

**SJAC DISTANCE CHALLENGE
JANUARY 4 AND 5, 2020**

MEET HOST	SOUTH JERSEY AQUATIC CLUB		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 2019 L <i>In granting this 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 this event.</i>		
MEET DIRECTOR	PETER HOLCROFT	E-MAIL: pholcroft@nlaquatics.com	PHONE: 609 744 6316
LOCATION	Pool name NL AQUATIC CENTER Street address 333 PRESTON AVE. City, state and zip VOORHEES, NJ 08043 Day of meet ONLY emergency phone 609744 6316		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 10 lanes for competition, a Colorado timing system with a 14 line scoreboard and Competitor lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 250 and spectator seating for 350. Parking 500 Hospitality Yes Snack bar Yes		
POOL CERTIFICATION	The competition course <input type="checkbox"/> has <input checked="" type="checkbox"/> has not been certified in accordance with 104.2.2C(4)		
WATER DEPTH	The depth of the water at the start end of the pool is 6.7 feet and at the turn end is 4.7 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	OCTOBER 24, 2019		
ENTRY DEADLINE	DECEMBER 18, 2019 at 11:59 PM		
ENTRY FEES	Individual Events: \$5.00	Relay Events: \$10.00	
ENTRY LIMITs	2 Individual Events per day (excluding relays).	Relays per day	MEET ENTRY LIMIT: 2
ELIGIBILITY	All entrants must be registered members of USA Swimming. Age <i>as of the first day of the meet</i> determines eligibility. This meet is open to ALL USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration (athletes only) <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet. Each swimmer must be registered through his/her LSC prior to competition.		
ENTRY PROCEDURES	<ul style="list-style-type: none"> • The Meet Director reserves the right to limit entries, events or heats in order to conform to MA/USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund. • Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded. NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted. • Entries must be submitted electronically in a format compatible with Hy-Tek or Touchpad meet management software. • All entries should be submitted via e-mail, subject YOUR TEAM NAME – MEET NAME entry. Please include the following information in the body of the e-mail: Meet Name, Team Name, Number of Individual Entries, Number of Relay Entries and Team Meet Entry Person's Contact Information • Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's TM Lite for entry submission. Manual (paper) entries are subject to a \$15 surcharge. Teams with five or more swimmers who submit manual entries are subject to an additional \$25/swimmer surcharge. These fees are due at the time of entry submission. A manual entry form can be found here. • FINAL entry payments and any necessary reports must be mailed or e-mailed to the entry chair by December 26, 2019. Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	JUSTIN ALSOBROOKS	PHONE #: 732 232 9563 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	ENTRIES@JUSTINTIMING.COM		
MAIL CHECKS/ REPORTS	SOUTH JERSEY AQUATIC CLUB; 333 PRESTON AVE, VOORHEES NJ 08043		
CHECKS PAYABLE TO	SOUTH JERSEY AQUATIC CLUB		
OPERATIONAL RISK DIRECTOR	SHAWN WATSON	E-MAIL: swatson@nlaquatics.com	PHONE: 609 605 3821
OFFICIALS CONTACT	SCOTT PETERS	E-MAIL: speters@nlaquatics.com	PHONE: 215 510 6382

Session 1
January 4, 2020
Warm ups 11:00 am Meet Start 12:00 pm

GIRLS	EVENT	BOYS
1	9-12 500 Free	2
3	9-12 200 Fly	4
5	9-12 200 Back	6
7	9-12 200 Breast	8
9	9-12 400 IM	10

