

	<h1>Princeton Invitational 2010</h1> <p>Hosted by Princeton Tigers Aquatics Club and Elite Swim Club</p>
<u>Meet Sanction #:</u>	NJS #011610SCB
<u>Date of Meet:</u>	Saturday January 16 th and Sunday January 17 th , 2010
<u>Location:</u>	<p>Facility: DeNunzio Pool is located on Faculty Road off of Route 571 on the Princeton University campus, Princeton, NJ 08540. It is an Olympic-sized 50 meter 8-lane pool. Two 8-lanes by 25 yard courses will be used. There is ample seating for spectators. No coolers or lawn chairs will be allowed. The pool is no shallower than 7 feet deep.</p>
<u>Meet Director:</u>	Marilynn Cino, marilynn.cino@comcast.net, 609.799-1332
<u>Meet Referee:</u>	Moya Chew-Lai MOYA.CHEW-LAI@PRUDENTIAL.COM 973-635-1206
<u>Meet Marshall:</u>	John Hundley, Bregent@comcast.net. 609.716-7772.
<u>Entry Coordinator:</u>	<p>Marilynn Cino, marilynn.cino@comcast.net</p> <ul style="list-style-type: none"> • 24 Huntington Drive, Princeton Jct., NJ 08550 • (609) 799-1332 • Best time to call after 8:00 p.m. and weekends.
<u>Entry Deadline:</u>	<ul style="list-style-type: none"> • All entries will be accepted on a first come basis. • Team entries will not be considered as accepted unless the waiver and entry fees have been received. • Meet Entries will be taken until the meet fills. The host clubs must stay within the four hour per session rule. • Entry Deadline Date: Saturday January 2rd 2009 • Mail Entries to Tigers Aquatics Club 24 Huntington Drive, Princeton Jct., NJ 08550 • If you are not e-mailing your entries, then overnight or express mail is recommended, <i>but waive the signature</i>. • It is not necessary to use overnight or express mail to send hard copy and check which are sent in support of an e-mailed entry.
<u>Entries</u>	<p>In accordance with NJS policy, team entries may be submitted by E-mail to marilynn.cino@comcast.net . (Princeton Invitational in subject line) All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail.</p> <ul style="list-style-type: none"> • 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 sender'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. • Incomplete entries will not be accepted. • Deck entries will not be accepted.
<u>Meet Format</u>	The host club has the right to change the format of the meet with the approval

<u>Waiver:</u>	<p>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 these 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.
<u>Internet Website Posting:</u>	<p>Meet information, Hy-Tek Event List (HYV.file), and meet results will be posted on New Jersey Swimming website. (www.njswim.org) and at www.tigersaq.com</p> <p>Pre-Meet Information posted on website.</p> <ul style="list-style-type: none"> • Meet Information will be posted on the website. • Downloadable Hy-Tek Events list (HYV.file) will be posted on the website. • List Updated meet schedule. • List Warm-up Schedule and Team Warm-up Assignments. • List Timing assignments. <p>Post-Meet Information posted on website.</p> <ul style="list-style-type: none"> • Downloadable Results (CL.2 file) • Downloadable Meet Back-up (Backup.zip File)
<u>Meet Requirement Statement:</u>	<ul style="list-style-type: none"> • This meet qualifies as "one" of the three required short course meets to be eligible for the New Jersey SC Zone Championship Team or for New Jersey National Championship Reimbursement.
<u>Coaches Eligibility:</u>	<p>All coaches "on the deck" must be a registered member of USA Swimming.</p> <ul style="list-style-type: none"> • Coaches must show coaching card for entrance to facility. • Coaches must have coaching card visible at all times while on deck.
<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. 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. • There will not be qualifying times used for this meet. • There will be 10 & Under, 11-12, 13-14, 15 & Older Events. • New Jersey Swimming only allows swimmers to enter and compete in 3 individual events per day and relays. • Age for this meet is calculated as of January 16, 2010
<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 using two pools • The pools will be called 'Scoreboard and Diving' pools. • This meet will be run as a time final meet. • 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.
<u>Meet Schedule:</u>	<ul style="list-style-type: none"> • The DeNunzio pool will open at 6:45am. • This meet will have a morning session, a Mid-session, and an afternoon

