

Name of Meet	<p align="center">NEW JERSEY SWIMMING LONG COURSE 12 & UNDER SILVER/BRONZE CHAMPIONSHIPS Hosted by: HAMILTON YMCA AQUATIC CLUB</p>
Meet Sanction #	New Jersey Swimming Sanction #071611LC
Date of Meet	Saturday and Sunday, July 16-17, 2011.
Location	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 with a minimum depth for diving of 9 feet. It is 9 feet at the start end and 17 feet deep at the turn end. There is ample seating for spectators.
Meet Director	Ellen Mace, 609.558.0988, entries1@juno.com .
Meet Referee	Paul O'Connor, pauloconnornj@aol.com .
Entry Coordinator	BE Smartt, Inc., entries1@juno.com , 609.558.0988.
Meet Marshall	Jim Devlin.
Entry Deadline	<ul style="list-style-type: none"> • No deck entries will be accepted. • Entry forms, verification forms, waiver releases and fees must be received no later than 6:00 p.m. on Saturday July 2nd, 2011. • Please mail entries and fees to: BE Smartt, Inc., 604 Paxson Avenue, Mercerville, NJ 08619 • Phone: 609.558.0988, E-Mail: entries1@juno.com. • Not waiving signature of receipt on Express Mail will delay receipt. • <u>Entries without the proper fees or waiver form will be held and not entered until the fees and waiver form are received and correct.</u> • Entries will be considered accepted when loaded into Meet Manager. • NO FAX OR PHONE ENTRIES WILL BE ACCEPTED.
Entry Amending Process	According to the Amending Process for New Jersey Championship Meets, should a swimmer be missing from the entry list or an event, the coach can e-mail the missing information to the meet director by noon, July 11 th , 2011. The entry fee for all events entered in this manner is \$10.00 per event (unless the mistake was ours) and must be paid before the start of the meet according to the Amending Process Guidelines.
Meet Format Waiver	<p>The host club has the right to change the format of the meet with the approval of the 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 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 a shorter timeframe. <p>Some of the changes that may be made include: 1) adding a session, 2) heat-limiting or adding bottom cuts to some or all events, 3) condensing sessions, and 4) eliminating relays.</p>
Internet Website Posting	<ul style="list-style-type: none"> • The official meet website is www.besmarttinc.com. • Meet Information, downloadable Hy-Tek Events list (HYV.file), and final results will be posted on the BE Smartt and New Jersey Swimming websites: www.njswim.org.
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"> • All coaches on the deck must be members of USA Swimming. • Coaches must show their coaching card for entrance to facility. • Coaches must show their coaching card before picking up any meet information or scratch sheets. • Coaches must have their coaching card visible at all times while on deck. • Coaches must have a visible coach's card when entering hospitality area or when asking for food at concessions.

Swimmer Eligibility	<ul style="list-style-type: none"> All swimmers must be a member 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 event including relays. This is a New Jersey Swimming Championship Meet; only New Jersey Swimming athletes may enter and compete in this meet. All swimmers must have entry times slower than the current New Jersey Swimming LC Gold Time Standards. 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. They may either replace the newly Gold event with a non-Gold event or receive a refund for the event entry fee. The qualifying period for this meet is April 1, 2010 thru the entry deadline of the meet. Swimmers may not compete in a given event at both LC JO's and the Silver/Bronze Championship meets unless they achieved the LC JO qualifying time in that event at the Silver/Bronze meet. <p><u>Unattached Swimmers</u></p> <ul style="list-style-type: none"> All transfer swimmers must swim unattached for 120 days from their last attached competition. Swimmers must use "UN-(New Team Alpha Code)" as their team affiliation. All unattached swimmers must be listed on their team's official waiver entry form. <p><u>Age Groups That Will be Offered</u></p> <ul style="list-style-type: none"> This meet will offer events for age groups of 12 yr olds, 11 yr olds, and 10-and-Unders. <p><u>Individual and Relay Limits</u></p> <ul style="list-style-type: none"> Swimmers may compete in up to three (3) individual events per day. Swimmers may compete in one (1) relay per day. <p><u>Age at Meet</u></p> <ul style="list-style-type: none"> Age determination date for this meet is Saturday, July 16th, 2011
Meet Format	<ul style="list-style-type: none"> This meet will be run in accordance with current USA Swimming rules. This meet will be run as a timed final meet. <p><u>How Seeding Will be Done</u></p> <ul style="list-style-type: none"> This meet will be deck seeded with coaches checking in and/or scratching all swimmers. After the heats have been posted, swimmers will report to the blocks on their own. Relays will be run as the first events of each session and will be pre-seeded.
Swimmers Unaccompanied by a USAS Certified Coach:	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.
Meet Schedule	<ul style="list-style-type: none"> The building will not open before 7:00 a.m. for swimmers and 7:15 a.m. for spectators. This meet will have three sessions on each Saturday and Sunday. The starting time for all sessions following the morning session will be announced once entries are received and a time line is established.

