

<u>Name of Meet</u>	<b><u>NEW JERSEY SWIMMING</u></b> <b><u>'11-12 SILVER &amp; BRONZE CHAMPIONSHIPS - SOUTH'</u></b> <b><i>Sanctioned by NJ Swimming and Hosted by Sea Dragons Swim Club.</i></b>
<u>Meet Sanction #:</u>	New Jersey Sanction #: <b>NJS#030511SSCB</b>
<u>Host Club:</u>	Sea Dragons Swim Club
<u>Date of Meet:</u>	<b>Saturday, March 5 and Sunday, March 6, 2011</b>
<u>Participating New Jersey Clubs</u>	<b><u>TEAMS SWIMMING: SOUTH SECTION:</u></b> <b>BWTD, CJAC, DESC, EEX, ESC, HACY, HCY, JCSC, MB, MEY, NJRC, OCY, PAA, PENN, PPST, PTAC, RBY, RVYM, SAC, SAY, SDSC, SHY, SVY, TAC, WMY, WW, WY, XCEL, YMMC.</b>
<u>Location:</u>	<b>RARITAN VALLEY COMMUNITY COLLEGE</b> (directions included) Route 28 & Lamington Road, North Branch New Jersey • 908-526-1200  Raritan College is a six lane pool with 7 foot lanes. There is no warm-up pool. A fully automatic Colorado timing system with a one line read out board will be used. There is ample parking at Raritan College either in front of the pool or behind the pool by the outdoor track. There is a seating capacity for 500 spectators. The college's gym <u>is not</u> available during this meet for seating. The depth at the starting blocks is approximately 12 feet and the depth at the turning end is 3.5 Feet.
<u>Meet Director:</u>	<b>BETH GIOVINE, <a href="mailto:seadragonbill@yahoo.com">seadragonbill@yahoo.com</a></b>
<u>Meet Referees:</u>	<b>Peter Madley-Meet Referee/Officials Coordinator <a href="mailto:pmadley@gmail.com">pmadley@gmail.com</a></b>
<u>Meet Marshal:</u>	<b>Hang Nguyen, <a href="mailto:19ntn60@comcast.net">19ntn60@comcast.net</a></b>
<u>Entry Coordinator:</u>	<b>BE Smartt, Inc., 604 Paxson Avenue, Mercerville, NJ 08619</b> <b>Phone: Ellen 609-558-0988 Fax: 609-587-7751 E-Mail: <a href="mailto:entries1@juno.com">entries1@juno.com</a></b> <ul style="list-style-type: none"> <li>• When e-mailing your entries, please put NJW2011 in the subject line.</li> <li>• Overnight or express delivery is recommended; however, <b><i>please sign the waiver</i></b> so that the package will be delivered even if no one is there to sign for it.</li> <li>• Call Besmartt Inc at 1.609.558.0988 - Best time to call after 8:00PM and weekends</li> </ul>
<u>Entry Deadline:</u>	<ul style="list-style-type: none"> <li>• Team entries will not be considered as <u>accepted</u> unless the waiver &amp; entry fees have been received.</li> <li>• Entry Deadline Date: <b>SATURDAY, February 19th, 2011</b></li> <li>• Mail Entries to: <b>BE Smartt, Inc., 604 Paxson Avenue, Mercerville, NJ 08619</b></li> <li>• When e-mailing your entries, please put NJW2011 in the subject line.</li> <li>• If you are not e-mailing your entries, then overnight or express mail is recommended, <b><i>but waive the signature.</i></b></li> <li>• 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.</li> </ul>
<u>Amending Entries Process</u>	Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The Entry Coordinator is BE Smartt, Inc. <a href="mailto:entries1@juno.com">entries1@juno.com</a> The process shall be as follows: <ol style="list-style-type: none"> <li>1. The Host Team will enter each team as the entries are received.</li> <li>2. The entries for each team will be e-mailed to that team.</li> <li>3. Upon receipt of the entry list for their team, the coach will be expected to proof the entries for their team. The coach must respond to the email, either indicating that the entries are accepted as is or amending as explained below.</li> <li>4. After the entry deadline (Feb. 19<sup>th</sup>, 2011) has passed. Should a swimmer be missing from the entry list or if a swimmer is missing from an event, then the coach can enter the swimmer through the following process: <ul style="list-style-type: none"> <li>• The coach needs to make a list of the missing entry information: swimmer's name, USA-S number, event number, and entry time.</li> <li>• The list of the missing swimmers and their events are then to be e-mailed to the Host Team Entry Coordinator (e-mail: <a href="mailto:entries1@juno.com">entries1@juno.com</a>) no later than 9:00 PM on the Wednesday (March 2<sup>nd</sup>) before the start of the meet. Please do not email a Hy-Tek file.</li> <li>• The entry fee for all events entered in this manner will be \$10.00 per event and payable before the start of the meet. Should the entry fee not be paid, then the swimmer(s) will not be permitted to swim in the amended events in the meet.</li> </ul> </li> </ol>

