

Name of Meet	<b>NEW JERSEY SWIMMING</b> <b>LONG COURSE 13 &amp; OVER 'SILVER/BRONZE' CHAMPIONSHIPS for 2011</b> <b>Hosted by Bergen Barracuda Swim Team</b>
Meet Sanction #:	New Jersey Swimming Sanction #: <b>NJS 072211LC</b>
Date of Meet:	Friday, Saturday and Sunday, July 22-24, 2011
Location:	<ul style="list-style-type: none"> <li>The pool is located in the Sonny Werblin Recreation Center on the Busch Campus at Rutgers University in Piscataway, New Jersey. The Center's main number is 732-445-0460; <i>this number is for emergencies only</i>. All calls regarding this meet should be directed to the Meet Director.</li> <li>There are two auxiliary pools, known 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.</li> <li>The minimum water depth in the competition pool is 6 feet.</li> </ul>
Meet Director:	Nicole Cicalo-DeCaro <b>E-mail: <a href="mailto:Nicole@bbswim.org">Nicole@bbswim.org</a></b>
Meet Referee:	Kevin Gorman - <a href="mailto:Gormansrule@optonline.net">Gormansrule@optonline.net</a>
Meet Marshal:	Mark Sandowski - <a href="mailto:hurtsadowski@optonline.net">hurtsadowski@optonline.net</a>
Entry Coordinator:	BE Smartt, Inc will be the Entry Coordinator, E-Mail address: <a href="mailto:entries@juno.com">entries@juno.com</a> <ul style="list-style-type: none"> <li>1.609.558.0988</li> <li>Best time to call after 8:00PM and weekends</li> </ul>
Entry Deadline:	All entries must be either Hy-tek Meet Manager or Team Manager entries  Entry Deadline Date: <b>July 14, 2011</b>  Entry forms, verification forms, waiver release, and fees must be received no later than 7:15AM on Friday, July 22, 2011.  Mail Entries to : BE SMARTT INC., 604 Paxson Avenue, Mercerville, NJ 08619 Email Entries to: <a href="mailto:entries1@juno.com">entries1@juno.com</a>  If you are mailing your entries or associated forms via overnight or express mail, it is recommended that one <b><u>wave the signature</u></b> .  <b>NO DECK, FAX OR PHONE ENTRIES WILL BE ACCEPTED.</b>
Entry Amending Process:	According to the Amending Process for NJ Championship Meets, should a swimmer be missing from the entry list or an event, the coach can e-mail the missing information to <a href="mailto:entries1@juno.com">entries1@juno.com</a> by 6:00 PM July 21, 2011. The entry fee for all events entered in this manner is \$10.00 per event (unless the mistake was the host club), and must be paid before the start of the meet according to the Amending Process Guidelines.
Meet Format Waiver:	The host club has the right to change the format of the meet with the approval of the administrative 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 changes would be: <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> Some of the changes that can be made: 1) add a session, 2) heat limit distance events, 3) condense sessions, 4) eliminate relays, 5) implement bottom cuts in some events, and 6) reduced individual entry limits.
Internet Website Posting:	<ul style="list-style-type: none"> <li>Meet Website address: <a href="http://www.besmarttinc.com">www.besmarttinc.com</a></li> <li>Pre-Meet Information posted on website.             <ul style="list-style-type: none"> <li>Meet Information will be posted on the website.</li> <li>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> </li> <li>Post-Meet Information posted on website.             <ul style="list-style-type: none"> <li>List Downloadable Results (HY3.zip file)</li> <li>List Downloadable Meet Back-up (Backup.zip File)</li> </ul> </li> </ul>
Meet Requirement Statement:	In order to be eligible for the New Jersey Swimming LC Zone Championship Team or for New Jersey Swimming Athlete Championship Meet Reimbursement, NJ Swimming policy stipulates certain meet participation requirements. As a New Jersey Swimming sanctioned meet, this meet counts towards these participation requirements.
Coaches Eligibility:	<ul style="list-style-type: none"> <li>All coaches "on the deck" must be members of USA Swimming.</li> <li>Coaches must show coaching card for entrance to facility.</li> <li>Coaches must have a visible coach's card when entering hospitality area or when asking for food at concessions.</li> </ul>
Swimmer Eligibility:	<ul style="list-style-type: none"> <li>All swimmers must be members of USA Swimming to enter and compete in this meet.</li> <li>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.</li> <li>This is a New Jersey Swimming Championship Meet; only New Jersey Swimming athletes may enter and compete in this meet.</li> </ul>

