# 2019 BAC December LC Challenge

 Hosted by Berkeley Aquatic Club

*(Held under the sanction of USA Swimming.)*

| Meet Approval Info: | NJ Swimming Approval # - NJSAP122119SC  
Time Trials Approval #- NJSAP122119LC-TT  
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. |
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Date of Meet:</td>
<td>Saturday, December 21st, 2019</td>
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</tbody>
</table>
| Location: | Berkeley Aquatic Center of Excellence  
629 Central Avenue  
New Providence, NJ 07974 |
| Facility Info: | The pool is Olympic-sized: 25 yards by 50 meters and utilizes 10 lanes in Short Course or Long Course competition layout. The pool uses pedestal-style blocks with non-turbulent lane lines and an Omega Timing System. Under Long Course layout, the depth of the pool at the starting end is 6'9” and at the turning end is 5 feet. Under Short Course layout, the depth of the 10 competition lanes is 6'9”. There are an additional 12 Short Course lanes for use during the general warm-up period that vary in depth from 5” to 6' 9". During Short Course competition, there shall be a two-lane buffer and 10 lanes available for warm-up and warm-down. There is also one 3 lane by 25 yard auxiliary pool for warm-up and warm-down. (This pool is only open during Long Course meets). The depth of the auxiliary pool ranges from 6’3” to 4’. There is bleacher seating on deck for up to 250 athletes. Additional bleacher seating is available above the pool deck for up to 300 spectators.  
Parking is available in the facility lot ONLY. Parking in the lots of any surrounding businesses is strictly prohibited unless otherwise directed. |
| Pool Certification Statement: | The competition course has been certified in accordance with 104.2.2C(4). |
| Host Team Contact: | Chris Rattray  
Email: chrisr@berkeleyaquaticclub.com |
| Meet Director: | Allison Nash  
Phone: 973-615-0023  
Email: allison@berkeleyaquaticclub.com |
| Meet Referee: | Zhongxu Lu  
Email: pdl2971@hotmail.com |
| Administration Official: | Allison Nash  
Phone: 973-615-0023  
Email: allison@berkeleyaquaticclub.com |
| Safety Marshall: | Maureen Genderson  
Phone: 973-222-2494  
Email: safety_marshals@berkeleyaquaticclub.com |
| Entry Coordinator: | Allison Nash  
Phone: 973-615-0023  
Email: bacmeetentries@berkeleyaquaticclub.com |
| Entries Open: | Tuesday, November 12th, 2019 at 6 am |
| Entry Deadline: | Wednesday, December 4th, 2019 |
| Swimmer Age: | Age for this meet is calculated as of December 21st, 2019 |
| Entry Fees: (non-refundable) | Individual Events: $7.00  
Distance Events: $14.00  
Relay Events: $11.00 |
| Meet Course: | Long Course Meters (LCM) |
| Meet Format: | This Meet will be run in accordance with current USA Swimming Rules.  
This Meet will be run as a timed-final Meet.  
This is a one-day, single-session (Open) Meet.  
This Meet will be deck seeded with coaches checking in/scratching all swimmers. With the potential exception of 50’s, swimmers will report directly to their lanes without marshalling.  
**Time Standards that will be used:**  
There are no time standards for this Meet.
Time Trials

This meet is offering a Time Trial session following the Timed Final session. In order to be able to compete in the Time Trial session, swimmers must have swum in the event during the Timed Final session.

- Entries for this session may be e-mailed to bacmeetentries@berkeleyaquaticclub.com prior to the meet or the swimmer may sign-up in the control room during the meet.
- The entry fee for these entries will be $7.00 per splash payable in the control room.
- This session may be limited due to time constraints. Entries will be accepted on a first-come, first served basis.
- Events may be combined.
- Time trials count towards the maximum of five (5) events total for the meet.

Entry Limits:
Swimmers may swim five (5) individual events: Three (3) events in the timed final session and two (2) events in the Time Trial Session.

