

Name of Meet	<p align="center">NEW JERSEY SWIMMING LONG COURSE 12 & UNDER SILVER/BRONZE CHAMPIONSHIPS</p> <p align="center">Hosted by: HAMILTON YMCA AQUATIC CLUB</p>
Meet Sanction #	New Jersey Swimming Sanction #: NJS#071710LC
Date of Meet	Saturday and Sunday, July 17-18, 2010.
Location	Princeton University, DeNunzio Pool, an eight-lane, 25-meter facility with Colorado Timing. The depth at the competition pool is 9 feet or greater.
Meet Director	Ellen Mace, 609.558.0988, entries1@juno.com .
Meet Referees	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 Thursday, July 8, 2010. • 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 14th, 2010. 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 distance 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	This meet qualifies, as one of the two required long course meets to be eligible for the New Jersey LC Zone Championship Team or for New Jersey National Championship Reimbursement.
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. • Swimmers with Gold times may enter for time only (Non-Award Division).

	<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"> There will be only 10-and-Under and 11-12 Events. <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, per session. <p><u>Age at Meet</u></p> <ul style="list-style-type: none"> Age determination date for this meet is Saturday, July 17, 2010.
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.
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 four sessions on Saturday and three sessions on 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 17, 2010		Warm-Up	Start
Session 1	10 & Under Girls & Boys Events	7:10 a.m.	8:15 a.m.
Session 2	12/U 200's	End of Session #1 *	30 minutes *
Session 3	11-12 Girls and Boys Events	End of Session #2 *	60 minutes *
Session 4	11-12 Girls and Boys 400 m. Ind. Medley	End of Session #3 *	10 minutes *
Sunday, July 18, 2010		Warm-up	Start
Session 5	10 & Under Girls & Boys Events	7:10 a.m.	8:15 a.m.
Session 6	12/U 400 Freestyles	End of Session #5 *	30 minutes *
Session 7	11-12 Girls and Boys Events	End of Session #6 *	60 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.

	<ul style="list-style-type: none"> • Converted times from SCY or SCM are acceptable for this meet and for New Jersey JOs. • All entry times equal to or faster than the New Jersey Swimming Long Course Gold Time will be entered in the non-award division. Such entries will be for official time purposes only.
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 will result in the swimmer(s) being scratched from the session. • All distance events will have a positive check-in that will be posted at the scoring table or the control room.
Starts	"Fly-over" ("over-the-top") starts may be used.
Distance Events – 400m Freestyle and 400m Individual Medley	<ul style="list-style-type: none"> • Will be run fastest to slowest. • Heats will alternate between women and men and may be combined. • Swimmers must provide their own timer.
Heat-Limited Events	<ul style="list-style-type: none"> • The 400m Freestyle and 400m Individual Medley will be "Heat-Limited" Events. • The host team wants to accommodate all swimmers in these events. • Entries for these events should only be swimmers who have trained and are trying to make JOs. Swimmers who enter this event just "to make the distance" should not enter. • If the combined girls' and boys' entries total more than 64 swims, then cuts may be made. If necessary, cuts will first be made by gender over 32. If one gender has fewer than 32 entries, the other gender's number will be increased to the number that puts both entry numbers at 64. • Swimmers below the "heat limit" number will have the option of changing to another event. • Swimmers can stay in those "heat-limited" events with the possibility that scratches or the timeline will allow the opportunity to swim. In either case, if that swimmer is below the "heat limit" number and does not swim, he or she will have the entry fee refunded. • Refunds will be mailed to the team within seven (7) days of the conclusion of the meet.
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. • Relays will be pre-seeded and teams will report to the blocks on their own. • 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 non-Gold Division swimmers in each individual event. • No awards will be given to swimmers entered with Gold times. These swims will be for official times only.
Entry Fees	<ul style="list-style-type: none"> • Individual Entry Fee: \$5.00. • 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.

	<ul style="list-style-type: none"> • 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"> • All teams will be asked on the Meet Summary whether they want results mailed or e-mailed. • Results may be ordered from the scoring table at a cost of \$10.00.
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 72 hours 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 72 hours before the meet.
Participating Club Responsibilities	<ul style="list-style-type: none"> • Help with timing assignments (<u>mandatory</u>). Timing assignments will be e-mailed to participating clubs 72-hours 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	<i>NJ SWIM</i> will be the meet vendor.
Hotels	Holiday Inn, 100 Independence Way; 1.609.520.1200; ask for special rate. Staybridge Suites, 4375 Route 1; 1.609.951.0009; ask for sports group rate. 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.
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.

NEW JERSEY SWIMMING LONG COURSE 12 & UNDER SILVER/BRONZE CHAMPIONSHIPS
Saturday and Sunday, July 17-18, 2010

Remember: Gold Level Swimmers Can Enter In Their Gold Events in the Non-Awards Division

SATURDAY — ORDER OF EVENTS

SESSION #1 – 10 & Under Girls and Boys. Warm Up: 7:10 a.m. Start: 8:15 a.m.

