility	<p>All coaches "on the deck" must be currently registered coach members of USA Swimming.</p> <ul style="list-style-type: none"> • Coaches must show valid coaching card for entrance to facility. • Coaches must have coaching card visible at all times while on deck. • Coaches must have a visible coach's card when entering hospitality area.
Swimmer Eligibility	<ul style="list-style-type: none"> • All swimmers must be members of USA Swimming to enter and compete in this meet. • This is a New Jersey Swimming Championship Meet, and as such only New Jersey Swimming registered athletes may enter and compete in this meet. • All swimmers must have times equal to or faster than the current New Jersey Swimming Summer JO Gold Time Standards. • The qualifying period for this meet is April 1st, 2015 through the entry deadline of the meet. • Swimmers may not compete in a given event at both LC JO's and the Silver/Bronze Championship meets unless they achieved the Summer LC JO qualifying time in that event at the Silver/Bronze meet, or at another Sanctioned or Approved meet attended in between the Silver/Bronze meet and JOs. • All swimmers must be included in a team's official meet roster in the meet database to be eligible to participate in this swim meet in any events, including relays. <p>Unattached Swimmers</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>Age Groups that will be offered</p> <ul style="list-style-type: none"> • There will be individual and relay events for 10 & Under, 11-12, 13-14, 15 & Over, and Open divisions. • No Awards or Points for individuals 20 & Over, No awards for relays with 20 & Over Swimmers.

Entry Limits	<ul style="list-style-type: none"> • NJS allows swimmers to compete in three individual events per day. Swimmers may enter all events that they qualify for. However, swimmers entered in more than three events for a given day must scratch down to three events prior to the seeding for that day. Failure to scratch down to a maximum of three events will result in the automatic scratching of all but the first 3 entered events, according to chronological order of swimming, for that day. The swimmer would then only be eligible to swim those first three events entered for the day. • A swimmer who does not scratch an event, but then fails to swim will have the event charged against the swim limit for the day/meet. • Swimmers are limited to a maximum of 3 individual events and one relay event per day, and a maximum of 9 individual events for the meet. For a swimmer who has used up more than 6 events by the 4th day of the meet, their event limit for this day is now the same as their remaining event limit for the meet. Should such a swimmer fail to scratch down to this limit, the swimmer will be scratched out of all but the first X events matching their remaining limit - based on the chronological order of swimming. • Age for this meet is calculated as of Thursday, July 28th, 2016.
Age-Up Exception Policy	<p>Swimmers who have one or more Summer JO Gold times prior to the Silver/Bronze meet and then "age-up" between the Silver/Bronze meet and JO's, may be eligible to swim these Gold level events from their prior age-group at JO's. Such entries should be made using the event cut at JO's as their entry time. See the table below to determine if the swimmer is eligible for this age-up exception.</p> <p>Age-Up Exception Eligibility</p> <ul style="list-style-type: none"> • Swimmers who turn 11 between July 15th and July 28th, 2016, inclusive, and who had a 10-Under Summer Gold time prior to July 15th. • Swimmers who turn 13 between July 15th, and July 28th, 2016, inclusive, and who had an 11-12 Summer Gold time prior to July 15th. • Swimmers who turn 15 between July 15th, and July 28th, 2016, inclusive, and who had a 13-14 Summer Gold time prior to July 15th.
USA-S Racing Start Certification Statement	<p>Any swimmer entered into this 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.</p>
Meet Format	<ul style="list-style-type: none"> • This meet will be run in accordance with the current USA Swimming Rules. • The 10-under and 11-12 age-groups will compete in a Timed Finals format. • The 13-14 & 15-19 age groups will compete in a Prelim/Finals format, with 16 swimmers from prelims making it to the evening finals in each individual event other than the 800 and 1500 events. • There will be a Bonus Final for the 15-19 age group. There will be no points scored in the Bonus Final and swimmers ages 20 & over will be eligible to swim the Bonus Final. • All entries in the 13-14, 15-Over and Open relays will compete during the evening finals sessions. These events will be competed fastest to slowest, alternating girls/boys. On an evening where both 13-14 and 15-19 relays are being contested, the fastest heat of each relay will be held prior to alternating thru the remainder of the heats by gender and age-group. <p>Seeding</p> <ul style="list-style-type: none"> • This meet will be deck seeded with coaches checking-in/scratching swimmers. When the seeding has been posted, swimmers will report to the blocks on their own.
Miscellaneous	<ul style="list-style-type: none"> • The building will not open before 7:10am for swimmers and 7:15am for spectators. • This meet will have a 13-over prelims session, a 12-under timed finals session, and a 13-over finals session each of the first three days of the meet. On the fourth day, between the morning prelims and evening finals sessions, there will be a 1500 session. • The session start times for the afternoon 12-under 1500 and evening finals sessions will be announced once entries are received and a time line is established.

