

<b>F</b>	<b>12 &amp; Under Silver/Bronze Championships</b> <b>Region F</b> <b>Hosted by Eastern Express</b> <b>at the Aquatic Center, The College of New Jersey</b> <b>(Held under the sanction of USA Swimming)</b>
<b>Meet Sanction #</b>	<b>NJS022716SCA</b> In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
<b>Dates of Meet</b>	Saturday, February 27 <sup>th</sup> and Sunday February 28 <sup>th</sup> , 2016
<b>Eligible Teams</b>	<b>CJAC, EEX, FOBY, HQH, LL, MB, NJRC, PENN, PPST, PTAC, PUST, SRAY</b>
<b>Location</b>	The College of New Jersey Aquatic Center, is located in Packer Hall, 2000 Pennington Rd, Ewing NJ 08628
<b>Facility Information</b>	The competition pool is 8 lanes, 25 yards, with Omega timing. The starting blocks are in the deep end of the pool, on the new bulkhead. The depth at the starting blocks is 6.5 feet and the depth at the turn end is 4 feet. There is a separate warm-down pool.
<b>Pool Certification Statement</b>	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.
<b>Audio/Visual Recording Statement</b>	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
<b>USA-S Deck Change Policy Statement</b>	Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
<b>Meet Director</b>	Ellen Mace, <a href="mailto:entries1@juno.com">entries1@juno.com</a> , (609).558-0988
<b>Meet Referee</b>	Perry Novak - <a href="mailto:perrynovak@optonline.net">perrynovak@optonline.net</a>
<b>Administrative Official</b>	Ellen Mace
<b>Host Team Contact</b>	Brent Matheson, <a href="mailto:bmatheson17@gmail.com">bmatheson17@gmail.com</a> , (908) 295-8133
<b>Meet Safety Marshal</b>	Grey Jones, <a href="mailto:gj@coachingsystems.com">gj@coachingsystems.com</a> , (609) 466-9000
<b>Entry Coordinator</b>	Be Smartt Inc, <a href="mailto:entries1@juno.com">entries1@juno.com</a> , (609)-558-0988 <ul style="list-style-type: none"> <li>• Best time to call after 8:00pm and weekends</li> </ul>
<b>Meet Format Waiver</b>	The host club has the right to change the format of the meet with the approval of the sanctioning chairman and either the age group or senior chairman. 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> Some of the changes that may be made: 1) add a session, 2) heat limit distance events, 3) condense sessions, 4) change session start times, and 5) eliminate relays.
<b>Entry Deadline</b>	<ul style="list-style-type: none"> <li>• Entry Deadline: <b>Wednesday February 17<sup>th</sup>, 2016</b></li> <li>• Email entry files and proof of time reports to: <a href="mailto:entries1@juno.com">entries1@juno.com</a></li> <li>• Send entry fees and Waiver/Meet Verification form to:  <b>Be Smartt Inc, 604 Paxson Avenue, Mercerville, NJ 08619</b></li> <li>• It is not necessary to use overnight or express mail to send hard copy and check which are sent in support of an e-mailed entry.</li> </ul>



<p><b>Amending Entries Process</b></p>	<p>Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The Entry Coordinator is Be Smartt, Inc <a href="mailto:entries1@juno.com">entries1@juno.com</a> The process shall be as follows:</p> <ol style="list-style-type: none"> <li>1. The Host Team 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 (e-mail: <a href="mailto:entries1@juno.com">entries1@juno.com</a>) 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.</li> <li>• <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>
<p><b>Internet Website Posting</b></p>	<p>Website addresses: <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> and <a href="http://www.njswim.org">www.njswim.org</a>  Pre-Meet Information posted on websites.</p> <ul style="list-style-type: none"> <li>• Meet Announcement</li> <li>• Zipped downloadable Hy-Tek Events list (.HYV &amp; .EV3 files)</li> <li>• Warm-up Schedule and Team Warm-up Assignments</li> <li>• Timing assignments</li> </ul> <p>Post-Meet Information posted on websites.</p> <ul style="list-style-type: none"> <li>• Downloadable Results (Zipped .CL2 &amp; .HY3 files) for TM</li> <li>• Printable meet results (.PDF file)</li> </ul>
<p><b>Meet Requirement Statement:</b></p>	<p>In order to be eligible for the New Jersey 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 New Jersey Swimming sanctioned meet, this meet counts towards those participation requirements.</p>
<p><b>Coaches' Eligibility</b></p>	<ul style="list-style-type: none"> <li>• All coaches "on the deck" must be current coach members of USA Swimming.</li> <li>• Coaches must show valid coaching card for entrance to facility.</li> <li>• Coaches must have coaching card visible at all times while on deck.</li> </ul>
<p><b>Swimmer Eligibility</b></p>	<ul style="list-style-type: none"> <li>• <b>Qualifying times for this meet must have been achieved since <b>January 1<sup>st</sup>, 2015.</b></b></li> <li>• This is a New Jersey Swimming Championship Meet. As such, only swimmers registered with New Jersey Swimming may enter. Swimmers may compete in any event that they have not achieved a New Jersey Swimming <b>Gold Time</b>. (See attached events and time standards).</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). 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.</b> They will be allowed to substitute another eligible event(s) if they have any or the entry fee will be refunded if a swimmer cannot/does not want 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 said event prior to the start of this meet, then that swimmer's entry needs to be amended so that they do not compete in the Bronze division of that event.</b> Again, failure to do so will result in the penalties stated above.</li> <li>• Age as of February 27<sup>th</sup>, 2016 will apply for the entire meet.</li> <li>• Only 8 &amp; Under, 10 &amp; Under and 11-12 events will be run.</li> </ul>