Checks Payable To: Blue Streak Aquatic

Mail Checks/Reports Berkeley Aquatic Club – BAC December LC Challenge
629 Central Avenue
New Providence, NJ 07974

Email Entry Files To: bacmeetentries@berkeleyaquaticclub.com

2019 BAC December LC Challenge
Order of Events

Session 1 (Saturday): Open
Warm-Up: 9:00 AM
Meet Starts: 9:45 AM

<table>
<thead>
<tr>
<th>Event #</th>
<th>Event</th>
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<tbody>
<tr>
<td>#1</td>
<td>400 Medley Relay</td>
</tr>
<tr>
<td>#2</td>
<td>400 Freestyle Relay</td>
</tr>
<tr>
<td>#3</td>
<td>400 IM</td>
</tr>
<tr>
<td>#4</td>
<td>200 Freestyle</td>
</tr>
<tr>
<td>#5</td>
<td>100 Breaststroke</td>
</tr>
<tr>
<td>#6</td>
<td>100 Backstroke</td>
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<tr>
<td>#7</td>
<td>50 Freestyle</td>
</tr>
<tr>
<td>#8</td>
<td>200 Butterfly</td>
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<tr>
<td>#9</td>
<td>50 Backstroke</td>
</tr>
<tr>
<td>#10</td>
<td>100 Freestyle</td>
</tr>
<tr>
<td>#11</td>
<td>200 Backstroke</td>
</tr>
<tr>
<td>#12</td>
<td>50 Breaststroke</td>
</tr>
<tr>
<td>#13</td>
<td>100 Butterfly</td>
</tr>
<tr>
<td>#14</td>
<td>200 Breaststroke</td>
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<tr>
<td>#15</td>
<td>50 Butterfly</td>
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<tr>
<td>#16</td>
<td>200 IM</td>
</tr>
<tr>
<td>#17</td>
<td>400 Freestyle</td>
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<tr>
<td>#18</td>
<td>200 Freestyle Relay</td>
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<tr>
<td>#19</td>
<td>800 Freestyle</td>
</tr>
<tr>
<td>#20</td>
<td>1500 Freestyle</td>
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</tbody>
</table>
Meet Schedule
(TENTATIVE)
Doors Open at 4:30 PM

Saturday, December 21st

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Warm-Up</th>
<th>Start</th>
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<tr>
<td>Open</td>
<td>Approx. 9:00 AM</td>
<td>Approx. 9:45 AM</td>
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FINALIZED MEET SCHEDULE with starting times for all sessions will be determined after entries are received and a timeline created.

| Scoring: | This Meet will not be scored. |
| Awards: | There will not be awards at this Meet. |
| Starts: | ‘Fly-over’ or ‘Over-the-top’ starts will NOT be used. |
| Admissions and Programs: | Admission will be $5.00 per session. Heat Sheets (and Results) will be available for free on both Meet Mobile and Live Results. Other arrangements shall be made in the event of technical difficulties. |
| Concessions: | Water shall be available for sale throughout the Meet. It is possible that food trucks or other vending options may be available throughout the Meet. |
| Vendor: | The on-site California Beach Hut may be open during competition hours. (California Beach Hut is located just off of the main lobby.) |
| Locker Rooms: | Parents, Coaches, and Officials are NOT permitted in the athlete locker rooms at any time. All other restrooms are for adults, including Coaches & Officials ONLY! Please make sure that you are only using the facility marked for you. |
| Entry Information: | All entries will be accepted in the order received, regardless of LSC affiliation, as space allows. Each session may be limited to no more than 200 swimmers and/or 2 ½ hours. Please make the subject of your email: BAC December LC Challenge. All entries must be electronic entries, importable into Meet Manager as an attached file to an email. The meet entry coordinator will respond to emails within 48 hours. If you do not receive an email response within 48 hours, assume that your email has not been received. It is the e-mailer’s responsibility to make sure that the entry coordinator receives the email. If you do not receive an email response, you must contact the entry coordinator by phone. Accuracy of seed times is essential. Incomplete entries will not be accepted. Deck entries will not be accepted. No phone or faxed entries will be accepted. New Jersey Swimming does not allow “NT” or “No Time” to be used as an entry time. Entries must be submitted in LC Meters only but may be converted from SC Yards. No phone or faxed entries will be accepted. If the meet does not fill by the entry deadline, the meet director may, at her discretion, accept entries beyond the stated deadline. Incomplete Entries will not be accepted. Deck Entries will not be accepted. An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each entry and must be submitted before the start of the meet. The host club reserves the right to scratch swimmers/teams that have not paid their entry fees and turned in their waiver forms by this time. |
| Distance Events: | The 1500 and 800 Freestyle events will be run fastest to slowest. Swimmers in the 1500 and 800 Freestyle events are responsible to provide one timer and a counter if desired. (These events will be run with electronic timing and a single stopwatch.) |
Heat Limited Events: The 1500, 800 and 400 Freestyle events may be heat limited (at the Meet Director’s discretion) in order to meet session duration limitations.