Session 2
January 5, 2020
Warm ups 8:00 am Meet Start 9:00 am

GIRLS	EVENT	BOYS
11	11 and over 1000 Free	12

DECK ENTRIES	Deck Entries <input type="checkbox"/> will not be accepted <input checked="" type="checkbox"/> will be accepted at this meet subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$10 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the Meet Director before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
PROOF OF TIMES	Entry times must be from a sanctioned, approved or observed meet. Proof of time <input type="checkbox"/> is <input checked="" type="checkbox"/> is not required for this meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
SEEDING	<p>This meet will be DECK-seeded with the exception of the event(s) noted below. Teams will be given a check-in sheet for all events prior to the start of warm up. The check-in sheet must be turned 30 minutes prior to the start of the session. If a swimmer is competing, put a single line through their name. If a swimmer is scratching, circle their names. If a swimmer is competing in some events but scratching others, put a single line through their name and circle the events they will be scratching.</p> <ul style="list-style-type: none"> • This meet will be run as a timed final meet. • The 1000 event will be swum in the first session and the 1650 event will be swum in the second session. • All heats will be seeded fastest to slowest, alternating heats between girls and boys. • There are no time standards for this meet. • 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.
AWARDS	None
SCORING	This meet will not be scored.
PROGRAMS AND ADMISSION	Programs/heat sheets will be sold by <input type="checkbox"/> session <input type="checkbox"/> entire meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Admission is \$6. Children under 5 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	

SESSION	WARM-UP TIMES	MEET STARTS
1	11:00 AM	12:00 PM
2	8:00 am	9:00 am
3	TBD	TBD
WARM-UP INFORMATION	<p>USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes. Warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted and made available to coaches at the meet.</p>	

	<p>Sprint/ Start lanes will be available at the end of the warm-up period. No diving or backstroke starts will be permitted, except in sprint lanes, when designated.</p> <p>The referee may remove anyone from the warm-up for failure to comply with warm-up rules</p>
ATHLETE PROTECTION (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 Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.
DECK PRIVILEGES	<p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. A (non-removable) identification band must be provided to and worn by each non-athlete member of USA Swimming, including coaches and officials, that is on-deck at a sanctioned meet; such identification band shall be issued following a review of that individual's membership/certification credentials and personal photo ID. A new identification band shall be issued for each day of such meet, and the credentials/photo ID must be re-checked if a replacement ID is issued.</p> <p>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them while on deck during warm-up, warm down, before, during, or after the meet. Additionally these swimmers must register a contact person with the meet director. This information should be submitted with the entries.</p>
TECH SUIT POLICY	Beginning January 1, 2018, swimmers ten (10) years of age and younger may not compete in a 'Tech suit' at any Middle Atlantic sanctioned meet, including Mini-meets and Developmental meets. This restriction also applies to any swimmer age ten (10) years or younger that is competing in a 'Senior' designated event or other event for which there is no age restriction.
RACING START CERTIFICATION	Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.
QUALIFYING TIMES	Qualifying Times (if applicable) are shown on the attached Meet Structure
MEET/DECK REFEREE	The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgment for <i>any</i> issues that arise that day during the course of the meet.
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee & Safety Director for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.
RULES:	<p>This meet will be governed by current USA Swimming Rules. Fly-over starts will be used at this meet for all events involving swimmers 9 and over. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> <p>For pools with bulkheads: Any swimmer observed swimming under or through the bulkhead by an Official or Safety Monitor/Marshal at the meet will be disqualified from that swimmer's next individual event or from the remainder of the meet, as determined by the Meet Referee. This policy will be STRICTLY enforced.</p> <p>Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/</p> <p>No unauthorized personnel will be allowed on the pool deck. Coaches, Officials, and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. All other individuals, except swimmers, will be prevented from entering the deck area</p>
DISABLED SWIMMERS	Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.
PROTESTS	A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet Referee will act as a mediator
PHOTOGRAPHY	<p>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</p> <p>In compliance with USA Swimming Rules and Regulations: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, PDA's, etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods. Unless approved in advance by the MAS Board and stated in the meet announcement, photographers /videographers are not permitted on deck at any time.</p>

	As an approved exception, USA Swimming-registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training subject to the location restrictions of this statement so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.
DRONES	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. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.
DECK CHANGING	Deck changes are prohibited.
DIRECTIONS	Please use 333 Preston Ave., Voorhees, NJ 08043 in your GPS device to get point to point directions to the facility.
ACCOMMODATIONS	<p>Hampton Inn Cherry Hill - Voorhees 121 Laurel Oak Rd Voorhees, NJ, 08043 (866) 573-4235 1.4 Miles from NL Aquatic Center</p> <p>Wingate by Wyndham Voorhees/Mt. Laurel 1000 Laurel Oak Rd Voorhees, NJ, 08043 (866) 678-6350 2.1 Miles from NL Aquatic Center</p> <p>Fairfield Inn by Marriott Deptford 1160 Hurffville Rd Deptford, NJ, 08096 (866) 538-9298 4.1 Miles from NL Aquatic Center</p>