	<ul style="list-style-type: none"> <li>All swimmers must have entry times slower than the current New Jersey Swimming LC Gold Time Standards. <b>If a swimmer achieves a Gold time in an entered event subsequent to entering this meet, they MUST be removed from the event at this meet.</b> They may either replace the newly Gold event with a non-Gold event or receive a refund for the event entry fee.</li> <li>The qualifying period for this meet is April 1, 2010 thru the entry deadline of the meet.</li> <li><b>Swimmers may not compete in a given event at both LC JO's and the Silver/Bronze Championship meets unless they achieved the LC JO qualifying time in that event at the Silver/Bronze meet.</b></li> </ul> <p><b><u>Unattached Swimmers:</u></b></p> <ul style="list-style-type: none"> <li>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.</li> <li>All Unattached swimmers must be listed on the team's official waiver entry form.</li> </ul> <p><b><u>Bronze Level Swimmers:</u></b></p> <ul style="list-style-type: none"> <li>Swimmers with Bronze Level times may enter and compete in the 50 Free, 100 Free, 100 Back, 100 Breast and 100 Fly events.</li> <li>To compete in any other event, a swimmer must have the Silver time in that event.</li> <li><b>IF THE MEET DOES NOT FILL BY THE TIME OF THE ENTRY DEADLINE, NJS MAY PERMIT TEAMS TO ENTER BRONZE LEVEL SWIMMERS IN SELECT ADDITIONAL 200 m EVENTS.</b> Further information regarding this procedure will be sent to entered teams if this situation does in fact occur.</li> </ul> <p><b><u>Age Groups that will be offered.</u></b></p> <ul style="list-style-type: none"> <li>There will be only 13-14, 15, and 16&amp; Over Events.</li> <li>No Awards for individuals 20 &amp; Over, No awards for relays with 20 &amp; Over Swimmers.</li> </ul> <p><b><u>Individual and Relay Limits:</u></b></p> <ul style="list-style-type: none"> <li>New Jersey Swimming allows swimmers to compete in 3 individual events per day.</li> <li>Swimmers may compete in one (1) relay per day.</li> </ul> <p><b><u>Age at Meet:</u></b></p> <ul style="list-style-type: none"> <li>Age for this meet is as of: <b>Friday, July 22, 2011</b></li> </ul>
<b><u>Swimmers Unaccompanied by a USAS Certified Coach:</u></b>	Any swimmer entered into this meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or they must start each race from within the water. If a swimmer is unaccompanied by a USA Swimming member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
<b><u>Meet Format:</u></b>	<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> </ul> <p><b><u>How seeding will be done.</u></b></p> <ul style="list-style-type: none"> <li>This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own.</li> <li>Relays will be run as the first event of each session and will be pre-seeded.</li> </ul>
<b><u>Meet Schedule:</u></b>	<ul style="list-style-type: none"> <li>The building will not open before 7:00 a.m. for swimmers and 7:15 a.m. for spectators.</li> <li>This meet will have two (2) sessions per day.</li> <li>Afternoon session starting times will be announced once entries are received and a time line is established.</li> </ul>

**Meet Schedule:**

<b>Friday, July 22, 2011</b>		<b>Warm-up</b>	<b>Start</b>
Session 1	13/15 Girls	7:15 a.m.	8:20 a.m.
Session 2	13/15 Boys	TBA	TBA
<b>Saturday, July 23, 2011</b>			
Session 3	16 & Over Girls and Boys	7:15 a.m.	8:20 a.m.
Session 4	13/15 Girls	TBA	TBA
<b>Sunday, July 24, 2011</b>		<b>Warm-up</b>	<b>Start</b>
Session 5	13/15 Boys	7:15 a.m.	8:20 a.m.
Session 6	16 & Over Girls and Boys	TBA	TBA

- Starting times for all sessions after the first session each day will be determined after entries are received and a time line created.
- Note that preceding the 800 and 1500 Free events in each session, there will be a 10 minute break/warm-up.