	<p>session.</p> <ul style="list-style-type: none"> • Mid-session and Afternoon session starting times will be announced once entries are received and a time line is established.
--	--

Meet Schedule:

Saturday, January 16, 2010		Warm-up	Start
AM Session 1 & 2	#1 Scoreboard pool: Girls 13-14, Boys 15 & O #2 Dive pool: Boys 13-14, Girls 15 & O	7:00 a.m.	8:05 a.m.
Mid-Day Session 3 & 4	#3 Scoreboard pool 500 Freestyle: Girls 11-12, 13-14 Boys 15 & O #4 Dive pool 500 Freestyle Boys 11-12, 13-14, Girls 15 & O	End of Session #1&2	35 minutes*
PM Session 5 & 6	#5 Scoreboard pool: Girls 10 & U, Boys 11-12 #6 Dive pool: Boys 10 & U, Girls 11-12	End of Session #3&4	65 minutes*
Sunday, January 17, 2010		Warm-up	Start
AM Session 7 & 8	#7 Girls Scoreboard pool Girls 13-14, Boys 15 & O #8 Dive pool: Boys 13-14, Girls 15 & O	7:00 a.m.	8:05 a.m.
Mid-Day Session 9 & 10	#9 Scoreboard pool 400 IM: Girls 11-12, 13-14 Boys 15 & O #10 Dive pool 400IM Boys 11-12, 13-14, Girls 15 & O	End of Session #7&8	35 minutes*
PM Session 11 & 12	#11 Scoreboard pool: Girls 10 & U, Boys 11-12 #12 Dive pool: Boys 10 & U, Girls 11-12	End of Session #9&10	65 minutes*

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

<u>Warm-up Procedures:</u>	<p>New Jersey Swimming Warm-up and Safety Guidelines:</p> <ul style="list-style-type: none"> • All teams must be given a minimum of thirty minutes of warm-ups. • 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. • Teams will be assigned lanes for warm-ups. When more than two teams share a common lane for warm-ups, all teams must agree to warm-up procedures. If clubs sharing a lane can't agree on a warm-up procedure, that lane will be a general warm-up lane. Warm-up information will be sent via email 72 hours prior to start of meet to each participating team plus be posted on www.tigerag.com with the update pre-meet information. <p>Entry Into Pool:</p>
----------------------------	---

	<ul style="list-style-type: none"> • All swimmers must enter the pool from the starting end of the pool. • New Jersey Swimming officials 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 two 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 short course yards.
<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 positively check-in a swimmer will result in that swimmer not participating in that event
<u>Starts:</u>	<ul style="list-style-type: none"> • Fly-over/'Over-the-top' starts will be used at this meet.
<u>500 Freestyle and 400 IM Events</u>	<ul style="list-style-type: none"> • The 500 Freestyle & 400IM events will be run slowest to fastest... • In the 500 Freestyle, the swimmer must provide their own timer and person to count. • In the 400 IM, the swimmer must provide their own timer.
<u>Relays:</u>	<ul style="list-style-type: none"> • Coaches must turn in relay cards prior to that relay swimming listing correct swimmers names and correct order... •
<u>Scoring:</u>	<ul style="list-style-type: none"> • This meet will not be scored.
<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 3 swimmers in each individual event.
<u>Entry Fees:</u>	<ul style="list-style-type: none"> • Individual Entry Fee: \$3.00 • Relay Entry Fee: \$8.00 • Make checks payable to: Princeton Tigers Aquatics Club • Host club has the right to scratch teams/swimmers for lack of payment of entry fees.
<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>Results:</u>	<ul style="list-style-type: none"> • All teams must request on the meet summary whether they want results mailed or e-mailed.
<u>Host Club Responsibilities:</u>	<p>The host club responsibilities:</p> <ul style="list-style-type: none"> • The host clubs will provide a single timer in each lane throughout the meet, except for the 500 Freestyles and 400 IM's; swimmers will provide their own timers and lap counters. • The host clubs will have stopwatches available for any volunteer timer that needs one. • 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

