

# 2019 Piranha Fall Rally

November 15-17, 2019

Held under the sanction of USA Swimming.

<u>Meet Sanction Info:</u>	<b>NJ Swimming Sanction # – NJS111519SC</b> <b>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.</b>  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>	<b>Friday, November 15, Saturday, November 16, and Sunday November 17, 2019</b>		
<u>Location:</u>	John Witherspoon Pool 217 Walnut Lane, Princeton, NJ 08540 Tel: 609-806-4310 (Day of meet only) The pool is located on the Princeton Middle School campus. The pool entrance and parking lot are on Guyot Lane. If you are parking on the street, please do not block driveways or you will be towed.		
<u>Facility Info:</u>	The John Witherspoon Pool is an eight-lane, 25 yard, single course pool with Colorado timing system and full display board. The depth of the water at the starting blocks is 8'-0" and the depth at the turn end is 4'-0". <b>Absolutely NO Chairs allowed in the facility.</b>		
<u>Pool Certification Statement:</u>	The competition course has not been certified in accordance with 104.2.2C(4). This rule requires that pools where World and National records are established need to be certified as to their compliance with pool length requirements of that rule. Times from this meet will be included in SWIMS so long as the swim is one of the standard events recognized by USA Swimming.		
Host Team Contact:	Kip Hein	609-371-2065	<a href="mailto:kheinswimppst@gmail.com">kheinswimppst@gmail.com</a>
Meet Director:	Kip Hein	609-371-2065	<a href="mailto:kheinswimppst@gmail.com">kheinswimppst@gmail.com</a>
Meet Referee:	Robin Meirs		<a href="mailto:MeirsFamily@yahoo.com">MeirsFamily@yahoo.com</a>
Administration Official:	Kip Hein	609-371-2065	<a href="mailto:kheinswimppst@gmail.com">kheinswimppst@gmail.com</a>
Safety Marshall:	Julie Meirs	609-371-2065	<a href="mailto:teamswimppst@gmail.com">teamswimppst@gmail.com</a>
Entry Coordinator:	Kip Hein	609-371-2065	<a href="mailto:kheinswimppst@gmail.com">kheinswimppst@gmail.com</a>
Entries Open:	<b>October 9, 2019 at 6 am</b>		
Entry Deadline:	<b>November 1, 2019</b>		
Swimmer Age:	Age for this meet is calculated as of <b>November 15, 2019</b>		
Entry Fees:	<ul style="list-style-type: none"> <li>• Entry Fee for non-1000 individual events: \$5.00/event</li> <li>• Entry Fee for 1000 Free events: \$12.00/event</li> <li>• Swimmers surcharge \$25.00 / swimmer</li> <li>• Relay Entry Fee: \$9.00/relay</li> </ul>		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> <li>• This meet will be run in accordance with current USA Swimming Rules.</li> <li>• The 11 &amp; over 400 IM, 9-12 500 Free and 11 &amp; Over 1000 Free events will be a swim on Friday evening.</li> <li>• Each session will be limited to 4 hours.</li> <li>• This meet will have one session on Friday, and two sessions per day on Saturday &amp; Sunday.</li> <li>• All relays will be swum at the beginning of their session.</li> <li>• 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.</li> </ul>		
Entry Limits:	Daily: <b>(3)</b> Individual events 13 & Over <b>(4)</b> Individual events 12 & Under <b>(2)</b> Events Friday <b>(1)</b> Relay	Meet: <b>(8)</b> Individual Events 13 & Over <b>(10)</b> Individual Events 12 & Under <b>(2)</b> Relays	
Checks Payable To:	Princeton Piranhas Swim Team		
Email Entry Files To:	<a href="mailto:kheinswimppst@gmail.com">kheinswimppst@gmail.com</a>		
Mail Checks/Reports	<b>Princeton Piranhas Swim Team, 48 Sharon Station Rd., Allentown, NJ 08501</b>		

## Order of Events

<b>Session 1 Friday Night</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	11 & Over 400 IM	2
3	9-12 500 Freestyle	4
5	11& Over 100 Freestyle	6