<b><u>Warm-up Procedures:</u></b>	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.
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	<p><b><u>Entry Into Pool:</u></b></p> <ul style="list-style-type: none"> <li>All swimmers must enter the pool from the starting end of the pool.</li> </ul> <p><b><u>Host Team Monitoring Warm-ups:</u></b></p> <ul style="list-style-type: none"> <li>Bergen Barracuda Meet Marshalls will monitor all warm-ups.</li> <li>All general warm-up lanes will swim in a counterclockwise direction.</li> </ul> <p><b><u>Warm-up Schedules:</u></b></p> <ul style="list-style-type: none"> <li>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.</li> </ul>
<b><u>Entry Times:</u></b>	<ul style="list-style-type: none"> <li>New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time.</li> <li>All entry times must be slower than the New Jersey Long Course Gold Time.</li> <li>All entry times must be in long course meters.</li> <li>Converted times from SCY and SCM are acceptable for this meet and for New Jersey JOs.</li> </ul>
<b><u>Check-In:</u></b>	<ul style="list-style-type: none"> <li>All check-in sheets must be turned into the scoring table 35 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.</li> <li>Failure to follow the check-in procedure may result in the swimmer(s) being scratched from the session.</li> <li>All distance events will have a positive check-in that will be posted at the scoring table or the control room.</li> </ul>
<b><u>Starts:</u></b>	<ul style="list-style-type: none"> <li>'Fly-over'/'Over-the-top' starts will be used. If there is a need to slow down the meet and at the discretion of the meet referee, swimmers will be allowed to get out of the pool prior to the start of the next heat.</li> </ul>
<b><u>Distance Events:</u></b> <b><u>800 &amp; 1500 m. Frees</u></b>	<ul style="list-style-type: none"> <li>In the 13-14/15yr old sessions, the 800 and 1500 m. Freestyle events will be swum as combined age-group events, but awards will be presented by age group as defined in the awards section below.</li> <li>The 800 and 1500 m. Freestyles will be run fastest to slowest.</li> <li>The 16 &amp; Over 800 and 1500 m. Freestyles will alternate women and men. Genders may be combined in the final heat in order save time.</li> <li>Preceding the 800 and 1500 Free events in each session, there will be a 10 minute break/warm-up.</li> </ul>
<b><u>Heat Limited Events:</u></b>	<ul style="list-style-type: none"> <li>There are no limited events in a NJS Championship meet.</li> </ul>
<b><u>Relays:</u></b>	<ul style="list-style-type: none"> <li>All relays <b>MUST HAVE THE CORRECT FOUR NAMES LISTED AND THE CORRECT ORDER</b> for that relay to be eligible.</li> <li>Coaches must turn in relay cards prior to each relay competition listing correct swimmer's names and correct order.</li> <li>In the 16 &amp; Over Relays, if a team uses a 20 years or over swimmer, that relay will not receive awards.</li> <li>Since this is a Silver/Bronze Level Meet, <b><u>Only swimmers with "SLOWER THAN: GOLD TIME STANDARD" prior to this meet may swim on relays.</u></b> 13-14 and 15 &amp; Over Medley Relay swimmers <b><u>can not</u></b> swim that stroke on the 200 yd. Medley Relay if that swimmer has a Gold or better time in the 100 meter distance of that stroke: backstroke, breaststroke, or butterfly! 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>
<b><u>Scoring:</u></b>	<ul style="list-style-type: none"> <li>Team Scoring will not be kept.</li> </ul>
<b><u>Awards:</u></b>	<ul style="list-style-type: none"> <li>Medals will be awarded for the top 3 relays in each relay event.</li> <li>Medals will be awarded for the top 8 swimmers in each individual 13-14 event.</li> <li>The 15 yr old results for individual events will be merged with the 16-Over results, and medals will be awarded to the top 8 swimmers in the combined 15-19 age-group for each such individual event.</li> <li>There will be no awards given to 20 years and older swimmers.</li> <li>There will not be separate Bronze division awards.</li> </ul>
<b><u>Entry Fees:</u></b>	<ul style="list-style-type: none"> <li>Individual Entry Fee: \$6.00</li> <li>Relay Entry Fee: \$9.00 Make checks payable to: <b><u>Bergen Barracuda Swim Team</u></b></li> </ul>
<b><u>Admissions and Programs:</u></b>	<ul style="list-style-type: none"> <li>Admission will be \$7.00 per session.</li> <li>Cost of Program will be \$12.00 for the entire meet.</li> </ul>
<b><u>Entries:</u></b>	<p>In accordance with NJS policy, team entries may be submitted by E-mail to <a href="mailto:entries1@iuno.com">entries1@iuno.com</a>. (please use LCSILVERS2009 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"> <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 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.</li> <li>An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each mailed entry.</li> <li>Incomplete entries will not be accepted.</li> <li>Deck entries will not be accepted.</li> <li>Teams entered will be posted on the host club's website.</li> </ul>

