

**THE CERA VE INVITATIONAL  
BERKELEY AQUATIC CLUB'S 2010 NINETEENTH ANNUAL WINTER  
LONG COURSE SWIM MEET**

**NJ SWIMMING  
SANCTION NO.:**

**NJ Swimming Sanction # NJS011510LC**

*Hosted by BERKELEY AQUATIC CLUB and RUTGERS UNIVERSITY*

**DATES:**

Friday, January 15, 2010  
Saturday, January 16, 2010  
Sunday, January 17, 2010

**LOCATION:**

**Sonny Werblin Recreation Center**  
Rutgers University  
656 Bartholomew Road  
Piscataway, NJ 08854  
732-445-0460 (for emergencies ONLY)

The pool is Olympic-sized: 8 lane by 50 meters. The pool uses pedestal-style starting blocks, with non-turbulent lane line, and a Colorado Timing system. There are two auxiliary pools, know as "patio pools" (for warm-up and warm-down), and seating for 1,000 spectators, including 400 chair-backed seats. The remaining seating is bleacher style. Parking is available in various Rutgers lots. Please park only where "SWIM MEET PARKING" signs are posted and follow the instruction of the Rutgers Security Guards.

**MEET DIRECTOR:**

Nancy King, Contact at [rkingjr@comcast.net](mailto:rkingjr@comcast.net) or 973-376-1783

**MEET REFEREE:**

Howard Allen, Contact at [HowardJAllen@comcast.net](mailto:HowardJAllen@comcast.net)

**MEET  
MARSHALL:**

Eric Fucito, Contact at [ericf7cito@optonline.net](mailto:ericf7cito@optonline.net)

**ENTRY  
COORDINATOR:**

Nancy King, Contact at [rkingjr@comcast.net](mailto:rkingjr@comcast.net) or 973-376-1783

**ENTRY  
DEADLINE:**

Entries will be accepted no earlier than Thursday, October 15<sup>th</sup>, 2009 at 10:00 P.M. EST. Entries must be **received** no later than Monday, December 21, 2009.

All entries will be entered in the order received, regardless of LSC affiliation, as space allows. Berkeley Aquatic Club must adhere to NJ Swimming's four hour per session limit. Entries will not be accepted after Monday, December 21, 2009.

1. Entries will not be considered complete unless the waiver form is received. In accordance with the New Jersey Swimming Rules, a non-refundable entry fee of \$5.00 per Senior Event, \$4.00 per Age group Event, and \$9.00 per relay event must accompany the entries.
2. *Make checks payable to: "Blue Streak Aquatic".*

## **MEET FORMAT**

### **WAIVER:**

The host club has the right to change the format of the meet with the approval of the NJS Sanctioning Chairman and NJS Age Group or NJS Senior Chairman. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes would be: to allow more swimmers, to conform to facility capacity limits or for facility safety concerns; to condense the meet into a smaller time frame.

## **INTERNET**

### **WEBSITE**

### **POSTING:**

Meet information and Hy-Tek event lists one with time standards for New Jersey LSC teams and one with time standards for Non New Jersey LSC teams, importable into Team Manager, will be posted on the Berkeley Aquatic Website and on the New Jersey Swimming website:

[www.berkeleyaquatic.org](http://www.berkeleyaquatic.org) and [www.njswim.org](http://www.njswim.org)

Psych sheets will be posted on the website no later than the Tuesday before the meet. Session by session results will be posted at the end of each day and final results, in HTML, and Word format will be posted by 5:00 p.m. the Monday following the meet. A Hy-Tek file of results, including splits, will be available on the website. Berkeley Aquatic provides all timers and there is only one warm-up session, so no warm-up or timing schedule will be posted.

Any changes to the meet format or schedule will be posted on the websites.

## **MEET**

### **REQUIREMENT**

### **STATEMENT:**

This meet qualifies as “one” of the three required meets to be eligible for the New Jersey SC Zone Championship Team or for the New Jersey National Championship Reimbursement. The times achieved at this meet are eligible for New Jersey LC Zone team.

## **COACHES:**

All coaches “on the deck” must be registered with USA Swimming and be 2010 Members of USA Swimming. Coaches must show coaching card with background check validation 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 and when entering hospitality area or when asking for food at concessions.