	<p>no later than 72 hours before the meet.</p> <ul style="list-style-type: none"> • 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 no later than 72 hours before the meet.
<u>Participating Club Responsibilities:</u>	<p>Participating Clubs responsibilities:</p> <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>	Food Concession will be available next door to the pool in the Jadwin Gym.
<u>Vendor:</u>	Swim New Jersey a swimming vendor will be located next door in the Jadwin Gym.
<u>Hotels:</u>	<p>Holiday Inn, 100 Independence Way, 1.609.520.1200, Staybridge Suites, 4375 Route1, 1.609.951.0009 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>
<u>Directions:</u>	Princeton University DeNunzio Pool is conveniently located approximately one mile west of Route 1 via Route 571 (Washington Avenue.) At the first light, Faculty Road make a right, the parking lot and the pool will be on your left.

Princeton Invitational 2010

Order of Events

Saturday January 16th

Session 1 Saturday AM Scoreboard Pool

1.	Girls 13-14 200 Freestyle Relay
2.	Boys 15 & Over 200 Freestyle relay
3.	Girls 13-14 200 IM
4.	Boys 15 & Over 200 IM
5.	Girls 13-14 100 Freestyle
6.	Boys 15 & Over 100 Freestyle
7.	Girls 13-14 200 Butterfly
8.	Boys 15 & Over 200 Butterfly
9.	Girls 13-14 100 Breaststroke
10.	Boys 15 & Over 100 Breaststroke
11.	Girls 13-14 200 Backstroke
12.	Boys 15 & Over 200 Backstroke

Session 2 Saturday AM Dive Pool

13.	Boys 13-14 200 Freestyle Relay
14.	Girls 15 & Over 200 Freestyle Relay
15.	Boys 13-14 200 IM
16.	Girls 15 & Over 200 IM
17.	Boys 13-14 100 Freestyle
18.	Girls 15 & Over 100 Freestyle
19.	Boys 13-14 200 Butterfly
20.	Girls 15 & Over 200 Butterfly
21.	Boys 13-14 100 Breaststroke
22.	Girls 15 & Over 100 Breaststroke
23.	Boys 13-14 200 Backstroke
24.	Girls 15 & Over 200 Backstroke

Session 3 Saturday Midday Scoreboard Pool

25.	Girls 11-12 500 Freestyle
26.	Girls 13-14 500 Freestyle
27.	Boys 15 & Over 500 Freestyle

Session 4 Saturday Midday Dive Pool

28.	Boys 11-12 500 Freestyle
29.	Boys 13-14 500 Freestyle
30.	Girls 15 & Over 500 Freestyle

Session 5 Saturday PM Scoreboard Pool

31.	Girls 10 & Under 200 Freestyle relay
32.	Boys 11-12 200 Freestyle relay
33.	Girls 10 & Under 200 Freestyle
34.	Boys 11-12 200 Freestyle
35.	Girls 10 & Under 100 Backstroke
36.	Boys 11-12 100 Backstroke
37.	Girls 10 & Under 50 Freestyle
38.	Boys 11-12 50 Freestyle
39.	Girls 10 & Under 100 Butterfly
40.	Boys 11-12 100 Butterfly
41.	Girls 10 & Under 50 Breaststroke
42.	Boys 11-12 50 Breaststroke
43.	Girls 10 & Under 200 IM
44.	Boys 11-12 200 IM

