

New Jersey Swimming

2019 Long Course Silver/Bronze Championships Region C

Hosted by Hamilton YMCA Aquatic Club
at DeNunzio Natatorium, Princeton University
(Held under the sanction of USA Swimming)

Coaches, swimmers and spectators please note:

- The Friday morning (12 & Under 400s) and midday sessions (13 & Over 400s) will swim at Rutgers University with Region B.
- Swimmers will be placed and receive awards based on Region C teams only.
- Coaches should submit their entry files as normal for Region C, including their swimmers' entries for the Friday Rutgers sessions. Checks for all entry fees should be made out to *Hamilton Aquatic Club* and brought to Princeton on Friday evening.
- Spectators attending the Friday morning 12 & Under session at Rutgers will receive a voucher for free entry to the Friday evening session at Princeton.

2019 Long Course Silver/Bronze Championships Region C

Hosted by Hamilton YMCA Aquatic Club
at DeNunzio Natatorium, Princeton University
(Held under the sanction of USA Swimming)

Meet Sanctioning Info:	NJ Swimming Sanction # NJS071219LCC 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.		
Date of Meet:	Friday July 12th to Sunday July 14th, 2019		
Location:	DeNunzio Natatorium (directions included), Faculty Road, Princeton University.		
Eligible Teams:	<i>EEX, FOBY, HACY, HCY, HQH, LHY, MB, PAA, PFY, PPST, PTAC, RVYM, RA, RBY, SHY, SRAY, STAC, SWAC, SWST, WFY, WY, WW, XCEL, Teams may be reassigned to a different region to balance attendance, once all entries have been received.</i>		
Facility Info:	The DeNunzio pool is a 50-meter 8-lane pool with a minimum depth for diving of 9 feet. There is ample seating for spectators.		
Pool Certification Statement:	The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement, and refers to the pre-certification of the pool length measurement in regards to National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C(4) does not impact on the validity of the times achieved in this pool. Times swum at this meet will in fact be entered in SWIMS and are eligible for qualifying for any other USA Swimming sanctioned competition.		
Host Team Contact:	Sue Welsh		swelshhacy@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Bach Lequang		blequang@gmail.com
Admin Official:	Ellen Mace, Jason Mace		besmarttinc@gmail.com
Safety Marshall:	Sandra Franc		francswiss@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Immediately. (Note: Teams cannot be closed out of this championship meet provided entries are received by the deadline)		
Entry Deadline:	Wednesday July 3rd, 2019 at 11:59pm		
Swimmer Age	Swimmer ages for this meet are as of: July 12th, 2019		
Entry Fees:	Individual Entry (except distance): \$6.00, Distance (800/1500): \$11.00,		Relays: \$9.00.
Meet Course:	Long Course Meters (LCM)		
Meet Format:	<ul style="list-style-type: none"> This meet will be run as timed finals. There will be 10 & Under, 11-12, 13-14, and 15 & Over events. There are minimum (“faster than”) and maximum (“no faster than”) time standards for all events. As a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries. (See <i>Entry Times</i> 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. Breaks will be schedule into the session to allow for swimmers to warm up and warm down. These breaks will be scheduled and posted after entries have been received. Length and number of breaks will have to fall with within the time allotted by the facility. 		
Entry Limits:	Daily: 4 Individual Events 1 Relay Events	Meet: 8 Individual Events 2 Relay Events	

Checks Payable To:	Hamilton Aquatic Club
Email Entry Files To:	besmartinc@gmail.com
Checks/Waivers:	Bring to the first session of the meet where the team is competing.

2019 Long Course Silver/Bronze Championships Region C

Friday July 12th

Facility Opens at 7:00am

Friday Morning Session #1—12 & Under 400s**

This Session will swim at Rutgers University

Warm-up: 7:15am

Meet Start: TBA

Girls	Equal/ Faster	Slower	Age Group & Event	Slower	Equal/ Faster	Boys
#1	6:00.09	5:22.19	11-12 400 Freestyle	5:18.29	6:00.09	#2
#3	6:55.79	6:18.99	10 & Under 400 Freestyle	6:23.99	6:55.79	#4
#5	6:59.79	6:14.39	11-12 400 IM	6:19.19	6:59.79	#6