<u>Meet Format Waiver:</u>	<p>The host club has the right to change the format of the meet with the approval of the sanctioning chairman &amp; age group or senior chairman. These changes would be made for a more efficient swim meet for the swimmers &amp; the host club. Reasons for changes would be:</p> <ul style="list-style-type: none"> <li>• To allow more swimmers to swim.</li> <li>• To conform to facility capacity limits or for facility safety concerns.</li> <li>• To condense the meet into smaller time frame.</li> </ul> <p>Some of the changes that can be made: 1) add a session, 2) heat limit distance events, 3) to condense sessions and 4) eliminate relays.</p>
<u>Internet Website Posting:</u>	<p><b>Swim Meet Website address: <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> &amp; <a href="http://www.njswim.org">www.njswim.org</a></b></p> <p>Pre-Meet Information posted on website.</p> <ul style="list-style-type: none"> <li>• Meet Information will be posted on the website.</li> <li>• Downloadable Hy-Tek Events list (HYV.file) will be posted on the website.</li> <li>• List Teams whose entries have been received.</li> <li>• List Updated meet schedule.</li> <li>• List Warm-up Schedule and Team Warm-up Assignments.</li> <li>• List Timing assignments.</li> </ul> <p>Post-Meet Information posted on website.</p> <ul style="list-style-type: none"> <li>• Downloadable Results (HY3.zip file)</li> <li>• Downloadable Meet Back-up (Backup.zip File)</li> </ul>
<u>Meet Requirement Statement:</u>	<ul style="list-style-type: none"> <li>• This meet qualifies as "one" of the three required short course meets to be eligible for the New Jersey SC Zone Championship Team. A swimmer who participated in 1 long course meet and 3 short course meets from Sept 1 thru Aug 1 will also be eligible for New Jersey National Championship Reimbursement.</li> </ul>
<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> <li>• All coaches "on the deck" must be members of USA Swimming. <b>All coaches must have their 'background check' current card visible.</b></li> <li>• Coaches must have a visible coaches card when entering hospitality area or when asking for food at concessions.</li> </ul>
<u>Swimmer Eligibility:</u>	<p>This is a New Jersey Championship Meet. Only swimmers registered with New Jersey Swimming may enter any event that they have not achieved a New Jersey Swimming GOLD TIME. (See attached events and time standards). Age as of March 5, 2011 will apply for the whole meet. <u>No entries for swimmers other than 11 &amp; 12 year olds will be accepted for this meet!</u> Only 11-12 events will be run.</p> <ul style="list-style-type: none"> <li>• If a swimmer is entered in the meet, and then achieves a Gold time in one or more of their entered events prior to the start of the meet, that swimmer must be removed from that event(s). They will be allowed to substitute another eligible event(s) if they have any or the entry fee will be refunded if a swimmer cannot compete in substitute event.</li> <li>• All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use a UN- (New Team Alpha Code) as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form.</li> <li>• Swimmers may enter as many events as they qualify for but must scratch down to the 3 events per day. Swimmers who enter more than 3 events and do not scratch down to the 3 event limit, then the first three events entered will be considered the entry limit.</li> <li>• New Jersey Swimming only allows swimmers to compete in 3 individual events per day. Swimmers may compete in one (1) relay per day.</li> </ul>
<u>Swimmers Unaccompanied by A USAS Certified Coach:</u>	<p>Any swimmer entered into this meet that is unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p>
<u>Meet Format:</u>	<ul style="list-style-type: none"> <li>• This meet will be run in accordance to current USA Swimming Rules.</li> <li>• This meet will be run as a time final meet.</li> <li>• This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will be marshaled from the gym onto the pool deck.</li> </ul>

**MEET INFORMATION:** The meet will have two sessions: 11 year old Girls & Boys in the morning and 12 year old Girls & Boys in the afternoon. **Exact information on starting times will be e-mailed to the clubs after entry registration is completed.** This information will include 500 yd. Freestyle/400 Ind. Medley psyche sheet, meet time line, timing assignments, warm-up procedures, relays, and the appropriate starting and warm-up times.

**SCHEDULE:** There will be multiple sessions each day. Expected start times are indicated below; exact session times will be determined based on the meet entries and will be posted to [www.besmarttinc.com](http://www.besmarttinc.com) & [www.njswim.org](http://www.njswim.org) and sent to participating teams via email.