## **OFFICIALS:**

Participating clubs are requested to provide as many USA-S certified officials as possible. Please e-mail Howard Allen at: [HowardJAllen@comcast.net](mailto:HowardJAllen@comcast.net) to volunteer. Please include the days and sessions you are able to work. Officials working any session of the meet must present their 2010 USA Swimming Membership Card: (1) to admissions when entering the building and (2) to the Meet Referee on deck; otherwise, admission will be charged and the Official will not be eligible to work the meet.

## **SWIMMER**

### **ELIGIBILITY:**

Swimmers must be USA-S registered (or other FINA member) in order to compete in this meet. All swimmers must be listed in the team’s official entry file in order to participate in the meet, including **relay only swimmers**. Any transfer swimmer(s) must swim unattached for 120 days from their last competition. Please enter them as a separate team named: XXXUN – where XXX are the first three letters of your teams’ abbreviation. Entries for these swimmers without valid 2010 USA-S registration will not be entered in the meet. NJ Swimming performs a registration check a few days after the official deadline and ineligible swimmers will be notified at that time.

All swimmers must meet the attached time standards. Times converted from Short Course times are allowed.

**All swimmers are limited to compete in a maximum of 3 individual events + 1 relay per day per session.**

Age group is determined by the swimmer's age on **Friday, January 15, 2010.**

Swimmers entered in more than three (3) individual events in a preliminary or time final session and who fail to scratch down to three or fewer events before the check-in/scratch deadline established for the session will only be eligible to swim in the first three (3) chronological events for which the swimmer was entered in that session.

**SCRATCH RULE:**

**Officials will follow USA Swimming rules: 207.12.6D & 207.12.6E. A swimmer who fails to scratch from Finals within the deadline outlined in USA Swimming rule: 207.12.6E will be barred from further competition for the remainder of the meet. In addition, failure to show on Sunday Night Finals will also result in an additional \$50.00 fine.**

**MEET FORMAT:**

This meet will be run in accordance with current USA Swimming rules.

All Age Group events will be swum as timed finals. Senior individual events, with the exception of the 800 and 1500 Freestyles, will be trials and finals format. There will be bonus, consolation, and championship finals (fastest 24 swimmers from preliminaries) held in the evening session. The 1500 and 800 Freestyle will be swum as timed finals with the fastest heat swum in the evening Finals. The remaining heats will be swum fastest to slowest alternating heats of women and men.

Teams are limited to 2 relays per event. All relays are timed finals. The top 16 seeded relays will be swum in evening Finals. All other heats of relays will be run at the end of the preliminary session before the 800 and 1500 Freestyle heats.

**SCHEDULE:**

Senior Trials:	Warm-up:	7:15AM – 8:15AM
	Start:	8:15AM
Age Group Events:	Warm-up:	12:45PM – 1:30PM
	Start:	1:30PM
Senior Finals:	Warm-up:	5:00PM – 6:00PM
	Start:	6:00PM

**DOORS OPEN AT 7:00 A.M.!! NO EARLIER!!**

**WARM-UP**

**PROCEDURES:**

All teams will warm-up at the same time. Lanes will not be assigned. Circle swimming will be in the counter clock wise direction. Entry shall be from the starting block end of the pool and must be feet first entry. At the Meet Referee's discretion, Lane 1 may be designated a pace lane and Lanes 6, 7, and 8 may be designated one way Sprint Lanes. Relay starts may not be used. Swimmers may not exit or enter the pool from the bulkhead end of the pool. The warm-up will be conducted in accordance with New Jersey Swimming Warm-up Policies.

**ENTRY TIMES:**

All entry times must meet the attached qualification times. Please note that there are two separate qualification times for the distance events, one for members of New Jersey LSC and one for outside LSC swimmers. Times may be converted from short course times but must be entered as a long course meter time.

### **CHECK-IN:**

All check in sheets must be turned into the control room 30 minutes after the start of warm-up. Swimmers who are present and swimming will have lines through their name on the scratch sheet. Swimmers who are being scratched will have their names circled with "SCR" next to the circle. Swimmers scratching a single event will have a line through their names and the event number circled with "SCR" next to the circle. Please use a simple line, not a scribble, so that the name can still be read. **Failure to follow this procedure will result in the swimmer(s) being scratched from the session.**

### **DISTANCE EVENTS:**

The Senior 800 and 1500 Freestyles are timed final events and will be limited to the fastest 24 entries unless time permits more heats to be swum. The fastest heat of each event will be swum in the Finals session. The remaining 2 heats (and any additional heats) will be swum fastest to slowest, alternating heats of women and men, at the end of the preliminary sessions on Friday and Sunday. Swimmers in the 800 and 1500 Freestyles must provide their own people to count but Berkeley Aquatic will provide all timers.

