

# B

## 13 & Over Silver/Bronze Championships

### Region B

Hosted by Hamilton Aquatic Club  
at John Witherspoon Middle School  
(Held under the sanction of USA Swimming)

|                               |  |                 |  |
|-------------------------------|--|-----------------|--|
| Meet Sanction #               | <b>NJ swimming Sanction #- NJS030318SCD</b><br><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><br>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:                 | <b>Saturday March 3<sup>rd</sup> to Sunday March 4<sup>th</sup>, 2018</b>  |                 |  |
| Location:                     | John Witherspoon Pool<br>217 Walnut Lane, Princeton, NJ 08540<br><br>The pool is located on the Princeton Middle School campus, and the pool entrance and parking lot are on Guyot Lane.   |                 |  |
| Eligible Teams:               | <b>BB, BGH, BWTD, CJAC, EEX, FOBY, HACY, HQH, HCY, LHY, MB, NJRC, PAA, PENN, PPST, PTAC, RA, RVY, SDSC, SWAC, SRAY, STAC, WW, XCEL</b>   |                 |  |
| Facility Info:                | 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".  |                 |  |
| Pool Certification Statement: | 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:            | Sue Welsh  |                 |  |
| Meet Director:                | Kip Hein   | 609-371-2065    | <a href="mailto:khein@swimppst.org">khein@swimppst.org</a>   |
| Meet Referee:                 | Louis Hu<br>Bach Lequang   |                 | <a href="mailto:Louishu@yahoo.com">Louishu@yahoo.com</a><br><a href="mailto:blequang@gmail.com">blequang@gmail.com</a> |
| Admin Official:               | Kip Hein   |                 | <a href="mailto:khein@swimppst.org">khein@swimppst.org</a>   |
| Safety Marshall:              | Sandra Franc   |                 | <a href="mailto:francswiss@me.com">francswiss@me.com</a>   |
| Entry Coordinator:            | Kip Hein   | 609-371-2065    | <a href="mailto:khein@swimppst.org">khein@swimppst.org</a>   |
| Entries Open:                 | <b>Immediately (Note: Teams cannot be closed out of this championship meet provided entries are received by the deadline)</b>  |                 |  |
| Entry Deadline:               | <b>Friday February 23<sup>rd</sup>, 2018, at 6 pm</b>  |                 |  |
| Swimmer Age                   | Swimmer ages for this meet are as of: <b>March 3<sup>rd</sup>, 2018</b>  |                 |  |
| Entry Fees:                   | Individual Entry (except distance): \$5.00,<br>Distance (1000/1650): \$11.00,  | Relays: \$8.00. |  |
|                               | <b>Note: There is an additional \$5.00 fee charged for each entry submitted via the Amended Entry Process (see above). However, 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.</b>   |                 |  |
| Meet Course:                  | Short Course Yards (SCY)   |                 |  |
| Meet Format:                  | <ul style="list-style-type: none"><li>• This meet will be run as timed finals.</li><li>• There will be 13-14, and 15-19 events.</li><li>• <b>There are minimum ("faster than") and maximum ("no faster than") time standards for this meet. As a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries.</b> (See <i>Entry Times</i> section for details).</li><li>• 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.</li></ul> |                 |  |

|                       |   |   |
|-----------------------|---|---|
| Entry Limits:         | Daily: 3 Individual Events<br>1 Relay Event                         | Meet: 6 Individual Events<br>2 Relay Events |
| Checks Payable To:    | HAC   |   |
| Email Entry Files To: | <a href="mailto:khein@swimppst.org">khein@swimppst.org</a>          |   |
| Checks/Waivers:       | Bring to the first session of the meet where the team is competing. |   |