<u>Results:</u>	All Teams must request on the Meet Summary whether they want results mailed or e-mailed.
<u>Host Clubs Responsibilities:</u>	<ul style="list-style-type: none"> <li>• The host clubs 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 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 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 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>	Rutgers University will provide refreshments throughout the meet.
<u>Vendor:</u>	Metro Ship Shop will be the vendor at this meet.
<u>Hotels:</u>	<ul style="list-style-type: none"> <li>• Brunswick Hilton, Three Center Drive, East Brunswick, NJ 732-828-2001</li> <li>• Days Inn-South Plainfield, 2989 Hamilton Boulevard, South Plainfield, NJ 732-753-2600</li> <li>• Embassy Suite (closest to pool) 212 Centennial Ave, Piscataway, NJ 732-980-0500</li> <li>• Holiday Inn-Somerset, 195 Davidson Avenue, Somerset, NJ 732-356-1700</li> </ul>
<u>Directions:</u>	<p><b><i>Directions to Sonny Werblin Recreation Center</i></b>  <b>Address:</b> 656 Bartholomew Rd, Piscataway <b>Campus:</b> Busch Campus  <b><u>Garden State Parkway Southbound</u></b> Turn off at Exit 129 for the New Jersey Turnpike and head south. Turn off at Exit 9, bear right after the tollbooths 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 Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left.</p> <p><b><u>Garden State Parkway Northbound</u></b> 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 Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left.</p> <p><b><u>Interstate 287</u></b> 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 Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left.</p> <p><b><u>New Jersey Turnpike</u></b> Turn off at Exit 9, bear right after the tollbooths 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 Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left.</p> <p><b><u>US Route 1</u></b> Turn off at 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 Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left.</p>

# **NEW JERSEY SWIMMING 13 & OVER 'SILVER/BRONZE' CHAMPIONSHIPS** **FRIDAY, SATURDAY AND SUNDAY, JULY 22-24, 2011**

## **FRIDAY - ORDER OF EVENTS**

### **SESSION #1 – 13-15 Girls:**

Warm Up: 7:15 a.m. (Two 30-minute warm-ups divided by teams. Sprint Lanes available during last 10 minutes.)

Session Start Time: 8:20 a.m.