MEET SCHEDULE

Saturday, July 16 th , 2011		Warm-Up	Start
Session 1	10/Under Girls and Boys Events	7:10 a.m.	8:15 a.m.
Session 2	11 year old Girls and Boys Events	End of Session #1 *	65 minutes *
Session 3	12 year old Girls and Boys Events	End of Session #2 *	65 minutes *
Sunday, July 17 th , 2011		Warm-up	Start
Session 4	10/Under Girls and Boys Events	7:10 a.m.	8:15 a.m.
Session 5	11 year old Girls and Boys Events	End of Session #4 *	65 minutes *
Session 6	12 year old Girls and Boys Events	End of Session #5 *	65 minutes *

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

Warm-Up Procedures	<p>All teams must be given a minimum of thirty minutes of warm-ups.</p> <ul style="list-style-type: none"> Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines and will include general warm-up lanes, sprint lanes, and pace lanes. <p><u>Entry Into Pool</u></p> <ul style="list-style-type: none"> All swimmers must enter the pool from the starting end of the pool. <p><u>Host Team Monitoring Warm-Ups</u></p> <ul style="list-style-type: none"> New Jersey Swimming officials will monitor warm-ups. All general warm-up lanes will swim in a counterclockwise direction. <p><u>Warm-Up Schedules</u></p> <ul style="list-style-type: none"> The warm-up sessions will be 30-minute each, divided by teams. There will be designated sprint lanes and pace lanes during the last 10 minutes of each session.
Entry Times	<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 long course meters. Converted times from SCY or SCM are acceptable for this meet and for New Jersey JOs.
Check-In	<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 who are competing will have a line through their name. Swimmers who are to be scratched for <u>all events in the session</u> will have their names circled with "SCR" noted next to the circle. Swimmers scratching a single event will have a line through his or her name and the event number circled with "SCR" next to the circle. Failure to follow the check-in procedure may result in the swimmer(s) being scratched from the session.
Starts	"Fly-over" ("over-the-top") starts may be used.
Heat-Limited Events	There are none.
Relays	<ul style="list-style-type: none"> All relays MUST HAVE THE CORRECT FOUR NAMES LISTED AND THE CORRECT ORDER for that relay to be eligible. Coaches must turn in a relay card prior to a relay swimming; it must list correct swimmers' names in correct order. Since this is a Silver-level meet, only swimmers with "SLOWER THAN GOLD TIME STANDARD" times in the 50 meter distance of the stroke prior to this meet may swim on relays. 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 New Jersey Swimming Verification Form).
Scoring	Team Scoring will not be kept. All events will be scored as one level.
Awards	<ul style="list-style-type: none"> Medals will be awarded for the top 3 relays in each relay event. Medals will be awarded for the top 8 swimmers in each individual event. (All swimmers in each event - Silver and Bronze - compete for a single set of awards.)
Entry Fees	<ul style="list-style-type: none"> Individual Entry Fee: \$6.00. Relay Entry Fee: \$9.00. Make checks payable to <u>Hamilton YMCA Aquatic Club</u>.
Admissions and Programs	<ul style="list-style-type: none"> Admission will be \$7.00 per session. Cost of the program will be \$10.00 for the entire meet.
Entries	<ul style="list-style-type: none"> In accordance with New Jersey Swimming policy, team entries may be submitted by e-mail to entries1@juno.com. All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail. 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. An Entry Summary along with a signed New Jersey Swimming waiver and a check for <u>all</u> entry fees must accompany or follow each mailed entry. Accuracy of seed times is essential. Incomplete entries will not be accepted. Deck, phone, and/or faxed entries will not be accepted.