Friday Midday Session #2—13 & Over 400s**

This Session will swim at Rutgers University

Warm-up: TBA

Meet Start: TBA

Women	Equal/ Faster	Slower	Age Group & Event	Slower	Equal/ Faster	Men
#7	6:23.49	5:44.29	13-14 400 IM	5:26.99	6:17.49	#8
#9	6:11.59	5:24.39	15 & Over 400 IM	5:03.69	5:54.09	#10
#11	5:28.99	4:58.09	13-14 400 Freestyle	4:45.19	5:27.39	#12
#13	5:17.79	4:46.99	15 & Over 400 Freestyle	4:25.99	4:59.89	#14

** These sessions are open to swimmers in both Regions B & C. These events will be listed and awarded separately for Region B and Region C swimmers.

Events will swim slow to fast, alternating genders. Swimmers must provide their own timers and, for the 1500 freestyle, counters.

Friday Evening Session #3—12 & Under

This Session will swim at Princeton University

Warm-up: TBA

Meet Start: TBA

Girls	Equal/ Faster	Slower	Age Group & Event	Slower	Equal/ Faster	Boys
#15		*Gold	11-12 200 Freestyle Relay	*Gold		#16
#17		*Gold	10 & Under 200 Freestyle Relay	*Gold		#18
#19	3:44.39	3:16:19	11-12 200 Breaststroke	3:19.59	3:44.39	#20
#21	2:10.99	1:29.79	10 & Under 100 Backstroke	1:29.99	2:10.99	#22
#23	39.99	30.99	11-12 50 Freestyle	30.79	39.99	#24
#25	59.99	35.19	10 & Under 50 Freestyle	35:29	59.99	#26
#27	1:59.99	1:18.49	11-12 100 Butterfly	1:18.79	1:59.99	#28
#29	3:47.29	3:17.89	10 & Under 200 IM	3:16.29	3:47.29	#30
#31	3:20.79	2:49.39	11-12 200 Backstroke	2:49.59	3:20.79	#32

* In order to swim in a relay designated as a Silver/Bronze event, swimmers on that relay may not swim that stroke in which they have a Gold time in the 50 for (12 & Under), For the (13 & Over) no swimmer may swim that stroke that they have a Gold time in the 50 Freestyle, or 100 of that stroke.

2019 Long Course Silver/Bronze Championships Region C

Saturday July 13th
 Facility Opens at 6:45am

Saturday Morning Session #4—13-14

Warm-up: 7:00am

Meet Start: TBA

Girls	Equal/ Faster	Slower	13-14 Event	Slower	Equal/ Faster	Boys
#33		*Gold	200 Freestyle Relay	*Gold		#34
#35	1:34.99	1:13.59	100 Backstroke	1:10.39	1:40.99	#36
#37	3:23.69	3:04.39	200 Breaststroke	2:53.99	3:19.29	#38
#39	1:59.99	1:12.79	100 Butterfly	1:08.99	1:59.99	#40
#41	35.99	29.69	50 Freestyle	27.99	35.99	#42
#43	2:57.39	2:39.79	200 IM	2:30.39	2:54.69	#44
#45	11:08.79	10:13.99	800 Freestyle	9:39.89	10:48.79	#46

Saturday Midday Session #5—12 & Under

Warm-up: TBA

Meet Start: TBA

Girls	Equal/ Faster	Slower	Age Group & Event	Slower	Equal/ Faster	Boys
#47		*Gold	10 & Under 200 Medley Relay	*Gold		#48
#49	1:23.99	1:08.39	11-12 100 Freestyle	1:08:09	1:29.99	#50
#51	2:15.99	1:38.49	10 & Under 100 Butterfly	1:40.29	2:15.99	#52
#53	1:59.99	1:30.29	11-12 100 Breaststroke	1:30.79	1:59.99	#54
#55	1:10.99	48.39	10 & Under 50 Breaststroke	49.59	1:10.99	#56
#57	46.99	36.29	11-12 50 Backstroke	36.69	53.99	#58
#59	3:22.49	3:11.69	11-12 200 Butterfly	3:12.69	3:22.49	#60
#61	1:59.99	1:18.79	10 & Under 100 Freestyle	1:18.99	1:59.99	#62
#63	3:15.19	2:49.59	11-12 200 IM	2:49.39	3:15.19	#64

