New Jersey Swimming
2017 Long Course Junior Olympics
Hosted by Scarlet Aquatics
at the Werblin Recreation Center, Rutgers University
Held under the sanction of USA Swimming

Meet Sanction #	**NJ Swimming Sanction #- NJS072717LC** **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.		
Time Trials Sanction #	**NJS072717LC-TT**		
Date of Meet:	**Thursday July 27th to Sunday July 30th, 2017**		
Location:	**Sonny Werblin Recreation Center, Busch Campus, Rutgers University**		
Facility Info:	The Sonny Werblin Recreation Center pool is an 8-lane, 50 meter pool, with pedestal starting blocks and a Colorado Timing system. The water depth in the competition pool is 6 feet at the scoreboard end and 14 feet at the dive end. The patio pools will not be available for this meet. There is seating for 1,000 spectators, including 400 chair-backed seats. The remaining seating is bleacher style.		
Pool Certification Statement:	The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.		
Locker Rooms:	Parents are NOT permitted in the athlete locker rooms at any time.		
Host Team Contact:	Thomas Speedling	732-742-4600	scarletaquatics@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Gary Thayer (Thursday, Friday) Perry Novak (Saturday) Bill Tucker (Sunday)		gght466@gmail.com perrynovak@optonline.net wtucker370@comcast.net
Admin Official:	John Lister		besmarttinc@gmail.com
Safety Marshall:	Kyle Gurkovich		kgurkovich@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	**Monday, June 26, 2017**		
Entry Deadline:	**Wednesday July 19th, 2017, at 6 pm**		
Swimmer Age	Swimmer ages for this meet are as of: **July 27th, 2017**		
Entry Fees:	Individual Entry: Prelim/Final Events: $7.00, Timed Final Events: $6.00 Distance: $11.00	Relay Entry: $9.00	
Meet Course:	Long Course Meters (LCM)		
Meet Format:	• This meet will have 10 & Under, 11-12, 13-14, 15 & Over, and Open events • This meet will be run as prelims/finals for 13 & Over and Open events, except for the 800/1500 meter freestyle which will be timed finals. • There will be two finals for 13-14 swimmers. • There will be three finals for 15 & Over swimmers. The C, non-scoring final, will be open to all swimmers, including those 20 years and older. The A, B, scoring finals will be open to swimmers 19 years and younger. • This meet will be run as timed finals for 12 & Under events. • **There are minimum ("faster than") time standards for this meet. As a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries.** (See *Entry Times* section for details). • This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When a session has been seeded, swimmers will be responsible for reporting to the blocks on their own.		

Entry Limits:	Daily: **3** Individual Events **1** Relay Event	Meet: **9** Individual Events **4** Relay Events
	Swimmers are limited to a maximum of 9 individual events for the meet. Swimmers who have used up more than 6 events by the 4th day of the meet, will have an event limit that is equal to their remaining event limit for the meet. Should a swimmer fail to scratch down to this limit, the swimmer will be scratched out of all but the first X events matching their remaining limit, based on the chronological order of swimming.	
Checks Payable To:	**Scarlet Aquatic Club**	
Email Entry Files To:	besmarttinc@gmail.com	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	

2017 LC Junior Olympics

Thursday July 27th

Facility Opens at 7:00am

Thursday Morning Session #1—Preliminaries

Warm-up: 7:15am **Meet Start: 8:20am**

Women	Equal/Faster	Age Group & Event	Equal/Faster	Men
#23	1:12.79	13-14 100 Butterfly	1:08.99	#24
#25	1:01.99	15 & Over 100 Freestyle	56.19	#26
#27	2:38.09	13-14 200 Backstroke	2:32.49	#28
#29	2:30.99	15 & Over 200 Backstroke	2:21.59	#30
#31	4:58.09	13-14 400 Freestyle	4:45.19	#32
#21	9:51.79	15 & Over 800 Freestyle*	9:26.79	#22

* Fastest heat swims at Finals.