Swimmers who enter these two distance events must prove their qualifying time by listing date and name of meet on the entry form. There are two cut-off times for the 800 and 1500 Freestyle events. Non-New Jersey swimmers must meet or better the faster cut-off time.

### **HEAT LIMITED EVENTS:**

The 800 and 1500 Freestyles are limited to 3 heats (24 swimmers), unless time permits more heats to be swum. That decision will be made the day of the meet, after scratches. Psych sheets will be posted on [www.berkeleyaquatic.org](http://www.berkeleyaquatic.org). If the meet director suspects that the number of heats will be limited, she will contact all the clubs with swimmers entered in the distance events by e-mail, not later than the Tuesday before the meet. In the event that Berkeley Aquatic Club limits the number of heats of the distance events and some swimmers who have previously entered are not allowed to swim, entry fees will be refunded at the control room after the distance event is seeded and heat sheets posted.

### **RELAYS:**

All relays must have the correct four names on the relay card in the correct order for that relay to be eligible. Coaches must turn in relay cards no later than 30 minutes prior to that relay swimming. All swimmers must be listed on the team's official entry file in order to participate in the meet, **including relay only swimmers**. The order of the swimmers and the names may be changed by notifying the timer in the relay lane or the computer desk but must be done prior to the start of the heat. No changes will be made after the relay is swum.

### **SCORING:**

Scoring for the team title will be through 16 places for Senior events as follows: (20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1) for individual events and for relay events (40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2). Scoring for the team title will be through 8 places for Age group Individual events as follows: (9, 7, 6, 5, 4, 3, 2, 1).

**AWARDS:**

Medals will be presented to the top 3 finishers in individual events and to the top 3 finishes in relay events. Trophies will be presented to three teams accumulating the highest scores. Scoring for the team title will be through 16 places for Senior events as follows: (20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1) for individual events and for relay events (40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2). Scoring for the team title will be through 8 places for Age group Individual events as follows: (9, 7, 6, 5, 4, 3, 2, 1).

**ENTRY FEES:**

Senior Individual Events:	\$5.00
Age Group Individual Events:	\$4.00
Relay Events:	\$9.00

**ADMISSION AND PROGRAMS:**

Admissions will be \$6.00 per morning and afternoon session. Programs will be \$15.00 for psych sheets for the entire meet. If time allows, heat sheets will be printed after the start of the session and distributed to anyone who has a program.

Final admissions will be \$5.00 and will include a heat sheet program.

**ENTRIES:**

In accordance with NJ Swimming policy, entries may be submitted by E-mail to: [rkingjr@comcast.net](mailto:rkingjr@comcast.net) or may be mailed to Berkeley Aquatic Club.

**Berkeley Aquatic Club  
CeraVe Invitational  
P. O. Box 215  
Berkeley Heights, NJ 07922  
Telephone: (908) 464-0574**

- All entries must be in Hy-Tek file form.
- The meet entry co-coordinator will respond to e-mails within 48 hours. If you do not receive an e-mail response within 48 hours, assume that your e-mail has not been received.
- It is the E-mailer's responsibility to make sure that the e-mail is received by the entry coordinator. If you do not receive an e-mail response, you must contact the entry coordinator by e-mail or phone or by mail in your entries.
- An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each entry.
- Entries must be submitted in meter times only but may be converted from yards.
- No phone or fax entries will be accepted.
- If you are not e-mailing your entries, overnight or express mail is recommended, but waive the signature.
- It is not necessary to overnight or express mail checks and waivers which are sent in support of an e-mailed entry.

Note: Fed-Ex and other carriers cannot deliver to P.O. Boxes. If you mail your entries directly to our facility and not to our P.O. Box, we may not receive it in a timely manner and are not responsible. Please send **mail** only to our P.O. Box.

Entry Fees must be paid at the time of the entry.

**RESULTS:**

Results will be posted at [www.berkeleyaquatic.org](http://www.berkeleyaquatic.org) each evening. Results in Word, HTML, and a Hy-Tek file, including splits, suitable for downloading into Team Manager will be posted the day after the meet.

**HOST CLUB**

**RESPONSIBILITIES:** Berkeley Aquatic Club (BAC) will provide all timers.

A hospitality room will be maintained for coaches and officials. It is located behind the control room on the pool deck.