## 2018 13 & Over Silver/Bronze Championships Region B

### Saturday March 3<sup>rd</sup>

Facility Opens at 7:15 am

### Saturday Morning Session #1—Women

Warm-up: TBA

Meet Start: TBA

| Evt | Event                  | Qualifying* | Silver  | Gold          |
|-----|------------------------|-------------|---------|---------------|
| #19 | 13-14 200 Medley Relay |             |         | <b>**Gold</b> |
| #20 | 15-19 200 Medley Relay |             |         | <b>**Gold</b> |
| #21 | 13-14 100 Backstroke   |             | 1:13.59 | 1:07.29       |
| #22 | 15-19 100 Backstroke   |             | 1:10.19 | 1:02.49       |
| #23 | 13-14 200 IM           | 2:47.49     | 2:36.89 | 2:26.49       |
| #24 | 15-19 200 IM           | 2:42.59     | 2:30.29 | 2:17.49       |
| #25 | 13-14 100 Breaststroke |             | 1:22.49 | 1:18.09       |
| #26 | 15-19 100 Breaststroke |             | 1:19.39 | 1:12.99       |
| #27 | 13-14 100 Freestyle    |             | 1:02.89 | 58.99         |
| #28 | 15-19 100 Freestyle    |             | 1:01.09 | 55.59         |
| #29 | 13-14 200 Butterfly    | 2:56.09     | 2:43.99 | 2:39.99       |
| #30 | 15-19 200 Butterfly    | 2:53.09     | 2:38.79 | 2:19.49       |
| #31 | 13-14 500 Freestyle    | 6:04.99     | 6:04.99 | 5:40.99       |
| #32 | 15-19 500 Freestyle    | 5:52.19     | 5:52.19 | 5:22.99       |

\* Qualifying times are “equal/faster than”

\*\* In order to swim in a medley relay designated as a Silver/Bronze event, no swimmer on that relay may have had a previous Gold time in the 100 stroke (or 50 free) that the swimmer will swim in that relay.

### Saturday Midday Session #2—1650 Freestyle

Warm-up: TBA

Meet Start: +35 minutes

| Evt | Event                      | Qualifying* | Silver   | Gold     |
|-----|----------------------------|-------------|----------|----------|
| #15 | Boys 13-14 1650 Freestyle  | 19:50.29    | 19:50.29 | 19:00.19 |
| #16 | Men 15-19 1650 Freestyle   | 19:00.99    | 19:00.99 | 18:00.99 |
| #17 | Girls 13-14 1650 Freestyle | 20:21.69    | 20:21.69 | 19:30.69 |
| #18 | Women 15-19 1650 Freestyle | 20:08.99    | 20:08.99 | 19:09.99 |

\* Qualifying times are “equal/faster than”

\*\* These events will be run fastest to slowest. Heats/age groups may be combined.

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Saturday March 3<sup>rd</sup>

...Continued

## Saturday Afternoon Session #3—Men

Warm-up: TBA

Meet Start: Warm-up+65 minutes

| Evt | Event                  | Qualifying* | Silver  | Gold          |
|-----|------------------------|-------------|---------|---------------|
| #1  | 13-14 200 Medley Relay |             |         | <b>**Gold</b> |
| #2  | 15-19 200 Medley Relay |             |         | <b>**Gold</b> |
| #3  | 13-14 100 Backstroke   |             | 1:11.59 | 1:03.29       |
| #4  | 15-19 100 Backstroke   |             | 1:05.19 | 57.49         |
| #5  | 13-14 200 IM           | 2:46.89     | 2:34.49 | 2:19.19       |
| #6  | 15-19 200 IM           | 2:36.09     | 2:20.29 | 2:04.99       |
| #7  | 13-14 100 Breaststroke |             | 1:20.39 | 1:11.59       |
| #8  | 15-19 100 Breaststroke |             | 1:14.99 | 1:05.99       |
| #9  | 13-14 100 Freestyle    |             | 1:01.49 | 55.09         |
| #10 | 15-19 100 Freestyle    |             | 55.39   | 49.99         |
| #11 | 13-14 200 Butterfly    | 2:55.89     | 2:40.59 | 2:30.99       |
| #12 | 15-19 200 Butterfly    | 2:40.99     | 2:25.59 | 2:07.49       |
| #13 | 13-14 500 Freestyle    | 6:03.19     | 6:03.19 | 5:24.99       |
| #14 | 15-19 500 Freestyle    | 5:31.69     | 5:31.69 | 4:59.99       |

\* Qualifying times are "equal/faster than"

\*\* In order to swim in a medley relay designated as a Silver/Bronze event, no swimmer on that relay may have had a previous Gold time in the 100 stroke (or 50 free) that the swimmer will swim in that relay.

