



SCAR FAST TIMES

At LYNDHURST HIGH 2019

November 29-December 1, 2019

Hosted by **Scarlet-NJW Swim Team**

Held under the sanction of USA Swimming

<u>Meet Sanction #</u>	NJ Swimming Sanction – NJS112919SC Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.		
<u>Date of Meet:</u>	November 29-December 1		
<u>Location:</u>	Lyndhurst Community Pool: 400 Weart Road Lyndhurst, NJ, 07070 The pool is attached to Lyndhurst High School.		
<u>Facility Info:</u>	The Lyndhurst Community Pool is a 6 lane 25 yard pool, with Colorado Timing. Entry to the facility will be via the main entrance to Walsh Gym. All swimmers, coaches, and parents are to enter pool via the side entrance from the lobby area. There is gallery seating for all participants and spectators. The depth of the pool at the block end is 7 feet; the depth of the pool at the turn end is 4 feet. ABSOLUTELY NO CHAIRS OR BLANKETS WILL BE ALLOWED IN THE POOL AREA.		
<u>Pool Certification Statement:</u>	The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement, and refers to the pre-certification of the pool length measurement in regards to National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C(4) does not impact on the validity of the times achieved in this pool. Times swum at this meet will in fact be entered in SWIMS and are eligible for qualifying for any other USA Swimming sanctioned competition.		
Host Team Contact:	Erin Miller	Phone 201-304-1842	Email: emmalex2@aol.com
Meet Director:	Erin Miller	Phone: 201-304-1842	Email: emmalex2@aol.com
Meet Referee:	Dan Bibb	Phone: 201-390-5278	Email: danielbib@aol.com
Administration Official:	Dan Bibb	Phone: 201-390-5278	Email: danielbib@aol.com
Safety Marshall:	Michelle Limbacher	Phone: 201-562-7942	Email: swimby@optonline.net
Entry Coordinator:	Lauren Syre	Phone: 201-410-4691	Email: lauhal@yahoo.com
Entries Open:	October 4, 2019 at 6:00 am		
Entry Deadline:	Friday, November 15, 2019		
Swimmer Age:	Age for this meet is calculated as of November 29, 2019		
Entry Fees:	<ul style="list-style-type: none"> Individual Entry Fee (non-1000/1650 events): \$5.00 Entry fee for 1000 and 1650 events: \$12.00 Relay Entry Fee: \$9.00 		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> This meet will be run as a timed final meet. Sessions include Open, 12/U, 11-12, 10/U, 9/10, 8/U events 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 except 12/U swimmers will be marshaled 		
Entry Limits:	Daily: (3) Individual events (2) Events Friday (1) Relay	Meet: (8) Individual Events (2) Relays	

Checks Payable To:	Make checks payable to: "NJ WAVE SWIM TEAM"
Email Entry Files To:	Email entries to: Lauhal@yahoo.com
Mail Checks/Reports	Mail entry summary, signed NJ Swimming waiver, and check to: 29 Col Conklin Dr. Stony Point, N.Y. 10980 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.

Order of Events

Friday – Nov. 29, 2019

**SESSION 1: OPEN
Warm –Up: 4:00pm
Meet Starts: 5:05pm**

Open- 12/U Events

Girls Evt. #	Age Group Event	Boys Evt. #
1	12/under 400 yd. IM	2
3	OPEN 400 yd. IM	4
5	12/ under 500 yd. Freestyle	6
7	OPEN 500 yd. Free	8

Saturday – Nov. 30, 2019

**SESSION 2: OPEN
Warm up: 7:00am
Meets Starts: 8:05am**

Open Events

Girls Evt. #	Age Group Event	Boys Evt. #
9	OPEN 200 yd. Free	10
11	OPEN 200 yd. Breast	12
13	OPEN 100 yd. Back	14
15	OPEN 200 yd. Fly	16
17	OPEN 50 yd. Free	18

**Session 3
Warm –Up: TBA
Meet Starts: TBA**

19	OPEN 1000 yd. Free	20
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SESSION 4: 12/under

Warm –Up: TBA

Meet Starts: TBA

Events for 12/under

Girls Evt. #	Age Group Event	Boys Evt. #
21	11-12 100 yd. Breast	22
23	10/u 100 yd. Breast	24
25	8/u 25 yd. Breast	26
27	12/u 200 yd. Back	28
29	9-10 50 yd. Back	30
31	8/u 25 yd. Back	32
33	11-12 100 yd. Free	34
35	10/u 100 yd. Free	36
37	8/u 25 yd. Free	38
39	12/u 200 yd. Butterfly	40
41	9-10 50 yd. Butterfly	42
43	8/u 25 yd. Butterfly	44
45	12/u 200 yd. IM	46

Sunday – Dec. 1, 2019**SESSION 5: OPEN**

Warm –Up: 7:00 a.m.