Thursday Afternoon Session #2—Age Group Timed Finals

Warm-up: TBA **Meet Start: TBA**

Girls	Equal/Faster	Age Group & Event	Equal/Faster	Boys
#1	1:08.39	11-12 100 Freestyle	1:08.09	#2
#3	1:29.79	10 & Under 100 Backstroke	1:29.99	#4
#5	3:11.69	11-12 200 Butterfly	3:12.69	#6
#7	1:44.49	10 & Under 100 Breaststroke	1:46.89	#8
#9	2:49.59	11-12 200 IM	2:49.39	#10
#11	35.19	10 & Under 50 Freestyle	35.29	#12
#13	36.29	11-12 50 Backstroke	36.69	#14
#15	41.29	11-12 50 Breaststroke	42.39	#16
#17		10 & Under 200 Freestyle Relay		#18
#19	5:22.19	11-12 400 Freestyle	5:18.29	#20

Thursday Evening Session #3—Finals

Warm-up: TBA **Meet Start: TBA**

Women	Equal/Faster	Age Group & Event	Equal/Faster	Men
Events #21 & #22 15 & Over 800 Freestyle Fastest Heats Finals of Events #23-#32				
#33		14 & Over 400 Freestyle Relay		#34

2017 LC Junior Olympics

Friday July 28th

Facility Opens at 7:00am

Friday Morning Session #4—Preliminaries

Warm-up: 7:15am **Meet Start: 8:20am**

Women	Equal/Faster	Age Group & Event	Equal/Faster	Men
#59	4:46.99	15 & Over 400 Freestyle	4:25.99	#60
#61	1:03.89	13-14 100 Freestyle	1:00.89	#62
#63	1:08.39	15 & Over 100 Butterfly	1:01.99	#64
#65	3:04.39	13-14 200 Breaststroke	2:53.99	#66
#67	2:57.79	15 & Over 200 Breaststroke	2:41.89	#68
#57	10:32.69	13-14 800 Freestyle*	10:06.29	#58

* Fastest heat swims at Finals.

Friday Afternoon Session #5—Age Group Timed Finals

Warm-up: TBA **Meet Start: TBA**

Girls	Equal/Faster	Age Group & Event	Equal/Faster	Boys
#35	30.99	11-12 50 Freestyle	30.79	#36
#37	1:18.79	10 & Under 100 Freestyle	1:18.99	#38
#39	1:18.49	11-12 100 Butterfly	1:18.79	#40
#41	3:17.89	10 & Under 200 IM	3:16.29	#42
#43	1:30.29	11-12 100 Breaststroke	1:30.79	#44
#45	40.49	10 & Under 50 Butterfly	41.09	#46
#47	2:49.39	11-12 200 Backstroke	2:49.59	#48
#49	6:18.99	10 & Under 400 Freestyle		
#51		11-12 200 Freestyle Relay		#52
		10 & Under 400 Freestyle	6:23.99	#54
#55	11:34.99	11-12 800 Freestyle	11:36.59	#56

Friday Evening Session #6—Finals

Warm-up: TBA **Meet Start: TBA**

Women	Equal/Faster	Age Group & Event	Equal/Faster	Men
Events #57 & #58 13-14 800 Freestyle Fastest Heats Finals of Events #59-#68				
#69		13-14 400 Freestyle Relay		#70

2017 LC Junior Olympics

Saturday July 29th

Facility Opens at 7:00am

Saturday Morning Session #7—Preliminaries

Warm-up: 7:15am **Meet Start: 8:20am**

Women	Equal/Faster	Age Group & Event	Equal/Faster	Men
#93	5:44.29	13-14 400 IM	5:26.99	#94
#95	5:24.39	15 & Over 400 IM	5:03.69	#96
#97	2:20.39	13-14 200 Freestyle	2:13.59	#98
#99	2:14.49	15 & Over 200 Freestyle	2:02.89	#100
#101	2:47.79	13-14 200 Butterfly	2:39.89	#102
#103	2:35.99	15 & Over 200 Butterfly	2:23.59	#104