Saturday, March 5		Warm-up	Start
Session 1	11 Year Old Girls & Boys	7:00 a.m.	8:05 a.m.
Session 2	11 Year Old Girls & Boys 500 Free	End of Session #1	10 minutes*
Session 3	12 Year Old Girls & Boys	End of Session #2	65 minutes*
Session 4	12 Year Old Girls & Boys 500 Free	End of Session #3	10 minutes*
Sunday, March 6		Warm-up	Start
Session 5	11 Year Old Girls & Boys	7:00 a.m.	8:05 a.m.
Session 6	11 Year Old Girls & Boys 400 I.M.	End of Session #5	10 minutes*
Session 7	12 Year Old Girls & Boys	End of Session #6	65 minutes*
Session 8	12 Year Old Girls & Boys 400 I.M.	End of Session #7	10 minutes*

**\* NOTE: Clubs will be notified as to exact starting times. There will be a 60 minute warm-up for sessions 1, 3, 5 & 8. There will be a 10 minute warm-up for sessions 2, 4, 6 & 8.**

<u>Warm-up Procedures:</u>	<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> </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-up:</p> <ul style="list-style-type: none"> <li>• New Jersey Swimming officials will monitor warm-ups.</li> <li>• All general warm-up lanes will swim in a counterclockwise direction.</li> </ul>
<u>Entry Times:</u>	All seed times must be <b>SLOWER</b> than the New Jersey Gold Time Standards. <b>Entries with “NO TIMES” will not be accepted!</b> Meet Committee will be selected to handle protests including false entry times. All entry times must be in short course yards.
<u>Check-In:</u>	All check-in sheets must be turned into the scoring table 30 minutes before the start of each session. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched will have their names circled with a “SCR” next to the circle. Swimmers scratching a single event will have a line through his/her name and the event number circled with “SCR” next to the circle. Failure to follow this procedure will result in the swimmer(s) being scratched from the session.
<u>Starts:</u>	The host club will determine if ‘Fly-over’/‘Over-the-top’ starts will be used after a time line has been produced. This information will be posted in the pre-meet information.
<u>Distance Events:</u>	<ul style="list-style-type: none"> <li>• The 500 yd. Freestyle and 400 yd. Ind. Medley events will be run fastest to slowest.</li> <li>• Swimmer must have their own timer and person to count.</li> </ul>
<u>Heat Limited Events:</u>	The 500 yd. Freestyle and 400 yd. Ind. Medley may be limited for meet management. If there is a need to limit the 500 yd. Freestyle and the 400 yd. Ind. Medley, swimmers below the cut will be given a chance to enter another event on that day! Refunds will be given to any swimmer that is not allowed to swim these events.
<u>Relays:</u>	<p><b>Only swimmers that DO NOT have ‘GOLD’ times in that stroke and distance can swim on relays. Any swimmer found to have a gold time in that stroke and distance prior to the meet will be removed from the event, the team will be disqualified and the information will be turned over to New Jersey Swimming. (See NJS Verification Form for explanation)</b></p> <ul style="list-style-type: none"> <li>• All relays MUST HAVE THE CORRECT FOUR NAMES LISTED AND THE CORRECT order for that relay to be eligible.</li> <li>• Coaches must turn in relay cards prior to that relay swimming listing correct swimmers names and correct order.</li> <li>• Relays are mixed (boys &amp; girls), any combination. Relays will be pre-seeded.</li> </ul>