# 2018 13 & Over Silver/Bronze Championships Region B

Sunday March 4<sup>th</sup>  
Facility Opens at 7:15 am

## Sunday Morning Session #4—Women

Warm-up: TBA

Meet Start: TBA

| Evt | Event                     | Qualifying* | Silver  | Gold          |
|-----|---------------------------|-------------|---------|---------------|
| #33 | 13-14 200 Freestyle Relay |             |         | <b>**Gold</b> |
| #34 | 15-19 200 Freestyle Relay |             |         | <b>**Gold</b> |
| #35 | 13-14 400 IM              | 5:39.69     | 5:39.69 | 5:10.99       |
| #36 | 15-19 400 IM              | 5:28.99     | 5:28.99 | 4:49.99       |
| #37 | 13-14 50 Freestyle        |             | 28.99   | 27.59         |
| #38 | 15-19 50 Freestyle        |             | 28.19   | 25.39         |
| #39 | 13-14 100 Butterfly       |             | 1:13.79 | 1:08.09       |
| #40 | 15-19 100 Butterfly       |             | 1:09.89 | 1:01.99       |
| #41 | 13-14 200 Breaststroke    | 3:12.09     | 2:59.89 | 2:48.59       |
| #42 | 15-19 200 Breaststroke    | 3:09.89     | 2:52.69 | 2:35.99       |
| #43 | 13-14 200 Backstroke      | 2:48.09     | 2:39.39 | 2:24.69       |
| #44 | 15-19 200 Backstroke      | 2:44.09     | 2:30.99 | 2:15.99       |
| #45 | 13-14 200 Freestyle       | 2:24.39     | 2:16.79 | 2:09.79       |
| #46 | 15-19 200 Freestyle       | 2:20.19     | 2:11.49 | 2:00.39       |

\* Qualifying times are “equal/faster than”

\*\* In order to swim in a freestyle relay designated as a Silver/Bronze event, no swimmer on that relay may have had a previous Gold time in the 50 freestyle.

## Sunday Midday Session #5—1000 Freestyle

Warm-up: TBA

Meet Start: Warm-Up+35 minutes

| Evt | Event                      | Qualifying* | Silver   | Gold     |
|-----|----------------------------|-------------|----------|----------|
| #47 | Boys 13-14 1000 Freestyle  | 11:59.49    | 11:59.49 | 11:25.99 |
| #48 | Men 15-19 1000 Freestyle   | 11:29.19    | 11:29.19 | 10:55.99 |
| #49 | Girls 13-14 1000 Freestyle | 12:22.29    | 12:22.29 | 11:50.99 |
| #50 | Women 15-19 1000 Freestyle | 12:11.09    | 12:11.09 | 11:35.99 |

\* Qualifying times are “equal/faster than”

\*\* These events will be run fastest to slowest. Heats/age groups may be combined.