<b>Session 2 Saturday Morning 13 &amp; Overs</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
7	13-14 200 Freestyle Relay	8
9	15 & Over 200 Freestyle Relay	10
11	13-14 100 Freestyle	12
13	15 & Over 100 Freestyle	14
15	13-14 100 Breaststroke	16
17	15 & Over 100 Breaststroke	18
19	13-14 200 Backstroke	20
21	15 & Over 200 Backstroke	22
23	13-14 100 Butterfly	24
25	15 & Over 100 Butterfly	26
27	13-14 200 IM	28
29	15 & Over 200 IM	30

<b>Session 4 Sunday Morning 13 &amp; Overs</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
61	13-14 200 Medley Relay	62
63	15 & Over 200 Medley Relay	64
65	13-14 200 Breaststroke	66
67	15 & Over 200 Breaststroke	68
69	13-14 50 Freestyle	70
71	15 & Over 50 Freestyle	72
73	13-14 100 Backstroke	74
75	15 & Over 100 Backstroke	76
77	13-14 200 Butterfly	78
79	15 & Over 200 Butterfly	80
81	13-14 200 Freestyle	82
83	15 & Over 200 Freestyle	84

<b>Session 3 Saturday Afternoon 12 &amp; Unders</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
31	9-10 200 Freestyle Relay	32
33	11-12 200 Freestyle Relay	34
35	11-12 100 Breaststroke	36
37	9-10 100 Breaststroke	38
39	11-12 50 Freestyle	40
41	9-10 50 Freestyle	42
43	11-12 100 IM	44
45	9-10 100 IM	46
47	11-12 50 Backstroke	48
49	9-10 50 Backstroke	50
51	11-12 200 Backstroke	52
53	9-10 100 Butterfly	54
55	11-12 100 Butterfly	56
57	9-10 200 Freestyle	58
59	11-12 200 Freestyle	60

<b>Session 5 Sunday Afternoon 12 &amp; Unders</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
85	9-10 200 Medley Relay	86
87	11-12 200 Medley Relay	88
89	11-12 100 Freestyle	90
91	9-10 100 Freestyle	92
93	11-12 50 Breaststroke	94
95	9-10 50 Breaststroke	96
97	11-12 200 Breaststroke	98
99	9-10 100 Backstroke	100
101	11-12 100 Backstroke	102
103	9-10 50 Butterfly	104
105	11-12 50 Butterfly	106
107	11-12 200 Butterfly	108
109	9-10 200 IM	110
111	11-12 200 IM	112

## Meet Schedule:

**The building will open at 4:30PM on Friday  
and at 7:45AM on Saturday and 6:45AM on Sunday.**

Session Schedule:		Warm-up	Start
<b>Friday PM Session 1</b>	11 & over 400 IM, 9-12 500 free, 11 & over 1000 free Check-in by 5:15 PM	4:45pm	5:45 pm
<b>Saturday AM Session 2</b>	13-14 Girls & Boys, 15 & Over Girls & Boys Check-in by 8:30 AM	8:00 am	9:15 am
<b>Saturday PM Session 3</b>	9-10 & 11-12 Girls & Boys Check in by 1:45 PM	TBA.	TBA
<b>Sunday AM Session 4</b>	13-14 Girls & Boys, 15 & Over Girls & Boys Check-in by 7:30 AM	7:00 am	8:15 am
<b>Sunday PM Session 5</b>	9-10 & 11-12 Girls & Boys Check in by 1:45 PM	TBA	TBA

Scoring:	<ul style="list-style-type: none"> <li>There will be <b>No</b> team scoring.</li> <li>There will be <b>No</b> individual scoring.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>Awards will be given in the 9-10 &amp; 11-12 events only.</li> <li>Medals will be awarded for the top 3 in individual events.</li> <li>Ribbons will be awarded for 4<sup>th</sup> through 16<sup>th</sup> place for individual events.</li> <li>Medals will be awarded for the top 3 relays.</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>Overhead starts will be used.</li> </ul>
Admissions and Programs:	<ul style="list-style-type: none"> <li><b>No Admission</b></li> <li>Heat Sheets (and Results) will be available on Meet Mobile</li> </ul>
Concessions:	<b>Refreshments will be available.</b>
Vendor:	A swim host vendor will be in attendance.
<b>Locker Rooms:</b>	<p><b>Parents, Coaches, and Officials are NOT permitted in the athlete locker rooms, located upstairs, at any time.</b></p> <p><b>Restrooms located by the pool on the first floor are for non-athletes, including Coaches &amp; Officials ONLY! Please make sure that you are only using the facility marked for you.</b></p>
Entry Information:	<ul style="list-style-type: none"> <li>All entries must be submitted using Hy-Tek or Team Unify program. Send entries as an attached file to an e-mail.</li> <li>The meet entry coordinator will respond to e-mail 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.</li> <li>A signed NJ Swimming waiver, meet verification form, and entry fee check must follow each entry.</li> <li>Accuracy of seed times is essential. Incomplete entries will not be accepted.</li> <li>Deck entries will not be accepted. No phone or faxed entries will be accepted.</li> <li>No time standards will be used for this meet.</li> <li>All entries will be accepted on a first come basis until sessions are filled. (Max session competition time is 4 hours.)</li> <li>It is not necessary to overnight or express mail your hard copy and check which are sent in support of an e-mailed entry.</li> <li>The host club reserves the right to scratch any or all entries for swimmers/teams that have not submitted the required forms and entry fee payment by the time of the meet.</li> </ul>
Entry Times:	<ul style="list-style-type: none"> <li>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.</li> </ul>