Saturday Evening Session #6—15 & Over

Warm-up: TBA

Meet Start: TBA

Women	Equal/ Faster	Slower	15 & Over Event	Slower	Equal/ Faster	Men
#65		*Gold	200 Freestyle Relay	*Gold		#66
#67	1:34.99	1:10.39	100 Backstroke	1:04.69	1:34.99	#68
#69	3:15.69	2:57.79	200 Breaststroke	2:41.89	3:04.49	#70
#71	1:59.99	1:08.39	100 Butterfly	1:01.99	1:59.99	#72
#73	35.99	28.59	50 Freestyle	25.89	35.99	#74
#75	2:50.09	2:31.89	200 IM	2:18.79	2:38.99	#76
#77	20:45:09	19:22.29	1500 Freestyle	18:20.79	19:36.69	#78

* In order to swim in a relay designated as a Silver/Bronze event, swimmers on that relay may not swim that stroke in which they have a Gold time in the 50 for (12 & Under), For the (13 & Over) no swimmer may swim that stroke that they have a Gold time in the 50 Freestyle, or 100 of that stroke.

2019 Long Course Silver/Bronze Championships Region C

Sunday July 14th
 Facility Opens at 6:45am

Sunday Morning Session #7—13-14

Warm-up: 7:00am

Meet Start: TBA

Girls	Equal/ Faster	Slower	13-14 Event	Slower	Equal/ Faster	Boys
#79		*Gold	200 Medley Relay	*Gold		#80
#81	2:35.09	2:20.39	200 Freestyle	2:13.59	2:32.99	#82
#83	2:59.39	2:38.09	200 Backstroke	2:32.49	2:55.29	#84
#85	1:55.99	1:25.79	100 Breaststroke	1:19.79	1:55.99	#86
#87	3:04.89	2:47.79	200 Butterfly	2:39.99	3:01.09	#88
#89	1:17.99	1:03.89	100 Freestyle	1:00.89	1:20.99	#90
#91	20:57.89	19:56.79	1500 Freestyle	20:26.29	18:32.99	#92

Sunday Midday Session #8—12 & Under

Warm-up: TBA

Meet Start: TBA

Girls	Equal/ Faster	Slower	Age Group & Event	Slower	Equal/ Faster	Boys
#93		*Gold	11-12 200 Medley Relay	*Gold		#94
#95	1:41.99	1:18.19	11-12 100 Backstroke	1:18.19	1:48.99	#96
#97	3:23.79	2:53.59	10 & Under 200 Freestyle	2:54.29	3:23.79	#98
#99	53.99	41.29	11-12 50 Breaststroke	42.39	59.99	#100
#101	1:10.99	40.49	10 & Under 50 Butterfly	41.09	1:10.99	#102
#103	2:48.69	2:28.39	11-12 200 Freestyle	2:28.19	2:48.69	#104
#105	2:15.99	1:44.49	10 & Under 100 Breaststroke	1:46.89	2:15.99	#106
#107	47.99	33.99	11-12 50 Butterfly	34.39	51.99	#108
#109	59.99	41.89	10 & Under 50 Backstroke	42.09	59.99	#110

Sunday Evening Session #9—15 & Over

Warm-up: TBA

Meet Start: TBA

Women	Equal/ Faster	Slower	15 & Over Event	Slower	Equal/ Faster	Men
#111		*Gold	200 Medley Relay	*Gold		#112
#113	2:29.19	2:14.49	200 Freestyle	2:02.89	2:18.39	#114
#115	2:50.09	2:30.99	200 Backstroke	2:21.59	2:41.99	#116
#117	1:55.99	1:21.99	100 Breaststroke	1:12.69	1:55.99	#118
#119	2:59.09	2:35.99	200 Butterfly	2:23.59	2:44.49	#120
#121	1:17.99	1:01.99	100 Freestyle	56.19	1:20.99	#122
#123	10:58.99	9:51.79	800 Freestyle	9:34.09	10:22.29	#124

* In order to swim in a relay designated as a Silver/Bronze event, swimmers on that relay may not swim that stroke in which they have a Gold time in the 50 for (12 & Under), For the (13 & Over) no swimmer may swim that stroke that they have a Gold time in the 50 Freestyle, or 100 of that stroke.