Meet Starts: 8:05 a.m. Start

Open Events

Girls Evt. #	Age Group Event	Boys Evt. #
47	OPEN 200 yd. IM	48
49	OPEN 200 yd. Backstroke	50
51	OPEN 100 yd. Butterfly	52
53	OPEN 100 yd. Free	54
55	OPEN 100 yd. Breaststroke	56
57	OPEN 100 yd. IM	58

Session 6: OPEN

Warm-up: TBA

Meet Starts: TBA

59	OPEN 1650 yd. Freestyle	60
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SESSION 7: 12/under

Warm –Up: TBA

Meet Starts: TBA

Events for 12/under

Girls Evt. #	Age Group Event	Boys Evt. #
61	11-12 100 yd. Butterfly	62
63	10/u 100 yd. Butterfly	64
65	8/u 50 yd. Butterfly	66
67	11-12 100 yd. Back	68

69	10/u 100 yd. Back	70
71	8/u 50 yd. Back	72
73	12/u 200 yd. Breast	74
75	9-10 50 yd. Breast	76
77	8/u 50 yd. Breast	78
79	12/u 100 yd. IM	80
81	9-10 50 yd. Free	82
83	8/u 50 yd. Free	84
85	12/u 200 yd. Free	86

Meet Schedule:

Meet Schedule:

Friday – Nov. 29, 2019		Warm-up	Start
Session 1	400 IM & 500 Free	4:00pm	5:05pm
Saturday – Nov. 30, 2019		Warm-up	Start
Session 2	OPEN	7:00am	8:05am
Session 3	OPEN 1000 Free (limited to 3 heats)	TBA	TBA
Session 4	12/under	TBA	TBA
Sunday – Dec. 1, 2019		Warm-up	Start
Session 5	OPEN	7:00am	8:05am
Session 6	OPEN 1650 Free (limited to 3 heats)	TBA	TBA
Session 7	12/under	TBA	TBA

Scoring:	No team scoring
Awards:	<ul style="list-style-type: none"> • Ribbons will be awarded for the top 6 swimmers in all individual events. • Ribbons will be given for the top 3 relays.
Starts:	The host club will determine if "overhead/fly-over" starts will be used after a time line has been produced. This information will be published in the pre-meet information.
Admissions and Programs:	<ul style="list-style-type: none"> • Admission will be \$6.00 per session. Cost of Program will be \$4.00 per session.
Concessions:	Food Concessions will be available in the Lobby,
Vendor:	A sports vendor will be selling merchandise at the meet.

Entry Information:	<p>In accordance with NJS policy, team entries may be submitted by E-mail to Lauhal@yahoo.com. All entries must be Hy-Tek program entries as an attached file to an e-mail.</p> <ul style="list-style-type: none"> ▪ The meet entry coordinator will respond to e-mails entries within 24 hours. If you do not receive an e-mail response within 24 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. ▪ An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each entry. ▪ Incomplete entries will not be accepted. ▪ Deck entries will not be accepted. ▪ Teams entered will be posted on the host club website.
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 short course yards.
Relays:	<p>Coaches must turn in relay cards prior to that relay swimming, listing correct swimmers names and correct order.</p>
Distance Events:	<ul style="list-style-type: none"> • The 1000 and 1650 Freestyle events may each be limited to the fastest 3 heats of entrants. • Heats may combine genders in order to save time and/or allow more swimmers to participate. • Heats will be swam fastest to slowest alternating girls and boys heats. • Each participant must provide their own counter and timer
Heat Limited Events:	<ul style="list-style-type: none"> • The 1000 and 1650 Freestyle events may each be limited to the fastest 3 heats of entrants. • Heats may combine genders in order to save time and/or allow more swimmers to participate. • Swimmers whose seed times place them below the heat limitation will have the option to pick another event or remain in the event and possibly compete because of day-of-meet scratches. • Refunds which are due to swimmers for switching events or not getting to compete in the heat-limited event will be processed within one week of the meet. • If the entry limit is exceeded for these events, participating teams will be notified and psych sheets for these events will be posted on the meet web site no later than one week before the meet start.
Swimmer Eligibility:	<ul style="list-style-type: none"> • No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. • All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form. • There will be 8 & under, 9-10, 10 & Under, 12/under and Open age groups. • No time standards will be used for this meet. • New Jersey Swimming only allows swimmers to compete in 3 individual events per day.
Adaptive Provisions:	<p>USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).</p>
Host Club Responsibilities:	<p>The host club will provide a single timer in each lane throughout the meet.</p> <p>The entry coordinator will create a warm-up schedule and timing assignments that will be fair and equal to all teams. The warm-up schedule and team timing assignments will be e-mailed to all participating clubs and posted on the website: www.newjerseywave.org no later than 1 week before the meet.</p>