Relays:	<ul style="list-style-type: none"> <li>Coaches must turn their relay cards into the computer operator before the relays are swum.</li> <li>Relay cards should list correct swimmers names and order.</li> </ul>
Friday Distance Events:	<ul style="list-style-type: none"> <li>The 11 &amp; over 400 IM, 9-12 500 free, and 11 &amp; over 1000 Free events will be run fastest to slowest alternating girls and boys heats.</li> <li>Heats will be combined to save time if appropriate.</li> <li>Swimmers must have their own timer and a person to count.</li> </ul>
Swimmer Eligibility:	<ul style="list-style-type: none"> <li>No swimmer will be permitted to compete unless the swimmer is a member of USA swimming as provided in Article 302.</li> <li>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.</li> <li>The meet offers events for swimmers 9 years of age and older and Relay Events.</li> <li>This meet is open to teams from outside the LSC</li> </ul> <p><b>All swimmers 18 &amp; Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.</b></p>
Adaptive Provisions:	<ul style="list-style-type: none"> <li>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).</li> </ul>
Host Club Responsibilities:	<ul style="list-style-type: none"> <li>The host club will provide 1 timer for each lane during the Saturday &amp; Sunday sessions.</li> <li>The host club will e-mail all club entries back to the participating clubs that are received via email.</li> <li>The host club will create a warm-up schedule that will be fair and equal to all teams. This warm-up schedule will be e-mailed to all participating clubs and posted on the website: <a href="http://www.njswim.org">www.njswim.org</a> no later than 1 week before the meet.</li> <li>The host club will create timing assignments that are fair and equitable with as many teams participating as possible. These timing assignments will be emailed to all participating clubs and posted on the website: <a href="http://www.njswim.org">www.njswim.org</a> no later than 1 week before the meet.</li> </ul>
Participating Club Responsibilities:	<ul style="list-style-type: none"> <li>Participating clubs must help with timing. Timing assignments will be emailed to participating clubs and posted on the New Jersey Swimming website: <a href="http://www.njswim.org">www.njswim.org</a> 1 week prior to the meet.</li> <li>Participating club parents must stay off the pool deck except for entering seating area or while timing.</li> <li>Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</li> </ul>
Officials Conduct & Eligibility:	<p>This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP).</p> <p>Make sure all interactions with athletes are observable and interruptible.</p> <p>Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</p> <p>Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help.</p> <p>All officials must wear the standard white and blue uniform.</p> <p>Officials will be required to work the entire session .</p>
Coaches Conduct & Eligibility:	<p>This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP).</p> <p>Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.</p> <p>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 needling, and</p>