Results	<ul style="list-style-type: none"> Results will be posted on www.besmarttinc.com Results will be sent to teams via email.
Host Club Responsibilities	<ul style="list-style-type: none"> Provide a single timer in each lane throughout the meet. Have stopwatches available for volunteers helping to time. E-mail all club entries back to the participating clubs. Create a warm-up schedule that will be fair and equitable to all teams. This warm-up schedule will be e-mailed to all participating clubs no later than one week before the meet. 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 one week before the meet.
Participating Club Responsibilities	<ul style="list-style-type: none"> Help with timing assignments (mandatory). Timing assignments will be e-mailed to participating clubs one week prior to the meet. Parents must stay off the pool deck except to fulfill timing assignments. Should help with officiating whenever possible. List the club contact for club officials on the meet summary.
Concessions	Refreshments will be available throughout the meet.
Vendor	A swim vendor will be in attendance.
Hotels	<p>Holiday Inn, 100 Independence Way; 1.609.520.1200; ask for special rate.</p> <p>Staybridge Suites, 4375 Route 1; 1.609.951.0009; ask for sports group rate.</p> <p>Residence Inn by Marriott, 4225 Route 1; 1.732.329.9600; Includes breakfast.</p> <p>Princeton Courtyard by Marriott, Route 1 and Mapleton Road; 1.609.716.9100; includes breakfast.</p>
Directions	<ul style="list-style-type: none"> <u>From the New Jersey Turnpike, North or South.</u> Take Exit 8 towards Princeton. Take Route 33 West to Route 571. Continue on Route 571, crossing Route 1 and continuing to the first light (at Faculty Road). Make a right; the pool and the parking lot will be on your left about ¼ mile from the light. <u>From US Route 1, North or South.</u> Take the Princeton-Hightstown Road exit toward Princeton. Follow the above directions. Continue to the first light (at Faculty Road). Make a right; the pool and the parking lot will be on your left about ¼ mile from the light.

ORDER OF EVENTS

Event	Slower than	Event	Slower than
SESSION 1: SATURDAY AM		SESSION 4: SUNDAY AM	
Event 1 Girls 10&U 200 Medley Relay		Event 49 Girls 10&U 200 Free Relay	
Event 2 Boys 10&U 200 Medley Relay		Event 50 Boys 10&U 200 Free Relay	
Event 3 Girls 10&U 200 IM	3:22.09	Event 51 Girls 10&U 200 Free	2:57.99
Event 4 Boys 10&U 200 IM	3:16.29	Event 52 Boys 10&U 200 Free	2:54.29
Event 5 Girls 10&U 100 Free	1:21.09	Event 53 Girls 10&U 100 Back	1:33.09
Event 6 Boys 10&U 100 Free	1:19.79	Event 54 Boys 10&U 100 Back	1:31.19
Event 7 Girls 10&U 50 Back	42.99	Event 55 Girls 10&U 50 Breast	49.19
Event 8 Boys 10&U 50 Back	43.59	Event 56 Boys 10&U 50 Breast	50.49
Event 9 Girls 10&U 50 Fly	41.99	Event 57 Girls 10&U 50 Free	36.19
Event 10 Boys 10&U 50 Fly	42.79	Event 58 Boys 10&U 50 Free	35.69
Event 11 Girls 10&U 100 Breast	1:46.19	Event 59 Girls 10&U 100 Fly	1:40.09
Event 12 Boys 10&U 100 Breast	1:48.69	Event 60 Boys 10&U 100 Fly	1:41.69
Event 13 Girls 10&U 400 Free	6:19.69	SESSION 5: SUNDAY AFTERNOON	
Event 14 Boys 10&U 400 Free	6:24.59	Event 61 Girls 11 200 Free Relay	
SESSION 2: SATURDAY AFTERNOON		Event 62 Boys 11 200 Free Relay	
Event 15 Girls 11 200 Medley Relay		Event 63 Girls 11 200 Free	2:33.69
Event 16 Boys 11 200 Medley Relay		Event 64 Boys 11 200 Free	2:34.49
Event 17 Girls 11 200 IM	2:53.89	Event 65 Girls 11 100 Back	1:21.09
Event 18 Boys 11 200 IM	2:54.69	Event 66 Boys 11 100 Back	1:22.29
Event 19 Girls 11 100 Free	1:10.19	Event 67 Girls 11 200 Breast	3:22.39
Event 20 Boys 11 100 Free	1:10.29	Event 68 Boys 11 200 Breast	3:27.19
Event 21 Girls 11 50 Back	37.89	Event 69 Girls 11 50 Free	32.09
Event 22 Boys 11 50 Back	38.49	Event 70 Boys 11 50 Free	31.79
Event 23 Girls 11 200 Fly	3:12.49	Event 71 Girls 11 100 Fly	1:22.59
Event 24 Boys 11 200 Fly	3:12.49	Event 72 Boys 11 100 Fly	1:23.19
Event 25 Girls 11 100 Breast	1:33.69	Event 73 Girls 11 200 Back	2:55.69
Event 26 Boys 11 100 Breast	1:34.69	Event 74 Boys 11 200 Back	2:59.09
Event 27 Girls 11 50 Fly	35.69	Event 75 Girls 11 50 Breast	42.79
Event 28 Boys 11 50 Fly	36.69	Event 76 Boys 11 50 Breast	43.29
Event 29 Girls 11 400 Free	5:29.99	Event 77 Girls 11 400 IM	6:24.59
Event 30 Boys 11 400 Free	5:30.79	Event 78 Boys 11 400 IM	6:28.29