	<ul style="list-style-type: none"> <li>• The Meet Referee and/or the meet jury will handle any protest of relay swimmers during the meet. New Jersey Swimming will handle any protest of relay swimmers after the meet. (See NJ Swimming verification form.)</li> </ul>
<u>Scoring:</u>	Team Scoring will not be kept.
<u>Awards:</u>	<ul style="list-style-type: none"> <li>• Medals will be awarded for the top three relays in each relay event.</li> <li>• Medals will be awarded for the top six 11 year old and top six 12 year old swimmers in the Silver times of an individual event.</li> <li>• Medals will be awarded for the top six 11 year old and top six 12 year old swimmers in the Bronze times of an individual event.</li> <li>• A swimmer seeded with a Bronze Time can not receive an award if a 'GOLD' time is achieved.</li> </ul>
<u>Entry Fees:</u>	In accordance with New Jersey Swimming rules, entry fees are \$4.00 for each individual event and \$8.00 for relays. Entry fees must accompany official entries. <u>Make checks payable to: Sea Dragons Swim Club.</u> After the entry deadline, there will be a \$6 charge for any already paid for deck entries/changes. There will be a \$10 charge for any additional deck entries. (covers NJ fee of \$10 for a late entry!)
<u>Admissions and Programs:</u>	There will be a \$7.00 per session admission fee. Program for the entire meet will cost \$10.00.
<u>Entries:</u>	<ul style="list-style-type: none"> <li>• In accordance with NJS policy, team entries may be submitted by E-mail to: <a href="mailto:entries1@juno.com">entries1@juno.com</a> (When e-mailing your entries, please put SDSC2011 in the subject line.)</li> <li>• All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail.</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 or mail in your entries.</li> <li>• An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each mailed 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>
<u>Results:</u>	<ul style="list-style-type: none"> <li>• All Teams will be asked on the meet Summary whether they want results mailed or e-mailed.</li> <li>• Results can be found at <a href="http://www.besmartinc.com">www.besmartinc.com</a></li> </ul>
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none"> <li>• The host club will provide a single timer in each lane through out the meet.</li> <li>• The host club will have stopwatches available for volunteers helping to time.</li> <li>• The host club will e-mail all club entries back to the participating clubs.</li> <li>• 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 and posted on the website: <a href="http://www.besmartinc.com">www.besmartinc.com</a> no later than 1 week before the meet.</li> <li>• 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 and posted on the website: <a href="http://www.besmartinc.com">www.besmartinc.com</a> no later than 1 week before the meet.</li> </ul>
<u>Participating Club Responsibilities:</u>	<ul style="list-style-type: none"> <li>• Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: <a href="http://www.besmartinc.com">www.besmartinc.com</a> 1 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 summary.</li> </ul>
<u>Concessions:</u>	Snacks, water, and soft drinks will be available.
<u>Vendor:</u>	A swim shop will be at the meet this weekend.

Directions To  
RVCC

FROM the **NORTH**

**From INTERSTATE 287 SOUTH** - (From Morristown Area):

Take Interstate 287 SOUTH to Interstate 78 WEST. Proceed on 78 WEST for approx. 3 miles to Exit 26 (Lamington/North Branch). At traffic light at off ramp make a left onto Rattlesnake (county road 665) which turns into Lamington Road. Take Lamington Road for 2.3 miles. The side entrance to Raritan Valley Community College will be on the left. You may enter the side entrance to the college. To enter college from main entrance continue straight on Lamington Road. At traffic light make a left onto Easton Turnpike (county road 614). At the next traffic light (Orr Drive) make a left into the main entrance to the College.

**From GARDEN STATE PARKWAY SOUTH** - (From North Jersey):

Take Exit 142 for Interstate 78 WEST. Proceed on 78 WEST for approx. 26 miles to Exit 26 (Lamington/North Branch). At traffic light at off ramp make a left onto Rattlesnake (county road 665) which turns into Lamington Road. Take Lamington Road for 2.3 miles. The side entrance to Raritan Valley Community College will be on the left. You may enter the side entrance to the college. To enter college from main entrance continue straight on Lamington Road. At traffic light make a left onto Easton Turnpike (county road 614). At the next traffic light (Orr Drive) make a left into the main entrance to the College.

**From ROUTE 206 SOUTH** - (From Chester/Peapack)

Proceed south on Route 206. Make a right turn onto Lamington road in Bedminster (Texaco gas station). Proceed on Lamington Road for approximately 3 - 4 miles. Just past the Lamington General Store antique shop make a left onto Lamington road (county road 665). Take Lamington Road for approximately 5 miles. The side entrance to Raritan Valley Community College will be on the left. You may enter the side entrance to the college. To enter college from main entrance continue straight on Lamington Road. At traffic light make a left onto Easton Turnpike (county road 614). At the next traffic light (Orr Drive) make a left into the main entrance to the College.

**Alternative From ROUTE 206 SOUTH** - (From Chester/Peapack)

Proceed south on Route 206. Make a right turn onto Burnt Mills Road (county road 620). (A&P Supermarket will be on left side of intersection). Continue straight on Burnt Mills Road for Approximately 4 miles. When you come to the end make a left onto Lamington Road (county road 665). Take Lamington Road for approximately 1 mile. The side entrance to Raritan Valley Community College will be on the left. You may enter the side entrance to the college. To enter college from main entrance continue straight on Lamington Road. At traffic light make a left onto Easton Turnpike (county road 614). At the next traffic light (Orr Drive) make a left into the main entrance to the College.