Refunds will be given back to swimmers that are below the heat limit number and do not swim. Such refunds will be available from the control room during the Meet. Swimmers or Coaches will sign for their refund. It is the responsibility of the swimmer/coach to collect their refund during the meet. Once the meet is over no more refunds will be given.

Swimmer Eligibility: No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

All swimmers must be included in a team’s official meet roster in the meet database to be eligible to participate in this swim meet in any event including relays.

Unattached Swimmers. All transfer swimmer(s) must swim unattached for 120 consecutive days from their last attached open competition. Swimmers must use a New Team Alpha Code UN or U as their team affiliation. All unattached swimmers must be listed on the team’s official waiver/verification form.

Adaptive Provisions: 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).

Host Club Responsibilities: The host club will provide 50% of the volunteers throughout the course of the meet.

The host club will have stopwatches available for volunteers helping to time.

The host club will e-mail all club entries back to the participating clubs.

The host club will 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 and posted on the team website no later than 72 hours before the start of the meet.

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 team website no later than 72 hours before the start of the meet.

Participating Club Responsibilities: Participating clubs must help with timing assignments. Visiting team timers must be capable of operating a stopwatch and either a button or be able to record times on a clipboard.

Participating clubs should help with officiating whenever possible. Please notify the Meet Referee in advance if possible.

Participating club parents/guests must stay in areas designated for spectators ONLY. This applies to both the pool deck area as well as the facility at large. Exceptions to this are those spectators/guests who are timing or working as officials who will be permitted on the pool deck.

Officials Conduct & Eligibility: This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP).

Make sure all interactions with athletes are observable and interruptible.

Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.

Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help.

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 Conduct & Eligibility: | This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP).  
Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.  
As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needing, and cupping.  
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 Waiver Format: | 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:  
- To allow more swimmers the opportunity to swim.  
- To conform to facility capacity limits or for facility safety concerns.  
- To condense the meet into smaller time frame.  
Some of the changes that can be made: 1) add a session, 2) heat limit distance events and, 3) condense sessions. |
| Warm-Up Procedures: | The sanctioning, and/or age group, and/or senior chairman must approve all new warm-up schedules.  
New Jersey Swimming Warm-up and Safety Guidelines:  
Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines [here](https://www.teamunify.com/SubTabGeneric.jsp?team=eznjls&stabid=69121).  
Pending the finalized Meet Schedule, there will be one 40 minute warm up period before each session. Each session will begin 5 minutes after the conclusion of the warm-up period. For the first 30 minutes, teams will be assigned lanes for general warm-ups. After 30 minutes, Lanes 1 and 10 will become Pace lanes and lanes 2 and 9 will become Sprint lanes. At the discretion of the Meet Referee, lanes 3 and 8 may also become Sprint lanes. The remaining lanes will be general warm-up available to all teams without Sprint or Pace.  
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.  
Entry/Exit Into/Out of Pool:  
All swimmers must enter the pool from the starting end of the pool.  
All swimmers must enter feet first.  
Swimmers must exit the pool at the start/turn ends, not on the side of the pool.  
New Jersey Swimming officials will monitor warm-ups. Uniformed and designated meet marshals will also monitor warm-ups.  
All general warm-up lanes will swim in a counterclockwise direction. When all teams are assigned their own warm-up lanes, (without any team sharing a lane with another team) teams can run their own warm-ups without Sprints or Pace. |
**Auxiliary Pool**
The Auxiliary Pool shall be closed throughout the duration of the Meet. (There will be multiple short course lanes available in the main pool throughout all Meet sessions for additional warm-up and warm-down needs.)