Meet Schedule

Thursday, July 28 th		Warm-up	Start
Session 1	13-14 and 15 & Over Preliminaries	7:15am	8:20am
Session 2	10 & Under and 11-12 Timed Finals	TBA—End of Session #1	65 minutes later
Session 3	13-14 and 15 & Over Finals & Relays	TBA—End of Session #2	65 minutes later
Friday, July 29 th		Warm-up	Start
Session 4	13-14 and 15 & Over Preliminaries	7:15am	8:20am
Session 5	10 & Under and 11-12 Timed Finals	TBA—End of Session #4	65 minutes later
Session 6	13-14 and 15 & Over Finals & Relays	TBA—End of Session #5	65 minutes later
Saturday, July 30 th		Warm-up	Start
Session 7	13-14 and 15 & Over Preliminaries	7:15am	8:20am
Session 8	10 & Under and 11-12 Timed Finals	TBA—End of Session #7	65 minutes later
Session 9	13-14 and 15 & Over Finals & Relays	TBA—End of Session #8	65 minutes later
Sunday, July 31 st		Warm-up	Start
Session 10	13-14 and 15 & Over Preliminaries	7:15am	8:20am
Session 11	1500s (All age-groups)	TBA—End of Session #10	TBA
Session 12	13-14 and 15 & Over Finals & Relays	TBA—Approx 5:30pm	65 minutes later

- Starting times for afternoon and finals sessions will be determined after entries are received and a timeline created!
- Approximate warm-up time for afternoon 12-under sessions is 12:00pm.
- Approximate warm-up times for evening finals sessions is 5:30pm.
- The Sunday afternoon 1500s session will be arranged so that there is warm-up for each age group. Warm-up may be in the patio pool if necessary.