Participating Club Responsibilities:	<ul style="list-style-type: none"> Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.newjerseywave.org 1 week prior to the meet. Participating club parents must stay off the pool deck except for timing assignments. Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary. <p>Participating clubs must provide their own timer for the 1000 and 1650 events.</p>
Officials:	<ul style="list-style-type: none"> Swimming officials from participating teams should contact the meet referee, Dan Bibb danielbib@aol.com with the sessions when they are able to help. Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee may check cards. All officials must wear the standard white and blue uniform. Officials will be required to work the entire session and will receive free admission.
Coaches Eligibility:	<ul style="list-style-type: none"> All coaches “on the deck” must be currently registered coach members of USA Swimming. Verification can be in the form of a current USA Swimming membership card or Coaches Pass available thru the USA swimming Deck Pass App. Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. All Coaches must have some form of USA coaching credential verification with them at all times.
Meet Format Waiver:	<ul style="list-style-type: none"> This meet will be run in accordance with current USA Swimming Rules. <p>The host club has the right to change the format of the meet with the approval of the sanctioning Chairman and either the Age Group or Senior Chairman. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include:</p> <ul style="list-style-type: none"> To allow more swimmers to swim. To conform to facility capacity limits. To condense the meet into smaller time frame. <p>Some of the changes that can be made: 1) change estimated start times, 2) combine sessions and 3) limit the number of swimmers.</p>
Warm-up Procedures:	<p>New Jersey Swimming Warm-up and Safety Guidelines:</p> <ul style="list-style-type: none"> 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. All swimmers are entitled to a fair and comparable warm-up. All teams MUST get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes. All swimmers must enter the pool from the starting end of the pool. Uniformed and designated meet marshals will monitor warm-ups. All general warm-up lanes will swim in a counterclockwise direction. The warm-up sessions will be two 30-minute warm-ups divided by teams. There will be designated sprint lanes the last 5 minutes of each warm-up session. Warm-up schedules will be e-mailed and posted on the website 1 week prior to the start of the meet.
Check-In:	<p>All check-in sheets must be turned into the control 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. Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</p>
No Show Policy	<p>No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer’s maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.</p>
Internet Website Posting:	<p>Meet information, Hy-Tek .HYV Event file and results will be posted on the New Jersey Swimming website. www.njswim.org</p>
Results:	<ul style="list-style-type: none"> Results will be emailed to all participating teams. Result will be posted on the New Jersey website: www.njswim.org

USA-S Racing Start Certification Statement:	Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
USA-S Deck Change Policy Statement:	Deck Changes are prohibited.
USA-S Drone Policy Statement:	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Tech Suit/Swimwear Policy:	Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or Approved competition. “Tech suits” are not permitted at this meet for 12 & under swimmers. “Tech Suits” are defined, as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. A list of restricted suit can be found on the NJ Swimming Website; www.njswim.org
Meet Requirement Statement:	In order to be eligible for the NJ Swimming Zone Championship Team or for NJ Swimming Athlete Travel Grants for Sectional and National level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts toward those participation requirements.
Hotel:	<ul style="list-style-type: none"> • Courtyard by Marriott, 1 Polito Ave, Lyndhurst, NJ 07071 866-573-4235 • Hilton Meadowlands, 2 Meadowlands Plaza, East Rutherford, NJ 07073 866-678-6350 • Quality Inn Meadowlands, 10 Polito Ave, Lyndhurst, NJ 07071 866-925-4159 • Extended Stay America 300 Rt. 3E, East Rutherford, NJ 07073 866-767-0278
Directions:	Rt. 17 South – to Route 3 W for ½ mile – Get off at Ridge Rd. exit, turn left on Ridge Rd. Travel for a 2 miles, take a Right on Forest, pool is approx. 1 mile on the right – attached to Lyndhurst High School.



NEW JERSEY SWIMMING

SCAR FAST TIMES AT
LYNDHURST HIGH 2019
November 29-December 1, 2019

Waiver

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, NJ Swimming, Scarlet-NJW Swim Team and their staffs 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 are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form for the SCAR FAST TIMES meet on November 29-December 1, 2019 are registered members of USA Swimming. All USA Swimming members are correctly entered according to; 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 USA 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.

Also I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

Club Name/Club Code _____

Signature of Coach and/or Parent/Guardian _____

Telephone _____ E-Mail Address _____

Name(s) of Coach(es): _____

Name/E-Mail/Phone Number of person to contact regarding this entry: _____

NAME/E-Mail/Phone Number of person to contact regarding timers/officials: _____

Table with 4 columns: Entry Fee Summary, Individual event entries @ \$4.00 =, Individual 1000/1650 Entries @ \$11.00, Relay event entries @ \$8.00 =, Total: \$

MAKE CHECKS PAYABLE TO: "NJ WAVE SWIM TEAM"