PLEASE NOTE: Swimmers are prohibited from using and ‘gear’ or ‘equipment’ or swimming aids during any warm-up or warm-down without formal approval from the Meet Referee in either the competition pool or the warm-up/warm-down pool.

**Check-In:**
All check-in sheets are to be turned into the control room 30 minutes before the start of each session. Swimmers that are swimming are to have a line through their name. Relay Cards are also due at this same time.

Swimmers that are being scratched are to have their names circled with a “SCR” next to the circle.

Swimmers scratching a single event are to have a line through his/her name and the event number circled with “SCR” next to the circle.

Failure to follow these procedures may result in the swimmer(s) being scratched from the session.

**No Show Policy:**
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.

**Relays:**
Relay Cards will be given to each team.

The relay cards, with correct names, are due 30 minutes prior to the start of the respective session.

The host club is responsible for verifying the correct names behind the blocks before relays are swum. Changes can be made with the head or lane timer. NO CHANGES will be made after that time period.

Relays may contain swimmers who are not swimming individual events. However, those swimmers must be current USA Swimming members and must be entered in the Team Manager file with the rest of the swimmers, just swimming no events.

As Mixed Relays, teams may enter their Relays as a Boys Relay, a Girls Relay or a Mixed Gender Relay for the applicable age groups.

**Internet Website Posting and Results:**
The meet announcement, Hy-Tek Event List (.HYV file), and final meet results will be posted on New Jersey Swimming website [www.njswim.org](http://www.njswim.org).

The following will be posted on the Berkeley Aquatic Club Website [www.berkeleyaquaticclub.com](http://www.berkeleyaquaticclub.com)

**Before the meet, we will post:**
Meet Announcement
Downloadable Hy-Tek Events List (.HYV file)
Psych Sheets
Updated Meet Schedule
Warm-Up Schedule and Team Warm-Up Assignments
Team Timing Assignments

**During the meet, the following will be available:**
Interim results will be available on Meet Mobile and Live Results with running Results and posted on Deck as available after approved.

**After the meet, we will post (www.berkeleyaquaticclub.com):**
Downloadable Results (.CL2 file), and
Printable Results (.PDF file)

Results will also be available on the New Jersey Swimming Website ([www.njswim.org](http://www.njswim.org)) soon after the conclusion of the Meet.
| **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. |
| **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. In addition, volunteers and spectators cannot use any of the above on deck. |
| **USA-S Deck Change Policy Statement:** | Deck Changes are prohibited. |
| **Minor Athlete Abuse Prevention Policy (“MAAPP”):** | All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. |
| **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 Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (e.g., kinesio tape) on any part of the body. |
| **Directions:** | **Address:**  
629 Central Avenue  
New Providence, NJ 07974  

**Directions:**  

**From 78 East**  
Take Exit 44 toward New Providence/County Highway 527. At the end of the exit ramp turn left onto County Road 527/Glenside Avenue. After ½ mile, turn Left onto Glenside Road. Glenside Road will become South Street/County Highway 647. Turn Left onto Central Avenue. Berkeley Aquatic will be 0.3 miles after this turn on the right-hand side of the road.  

**From 78 West**  
Take Exit 43 and merge onto Diamond Hill Road/County Highway 655. In a little less than a mile, turn right onto Mountain Avenue/County Highway 622. Again, in a little less than a mile, turn left onto South Street/County Highway 647. In 0.8 miles, turn left onto Central Avenue. Berkeley Aquatic will be 0.3 miles after this turn on the right-hand side of the road.  

**From Interstate 287**  
Take Exit 21 A (Route 78 East/New York City). Follow ‘From 78 West’ directions above. |
| **Hotels:** | **Best Western PLUS Murray Hill Hotel and Suites**  
535 Central Avenue  
New Providence, NJ 07974  
(908) 665-9200  
(Reference ‘Berkeley Aquatic Club’ for Negotiated Rate.) |
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, Berkeley Aquatic Club, Blue Streak Aquatic 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 2019 BAC Monday Mayhem Meet, 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): ____________________________________________

Entry Fee Summary: _____________________ number of Events x $7 = $________

_______________________ number of Distance Events x $14 $________

_______________________ number of Relay Events x $11 $________

Total = $________

Make checks payable to: Blue Streak Aquatic