Saturday Afternoon Session #8—Age Group Timed Finals

Warm-up: TBA **Meet Start: TBA**

Girls	Equal/Faster	Age Group & Event	Equal/Faster	Boys
#71	3:16.99	11-12 200 Breaststroke	3:19.59	#72
#73	48.39	10 & Under 50 Breaststroke	49.59	#74
#75	1:18.19	11-12 100 Backstroke	1:18.19	#76
#77	2:53.59	10 & Under 200 Freestyle	2:54.29	#78
#79	6:14.39	11-12 400 IM	6:19.19	#80
#81	1:38.49	10 & Under 100 Butterfly	1:40.29	#82
#83	33.99	11-12 50 Butterfly	34.39	#84
#85	41.89	10 & Under 50 Backstroke	42.09	#86
#87	2:28.39	11-12 200 Freestyle	2:28.19	#88
#89		10 & Under 200 Medley Relay		#90
#91		11-12 200 Medley Relay		#92

Saturday Evening Session #9—Finals

Warm-up: TBA **Meet Start: TBA**

Women	Equal/Faster	Age Group & Event	Equal/Faster	Men
Finals of Events #93-#104				
#105		Open 800 Freestyle Relay		#106

2017 LC Junior Olympics

Sunday July 30th

Facility Opens at 7:00am

Sunday Morning Session #10—Preliminaries

Warm-up: 7:15am **Meet Start: 8:20am**

Women	Equal/Faster	Age Group & Event	Equal/Faster	Men
#113	2:39.79	13-14 200 IM	2:30.39	#114
#115	2:31.89	15 & Over 200 IM	2:18.79	#116
#117	1:13.59	13-14 100 Backstroke	1:10.39	#118
#119	1:10.39	15 & Over 100 Backstroke	1:04.69	#120
#121	29.69	13-14 50 Freestyle	27.99	#122
#123	28.59	15 & Over 50 Freestyle	25.89	#124
#125	1:25.79	13-14 100 Breaststroke	1:19.79	#126
#127	1:21.99	15 & Over 100 Breaststroke	1:12.69	#128

Sunday Afternoon Session #11—13 & Over Distance Timed Finals

Warm-up: TBA **Meet Start: TBA**

Women	Equal/Faster	Age Group & Event	Equal/Faster	Men
#107	19:56.79	13-14 1500 Freestyle	19:37.39	#108
#111	19:22.19	15 & Over 1500 Freestyle*	18:23.89	#112

* Fastest heat swims at Finals.

Sunday Afternoon Session #12—11-12 Distance Timed Finals

Warm-up: TBA **Meet Start: TBA**

Girls	Equal/Faster	Age Group & Event	Equal/Faster	Boys
#109	21:47.19	11-12 1500 Freestyle	21:47.19	#110

Sunday Evening Session #13—Finals

Warm-up: TBA **Meet Start: TBA**

Women	Equal/Faster	Age Group & Event	Equal/Faster	Men
Events #111 & #112 15 & Over 1500 Freestyle Fastest Heats Finals of Events #113-#128				
#129		13-14 400 Medley Relay		#130
#131		15 & Over 400 Medley Relay		#132

Meet Schedule

Thursday July 27th		Warm-up	Start
Facility Opens at 7:00am			
Session 1	Preliminaries	7:15am	8:20am
Session 2	Age Group Timed Finals	TBA*	TBA*
Session 3	Finals & Relays	TBA*	TBA*
Friday July 28th		**Warm-up**	**Start**
Facility Opens at 7:00am			
Session 4	Preliminaries	7:15am	8:20am
Session 5	Age Group Timed Finals	TBA*	TBA*
Session 6	Finals & Relays	TBA*	TBA*
Saturday July 29th		**Warm-up**	**Start**
Facility Opens at 7:00am			
Session 7	Preliminaries	7:15am	8:20am
Session 8	Age Group Timed Finals	TBA*	TBA*
Session 9	Finals & Relays	TBA*	TBA*
Sunday July 30th		**Warm-up**	**Start**
Facility Opens at 7:00am			
Session 10	Preliminaries	7:15am	8:20am
Session 11	13 & Over Distance	TBA**	TBA**
Session 12	11-12 Distance	TBA**	TBA**
Session 13	Finals & Relays	TBA**	TBA**

**The schedule all sessions after the first each day will be developed once all entries have been received. It will be e-mailed to all participating team coaches and published on the meet web sites.