# 2018 13 & Over Silver/Bronze Championships Region B

Sunday March 4<sup>th</sup>

...Continued

## Sunday Afternoon Session #6—Men

Warm-up: TBA

Meet Start: Warm-up+65 minutes

| Evt | Event                     | Qualifying* | Silver  | Gold          |
|-----|---------------------------|-------------|---------|---------------|
| #33 | 13-14 200 Freestyle Relay |             |         | <b>**Gold</b> |
| #34 | 15-19 200 Freestyle Relay |             |         | <b>**Gold</b> |
| #35 | 13-14 400 IM              | 5:34.29     | 5:34.29 | 5:00.09       |
| #36 | 15-19 400 IM              | 5:13.19     | 5:13.19 | 4:31.99       |
| #37 | 13-14 50 Freestyle        |             | 27.99   | 25.59         |
| #38 | 15-19 50 Freestyle        |             | 25.39   | 23.19         |
| #39 | 13-14 100 Butterfly       |             | 1:10.99 | 1:03.89       |
| #40 | 15-19 100 Butterfly       |             | 1:05.59 | 55.99         |
| #41 | 13-14 200 Breaststroke    | 3:11.89     | 2:55.89 | 2:40.99       |
| #42 | 15-19 200 Breaststroke    | 3:01.89     | 2:42.59 | 2:21.99       |
| #43 | 13-14 200 Backstroke      | 2:47.89     | 2:35.69 | 2:17.19       |
| #44 | 15-19 200 Backstroke      | 2:38.09     | 2:23.69 | 2:04.99       |
| #45 | 13-14 200 Freestyle       | 2:23.89     | 2:14.89 | 2:01.79       |
| #46 | 15-19 200 Freestyle       | 2:12.99     | 2:01.79 | 1:50.99       |

\* Qualifying times are “equal/faster than”

\*\* In order to swim in a freestyle relay designated as a Silver/Bronze event, no swimmer on that relay may have had a previous Gold time in the 50 freestyle.

## Meet Schedule\*\*

| Saturday March 3 <sup>rd</sup> |                 | Warm-up | Start |
|--------------------------------|-----------------|---------|-------|
| Facility Opens at 7:15 am      |                 |         |       |
| Session 1                      | Women           | TBA     | TBA   |
| Session 2                      | 1650 Freestyles | TBA     | TBA   |
| Session 3                      | Men             | TBA     | TBA   |
| Sunday March 4 <sup>th</sup>   |                 | Warm-up | Start |
| Facility Opens at 7:15 am      |                 |         |       |
| Session 4                      | Women           | TBA     | TBA   |
| Session 5                      | 1000 Freestyles | TBA     | TBA   |
| Session 6                      | Men             | TBA     | TBA   |

\*\* The schedule has been arranged to allow senior practice sessions. Should entry volumes require it, the start time may be moved earlier.

Session start times for later sessions will be determined after all entries have been received. Once session times have been determined, they will be published on the NJ swimming 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"> <li>• There will be no team scoring.</li> </ul>  |
| Awards:                     | <ul style="list-style-type: none"> <li>• Events 200 yards and shorter are silver/bronze events with swimmers entered into the appropriate division by their entry time. Events 400 yards and longer are silver events.</li> <li>• Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place and ribbons 4<sup>th</sup> through 8<sup>th</sup> place in Silver division events.</li> <li>• Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place and ribbons 4<sup>th</sup> through 8<sup>th</sup> place in Bronze division events.</li> <li>• Medals will be awarded to the top three teams in each relay event.</li> <li>• A swimmer competing in the Bronze division of an event who achieves a Gold time will not receive an award.</li> </ul>   |
| Starts:                     | <ul style="list-style-type: none"> <li>• 'Fly-over/Over-the-top' starts will be used during this meet.</li> </ul>   |
| Admissions and Programs:    | <ul style="list-style-type: none"> <li>• Admission will be \$10.00 per session. Heat sheets will be on Meet Mobile (subscription required).</li> </ul>  |
| Concessions:                | <ul style="list-style-type: none"> <li>• Food will be available in the lobby of the school building.</li> </ul>   |
| Vendor:                     | <ul style="list-style-type: none"> <li>• California Beach Hut</li> </ul>  |
| Entry Info:                 | <ul style="list-style-type: none"> <li>• 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.</li> <li>• All entries will be accepted on a first come basis.</li> <li>• Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes.</li> <li>• Team entries will be considered accepted when the host club accepts the entries.</li> <li>• <b>All entries must be accompanied by e-mailed proof of time (see below). Entries without proof of time will not be accepted</b></li> <li>• <b>Special Notice:</b> 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.</li> </ul>  |
| Proof of Time:              | <ul style="list-style-type: none"> <li>• This is a NJ Championship event. All entries must be accompanied by a proof of time report:</li> <li>• Run a TM entries report with the <i>Include Proof of Time</i> option, or the Team Unify equivalent. This report should be saved as a PDF file and the file emailed to the entry coordinator along with the entry file.</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.</li> <li>• All entry times must be in short course yards. Converted times are permitted. All entry times must meet the time standards for this meet as approved by NJ Swimming.</li> <li>• <b>All entry times must be proved upon meet entry. See "Proof of Times" above.</b></li> <li>• <b>All entry times must be achieved during the meet qualifying period of January 1<sup>st</sup>, 2016 through the entry date of the meet.</b></li> </ul>  |
| 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"> <li>1. The meet coordinator will enter each team as the entries are received.</li> <li>2. An entry report for each team will be e-mailed to that team.</li> <li>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.</li> <li>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"> <li>• 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).</li> <li>• 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.</li> <li>• 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. <b>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.</b></li> </ul> </li> </ol> |