FROM the **SOUTH**

**From INTERSTATE 287 NORTH** - (From Edison Area):

Take Interstate 287 NORTH to the Route 22 WEST exit. After approx. 7 miles (just before the 5th light), exit at Raritan Valley College Drive (Orr Drive). At the end of Orr Drive is a traffic light. Proceed straight to enter the College.

**From GARDEN STATE PARKWAY NORTH** - (From the Shore area):

Take Exit 127 to Interstate 287 NORTH. Proceed on 287 NORTH to the Route 22 WEST exit. After approx. 7 miles (just before the 5th light), exit at Raritan Valley College Drive (Orr Drive). At the end of Orr Drive is a traffic light. Proceed straight to enter the College.

**From ROUTE 206 NORTH** - (From Princeton Area):

Take Route 206 NORTH to the Somerville Circle. At the Somerville Circle exit onto Route 28 WEST (county road 614). Proceed on Route 28 WEST (county road 614) for approx. 4 miles. Entrance to the College will be on your right at a traffic light with Orr Drive on your left.

<u>Hotels and Accommodations:</u>	<u>Host Hotel:</u> Somerset Holiday Inn, Davidson Avenue, Somerset, NJ 1.732.584.4612, ask for special swim meet rates.  The Crowne Plaza, Davidson Avenue, Somerset, NJ 1.732.716.1175  The Courtyard by Marriott on Davidson Avenue, Somerset, NJ  The Doubletree Executive on Davidson Avenue, Somerset, NJ	e Somerset
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**NEW JERSEY SWIMMING 11/12 SILVER & BRONZE CHAMPIONSHIPS – North**  
**SATURDAY, MARCH 5, 2011 ORDER OF EVENTS**

**SESSION #1 – 11 Yr. Old Girls & Boys:**

**Warm –Up:** 7:00 a.m. (Split Warm-up: Two 25 minute warm-ups divided by teams/ followed by the last 10 minutes = 6 one way sprint lanes for all teams.)

**Meet Starts:** 8:05 a.m.(approximately)

<b>Event</b>	<b>Division</b>	<b>FASTER THAN</b>	<b>SLOWER THAN</b>	<b>SLOWER THAN</b>
Event 1 Mixed 11 200 Medley Relay				
Event 2 Girls 11 100 Free	<b>BRONZE</b>			1:08.29
Event 3 Boys 11 100 Free	<b>BRONZE</b>			1:08.29
Event 4 Girls 11 100 Free	<b>SILVER</b>	1:08.30	1:01.29	
Event 5 Boys 11 100 Free	<b>SILVER</b>	1:08.30	1:00.89	
Event 6 Girls 11 50 Back	<b>BRONZE</b>			37.09
Event 7 Boys 11 50 Back	<b>BRONZE</b>			37.09
Event 8 Girls 11 50 Back	<b>SILVER</b>	37.10	32.39	
Event 9 Boys 11 50 Back	<b>SILVER</b>	37.10	32.99	
Event 10 Girls 11 100 Fly	<b>BRONZE</b>			1:21.99
Event 11 Boys 11 100 Fly	<b>BRONZE</b>			1:21.99
Event 12 Girls 11 100 Fly	<b>SILVER</b>	1:22.00	1:11.19	
Event 13 Boys 11 100 Fly	<b>SILVER</b>	1:22.00	1:13.29	
Event 14 Girls 11 100 Breast	<b>BRONZE</b>			1:29.89
Event 15 Boys 11 100 Breast	<b>BRONZE</b>			1:29.89
Event 16 Girls 11 100 Breast	<b>SILVER</b>	1:29.90	1:20.69	
Event 17 Boys 11 100 Breast	<b>SILVER</b>	1:29.90	1:21.69	
Event 18 Girls 11 50 Free	<b>BRONZE</b>			31.39
Event 19 Boys 11 50 Free	<b>BRONZE</b>			31.39
Event 20 Girls 11 50 Free	<b>SILVER</b>	31.40	27.89	
Event 21 Boys 11 50 Free	<b>SILVER</b>	31.40	27.99	
Event 22 Girls 11 200 Back	<b>BRONZE</b>			2:53.99
Event 23 Boys 11 200 Back	<b>BRONZE</b>			2:53.99
Event 24 Girls 11 200 Back	<b>SILVER</b>	2:54.00	2:33.49	
Event 25 Boys 11 200 Back	<b>SILVER</b>	2:54.00	2:35.79	
Event 26 Girls 11 200 IM	<b>BRONZE</b>			2:51.79
Event 27 Boys 11 200 IM	<b>BRONZE</b>			2:51.79
Event 28 Girls 11 200 IM	<b>SILVER</b>	2:51.80	2:30.89	
Event 29 Boys 11 200 IM	<b>SILVER</b>	2:51.80	2:32.69	