<b>Evt. #</b>	<b>Time Standard Slower Than:</b>	<b>At Least As Fast As:</b>	<b>Age Group Event</b>
#1	N/A	n/a	Girls 13-14 - 200 mtr. Medley Relay
#2	N/A	n/a	Girls 15- 200 mtr Medley Relay
#3	5:04.39	5:28.99	Girls 13-14 – 400 mtr. Freestyle
#4	4:43.59	5:17.79	Girls 15- 400 mtr Freestyle
#5	1:15.89	n/a	Girls 13-14 - 100 mtr. Backstroke
#6	1:12.39	n/a	Girls 15- 100 mtr. Backstroke
#7	3:07.19	3:23.69	Girls 13-14 – 200 mtr. Breaststroke
#8	2:58.59	3:15.69	Girls 15- 200 mtr Breaststroke
#9	1:15.29	n/a	Girls 13-14 – 100 mtr. Butterfly
#10	1:09.39	n/a	Girls 15- 100 mtr. Butterfly
#11	:30.49	n/a	Girls 13-14 – 50 mtr. Freestyle
#12	:29.19	n/a	Girls 15- 50 mtr. Freestyle
#13	2:42.69	2:57.39	Girls 13-14– 200 mtr. Ind. Medley
#14	2:33.99	2:50.09	Girls 15- 200 mtr. Ind. Medley
#15A	19:56.79	20:57.89	*Girls 13-14- 1500 mtr. Freestyle
#15B	19:22.19	20:45.09	*Girls 15- 1500 mtr. Freestyle

\* 1500 mtr. Freestyle will be swum fastest to slowest and swimmers must provide their own person to time and a person to count.

\* The 1500 m Freestyle will be preceded by a 10 minute break/warm-up.

### **SESSION #2 – 13-15 Boys**

Warm Up: TBA

Start Time: 65 minutes after start of Warm-ups.

<b>Evt. #</b>	<b>Time Standard Slower Than:</b>	<b>At Least As Fast As:</b>	<b>Age Group Event</b>
#16	N/A	n/a	Boys 13-14 - 200 mtr. Medley Relay
#17	N/A	n/a	Boys 15- 200 mtr Medley Relay
#18	4:52.29	5:27.39	Boys 13-14 – 400 mtr. Freestyle
#19	4:30.39	4:59.89	Boys 15- 400 mtr Freestyle
#20	1:12.99	n/a	Boys 13-14 - 100 mtr. Backstroke
#21	1:07.19	n/a	Boys 15- 100 mtr. Backstroke
#22	3:01.99	3:19.29	Boys 13-14 – 200 mtr. Breaststroke
#23	2:49.89	3:04.49	Boys 15- 200 mtr Breaststroke
#24	1:12.79	n/a	Boys 13-14 – 100 mtr. Butterfly
#25	1:04.09	n/a	Boys 15- 100 mtr. Butterfly
#26	:28.89	n/a	Boys 13-14 – 50 mtr. Freestyle
#27	:26.69	n/a	Boys 15- 50 mtr. Freestyle
#28	2:36.59	2:54.69	Boys 13-14– 200 mtr. Ind. Medley
#29	2:24.09	2:38.99	Boys 15- 200 mtr. Ind. Medley
#30A	19:43.39	20:26.29	*Boys 13-14- 1500 mtr. Freestyle
#30B	18:35.89	19:36.69	*Boys 15- 1500 mtr. Freestyle

\*1500 mtr. Freestyle will be swum fastest to slowest and swimmers must provide their own person to time and a person to count.

\*The 1500 m Freestyle will be preceded by a 10 minute break/warm-up.

**NEW JERSEY SWIMMING 13 & OVER 'SILVER/BRONZE' CHAMPIONSHIPS**  
**FRIDAY, SATURDAY AND SUNDAY, JULY 22-24, 2011**

**SATURDAY - ORDER OF EVENTS**

**SESSION #3 – 16 & Over:**

Warm Up: 7:15 a.m. (Two 30-minute warm-ups divided by teams. Sprint Lanes available during last 10 minutes.)

Session Start Time: 8:20 a.m.