Meet Schedule

This schedule is tentative. Final meet schedule will be published one week before the meet

Friday July 12 th		Warm-up	Start
Rutgers Opens at 7:00am Princeton Opens at 3:30pm			
Session 1	12 & Under 400s— At Rutgers	7:15am	TBA*
Session 2	13 & Over 400s— At Rutgers	TBA*	TBA*
Session 3	12 & Under— At Princeton	TBA*	TBA*
Saturday July 13 th		Warm-up	Start
All Sessions at Princeton —Facility Opens at 6:45am			
Session 4	13-14	7:00am	TBA*
Session 5	12 & Under	TBA*	TBA*
Session 6	15 & Over	TBA*	TBA*
Sunday July 14 th		Warm-up	Start
All Sessions at Princeton —Facility Opens at 6:45am			
Session 7	13-14	7:00am	TBA*
Session 8	12 & Under	TBA*	TBA*
Session 9	15 & Over	TBA*	TBA*

* *Once session times have been determined, depending on the meet entries, they will be published on the Be Smartt web site and e-mailed to coaches of all participating teams at least one week before the meet.*

Scoring:	<ul style="list-style-type: none"> There will be no team scoring.
Awards:	<ul style="list-style-type: none"> Medals will be awarded to 1st through 3rd place and ribbons 4th through 8th place in each individual event. Medals will be awarded to 1st through 3rd place in each relay event. Swimmers 20 years and older will not receive awards
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> Admission will be \$10.00 per session. Spectators attending the Friday morning session at Rutgers will receive a voucher good for entry to the Friday evening session at Princeton. Psych sheets and heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Concessions:	<ul style="list-style-type: none"> Friday morning/midday at Rutgers: Food and drink will be available at a concession stand provided by Rutgers in the hallway. Friday evening, Saturday, and Sunday: Food and drink will be available in the Jadwin Gymnasium, next door to the DeNunzio Natatorium.
Vendor:	<ul style="list-style-type: none"> There will be a swim vendor on site during the meet.
Entry Info:	<ul style="list-style-type: none"> 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. All entries will be accepted prior to the entry deadline from teams assigned to the meet. 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:	<ul style="list-style-type: none"> • New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. • All entry times must 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, go 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. See "Proof of Times Reporting" below. • 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, 2018 through the entry date of the meet. • If a swimmer achieves a Gold time in an entered event subsequent to entering the meet, they must be removed from the event at this meet. They may either replace the newly—achieved Gold event with a non-Gold event, or receive a refund for the event entry fee. Failure to follow this policy will result in the disqualification of the swimmer (even retroactively), and the swimmer's club may be penalized and/or fined by NJ Swimming for each such infraction.
Entry Amendment Procedures:	<p>Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The process shall be as follows:</p> <ol style="list-style-type: none"> 1. The meet coordinator will enter each team as the entries are received. 2. An entry report for each team will be e-mailed to that team. 3. Upon receipt of the entry report for their team, the coach will be expected to proof the entries for their team. The coach must respond to the email, either indicating that the entries are accepted as is or amending as explained below. 4. After the entry deadline has passed, should a swimmer be missing from the entry list or missing from an event, then the coach can enter the swimmer through the following process: <ul style="list-style-type: none"> • The coach needs to make a list of the missing entry information: swimmer's name, USA-S number, event number(s), and entry time(s). • The list of the missing swimmers and their events are then to be e-mailed to the Entry Coordinator no later than 9:00pm on the Wednesday before the start of the meet. Please do not email a Hy-Tek file. • 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. This money is payable before the start of the meet. If this fee not be paid, then the swimmer(s) will not be permitted to swim in the amended events in the meet. Entries which are amended due to a swimmer achieving a new Gold or Silver time after the original entry is submitted do not incur this additional fee.
Distance Events	<ul style="list-style-type: none"> • The 800 and 1500 meter freestyle events will run fastest to slowest. • The 800 and 1500 meter freestyle events will alternate women and men. • Genders may be combined in the slowest heats to save time and there may not be a lane separating the genders. • Swimmers must provide their own counters.
400s	<ul style="list-style-type: none"> • The 400s sessions on Friday will all swim at Rutgers. • Events will swim slow to fast, alternating genders. • Swimmers need to provide their own timers.
Heat Limited Events:	<ul style="list-style-type: none"> • None.