Warm-ups will be split into two 30 minute sessions by teams. Sprint lanes available during last 10 minutes.

GIRLS Event Number	Silver Time Standard Slower Than	Event Name	Silver Time Standard Slower Than	BOYS Event Number
1	N/A	10 & Under 200m Medley Relay	N/A	2
3	2:57.99	10 & Under 200m Freestyle	2:59.99	4
5	1:33.09	10 & Under 100m Backstroke	1:34.89	6
7	49.19	10 & Under 50m Breaststroke	50.49	8
9	36.19	10 & Under 50m Freestyle	36.99	10
11	1:40.09	10 & Under 100m Butterfly	1:41.69	12

SESSION #2 – 12 & Under Girls and Boys 200m Stroke Events. Warm Up: Right after completion of Event 12. Open Pool. Start: 30 minutes after start of warm-ups.

GIRLS Event Number	Silver Time Standard Slower Than	Event Name	Silver Time Standard Slower Than	BOYS Event Number
13	2:55.69	12 & Under 200m Backstroke	2:59.59	14
15	3:22.39	12 & Under 200m Breaststroke	3:27.19	16
17	3:12.49	12 & Under 200m Butterfly	3:12.49	18

SESSION #3 – 11-12 Girls and Boys. Warm Up: Right after completion of Event 18. Start: 60 minutes after completion of warm-ups.

Warm-ups will be split into two 30 minute sessions by teams. Sprint lanes available during last 10 minutes.

GIRLS Event Number	Silver Time Standard Slower Than	Event Name	Silver Time Standard Slower Than	BOYS Event Number
19	N/A	11-12 200m Medley Relay	N/A	20
21	2:33.69	11-12 200m Freestyle	2:34.49	22
23	1:21.09	11-12 100m Backstroke	1:22.29	24
25	42.79	11-12 50m Breaststroke	43.29	26
27	32.09	11-12 50m Freestyle	32.29	28
29	1:22.59	11-12 100m Butterfly	1:24.09	30

SESSION #4 – 11-12 Girls and Boys 400m Individual Medley. Warm Up: Right after completion of Event 30. Open Pool. Start: 10 minutes after start of warm-ups. **Will be swum fastest to slowest, alternating girls and boys. Swimmers must provide their own timer.

GIRLS Event Number	Silver Time Standard Slower Than	Event Name	Silver Time Standard Slower Than	BOYS Event Number
31	6:24.59	11-12 400m Individual Medley**	6:28.29	32

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SUNDAY — ORDER OF EVENTS

SESSION #5 – 10 & Under Girls and Boys. Warm Up: 7:10 a.m. Start: 8:15 a.m.

Warm-ups will be split into two 30 minute sessions by teams. Sprint lanes available during last 10 minutes.

GIRLS Event Number	Silver Time <u>Standard</u> Slower Than	Event Name	Silver Time <u>Standard</u> Slower Than	BOYS Event Number
33	N/A	10 & Under 200m Freestyle Relay	N/A	34
35	3:22.09	10 & Under 200m Individual Medley	3:26.89	36
37	1:21.09	10 & Under 100m Freestyle	1:22.69	38
39	42.99	10 & Under 50m Backstroke	43.89	40
41	41.99	10 & Under 50m Butterfly	43.19	42
43	1:46.19	10 & Under 100m Breaststroke	1:49.99	44

SESSION #6 – 12 & Under Girls and Boys 400m Freestyle. Warm Up: Right after completion of Event 44. Open Pool. Start: 30 minutes after start of warm-ups.

GIRLS Event Number	Silver Time <u>Standard</u> Slower Than	Event Name	Silver Time <u>Standard</u> Slower Than	BOYS Event Number
45	6:19.69	10 & Under 400m Freestyle**	6:24.59	46
47	5:29.99	11-12 400m Freestyle**	5:30.79	48

** Will be swum fastest to slowest, alternating girls and boys. Swimmers must provide their own timer.

SESSION #7 – 11-12 Girls and Boys. Warm Up: Right after completion of Event 48. Start: 60 minutes after completion of warm-ups.

Warm-ups will be split into two 30 minute sessions by teams. Sprint lanes available during last 10 minutes.

GIRLS Event Number	Silver Time <u>Standard</u> Slower Than	Event Name	Silver Time <u>Standard</u> Slower Than	BOYS Event Number
49	N/A	11-12 200m Freestyle Relay	N/A	50
51	2:53.89	11-12 200m Individual Medley	2:55.59	52
53	1:10.19	11-12 100m Freestyle	1:10.49	54
55	37.89	11-12 50m Backstroke	38.49	56
57	35.69	11-12 50m Butterfly	36.69	58
59	1:33.79	11-12 100m Breaststroke	1:34.69	60

HAMILTON YMCA AQUATIC CLUB

ENTRY SUMMARY FOR: Long Course 12 & Under Silver/Bronze Championships
July 17-18, 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)

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 \$5.00 _____

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 17-18, 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 _____