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|-----------------------|--|
| Relays                | <p><b>Only swimmers that do not have Gold times in that stroke and distance can swim on relays. Where a relay leg distance is not normally contested for 13 &amp; Over (ie 50 backstroke, breaststroke, butterfly), the athlete swimming that stroke may not have a Gold time in the 100 of that stroke. 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.</b> (See NJS Policy &amp; Procedures Manual for explanation)</p> <ul style="list-style-type: none"> <li>• 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</li> <li>• 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 &amp; Procedures Manual)</li> </ul>   |
| Distance Events       | <ul style="list-style-type: none"> <li>• All distance events in sessions 2 &amp; 5 will be swum fastest to slowest.</li> <li>• Swimmers must provide their own timers and counters.</li> <li>• Host clubs and assigned team counters will time the 400 IM events.</li> <li>• Swimmers will be responsible for providing their own timers and counters for the 500 yard freestyle events.</li> <li>• Depending on entries, the 13-14 and 15-19 age groups of the 1000 and 1650 freestyles may be combined but scored as separate age groups.</li> <li>• If necessary, the slowest heats of the Women/Men 1000 and 1650 freestyles may be swum as a combined heat and the genders may not have an empty lane separating them.</li> </ul>   |
| Swimmer Eligibility:  | <ul style="list-style-type: none"> <li>• <b>This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet.</b> Swimmers may not compete in any event in which they have received a New Jersey Swimming <b>Gold Time</b> since January 1<sup>st</sup>, 2017.</li> <li>• No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.</li> <li>• <b>If a swimmer is entered in the meet, and then achieves a Gold time in one or more of their entered events prior to the start of the meet, that swimmer must be removed from that event(s).</b> Failure to do so 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. The swimmer will be allowed to substitute another eligible event or the entry fee will be refunded if the swimmer cannot/does not wish to compete in a substitute event.</li> <li>• <b>Similarly, if a swimmer was initially entered in the Bronze division of an event, and then achieves a Silver time in the event prior to the start of this meet, then that swimmer's entry must be amended so they compete in the Silver division of the event.</b> Again, failure to do so may result in the penalties stated above.</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> </ul> |
| 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>  |
| Bronze "Bottom" Cuts: | <ul style="list-style-type: none"> <li>• There are 5 events (50, 100 freestyle, 100 backstroke, 100 breaststroke, and 100 butterfly) that have no bottom cuts for the bronze division.</li> <li>• There are bottom cuts for the bronze division of 200 yard events.</li> <li>• <b>A bronze level swimmer who does not have times faster than any of the 200 bottom cuts may choose one (1) 200 yard event where they do not have the cut in which to participate (giving the swimmer 6 events).</b></li> <li>• <b>A bronze level swimmer may not choose an event 400 yards or longer. These events are open to silver level swimmers only.</b></li> </ul>  |