Warm-up Procedures	<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. • All swimmers must enter the pool from the starting end of the pool. • Scarlet Aquatic Club Meet Marshals will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction. <p>Warm-up Schedules</p> <ul style="list-style-type: none"> • The warm-up sessions will be split into two 30-minute warm-ups divided by teams. There will be designated sprint/pace lanes during the last 10 minutes of each warm-up session. • This meet will be run without any dead pool time. If there are more than 10 minutes between the end of one session and the beginning of warm-ups for the next session, the pool will be available for general use by any and all swimmers in the meet. The pool will then be cleared five minutes prior to the scheduled time for warm-ups. • In addition, the patio pool may be open during the entire meet, warm-ups included.
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Entry Times	<ul style="list-style-type: none"> All entry times must be equal to or faster than the New Jersey Swimming Summer Junior Olympics qualifying times. All entry times must be in long course meters. Converted times are acceptable, using the default Hy-Tek TM conversion factors. All entry times must be proved upon meet entry. This may be done via the "Include proof of time" option when generating the meet entry report. Where the TM proof of time option is not available, separate report(s), detailing where times were achieved must be sent with the entry e-mail. Mailed paper reports are not acceptable. All entry times must be achieved during the meet qualifying period of April 1st, 2015 through the entry date of the meet. Swimmers who compete in an event at the Silver-Bronze Championship meets may not compete in the same event at JO's unless they achieved the Gold time standard at the Silver-Bronze meet, or at another Sanctioned or Approved meet attended in between the Silver-Bronze meet and JO's.
Time Conversion Factors in Team Manager	<p>Conversion of times from SCY and SCM must use the Hy-Tek default factors built into Team Manager. In Team Manager, go to "Set-up", then "Course Conversion". Make sure that:</p> <ul style="list-style-type: none"> The Yard to SC Meters is be set to: 1.11 That Freestyle Turns = 0.8, that Backstroke Turns = 0.6, that Breaststroke Turns = 1, that Butterfly Turns = 0.7, and Individual Medley Turns = 0.8 500 yd. Free to 400 m. Free and 1000 yd. Free to 800 m. Free = .875 and 1650 yd. Free to 1500 m. Free = 1.006. Do not set the straight conversion factor to any percent factor!
Check-In	<ul style="list-style-type: none"> All check-in sheets must be turned into the control room 35 minutes before the start of each session. Swimmers who 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 circled with "SCR" next to the circle. Failure to follow this procedure may result in the swimmer(s) being scratched from the session. All distance events will have a positive check-in that will be posted in the control room.
Starts	<ul style="list-style-type: none"> The host club will determine if "overhead/fly-over" starts will be used after a time line has been produced. This information will be published in the pre-meet information and posted at www.besmarttinc.com
Distance Events 800m and 1500 m Freestyle events	<ul style="list-style-type: none"> All 800 and 1500 meter freestyles will be run as Timed Final events, fastest to slowest, alternating genders. Heats may be combined to save time. Swimmers with the top 8 seeded times in each of the 13-14 and 15-Over 800 events will swim during the evening finals session. The non-top 8 seeded swimmers in the 13-14 and 15-Over 800 events will swim after the conclusion of the morning prelim events. Swimmers with the top 8 seeded times in the 15-Over 1500s will swim during the evening finals session. The remaining 15 & Over and all 13-14 1500 swimmers will compete immediately following the conclusion of Sunday's preliminaries session. These heats will alternate 13-14, 15 & Over, and genders, eg: 13-14 girls, 13-14 boys, 15 & over girls, 15 & Over boys...depending on the number of entries. All 11-12 1500 swimmers will compete following the conclusion of the 13-14 and 15-Over heats of the 1500 on Sunday afternoon.
Scratch Procedures	<ul style="list-style-type: none"> The Scratch Rules for championship finals, as specified in the New Jersey Swimming Policy Handbook, will be followed for the evening Finals. In addition, failure to show on the Sunday night may result in a \$50 fine per each occurrence.