**PARTICIPATING CLUB**

**RESPONSIBILITIES:** Participating clubs are encouraged to provide as many certified officials as possible. Contact: Howard Allen at: [HowardJQAllen@comcast.net](mailto:HowardJQAllen@comcast.net). Participating club parents must stay off the pool deck.

No pets are allowed!

**CONCESSIONS:**

Rutgers University will provide a varied menu of hot and cold refreshments until 5:00PM each evening throughout the competition.

**VENDOR:**

The Metro Swim Shop will be located at the opposite end of the Concourse from the spectator entrance.

**HOTELS:**

The Berkeley Aquatic Club is pleased to have the Madison Suites as our Host Hotel. [www.madisonsuitesnj.com/suites/htm](http://www.madisonsuitesnj.com/suites/htm) **Standard guest rooms: (\$64/night)**. Each room has one queen bed and a sofa bed or two queen beds in addition to a desk, micro wave, and refrigerator. **Deluxe Duplex Suites: (\$94/night)**. Each suite offers two floors of luxury, including skylights, one and a half baths, kitchenette (with refrigerator, microwave, coffee maker, and a wet bar complete with sink. Breakfast Bar and Bar Stools) and two televisions. Wireless Internet access and local calls complimentary at the Madison Suites Hotel.

Please mention Berkeley Aquatics when making your reservation to receive the special rate. The Madison Suites offer a deluxe continental breakfast beginning at 6:30 a.m. each morning so that swimmers can eat breakfast before the meet. The meal is included in the price of the room. The Madison Suites are conveniently located near the pool; immediately off of Easton Avenue. (Approximately 4 miles from the pool.) Click on the site above for more information. Remember to mention Berkeley Aquatics to receive the special rate.

**Madison Suites**  
**11 Cedar Grove Lane**  
**Somerset, NJ 08873**  
**(732) 563-1000**

**Notes:** Room rates include breakfast (A refrigerator and microwave are also available in each room)

Rooms must be reserved by December 11<sup>th</sup> to receive the special rate.  
A 72 hour cancellation notice applies to all reservations.

Embassy Suite  
121 Centennial Ave.  
Piscataway, NJ 08854  
(732) 980-0500

Holiday Inn-Somerset  
195 Davidson Avenue  
Somerset, NJ  
(732) 356-1700

Doubletree Hotel  
200 Atrium Drive  
Somerset, NJ 08873  
(732) 469-2600

Radisson Hotel  
21 Kingsbridge Road  
Piscataway, NJ 08854  
(732) 980-0400

Somerset Marriot  
110 Davidson Avenue  
Somerset, NJ 08873  
(732) 560-0500

Ramada Inn-Somerset  
Weston Canal Rd. & Campus Dr.  
Somerset, NJ 08873  
(732) 560-9880

## **Directions to Sonny Werblin Recreation Center**

**Address:** 656 Bartholomew Road, Piscataway, NJ

**Campus:** Bush Campus

### **Garden State Parkway Southbound**

Turn off at Exit 129 for the New Jersey Turnpike and head south. Turn off at Exit 9, bear right after the toll booths and follow signs for "Route 18 North – New Brunswick." Stay to the left to continue on Route 18 North. Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Continue on Route 18 North. Proceed up Route 18 to the Campus Road, exit ramp on the right. Follow Campus Road until you come to the circle and take the first right off the circle onto Bartholomew Road. The Recreation Center will be the first building on the left.

### **Garden State Parkway Northbound**

Turn off at Exit 105 and follow signs for Route 18 North. After approximately 24 miles, you will pass the entrance for the New Jersey Turnpike. Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Continue on Route 18 North. Proceed up Route 18 to the Campus Road, exit ramp on the right. Follow Campus Road until you come to the circle and take the first right off the circle onto Bartholomew Road. The Recreation Center will be the first building on the left.

### **Interstate 287**

Turn off at Exit 9 "bound Brook/Highland Park." Proceed East on River Road toward Highland Park. Continue on River Road and you will pass under the overpass for Route 18. Make the next left onto Route 18 North. Proceed up Route 18 to the Campus Road, exit ramp on the right. Follow Campus Road until you come to the circle and take the first right off the circle onto Bartholomew Road. The Recreation Center will be the first building on the left.