Relays	<p>Only swimmers that do not have Gold times prior to the meet may swim on relays. 12 & Under swimmers may not swim that stroke on the 200 Medley Relay if they have a Gold or better time in the 50m distance of that stroke. 13-14 and 15 & Over Medley Relay swimmers may not swim that stroke on the 200m Medley Relay if that swimmer has Gold of better time in the 100m distance of that stroke: backstroke, breaststroke, or butterfly.</p> <p>A relay team with any swimmer found to have had a Gold time in that stroke and distance prior to the meet will be disqualified (even after the conclusion of the meet) and the information will be turned over to New Jersey Swimming for possible further disciplinary actions and fines. (See NJS Policy & Procedures Manual for explanation)</p> <ul style="list-style-type: none"> • All relays must have the correct four names listed in the correct order for that relay to be eligible. Coaches must turn in completed relay cards, prior to the relay swimming • The Meet Referee and/or the meet jury will handle any protest of relay swimmers during the meet. New Jersey Swimming will handle any protest of relay swimmers after the meet. (See NJ Swimming Policy & Procedures Manual) • Relays with swimmers 20 years and older will not receive awards.
Bottom Cuts in All Events:	<ul style="list-style-type: none"> • All events, including 50- and 100-meter events have bottom (“faster than”) qualifying times. • Swimmers must have met the qualifying times for all individual events to be able to enter. There are no “bonus” events this year.
Swimmer Eligibility:	<ul style="list-style-type: none"> • 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.
State Championships Restriction:	<ul style="list-style-type: none"> • Swimmers may not compete in a given event at both a Silver/Bronze Championship meet and the LC JO meet, unless they achieve the LC 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 JOs.
Adaptive Provisions:	<p>USA Swimming rules and regulations provides “guidelines for officiating swimmers with disabilities” and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).</p>
Host Club Responsibilities:	<ul style="list-style-type: none"> • 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.besmartinc.com no later than 1 week before the meet.
Participating Club Responsibilities:	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.besmartinc.com 1 week prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck. • Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.
Coaches Eligibility:	<ul style="list-style-type: none"> • 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:	<ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> 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.
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 the day/Meet. 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>Internet location for all meet information: http://www.besmarttinc.com</p> <p>Pre-Meet Information posted on website:</p> <ul style="list-style-type: none"> 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. <p>Post-Meet Information posted on website:</p> <ul style="list-style-type: none"> Downloadable Results (Zipped .CL2 & .HY3 files) for TM Printable meet results (.PDF file),
Results:	<ul style="list-style-type: none"> 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:	<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:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms or behind the starting block area.
USA-S Deck Change Policy Statement:	Deck changes are prohibited.
Locker Rooms:	Parents are NOT permitted in the athlete locker rooms at any time.
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 suits that have bonded seams, kinetic tape, or meshed seams. A list of restricted suits may be found on the NJ Swimming Website; www.njswim.org
Meet Requirement Statement:	In order to be eligible for the NJ Swimming Zone Championship Team or for NJ Swimming Athlete Travel Grants for sectional and national level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts toward those participation requirements.
Hotels:	<ul style="list-style-type: none"> • Holiday Inn, 100 Independence Way. 609-520-1200 Ask for special rate • Staybridge Suites, 4375 Route 1. 609-951-0009 Ask for sports group rate • Residence Inn by Marriott, 4225 Route 1. 732-329-9600 Rates includes breakfast • Princeton Courtyard by Marriott, Route 1 & Mapleton Rd. 609-726-9100 Rates includes breakfast
Directions:	Google Maps: https://goo.gl/maps/a2nFrj6BFzq Princeton University DeNunzio pool is conveniently located approximately one mile west of Route 1. Turn West onto Route 571 (Washington Avenue). Cross the bridge over Carnegie Lake. At the first light, turn right onto Faculty Road. The pool, followed by the parking lot will be on your left.



NEW JERSEY SWIMMING

2019 LC Silver/Bronze Championships

Region C Hosted by Hamilton YMCA Aquatic Club

Friday-Sunday July 12th-14th

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 University, Rutgers University, Hamilton Aquatic Club, Bergen Barracuda Swim Team, 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 the waiver form, for the **NJ Swimming Long Course Silver-Bronze Championships Region C** on **July 12th-14th, 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 800/1500 timed final event entries @ \$8.00 =	\$_____
	_____	800/1500 event entries @ \$14.00 =	\$_____
	_____	Relay event entries @ \$11.00 =	\$_____
		Total:	\$_____

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