Session 6 Saturday PM Dive Pool

45.	Boys 10 & Under 200 Freestyle relay
46.	Girls 11-12 200 Freestyle relay
47.	Boys 10 & Under 200 Freestyle
48.	Girls 11-12 200 Freestyle
49.	Boys 10 & Under 100 Backstroke
50.	Girls 11-12 100 Backstroke
51.	Boys 10 & Under 50 Freestyle
52.	Girls 11-12 50 Freestyle
53.	Boys 10 & Under 100 Butterfly
54.	Girls 11-12 100 Butterfly
55.	Boys 10 & Under 50 Breaststroke
56.	Girls 11-12 50 Breaststroke
57.	Boys 10 & Under 200 IM
58.	Girls 11-12 200 IM

Sunday January 17th

Session 7 Sunday AM Scoreboard Pool

59.	Girls 13-14 200 Medley Relay
60.	Boys 15 & Over 200 Medley Relay
61.	Girls 13-14 200 Freestyle
62.	Boys 15 & Over 200 Freestyle
63.	Girls 13-14 100 Backstroke
64.	Boys 15 & Over 100 Backstroke
65.	Girls 13-14 50 Freestyle
66.	Boys 15 & Over 50 Freestyle
67.	Girls 13-14 200 Breaststroke
68.	Boys 15 & Over 200 Breaststroke
69.	Girls 13-14 100 Butterfly
70.	Boys 15 & Over 100 Butterfly

Session 9 Sunday Midday Scoreboard Pool

83.	Girls 11-12 400 IM
84.	Girls 13-14 400 IM
85.	Boys 15 & Over 400 IM

Session 11 Sunday PM Scoreboard Pool

89.	Girls 10 & Under 200 Medley Relay
90.	Boys 11-12 200 Medley Relay
91.	Girls 10 & Under 100 IM
92.	Boys 11-12 100 IM
93.	Girls 10 & Under 50 Butterfly
94.	Boys 11-12 50 Butterfly
95.	Girls 10 & Under 100 Freestyle
96.	Boys 11-12 100 Freestyle
97.	Girls 10 & Under 50 Backstroke
98.	Boys 11-12 50 Backstroke
99.	Girls 10 & Under 100 Breaststroke
100.	Boys 11-12 100 Breaststroke

Session 8 Sunday AM Dive Pool

71.	Boys 13-14 200 Medley Relay
72.	Girls 15 & Over 200 Medley Relay
73.	Boys 13-14 200 Freestyle
74.	Girls 15 & Over 200 Freestyle
75.	Boys 13-14 100 Backstroke
76.	Girls 15 & Over 100 Backstroke
77.	Boys 13-14 50 Freestyle
78.	Girls 15 & Over 50 Freestyle
79.	Boys 13-14 200 Breaststroke
80.	Girls 15 & Over 200 Breaststroke
81.	Boys 13-14 100 Butterfly
82.	Girls 15 & Over 100 Butterfly

Session 10 Sunday Midday Dive Pool

86.	Boys 11-12 400 IM
87.	Boys 13-14 400 IM
88.	Girls 15 & Over 400 IM

Session 12 Sunday PM Dive Pool

101.	Boys 10 & Under 200 Medley Relay
102.	Girls 11-12 200 Medley Relay
103.	Boys 10 & Under 100 IM
104.	Girls 11-12 100 IM
105.	Boys 10 & Under 50 Butterfly
106.	Girls 11-12 50 Butterfly
107.	Boys 10 & Under 100 Freestyle
108.	Girls 11-12 100 Freestyle
109.	Boys 10 & Under 50 Backstroke
110.	Girls 11-12 50 Backstroke
111.	Boys 10 & Under 100 Breaststroke
112.	Girls 11-12 100 Breaststroke

Princeton Invitational 2010

ENTRY SUMMARY January 16 & 17, 2010

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 \$3.00= \$ _____

Number of Relay Entries: _____ x \$8.00= \$ _____

Total Entries & Fees: _____ \$ _____

Check amount: _____ \$ _____

MAKE CHECKS PAYABLE TO: Princeton Tigers Aquatics 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 **Princeton Invitational 2010** to be held on January **16 & 17, 2010** 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 _____