	<p>cupping.</p> <p>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.</p> <p>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.</p>
Meet Format Waiver:	<p>This meet will be run in accordance with current USA Swimming Rules.</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include: <ul style="list-style-type: none"> <li>• To allow more swimmers to swim.</li> <li>• To conform to facility capacity limits.</li> <li>• To condense the meet into smaller time frame.</li> </ul> </li> <li>• Some of the changes that can be made: 1) change estimated start times, 2) combine sessions and 3) limit the number of swimmers.</li> </ul>
Warm-up Procedures:	<p>New Jersey Swimming Warm-up and Safety Guidelines:</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• All swimmers are entitled to a fair and comparable warm-up. All teams <b>MUST</b> get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes.</li> <li>• All swimmers must enter the pool from the starting end of the pool.</li> <li>• Uniformed and designated meet marshals will monitor warm-ups.</li> <li>• All general warm-up lanes will swim in a counterclockwise direction.</li> <li>• On Friday there will be a single warm-up period for all participants from 4:45 until 5:40pm. There will be designated sprint lanes/pace lanes during the last 10 minutes of this warm-up period.</li> <li>• Friday night warm-up will be open warm-up with designated lanes for 9-10 swimmers only</li> <li>• On Saturday and Sunday, the warm-up periods will be two 30-minute warm-ups divided by teams.</li> <li>• Warm-up schedules will be e-mailed and posted on the website 1 week prior to the start of the meet.</li> </ul>
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> <ul style="list-style-type: none"> <li>• All relay events will have a relay cards that will be located at the scorer’s table and must be turned in at the table prior to the relay swimming.</li> </ul>
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. <a href="http://www.njswim.org">www.njswim.org</a></p>
Results:	<ul style="list-style-type: none"> <li>• Results will be emailed to all participating teams.</li> <li>• Result will be posted on the New Jersey website: <a href="http://www.njswim.org">www.njswim.org</a></li> </ul>
USA-S Racing Start Certification Statement:	<p>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.</p>
Audio/Visual Recording Statement:	<p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p>
USA-S Deck Change Policy Statement:	<p>Deck Changes are prohibited.</p>
Minor Athlete Abuse Prevention Policy (“MAAPP”):	<p>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.</p>

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. <b>“Tech suits” are not permitted at this meet for 12 &amp; under swimmers.</b> “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; <a href="http://www.njswim.org">www.njswim.org</a>
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"> <li>• <b>DoubleTree by Hilton Princeton, 4355 US Route 1 at Ridge Road Princeton, NJ 08540, (609) 452-2400</b></li> <li>• Staybridge Suites, 4375 Route1, 1-609-951-0009</li> <li>• Residence Inn by Marriott, 4225 Route 1, 1-732-329-9600</li> <li>• Princeton Courtyard by Marriott, Route 1 and Mapleton Road, 1-609-716-9100</li> <li>• Holiday Inn, 100 Independence Way, 1-609-520-1200</li> </ul>
Directions:	<p><b>From Route 1 south:</b> Taking Rt. 1 towards Princeton to Alexander Rd exit. Turn left and follow Alexander Rd. to the third traffic light and turn Right onto Faulty Rd. Take Faculty Rd. to the second light and turn left onto Harrison Street. Continue on Harrison past Nassau street. Once you cross Nassau turn left at the second light onto Franklin Ave. Take the next right onto Ewing Str. Proceed down Ewing Str. to Guyot Ave., and turn right. Park in the first parking lot on your right. The parking lot is directly across from the pool. Follow the side walk to the right of the pool and enter the main set of doors.</p> <p><b>From Route 1 north:</b> Taking Harrison street up into Princeton. You will be on the north side of town. Continue on Harrison past Nassau street. Once you cross Nassau turn left at the second light onto Franklin Ave. Take the next right onto Ewing Str. Proceed down Ewing Str. to Guyot Ave., and turn right. Park in the first parking lot on your right. The parking lot is directly across from the pool. Follow the side walk to the right of the pool and enter the main set of doors.</p> <p><b>From 206 north:</b> Take Rt. 206 south towards Princeton. As you come down the mountain into Princeton you will turn left and follow the signs for Valley Rd. Once you are on Valley Rd. proceed down Valley Rd. and turn right onto Walnut Lane. Proceed down Walnut Ln. and turn left onto Guyot Ave. Park in the first parking lot on your left. The parking lot is directly across from the pool. Follow the side walk to the right of the pool and enter the main set of doors.</p>



NEW JERSEY SWIMMING

# 2019 Piranha Fall Rally

November 15-17, 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, Princeton Regional School District, Princeton Piranhas 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 **2019 Piranha Fall Rally** meet on **November 15-17, 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:

Entry Fee Summary:	_____	Individual non-1000 event entries @ \$5.00 =	\$ _____
	_____	Individual 1000 event entries @ \$12.00 =	\$ _____
	_____	Relay event entries @ \$9.00 =	\$ _____
	_____	Swimmer surcharge @ 25.00 =	\$ _____
		Total:	\$ _____

**MAKE CHECKS PAYABLE TO: Princeton Piranhas Swim Team**