**SESSION #2 - 11 Yr. Old Girls & Boys 500 yd. Freestyle:**

**Warm –Up:** TBA (at the conclusion of session #1 – 10 minute warm-up)

<b>Event</b>	<b>Division</b>	<b>FASTER THAN</b>	<b>SLOWER THAN</b>	<b>SLOWER THAN</b>
Event 30 Girls 11 500 Free				6:04.29
Event 31 Boys 11 500 Free				6:05.29



SESSION #3 - 12 Yr. Old Girls & Boys:

Warm –Up: TBA (Split Warm-up: Two 25 minute warm-ups divided by teams/ followed by the last 10 minutes = 6 one way sprint lanes for all teams.

Meet Starts: 65 Minutes after start of Warm-ups

<b>Event</b>	<b>Division</b>	<b>FASTER THAN</b>	<b>SLOWER THAN</b>	<b>SLOWER THAN</b>
Event 32 Mixed 12 200 Medley Relay				
Event 33 Girls 12 100 Free	<b>BRONZE</b>			1:08.29
Event 34 Boys 12 100 Free	<b>BRONZE</b>			1:08.29
Event 35 Girls 12 100 Free	<b>SILVER</b>	1:08.30	1:01.29	
Event 36 Boys 12 100 Free	<b>SILVER</b>	1:08.30	1:00.89	
Event 37 Girls 12 50 Back	<b>BRONZE</b>			37.09
Event 38 Boys 12 50 Back	<b>BRONZE</b>			37.09
Event 39 Girls 12 50 Back	<b>SILVER</b>	37.10	32.39	
Event 40 Boys 12 50 Back	<b>SILVER</b>	37.10	32.99	
Event 41 Girls 12 100 Fly	<b>BRONZE</b>			1:21.99
Event 42 Boys 12 100 Fly	<b>BRONZE</b>			1:21.99
Event 43 Girls 12 100 Fly	<b>SILVER</b>	1:22.00	1:11.19	
Event 44 Boys 12 100 Fly	<b>SILVER</b>	1:22.00	1:13.29	
Event 45 Girls 12 100 Breast	<b>BRONZE</b>			1:29.89
Event 46 Boys 12 100 Breast	<b>BRONZE</b>			1:29.89
Event 47 Girls 12 100 Breast	<b>SILVER</b>	1:29.90	1:20.69	
Event 48 Boys 12 100 Breast	<b>SILVER</b>	1:29.90	1:21.69	
Event 49 Girls 12 50 Free	<b>BRONZE</b>			31.39
Event 50 Boys 12 50 Free	<b>BRONZE</b>			31.39
Event 51 Girls 12 50 Free	<b>SILVER</b>	31.40	27.89	
Event 52 Boys 12 50 Free	<b>SILVER</b>	31.40	27.99	
Event 53 Girls 12 200 Back	<b>BRONZE</b>			2:53.99
Event 54 Boys 12 200 Back	<b>BRONZE</b>			2:53.99
Event 55 Girls 12 200 Back	<b>SILVER</b>	2:54.00	2:33.49	
Event 56 Boys 12 200 Back	<b>SILVER</b>	2:54.00	2:35.79	
Event 57 Girls 12 200 IM	<b>BRONZE</b>			2:51.79
Event 58 Boys 12 200 IM	<b>BRONZE</b>			2:51.79
Event 59 Girls 12 200 IM	<b>SILVER</b>	2:51.80	2:30.89	
Event 60 Boys 12 200 IM	<b>SILVER</b>	2:51.80	2:32.69	

SESSION #4 - 12 Year Old Girls & Boys 500 yd. Freestyle:

Warm –Up: TBA (at the conclusion of session #3 – 10 minute warm-up)

<b>Event</b>	<b>Division</b>	<b>FASTER THAN</b>	<b>SLOWER THAN</b>	<b>SLOWER THAN</b>
Event 61 Girls 12 500 Free			6:04.29	
Event 62 Boys 12 500 Free			6:05.29	



**NEW JERSEY SWIMMING 11-12 SILVER & BRONZE CHAMPIONSHIPS – North**  
**SUNDAY, MARCH 6, 2011 ORDER OF EVENTS**

**SESSION #5 – 11 Year Old Girls & Boys:**

**Warm –Up:** 7:00 a.m. (Split Warm-up: Two 25 minute warm-ups divided by teams/ followed by the last 10 minutes = 6 one way sprint lanes for all teams.