Girls Evt. #	Time Standard Slower Than:	At Least As Fast As:	Age Group Event	Time Standard Slower Than:	At Least As Fast As:	Boys Evt. #
#31	N/A	n/a	16 & Over - 200 mtr. Med. Relay	N/A	n/a	#32
#32	4:43.59	5:17.79	16 & Over – 400 mtr. Freestyle	4:30.39	4:59.89	#34
#35	1:12.39	n/a	16& Over – 100 mtr. Backstroke	1:07.19	n/a	#36
#37	2:58.59	3:15.69	16 & Over - 200 mtr. Breaststroke	2:49.89	3:04.49	#38
#39	1:09.39	n/a	16 & Over – 100 mtr. Butterfly	1:04.09	n/a	#40
#41	:29.19	n/a	16 & Over – 50 mtr. Freestyle	:26.69	n/a	#42
#43	2:33.99	2:50.09	16 & Over – 200 Ind. Medley	2:24.09	2:38.99	#44
#45	19:22.19	20:45.09	*16 & Over 1500 mtr. Freestyle	18:35.89	19:36.69	#46

\*1500 mtr. Freestyle will be swum fastest to slowest, alternating girls and boys, and swimmers must provide their own person to time and a person to count.

\*The 1500 m Freestyle will be preceded by a 10 minute break/warm-up.

**SESSION #4 – 13/15 Girls:**

Warm Up: TBA

Session Start Time: 65 minutes after start of Warm-ups.

Evt. #	Time Standard Slower Than:	At Least As Fast As:	Age Group Event
#47	N/A	n/a	Girls 13-14 - 200 mtr. Free Relay
#48	N/A	n/a	Girls 15- 200 mtr. Free Relay
#49	2:22.89	2:35.09	Girls 13-14 – 200 mtr. Freestyle
#50	2:14.49	2:29.19	Girls 15- 200 mtr. Freestyle
#51	2:42.49	2:59.39	Girls 13-14 - 200 mtr. Backstroke
#52	2:34.39	2:50.09	Girls 15- 200 mtr. Backstroke
#53	1:26.79	n/a	Girls 13-14 – 100 mtr. Breaststroke
#54	1:22.79	n/a	Girls 15- 100 mtr. Breaststroke
#55	2:48.59	3:04.89	Girls 13-14 - 200 mtr. Butterfly
#56	2:35.99	2:59.09	Girls 15- 200 mtr. Butterfly
#57	1:05.89	n/a	Girls 13-14 – 100 mtr. Freestyle
#58	1:02.59	n/a	Girls 15- 100 mtr. Freestyle
#59	5:47.49	6:23.49	Girls 13-14 – 400 mtr. Ind. Medley
#60	5:24.39	6:11.59	Girls 15- 400 mtr. Ind. Medley
#61A	10:32.69	11:08.79	*Girls 13-14 – 800 mtr. Freestyle
#61B	9:51.79	10:58.99	*Girls 15- 800 mtr. Freestyle

\*800 mtr. Freestyle will be swum fastest to slowest and swimmers must provide their own person to time and a person to count.

\*The 800 m Freestyle will be preceded by a 10 minute break/warm-up.

**NEW JERSEY SWIMMING 13 & OVER 'SILVER/BRONZE' CHAMPIONSHIPS**  
**FRIDAY, SATURDAY AND SUNDAY, JULY 22-24, 2011**

**SUNDAY - ORDER OF EVENTS**

**SESSION #5 – 13-15 Boys:**

Warm Up: 7:15 a.m. (Two 30 minute warm-ups divided by teams. Sprint Lanes available during last 10 minutes.)

Session Start Time: 8:20 a.m.