Scoring:	• Team and age group individual high point scoring will be kept through 16 places. • Scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays. • Swimmers 20 years or older will not score points.
Awards:	• Medals will be awarded to the fastest 3 swimmers in each individual event. Ribbons will be awarded to swimmers in places 4-8 in each individual event. • Medals will be awarded to the fastest 3 teams in relay events. • Swimmers 20 years and older will not receive awards. • There will be awards for the top three scoring teams. • There will be high point awards in each age group.
Starts:	• 'Fly-over/Over-the-top' starts may be used during this meet during preliminary and timed finals sessions. Information will be published in the pre-meet schedule distribution.
Admissions and Programs:	• Admission will be $10.00 per session for all morning preliminaries, distance, and afternoon 12 & Under sessions. • Admission for evening finals sessions will be $7.00 per session. • Psych sheets and heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Concessions:	• Rutgers will be operating a food and refreshments stand in the hallway.
Vendor:	• Metro Swim Shop will be in attendance.

Entry Info:	• There will be no refunds after the entry deadline except for events that may be scratched from meet by the Entry Coordinator or Meet Director, or as otherwise directed by NJ Swimming. Entries will be acknowledged within 48 hours of receipt. • Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. • Team entries will be considered accepted when the host club accepts the entries. • **All entries must be accompanied by e-mailed proof of time (see below). Entries without proof of time will not be accepted.** • **Special Notice**: All entry fees must be paid no later than Session Check-in. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.
Entry Times:	• New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. • All entry times must meet the time standards for this meet as approved by NJ Swimming. • All entry times must be in long course meters. Converted times are permitted. Times may be converted from Short Course times using the Hy-Tek Team Manager conversion protocol: In Team Manager, got to set-up, then conversions. Make sure that: The Yards to SC Meters is set to 1.11 Freestyle Turns = 0.8 Backstroke Turns = 0.6 Breaststroke Turns = 1 Butterfly Turns = 0.7 Individual Medley Turns = 0.8 Freestyle: (500 y to 400 m and 1000 y to 800 m) = .875; (1650 y to 1500 m) = 1.006 DO NOT SET THE STRAIGHT CONVERSION FACTOR TO ANY PERCENT FACTOR! • **All entry times must be proved upon meet entry. This may be done via the "Include proof of time" option when generating the meet entry report.** • **Where the TM proof of time option is not available, separate report(s), detailing where times were achieved must be sent with the entry e-mail. Mailed paper reports are not acceptable. References to published times in SWIMS are acceptable.** • **All entry times must be achieved during the meet qualifying period of April 1st, 2016 through the entry date of the meet.**
Age-Up Exception Policy:	• Swimmers who have one or more Summer JO Gold times prior to the Silver/Bronze meets and then age up between the Silver/Bronze meets and JOs may be eligible to swim those events from their prior age group at JOs. Such entries should be made using the qualifying time for their age group as their entry time as follows: • Swimmers who turn 11 between July 14th and July 27th, 2017 inclusive, and who have a 10 & Under Summer Gold time prior to July 14th may enter that event at the 11-12 cut. • Swimmers who turn 13 between July 14th and July 27th, 2017 inclusive, and who have an 11-12 Summer Gold time prior to July 14th may enter that event at the 13-14 cut. • Swimmers who turn 15 between July 14th and July 27th, 2017 inclusive, and who have a 13-14 Summer Gold time prior to July 14th may enter that event at the 15 & Over cut.
Bonus Events:	• 13 & Over swimmers who have at least one qualifying time, may enter into bonus event(s). • A swimmer with one entry may have one bonus event. • A swimmer with two or more entries may have two bonus events. • Swimmers are still limited to a maximum of **9** individual entries in the meet. • Swimmers must have at least a NJ Swimming Silver time for the bonus event and proof of time is required. • Bonus events are restricted to events 200 meters and shorter. • In the event that there are time constraints on any day of the meet, bonus events may be canceled. Teams will be refunded the entry fees for the canceled swims.
Entry Amendment Procedures:	• According to the Amending Process for NJ Swimming Championship Meets, should a swimmer be missing from the entry list or an event after the entry deadline, the coach can e-mail the missing information to besmarttinc@gmail.com by 6pm Wednesday July 26th. The entry fee for all events entered in this manner will be the regular entry fee for the event, plus an additional $5.00 late fee per entry (unless the mistake was the entry coordinator's) and must