Time Trial Events	<ul style="list-style-type: none"> • This meet is sanctioned for time trials for the purpose of qualifying for the USA Swimming National Championships, the US Open Championships or the USA Swimming Junior National Championships—time permitting. • There will be no time trials for Zones. • A swimmer must be entered in an individual event during the meet in order to be eligible to swim a time trial event. • A Time Trial event will count towards the maximum limits of 3 events per day. • Swimmers are limited to a maximum of two (2) time trials during the meet. • The swimmer must be within one-half second/per 50 meters of the USA Swimming Summer Junior National time standard to be eligible for a time trial. • The fee for time trials is the same as for individual events during the meet; sign-ups will be in the control room. • The order of events for time trials on each day will be as specified in the NJ Swimming Policy Handbook.
Relays	<ul style="list-style-type: none"> • Prior to relays swimming, coaches must turn in relay cards listing the correct swimmers names in the correct order. • All entries in the 13-14, 15-Over and Open relays will compete during the evening finals sessions. These events will be competed fastest to slowest, alternating girls/boys. On an evening where both 13-14 and 15-19 relays are being contested, the fastest heat of each relay will be held prior to alternating thru the remainder of the heats by gender and age-group. • In the 15 & Over and Open Relays, if a team uses a swimmer who is 20 year old or older, that relay will not score points nor receive awards.
Scoring	<ul style="list-style-type: none"> • Team and age-group individual high point scoring will be kept through 16 places. • Scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays. • Swimmers age 20 years or older will not score points.
Awards	<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 swimmers in each individual event. • There will be no awards given to 20 years and older swimmers. • There will be awards for the top three scoring teams. • There will be high point awards in each age group.
Entry Fees	<ul style="list-style-type: none"> • Individual Event Entry Fees: <ul style="list-style-type: none"> - Timed Final events (non 800/1500): \$6.00 - 800/1500 events: \$11.00 - Trials/Final events: \$7.00 • Relay Event Entry Fee: \$9.00 • Make checks payable to: Scarlet Aquatic Club • Note that there are no refunds for cancellations out of the host team's control (eg weather delays, NJS meet committee event cancellations, etc)
Admissions and Programs	<ul style="list-style-type: none"> • Admission for morning prelim, all distance, and afternoon 12-under sessions will be \$10.00 per session and include access to an online heat sheet. • Admission for evening Finals sessions will be \$6.00 per session, and will include a heat sheet (while supplies last).
Entries	<ul style="list-style-type: none"> • In accordance with NJS policy, team entries may be submitted by email to besmarttinc@gmail.com • All entries must be Hy-Tek program entries as an attached file to an email. § All entries must be accompanied proof of time. See "Entry Times" section earlier for details/instructions • 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. • An Entry Fee Summary with a signed NJ Swimming waiver and a check must accompany or follow each entry. • Accuracy of seed times is essential. Incomplete entries will not be accepted.

	<ul style="list-style-type: none"> • Deck entries will not be accepted. No phone or faxed entries will be accepted.
Results	<ul style="list-style-type: none"> • Results will be emailed to all participating teams after the conclusion of the meet. • Results will be posted on www.besmarttinc.com and www.njswim.org.
Host Clubs Responsibilities	<ul style="list-style-type: none"> • The host club will provide a single timer in each lane throughout the meet. • The host club will have stopwatches available for volunteers helping to time. • The host club will e-mail an entry/roster report, 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 1 week before the meet and available at www.besmarttinc.com. • 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 1 week before the meet and available at www.besmarttinc.com.
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 and available at www.besmarttinc.com. • 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.
Concessions	Rutgers University will host a concession for refreshments throughout the meet.
Vendor	METRO Swim Shop will be the vendor at the meet.
Hotels	<p>Host Hotel: <i>Somerset Holiday Inn, 732-584-4612</i>—asks for special BE Smartt rates. <i>The Somerset Marriott, 732-716-1175</i> <i>The Courtyard by Marriott on Davidson Avenue</i> <i>The Doubletree Executive Somerset on Atrium Drive</i></p>
Directions	<ul style="list-style-type: none"> • From the NJ Turnpike, North or South - Take Exit 9-New Brunswick and pay toll. ** Follow signs for Route 18 North-New Brunswick. Proceed along Route 18 North, crossing the Raritan River on the John Lynch Bridge, approximately 3.7 miles. Continue to the Busch Campus exit, bear right on exit ramp, and proceed on the entrance road to the traffic circle. Bear right at the first turnoff, and then go to first intersection. Turn left and proceed to Lot 64. • From the Garden State Parkway traveling South -Follow Parkway South to Exit 129-New Jersey Turnpike. Travel South on the New Jersey Turnpike to Exit 9-New Brunswick. Follow directions from ** above. • From the Garden State Parkway traveling North -Follow Parkway North to Exit 105-Route 18. Take Route 18 North and follow directions from ** above. • From Route 287 traveling North -Take Route 287 North to the River Road Exit (Exit 9). Turn left upon exiting and follow River Road (514 Spur South) approximately 2 3/4 miles to Rt-18. Turn left onto Rt-18 North and follow directions from ** above. • From the Route 287 traveling South -Take Route 287 South to Exit 9 (River Road) and bear to the right onto River Road (514 Spur South). Follow River Road approximately 2 ¾ miles to Rt-18. Turn left onto Rt-18 and follow directions from ** above. • From US Highway 1, North or South - Take the exit for Route 18 North-New Brunswick and proceed from ** above. • There is also a link to Rutgers from the www.besmarttinc.com website.