<b><u>Evt. #</u></b>	<b><u>Time Standard Slower Than:</u></b>	<b><u>At Least As Fast As:</u></b>	<b><u>Age Group Event</u></b>
#62	N/A	N/A	Boys 13-14 - 200 mtr. Free Relay
#63	N/A	N/A	Boys 15- 200 mtr. Free Relay
#64	2:16.89	2:32.99	Boys 13-14 – 200 mtr. Freestyle
#65	2:05.69	2:18.39	Boys 15- 200 mtr. Freestyle
#66	2:36.79	2:55.39	Boys 13-14 - 200 mtr. Backstroke
#67	2:26.39	2:41.99	Boys 15- 200 mtr. Backstroke
#68	1:23.49	n/a	Boys 13-14 – 100 mtr. Breaststroke
#69	1:17.29	n/a	Boys 15- 100 mtr. Breaststroke
#70	2:41.99	3:01.09	Boys 13-14 - 200 mtr. Butterfly
#71	2:30.59	2:44.49	Boys 15- 200 mtr. Butterfly
#72	1:02.69	n/a	Boys 13-14 – 100 mtr. Freestyle
#73	57.59	n/a	Boys 15- 100 mtr. Freestyle
#74	5:38.89	6:17.49	Boys 13-14 – 400 mtr. Ind. Medley
#75	5:06.09	5:54.09	Boys 15- 400 mtr. Ind. Medley
#76A	10:12.69	10:48.79	*Boys 13-14 – 800 mtr. Freestyle
#76B	9:31.59	10:22.29	*Boys 15- 800 mtr. Freestyle

\*800 mtr. Freestyle will be swum fastest to slowest and swimmers must provide their own person to time and a person to count.

\* The 800 m Freestyle will be preceded by a 10 minute break/warm-up.

**SESSION #6 – 16 & Over Girls and Boys:**

Warm Up: TBA

Session Start Time: 65 minutes after start of Warm-ups.

<b><u>Girls Evt. #</u></b>	<b><u>Time Standard Slower Than:</u></b>	<b><u>At Least As Fast As:</u></b>	<b><u>Age Group Event</u></b>	<b><u>Time Standard Slower Than:</u></b>	<b><u>At Least As Fast As:</u></b>	<b><u>Boys Evt. #</u></b>
#77	N/A	n/a	16 & Over - 200 mtr. Free Relay	N/A	n/a	#78
#79	2:14.49	2:29.19	16 & Over- 200 mtr. Freestyle	2:05.69	2:18.39	#80
#81	2:34.39	2:50.09	16 & Over – 200 mtr. Backstroke	2:26.39	2:41.99	#82
#83	1:22.79	n/a	16 & Over – 100 mtr. Breaststroke	1:17.29	n/a	#84
#85	2:35.99	2:59.09	16 & Over – 200 mtr. Butterfly	2:30.59	2:44.49	#86
#87	1:02.59	n/a	16 & Over - 100 mtr. Freestyle	:57.59	n/a	#88
#89	5:24.39	6:11.59	16 & Over - 400 mtr. Ind. Medley	5:06.09	5:54.09	#90
#91	9:51.79	10:58.99	*16 & Over – 800 mtr. Freestyle*	9:31.59	10:22.29	#92

\* The 800 mtr. Freestyle will be swum fastest to slowest, alternating girls and boys, and swimmers must provide their own person to time and a person to count.

\*The 800 m Freestyle will be preceded by a 10 minute break/warm-up.

**Bergen Barracuda Swim Club**

**Long Course 13 & Over 'Silver/ Bronze' Championships on July 22-24, 2011**

**ENTRY SUMMARY**

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 \$6.00= \$ \_\_\_\_\_

Number of Relay Entries: \_\_\_\_\_ x \$9.00= \$ \_\_\_\_\_

Total Entries & Fees: \$ \_\_\_\_\_

Check amount: \$ \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: BERGEN BARRACUDA SWIM CLUB**



**New Jersey Swimming Inc.**  
*Official Meet Verification Form*

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

Club E-Mail Address: \_\_\_\_\_

Head Coaches Name: \_\_\_\_\_

Club Address: \_\_\_\_\_



**NEW JERSEY  
SWIMMING**

I hereby certify that all swimmers and coaches listed on the entry or hard copy with disk entries, for the **NJ SWIMMING LC 13&O 'SILVER/BRONZE' CHAMPS** to be held on **JULY 22-24, 2011** 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 \_\_\_\_\_