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| State Championships Restriction:     | <ul style="list-style-type: none"> <li>• <b>Swimmers may not compete in a given event at both a Silver/Bronze Championship meet and the SC JO meet, unless they achieve the SC 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.</b></li> </ul>   |
| Host Club Responsibilities:          | <ul style="list-style-type: none"> <li>• The host club will e-mail entry verification back to the participating clubs.</li> <li>• The host club will create a warm-up schedule that will be fair and equal to all teams.</li> <li>• The host club will create timing assignments that are fair and equitable with as many teams participating as possible.</li> <li>• Warm-up schedules and assignments, and timing assignments 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> </ul>   |
| Participating Club Responsibilities: | <ul style="list-style-type: none"> <li>• Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet 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 timing assignments.</li> <li>• Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</li> </ul>   |
| Coaches Eligibility:                 | <ul style="list-style-type: none"> <li>• 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.</li> <li>• Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility.</li> <li>• All Coaches must have some form of USA coaching credential verification with them at all times.</li> </ul>   |
| Officials:                           | <ul style="list-style-type: none"> <li>• Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help.</li> <li>• Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</li> <li>• All officials must wear the standard white and blue uniform.</li> <li>• Officials will be required to work the entire session and will receive free admission.</li> </ul>   |
| Meet Format Waiver:                  | <ul style="list-style-type: none"> <li>• This meet will be run in accordance to current USA Swimming Rules.</li> <li>• 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"> <li>• To allow more swimmers to swim.</li> <li>• To conform to facility capacity limits or for facility safety concerns.</li> <li>• To condense the meet into smaller time frame.</li> </ul> </li> <li>• Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.</li> </ul> |
| Warm-up Procedures:                  | <ul style="list-style-type: none"> <li>• 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.</li> <li>• Swimming Equipment is <b>not allowed</b> in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys.</li> <li>• All swimmers must enter the pool feet first from the starting end of the pool.</li> <li>• New Jersey Swimming officials will monitor warm-ups.</li> <li>• All general warm-up lanes will swim in a counterclockwise direction.</li> </ul>   |
| Check-In:                            | <ul style="list-style-type: none"> <li>• 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.</li> <li>• Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</li> </ul>   |
| No Show Procedure:                   | 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.   |
| Internet Website Posting:                   | 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>  |
| Results:                                    | <ul style="list-style-type: none"> <li>• Meet result files for TM will be emailed to all participating teams.</li> <li>• Meet results will be posted on the meet website and on the New Jersey Swimming Website: <a href="http://www.njswim.org">www.njswim.org</a></li> </ul>  |
| 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 cell phones, is not permitted in changing areas, rest rooms or locker rooms. <b>In addition, photography behind the blocks is not permitted.</b>  |
| 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.  |
| 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.   |
| 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"> <li>• Holiday Inn, 100 Independence Way, 1-609-520-1200</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> </ul>  |
| Directions:                                 | <p><b>From Route 1:</b> Taking Rt. 1 towards Princeton to Rt. 571 into Princeton. You will come up through the main campus and pass through 4 lights. You will turn at the 5th light which is Nassau Street. Rt. 571 will go off to you left, you will make a right turn onto Nassau Street. At the next traffic light turn left onto Chestnut Street. Proceed to the first stop sign. You go straight and Chestnut turns into Walnut Lane. You will go past Princeton High School on your left; the pool is at the middle school on your Right. Just after you pass the middle school you will turn right onto Guyot Lane. 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> <p><b>From 206 north:</b> Take Rt. 206 south into Princeton to Nassau Street. Turn left onto Nassau street and continue to Chestnut Street. At the traffic light turn left onto Chestnut Street. Proceed to the first stop sign. You go straight and Chestnut turns into Walnut Lane. You will go past Princeton High School on your left; the pool is at the middle school on your right. Just after you pass the middle school you will turn right onto Guyot Lane. 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

# 2018 13 & Over Silver Bronze Championships

Region B Hosted by HACY

Saturday-Sunday March 3<sup>rd</sup> -4<sup>th</sup>

### 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, Hamilton Aquatic Club, 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 this waiver form, 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:

|                           |   |         |
|---------------------------|---|---------|
| <b>Entry Fee Summary:</b> | _____ Individual non-1000/1650 event entries @ \$5.00 = | \$_____ |
|                           | _____ 1000/1650 event entries @ \$11.00 -               | \$_____ |
|                           | _____ Relay event entries @ \$8.00 =                    | \$_____ |
|                           | Total:  | \$_____ |

Make checks payable to: HAC