**Meet Starts:** 8:05 a.m.

<b>Event</b>	<b>Division</b>	<b>FASTER THAN</b>	<b>SLOWER THAN</b>	<b>SLOWER THAN</b>
Event 63 Mixed 11 200 Free Relay				
Event 64 Girls 11 100 IM	<b>BRONZE</b>			1:20.29
Event 65 Boys 11 100 IM	<b>BRONZE</b>			1:20.29
Event 66 Girls 11 100 IM	<b>SILVER</b>	1:20.30	1:09.99	
Event 67 Boys 11 100 IM	<b>SILVER</b>	1:20.30	1:10.79	
Event 68 Girls 11 200 Free	<b>BRONZE</b>			2:31.79
Event 69 Boys 11 200 Free	<b>BRONZE</b>			2:31.79
Event 70 Girls 11 200 Free	<b>SILVER</b>	2:31.80	2:13.49	
Event 71 Boys 11 200 Free	<b>SILVER</b>	2:31.80	2:13.59	
Event 72 Girls 11 50 Breast	<b>BRONZE</b>			41.99
Event 73 Boys 11 50 Breast	<b>BRONZE</b>			41.99
Event 74 Girls 11 50 Breast	<b>SILVER</b>	42.00	36.99	
Event 75 Boys 11 50 Breast	<b>SILVER</b>	42.00	37.49	
Event 76 Girls 11 200 Fly	<b>BRONZE</b>			2:59.99
Event 77 Boys 11 200 Fly	<b>BRONZE</b>			2:59.99
Event 78 Girls 11 200 Fly	<b>SILVER</b>	3:00.00	2:46.99	
Event 79 Boys 11 200 Fly	<b>SILVER</b>	3:00.00	2:46.99	
Event 80 Girls 11 100 Back	<b>BRONZE</b>			1:21.89
Event 81 Boys 11 100 Back	<b>BRONZE</b>			1:21.89
Event 82 Girls 11 100 Back	<b>SILVER</b>	1:21.90	1:09.89	
Event 83 Boys 11 100 Back	<b>SILVER</b>	1:21.90	1:11.59	
Event 84 Girls 11 200 Breast	<b>BRONZE</b>			3:17.99
Event 85 Boys 11 200 Breast	<b>BRONZE</b>			3:17.99
Event 86 Girls 11 200 Breast	<b>SILVER</b>	3:18.00	2:53.99	
Event 87 Boys 11 200 Breast	<b>SILVER</b>	3:18.00	2:58.89	
Event 88 Girls 11 50 Fly	<b>BRONZE</b>			35.49
Event 89 Boys 11 50 Fly	<b>BRONZE</b>			35.49
Event 90 Girls 11 50 Fly	<b>SILVER</b>	35.50	31.09	
Event 91 Boys 11 50 Fly	<b>SILVER</b>	35.50	32.09	

**SESSION #6 – 11 Year Old Girls & Boys 400 yd. Ind. Medley:**

**Warm –Up:** TBA (at the conclusion of session #5 – 10 minute warm-up)

<b>Event</b>	<b>Division</b>	<b>FASTER THAN</b>	<b>SLOWER THAN</b>	<b>SLOWER THAN</b>
Event 92 Girls 11 400 IM				5:39.09
Event 93 Boys 11 400 IM				5:42.29

**SESSION #7 – 12 Year Old Girls & Boys:**

**Warm –Up:** TBA (Split Warm-up: Two 25 minute warm-ups divided by teams/ followed by the last 10 minutes = 6 one way sprint lanes for all teams.