2016 NJ Swimming Long Course Junior Olympics
Thursday Preliminaries

Women	Qualifying Time (LCM)	Event	Qualifying Time (LCM)	Men
23	1:12.79	13-14 100 Butterfly	1:08.99	24
25	1:01.99	15 & Over 100 Freestyle	56.19	26
27	2:38.09	13-14 200 Backstroke	2:32.49	28
29	2:30.99	15 & Over 200 Backstroke	2:21.59	30
31	4:58.09	13-14 400 Freestyle	4:45.19	32
21	9:51.79	15 & Over 800 Freestyle **	9:26.79	22

** Fastest heat swims at Finals

Thursday Age Group Timed Finals

Girls	Qualifying Time (LCM)	Event	Qualifying Time (LCM)	Boys
1	1:08.39	11-12 100 Freestyle	1:08.09	2
3	1:29.79	10 & Under 100 Backstroke	1:29.99	4
5	3:11.69	11-12 200 Butterfly	3:12.69	6
7	1:44.49	10 & Under 100 Breaststroke	1:46.89	8
9	2:49.59	11-12 200 IM	2:49.39	10
11	35.19	10 & Under 50 Freestyle	35.29	12
13	36.29	11-12 50 Backstroke	36.69	14
15	41.29	11-12 50 Breaststroke	42.39	16
17		10 & Under 200 Freestyle Relay		18
19	5:22.19	11-12 400 Freestyle	5:18.29	20

Thursday Finals

Women	Qualifying Time (LCM)	Event	Qualifying Time (LCM)	Men
		Events 21 & 22 Fastest Heats Finals of Events 23-32		
33		15 & Over 400 Freestyle Relay		34

2016 NJ Swimming Long Course Junior Olympics

Friday Preliminaries

Women	Qualifying Time (LCM)	Event	Qualifying Time (LCM)	Men
57	4:46.99	15 & Over 400 Freestyle	4:25.99	58
59	1:03.89	13-14 100 Freestyle	1:00.89	60
61	1:08.39	15 & Over 100 Butterfly	1:01.99	62
63	3:04.39	13-14 200 Breaststroke	2:53.99	64
65	2:57.79	15 & Over 200 Breaststroke	2:41.89	66
55	10:32.69	13-14 800 Freestyle **	10:06.29	56

** Fastest heat swims at Finals

Friday Age Group Timed Finals

Girls	Qualifying Time (LCM)	Event	Qualifying Time (LCM)	Boys
35	30.99	11-12 50 Freestyle	30.79	36
37	1:18.79	10 & Under 100 Freestyle	1:18.99	38
39	1:18.49	11-12 100 Butterfly	1:18.79	40
41	3:17.89	10 & Under 200 IM	3:16.29	42
43	1:30.29	11-12 100 Breaststroke	1:30.79	44
45	40.49	10 & Under 50 Butterfly	41.09	46
47	2:49.39	11-12 200 Backstroke	2:49.59	48
49	6:18.99	10 & Under 400 Freestyle		
50		11-12 200 Freestyle Relay		51
		10 & Under 400 Freestyle	6:23.99	52
53	11:34.99	11-12 800 Freestyle	11:36.59	54