### **New Jersey Turnpike**

Turn off at Exit 9, bear right after the toll booths and follow signs for "Route 18 North – New Brunswick." Stay to the left to continue on Route 18 North. Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Continue on Route 18 North. Proceed up Route 18 to the Campus Road, exit ramp on the right. Follow Campus Road until you come to the circle and take the first right off the circle onto Bartholomew Road. The Recreation Center will be the first building on the left.

### **US Route 1**

Turn off at the exit marked "Route 18 North – New Brunswick." Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Continue on Route 18 North. Proceed up Route 18 to the Campus Road, exit ramp on the right. Follow Campus Road until you come to the circle and take the first right off the circle onto Bartholomew Road. The Recreation Center will be the first building on the left.

**CERA VE INVITATIONAL**  
**ENTRY SUMMARY**

TEAM: \_\_\_\_\_ USA-S CLUB CODE: \_\_\_\_\_

Name of Coaches:	_____	
	_____	
	_____	
Club Mailing Address:	_____	
	_____	
	_____	
Contact Person Regarding These Entries:	Name:	_____
	Phone Number:	_____
	E-mail:	_____
Contact Person Regarding Officials: (Parent – Not Coach)	Name:	_____
	Phone Number:	_____
	E-mail:	_____
<b>ENTRY FEE SUMMARY</b>		
Number of Senior Individual Entries:	_____	x \$5.00 = \$ _____
Number of Age Group Entries:	_____	x \$4.00 = \$ _____
Number of Relays:	_____	x \$9.00 = \$ _____
<b>TOTAL:</b>		= \$ _____

MAKE CHECKS PAYABLE TO: **BLUE STREAK AQUATIC**

**Do you have any Unattached swimmers? If so, please list here:**

Unattached: \_\_\_\_\_

Unattached: \_\_\_\_\_

Unattached: \_\_\_\_\_

Unattached: \_\_\_\_\_



**\*\*\*WAIVER \*\*\***

In consideration of 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, Rutgers University, Berkeley Aquatic Club, or Metro Swim Shop** and their staff for any injuries and/or expenses occurred by me/us at the swim meet, or while on the road to and from the meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

NAME OF CLUB: \_\_\_\_\_

USA SWIMMING CLUB ABBREVIATION: \_\_\_\_\_

SIGNATURE OF CLUB OFFICIAL, COACH, AND/OR PARENT OR GUARDIAN:

\_\_\_\_\_ (Print Name)

\_\_\_\_\_ (Signature)

\_\_\_\_\_ (Address)

\_\_\_\_\_

I hereby certify that all swimmers and coaches listed on the New Jersey Swimming Master Entry Sheet or hard copy with electronic or disk entries for **'The CeraVe Invitational'** to be held on **January 15-17, 2010**, at **Rutgers University** are registered members of New Jersey Swimming/USA Swimming. All USA Swimming numbers are correctly listed and unless otherwise noted to swim unattached (UN) due to the 120 day transfer rule. Also I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Signature can be photocopied)

**Article 302.4 of the United States 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.

# CERA VE LONG COURSE INVITATIONAL

<b><u>FRIDAY</u></b>					
<b><u>MORNING SESSION</u></b>					
<b><u>WOMEN</u></b>	<b><u>STANDARD</u></b>	<b><u>AGE GROUP</u></b>	<b><u>EVENT</u></b>	<b><u>STANDARD</u></b>	<b><u>MEN</u></b>
1	9:39.59	*SENIOR	800 Free	9:05.49	2
	9:26.09**			8:53.69**	
3	1:21.99	SENIOR	100 Breast	1:13.99	4
5	2:14.79	SENIOR	200 Free	2:06.49	6
7	1:09.29	SENIOR	100 Fly	1:03.59	8
9	2:33.69	SENIOR	200 IM	2:23.39	10
11	NT	SENIOR	800 Free Relay	NT	12

\* 800 Free Heats 2 & 3 will be swum at the end of the AM session after the relay events fast to slow alternating women and men.

\*\* Non-NJ LSC swimmers must achieve this faster time.