**Meet Starts:** 65 minutes after start of warm-ups

<b>Event</b>	<b>Division</b>	<b>FASTER THAN</b>	<b>SLOWER THAN</b>	<b>SLOWER THAN</b>
Event 94 Mixed 12 200 Free Relay				
Event 95 Girls 12 100 IM	<b>BRONZE</b>			1:20.29
Event 96 Boys 12 100 IM	<b>BRONZE</b>			1:20.29
Event 97 Girls 12 100 IM	<b>SILVER</b>	1:20.30	1:09.99	
Event 98 Boys 12 100 IM	<b>SILVER</b>	1:20.30	1:10.79	
Event 99 Girls 12 200 Free	<b>BRONZE</b>			2:31.79
Event 100 Boys 12 200 Free	<b>BRONZE</b>			2:31.79
Event 101 Girls 12 200 Free	<b>SILVER</b>	2:31.80	2:13.49	
Event 102 Boys 12 200 Free	<b>SILVER</b>	2:31.80	2:13.59	
Event 103 Girls 12 50 Breast	<b>BRONZE</b>			41.99
Event 104 Boys 12 50 Breast	<b>BRONZE</b>			41.99
Event 105 Girls 12 50 Breast	<b>SILVER</b>	42.00	36.99	
Event 106 Boys 12 50 Breast	<b>SILVER</b>	42.00	37.49	
Event 107 Girls 12 200 Fly	<b>BRONZE</b>			2:59.99
Event 108 Boys 12 200 Fly	<b>BRONZE</b>			2:59.99
Event 109 Girls 12 200 Fly	<b>SILVER</b>	3:00.00	2:46.99	
Event 110 Boys 12 200 Fly	<b>SILVER</b>	3:00.00	2:46.99	
Event 111 Girls 12 100 Back	<b>BRONZE</b>			1:21.89
Event 112 Boys 12 100 Back	<b>BRONZE</b>			1:21.89
Event 113 Girls 12 100 Back	<b>SILVER</b>	1:21.90	1:09.89	
Event 114 Boys 12 100 Back	<b>SILVER</b>	1:21.90	1:11.59	
Event 115 Girls 12 200 Breast	<b>BRONZE</b>			3:17.99
Event 116 Boys 12 200 Breast	<b>BRONZE</b>			3:17.99
Event 117 Girls 12 200 Breast	<b>SILVER</b>	3:18.00	2:53.99	
Event 118 Boys 12 200 Breast	<b>SILVER</b>	3:18.00	2:58.89	
Event 119 Girls 12 50 Fly	<b>BRONZE</b>			35.49
Event 120 Boys 12 50 Fly	<b>BRONZE</b>			35.49
Event 121 Girls 12 50 Fly	<b>SILVER</b>	35.50	31.09	
Event 122 Boys 12 50 Fly	<b>SILVER</b>	35.50	32.09	

SESSION #8 – 12 Year Old Girls & Boys 400 yd. Ind. Medley:

Warm –Up: TBA (at the conclusion of session #7 – 10 minute warm-up)

<b>Event</b>	<b>Division</b>	<b>FASTER THAN</b>	<b>SLOWER THAN</b>	<b>SLOWER THAN</b>
Event 123 Girls 12 400 IM				5:39.09
Event 124 Boys 12 400 IM				5:42.29

**NEW JERSEY SWIMMING**  
**'11-12 SILVER & BRONZE CHAMPIONSHIPS - SOUTH'**  
**March 5<sup>th</sup> and 6<sup>th</sup>, 2011**

**ENTRY SUMMARY**

**TEAM:** \_\_\_\_\_ **USA CLUB CODE:** \_\_\_\_\_

**NAME(S) COACH(ES):** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**CLUB MAILING ADDRESS:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**ENTRY CONTACT PERSON:** \_\_\_\_\_

Phone No. \_\_\_\_\_ Fax No. \_\_\_\_\_ E-Mail \_\_\_\_\_

**TIMERS/OFFICIALS CONTACT PERSON:** \_\_\_\_\_

Phone No. \_\_\_\_\_ Fax No. \_\_\_\_\_ E-Mail \_\_\_\_\_

**ENTRY FEE SUMMARY:**

Number of Individual Entries: \_\_\_\_\_ X \$4.00 = \$ \_\_\_\_\_

Number of Relay Entries: \_\_\_\_\_ X \$8.00 = \$ \_\_\_\_\_

TOTAL ENTRY FEES = \$ \_\_\_\_\_

**Please make checks payable to: Sea Dragons Swim Club.**

**WAIVER**

In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/our heirs, administrators and assignors, waive and release any and all claims against USA SWIMMING, Raritan Valley Community College, BE SMARTT, Inc., and Sea Dragons Swim Club and their staff 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 an/are bona-fide amateur athlete(s), USA SWIMMING registered and eligible to compete in all of the events I/we have entered.

**Signature:** \_\_\_\_\_  
(Club Official, Coach, and/or Parent or Guardian)

**Date:** \_\_\_\_\_

# New Jersey Swimming Inc.

## Meet Verification Form

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

Coach's Name \_\_\_\_\_ Phone # \_\_\_\_\_

E-mail Address \_\_\_\_\_

Postal Address \_\_\_\_\_



**NEW JERSEY  
SWIMMING**

I hereby certify that all swimmers and coaches listed on the entry or hard copy with disk entries, for the **2011 11+12 Silver/Bronze Championship Meet** to be held on **March 5 & 6, 2011** are registered members of New Jersey Swimming/ United States Swimming. I realize that any swimmer found to have a gold time in that stroke and distance in a relay prior to or at the meet will be removed from the event, the relay team will be disqualified and the information will be turned over to New Jersey 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 UN-ATTACHED SWIMMERS HERE**

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

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

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

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