Friday Finals

Women	Qualifying Time (LCM)	Event	Qualifying Time (LCM)	Men
Events 55 & 56 Fastest Heats Finals of Events 57-66				
67		13-14 400 Freestyle Relay		68

2016 NJ Swimming Long Course Junior Olympics

Saturday Preliminaries

Women	Qualifying Time (LCM)	Event	Qualifying Time (LCM)	Men
91	5:44.29	13-14 400 IM	5:26.99	92
93	5:24.39	15 & Over 400 IM	5:03.69	94
95	2:20.39	13-14 200 Freestyle	2:13.59	96
97	2:14.49	15 & Over 200 Freestyle	2:02.89	98
99	2:47.79	13-14 200 Butterfly	2:39.99	100
101	2:35.99	15 & Over 200 Butterfly	2:23.59	102

Saturday Age Group Timed Finals

Girls	Qualifying Time (LCM)	Event	Qualifying Time (LCM)	Boys
69	3:16.19	11-12 200 Breaststroke	3:19.59	70
71	48.39	10 & Under 50 Breaststroke	49.59	72
73	1:18.19	11-12 100 Backstroke	1:18.19	74
75	2:53.59	10 & Under 200 Freestyle	2:54.29	76
77	6:14.39	11-12 400 IM	6:19.19	78
79	1:38.49	10 & Under 100 Butterfly	1:40.29	80
81	33.99	11-12 50 Butterfly	34.39	82
83	41.89	10 & Under 50 Backstroke	42.09	84
85	2:28.39	11-12 200 Freestyle	2:28.19	86
87		10 & Under 200 Medley Relay		88
89		11-12 200 Medley Relay		90

Saturday Finals

Women	Qualifying Time (LCM)	Event	Qualifying Time (LCM)	Men
		Finals of Events 91-102		
103		Open 800 Freestyle Relay		104

2016 NJ Swimming Long Course Junior Olympics

Sunday Preliminaries

Women	Qualifying Time (LCM)	Event	Qualifying Time (LCM)	Men
111	2:39.79	13-14 200 IM	2:30.39	112
113	2:31.89	15 & Over 200 IM	2:18.79	114
115	1:13.59	13-14 100 Backstroke	1:10.39	116
117	1:10.39	15 & Over 100 Backstroke	1:04.69	118
119	29.69	13-14 50 Freestyle	27.99	120
121	28.59	15 & Over 50 Freestyle	25.89	122
123	1:25.79	13-14 100 Breaststroke	1:19.79	124
125	1:21.99	15 & Over 100 Breaststroke	1:12.69	126

Sunday Distance

Women	Qualifying Time (LCM)	Event	Qualifying Time (LCM)	Men
105	19:56.79	13-14 1500 Freestyle	19:37.39	106
109	19:22.19	15 & Over 1500 Freestyle**	18:23.89	110
107	21:47.19	12 & Under 1500 Freestyle	21:47.19	108

** Fastest heat swims at Finals

Sunday Finals

Women	Qualifying Time (LCM)	Event	Qualifying Time (LCM)	Men
Events 109 & 110 Fastest Heats Finals of Events 111-126				
127		13-14 400 Medley Relay		128
129		15 & Over 400 Medley Relay		130



NEW JERSEY SWIMMING

NJ Swimming 2016 Long Course Junior Olympics Thursday-Sunday July 28th-31st

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, Rutgers The State University, Scarlet Aquatics, Be Smartt Inc 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 the waiver form, for the NJ Swimming 2016 Junior Olympics meet on July 28th-31st, 2016 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:	_____ Non-1000/1650 Individual timed final event entries @ \$6.00 =	\$ _____
	_____ Non-1000/1650 Individual prelims/finals event entries @ \$7.00 =	\$ _____
	_____ 800/1500m Individual event entries @ \$11.00 =	\$ _____
	_____ Relay entries @ \$9.00 =	\$ _____
	Total:	\$ _____

Make checks payable to: Scarlet Aquatic Club

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 _____