<b><u>FRIDAY</u></b>					
<b><u>AFTERNOON SESSION</u></b>					
<b><u>WOMEN</u></b>	<b><u>STANDARD</u></b>	<b><u>AGE GROUP</u></b>	<b><u>EVENT</u></b>	<b><u>STANDARD</u></b>	<b><u>MEN</u></b>
13	2:24.09	13/14	200 Free	2:18.79	14
15	:37.29	11/12	50 Back	:37.39	16
17	:36.49	10/U	50 Free	:35.99	18
19	1:16.29	13/14	100 Back	1:13.09	20
21	5:16.09	11/12	400 Free	5:14.69	22
23	1:36.79	10/U	100 Back	1:34.29	24
25	3:04.29	13/14	200 Breast	2:58.09	26
27	:40.99	11/12	50 Breast	:41.09	28
29	1:47.69	10/U	100 Breast	1:45.39	30
31	2:44.89	13/14	200 IM	2:36.59	32

## CERA VE LONG COURSE INVITATIONAL

<b>SATURDAY</b>					
<b><i>MORNING SESSION</i></b>					
<b><u>WOMEN</u></b>	<b><u>STANDARD</u></b>	<b><u>AGE GROUP</u></b>	<b><u>EVENT</u></b>	<b><u>STANDARD</u></b>	<b><u>MEN</u></b>
33	5:22.09	SENIOR	400 IM	5:00.69	34
35	:29.09	SENIOR	50 Free	:26.49	36
37	1:11.29	SENIOR	100 Back	1:06.09	38
39	4:38.59	SENIOR	400 Free	4:22.49	40
41	NT	SENIOR	400 Medley Relay	NT	42

<b>SATURDAY</b>					
<b><i>AFTERNOON SESSION</i></b>					
<b><u>WOMEN</u></b>	<b><u>STANDARD</u></b>	<b><u>AGE GROUP</u></b>	<b><u>EVENT</u></b>	<b><u>STANDARD</u></b>	<b><u>MEN</u></b>
43	:32.09	11/12	50 Free	:31.39	44
45	:31.09	13/14	50 Free	:29.09	46
47	:42.19	10/U	50 Fly	:40.69	48
49	1:19.59	11/12	100 Fly	1:18.49	50
51	2:41.29	13/14	200 Fly	2:34.29	52
53	3:20.69	10/U	200 IM	3:17.69	54
55	1:30.49	11/12	100 Breast	1:29.79	56
57	1:06.29	13/14	100 Free	1:03.89	58
59	2:51.19	10/U	200 Free	2:51.39	60
61	2:30.39	11/12	200 Free	2:29.39	62
63	5:45.09	13/14	400 IM	5:34.29	64
65	:48.99	10/U	50 Breast	:48.39	66

# CERA VE LONG COURSE INVITATIONAL

<b>SUNDAY</b>					
<b><i>MORNING SESSION</i></b>					
<b><u>WOMEN</u></b>	<b><u>STANDARD</u></b>	<b><u>AGE GROUP</u></b>	<b><u>EVENT</u></b>	<b><u>STANDARD</u></b>	<b><u>MEN</u></b>
67	18:22.59	SENIOR	1500 Free		
	18:03.59**				
68	2:55.09	SENIOR	200 Breast	2:39.59	69
70	2:33.79	SENIOR	200 Back	3:20.79	71
72	1:03.09	SENIOR	100 Free	:57.69	73
74	2:30.39	SENIOR	200 Fly	2:19.69	75
		SENIOR	1500 Free	17:29.59	76
				17:05.59**	
77	NT	SENIOR	400 Free Relay	NT	78

\* 1500 Free Heats 2 & 3 will be swum at the end of the AM session after the relay events fast to slow alternating women and men.

\*\* Non-NJ LSC swimmers must achieve this faster time.

<b>SUNDAY</b>					
<b><i>AFTERNOON SESSION</i></b>					
<b><u>WOMEN</u></b>	<b><u>STANDARD</u></b>	<b><u>AGE GROUP</u></b>	<b><u>EVENT</u></b>	<b><u>STANDARD</u></b>	<b><u>MEN</u></b>
79	1:10.09	11/12	100 Free	1:08.19	80
81	4:58.09	13/14	400 Free	4:51.09	82
83	:44.09	10/U	50 Back	:43.99	84
85	:35.19	11/12	50 Fly	:34.79	86
87	1:13.39	13/14	100 Fly	1:09.69	88
89	1:22.19	10/U	100 Free	1:19.99	90
91	1:21.69	11/12	100 Back	1:21.49	92
93	2:43.19	13/14	200 Back	2:37.69	94
95	1:38.09	10/U	100 Fly	1:36.59	96
97	2:52.69	11/12	200 IM	2:51.69	98
99	1:25.89	13/14	100 Breast	1:21.49	100