	be paid before the start of the meet according to the Amending Process Guidelines. • The amendment process may **not** be used by a team to submit an initial late entry.
Relays:	• All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in for age group relays. • All entries in the 13-14, 15 & Over relays will compete during the evening finals. These relays will swim slow to fast, alternating genders. • In the 15 & Over and Open relays, if a team uses a swimmer who is 20 years or older, that relay will not score points nor receive awards. • Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. • Unattached swimmers may not swim in any relay
Distance Events (1500 & 800)	• The 800 and 1500 freestyle events are timed finals. • They will be run fastest to slowest, alternating genders. • Heats may be combined to save time, both by age group and gender, without there necessarily being an empty lane. • Swimmers with the fastest 8 seeded times in each of the 13-14 and 15 & Over 800 freestyle events will swim during the evening finals session. Slower seeded swimmers will swim at the conclusion of the morning preliminary events. • Swimmers with the fastest 8 seeded times in the 15 & Over 1500 freestyle events will swim during the evening finals session. • Slower seeded 15 & Over 1500 freestyle swimmers and all 13-14 1500 freestyle swimmers will compete immediately following the conclusion of Sunday's preliminaries session. • These heats will alternate by age group and gender: eg 13-14 girls, 13-14 boys, 15 & Over women, 15 & Over men…depending on the number of entries. • All 11-12 1500 freestyle swimmers will compete following the conclusion of the 13-14/15 & Over heats on Sunday afternoon. • Except during evening finals sessions, swimmers must provide their own timers. Swimmers must provide their own counters.
Heat Limited Events:	• None.
Swimmer Eligibility:	• **This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet.** • 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. • All swimmers must be included in a team's official meet roster in the meet database to be eligible to participate in any events in the meet, including relays. • **Swimmers may not compete in a given event at both LC Junior Olympics and the Silver/Bronze Championship meets unless they achieved the Summer JO qualifying time in that event at the Silver/Bronze meet, or at another Sanctioned or Approved meet attended in between the Silver/Bronze meet and Junior Olympics.**
Host Club Responsibilities:	• The host club will provide a single timer in each lane throughout the meet, except for distance events where swimmers will provide their own timers and lap counters. • The host club will e-mail entry verification back to the participating clubs. • The host club will create a warm-up schedule that will be fair and equal to all teams. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. • Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website www.besmarttinc.com no later than 1 week before the meet.

Participating Club Responsibilities:	• Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.besmarttinc.com 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.
Coaches Eligibility:	• All coaches "on the deck" must be currently registered coach members of USA Swimming. • Coaches must show coaching card for entrance to facility. • All coaches must have coaching cards visible at all times while on deck.
Officials:	• Swimming officials from participating teams should contact the meet referee (see page 1) 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 will check your 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.

Meet Format Waiver:	• This meet will be run in accordance to current USA Swimming Rules.
	• The host club has the right to change the format of the meet with the approval of the Administrative vice chair and either the Age Group or Senior vice chair. 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 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 may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.

Warm-up Procedures:	• Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Teams will be assigned lanes according to the size of their entries, to achieve a fair and comparable warm-up for all swimmers. • Swimming Equipment is **not allowed** in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. • All swimmers must enter the pool feet first from the starting end of the pool. • New Jersey Swimming officials will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction.
Check-In:	• All check-in sheets must be turned into the scoring table 35 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. Swimmers scratching a single event will have a line through their name and the event number circled with "SCR" next to the circle. • Failure to follow this procedure may result in the swimmer(s) being scratched from the session.
Scratch Rule:	• The meet will follow USA Swimming rule 207.11.6.D and rule 207.11.6.E for scratches from finals. • A swimmer who fails to scratch from finals within the deadlines outlined in rule 207.11.6.E and then fails to swim the event at finals will be barred from further competition for the remainder of the meet. • In addition, the club of a swimmer who qualifies for finals or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in accordance to the above procedures may be fined $50 for each occurrence.
No Show Procedure for Prelims and Time Trials:	• No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event for preliminary sessions and timed finals events. 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.