SESSION 3: SATURDAY PM

Event 31	Girls 12 200 Medley Relay	
Event 32	Boys 12 200 Medley Relay	
Event 33	Girls 12 200 Free	2:33.69
Event 34	Boys 12 200 Free	2:34.49
Event 35	Girls 12 100 Back	1:21.09
Event 36	Boys 12 100 Back	1:22.29
Event 37	Girls 12 200 Breast	3:22.39
Event 38	Boys 12 200 Breast	3:27.19
Event 39	Girls 12 50 Free	32.09
Event 40	Boys 12 50 Free	31.79
Event 41	Girls 12 100 Fly	1:22.59
Event 42	Boys 12 100 Fly	1:23.19
Event 43	Girls 12 200 Back	2:55.69
Event 44	Boys 12 200 Back	2:59.09
Event 45	Girls 12 50 Breast	42.79
Event 46	Boys 12 50 Breast	43.29
Event 47	Girls 12 400 IM	6:24.59
Event 48	Boys 12 400 IM	6:28.29

SESSION 6: SUNDAY PM

Event 79	Girls 12 200 Free Relay	
Event 80	Boys 12 200 Free Relay	
Event 81	Girls 12 200 IM	2:53.89
Event 82	Boys 12 200 IM	2:54.69
Event 83	Girls 12 100 Free	1:10.19
Event 84	Boys 12 100 Free	1:10.29
Event 85	Girls 12 50 Back	37.89
Event 86	Boys 12 50 Back	38.49
Event 87	Girls 12 200 Fly	3:12.49
Event 88	Boys 12 200 Fly	3:12.49
Event 89	Girls 12 100 Breast	1:33.69
Event 90	Boys 12 100 Breast	1:34.69
Event 91	Girls 12 50 Fly	35.69
Event 92	Boys 12 50 Fly	36.69
Event 93	Girls 12 400 Free	5:29.99
Event 94	Boys 12 400 Free	5:30.79

HAMILTON YMCA AQUATIC CLUB

ENTRY SUMMARY FOR: Long Course 12 & Under Silver/Bronze Championships
July 16-17, 2011

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)

MEET ENTRIES

Contact Person: _____

Phone Number: _____ Fax Number: _____

E-Mail Address: _____

TIMERS AND OFFICIALS

Contact Person (a parent, not a coach): _____

Phone Number: _____ E-Mail Address: _____

ENTRY FEE SUMMARY

Number of Individual Entries..... _____ X \$6.00 _____

Number of Relay Entries..... _____ X \$9.00 _____

Total Entry Fees:

Check Amount: \$_____

Make Check Payable To: HAMILTON YMCA AQUATIC CLUB

New Jersey Swimming Inc.

Official Meet Verification Form

Club Name: _____ Club Code: _____

Club E-Mail Address: _____

Head Coach's Name: _____

Club Address: _____



I hereby certify that all swimmers and coaches listed on the entry or hard copy with disk entries, for the New Jersey Swimming LC 12&U Silver/Bronze Championships to be held on July 16-17, 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 _____