Time Trial Events:	• This meet is sanctioned for time trials for the purpose of qualifying for the USA Swimming National Championships, the US Open Championships or the USA Swimming Junior National Championships—time permitting. • There will be no time trials for Zones. • A swimmer must be entered in an individual event during the meet in order to be eligible to swim a time trial event. • A Time Trial event will count towards the maximum limits of 3 events per day. • Swimmers are limited to a maximum of two (2) time trials during the meet. • The swimmer must be within one-half second/per 50 meters of the USA Swimming Summer Junior National time standard to be eligible for a time trial. • The fee for time trials is the same as for individual events during the meet; sign-ups will be in the control room. • The order of events for time trials on each day will be as specified in the NJ Swimming Policy Handbook.
Internet Website Posting:	Internet location for all meet information: http://www.besmarttinc.com **Pre-Meet Information posted on website:** • Meet Information will be posted on the website. • Downloadable Hy-Tek Events list (.HYV file) will be posted on the website. • List Teams whose entries have been received. • List Updated meet schedule. • List Warm-up Schedule and Team Warm-up Assignments. • List Timing assignments. **Post-Meet Information posted on website:** • Downloadable Results (Zipped .CL2 & .HY3 files) for TM • Printable meet results (.PDF file),
Results:	• Meet result files for TM will be emailed to all participating teams. • Meet results will be posted on the meet website and on the New Jersey Swimming 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.
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.
Hotels:	• The Crowne Plaza, 732-716-1175 • The Courtyard by Marriott on Davidson Avenue • The Doubletree Executive Somerset on Atrium Drive

Directions:	***Directions to Sonny Werblin Recreation Center:*** **Address:** 656 Bartholomew Rd, Piscataway NJ 08854 **Garden State Parkway Southbound** Turn off at Exit 129 and take the New Jersey Turnpike South. Exit the Turnpike at Exit 9, follow NJ Turnpike directions below. **Garden State Parkway Northbound** Turn off at Exit 105 and follow signs for Route 18 North. After approximately 24 miles, you will pass the entrance for the New Jersey Turnpike. Continue on Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left. **Interstate 287** Turn off at Exit 9 Bound Brook/Highland Park. Proceed East on River Road towards Highland Park. Continue on River Road and you will pass under the overpass for Route 18. Turn left at the next traffic light onto North. Take the next exit on Route 18 North, Campus Road. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left. **New Jersey Turnpike** Exit the Turnpike at Exit 9, bear right after the tollbooths and follow signs for Route 18 North—New Brunswick. Stay to the left to continue on Route 18 North. Proceed along Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left. **US Route 1** Turn off at exit marked Route 18 North—New Brunswick. Proceed along Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left. **Rutgers will have posted signs indicating which of the parking lots are for the swim meet. Please use one of these lots. Rutgers campus police may ticket automobiles that are parked in lots other than those designated for the swim meet!**

2017 Junior Olympics

Hosted by Scarlet Aquatics

Thursday-Sunday July 27th-30th

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, Rutgers University, Scarlet Aquatic Club, Be Smartt Inc 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 this waiver form, are registered members of USA Swimming. All USA Swimming numbers are correctly listed and unless otherwise noted, are not required to swim unattached (UN) due to the 120 day transfer rule. 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:	_____	Timed Final Individual event entries @ $6.00 =	$_____
	_____	Prelim/Final Individual event entries @ $7.00 =	$_____
	_____	800/1500 Timed-Final individual event entries @ $11.00 =	$_____
	_____	Relay event entries @ $9.00 =	$_____
		Total:	$_____

Make checks payable to: **Scarlet Aquatic Club**

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.

List all Unattached Swimmers:

Unattached Swimmer _____, Unattached Swimmer _____

Unattached Swimmer _____, Unattached Swimmer _____

Unattached Swimmer _____, Unattached Swimmer _____

Unattached Swimmer _____, Unattached Swimmer _____