<p><b>Swimmer Eligibility (continued)</b></p>	<p><i>...Continued</i></p> <ul style="list-style-type: none"> <li>• All swimmers must be listed on a team’s official entry form to be eligible to participate in this swim meet in any event including relays.</li> <li>• All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers are to use a UN- (New Team Alpha Code) as their team affiliation.</li> <li>• All Unattached swimmers are to be listed on the team’s official waiver entry form.</li> <li>• <b>Swimmers may compete in a maximum of 4 individual events per day, and 1 relay event per day.</b></li> <li>• In order to compete in the 1000 or 1650 Freestyle events, the swimmer cannot already have a Gold time in the event, and the swimmer must have a Silver or better time in the 500, 1000, or 1650 Freestyle (proof of time required). <b>The 1000 and 1650 events will be entered and seeded using the swimmer’s 500 Freestyle time.</b> If the swimmer doesn’t have a Silver time in the 500 freestyle, but does have a Silver time in either the 1000 or 1650 freestyle, then the swimmer should be entered at the event qualifying time of 6:40.99.</li> </ul>
<p><b>State Championships Restriction</b></p>	<p><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></p>
<p><b>USA-S Racing Start Certification Statement</b></p>	<ul style="list-style-type: none"> <li>• 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 USA Swimming member coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</li> </ul>
<p><b>Meet Format</b></p>	<ul style="list-style-type: none"> <li>• This meet will be run in accordance to current USA Swimming Rules.</li> <li>• This meet will be run as a time final meet.</li> <li>• This meet will be deck seeded with coaches checking in/scratching all swimmers.</li> <li>• Swimmers will report to the marshalling area for organizing heats and lanes and escorted to the pool.</li> <li>• This is a Silver/Bronze Championship. All individual events, except for the distance events (500, 1000, 1650 Free and 400IM), will be run with the Bronze Only event for each the girls and the boys, followed by the Silver Only version of the same stroke and distance for the girls and the boys. The distance events will be run and scored as combined Silver/Bronze events.</li> </ul>
<p><b>Relays</b></p>	<p><b>Only swimmers that do not have Gold times in that stroke and distance can swim on relays. 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>
<p><b>Meet Schedule</b></p>	<ul style="list-style-type: none"> <li>• This is a two day meet.</li> <li>• There will be 4 sessions on Saturday and 3 sessions on Sunday.</li> <li>• The building will open at 9:50am each day.</li> </ul>



## Meet Schedule

Saturday, February 27 <sup>th</sup> , 2016		Warm-up	Start
Session 1	10 & Under Main Session	10:00am	11:05am
Session 2	10 & Under 500 Freestyle	TBA (10 minute warm-up)	TBA
Session 3	11-12 Main Session	TBA (approx 2:30pm)	TBA
Session 4	11-12 1000 Freestyle	TBA (10 minute warm-up)	TBA
Sunday, February 28 <sup>th</sup> , 2016			
Session 5	10 & Under Main Session	10:00am	11:05am
Session 6	8 & Under Mini-Meet	TBA (approx 1:30pm)	TBA
Session 7	11-12 Main Session	TBA (approx 3:30pm)	TBA
Session 8	11-12 1650 Freestyle	TBA (10 minute warm-up)	TBA

**Exact session times will be determined based on the meet entries and will be posted on the meet web sites and sent to participating teams via e-mail.**

**These session times have been arranged to allow senior practice sessions. Should entry volumes require it, the start time may be moved earlier. Coaches of participating teams will be notified by e-mail at least one week before the meet.**

<b>Warm-up Procedures</b>	<ul style="list-style-type: none"> <li>Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes.</li> <li>All swimmers are entitled to a fair and comparable warm-up. All teams <b>WILL</b> get the same opportunity for general warm-up lanes, sprint lanes, and pace lanes.</li> <li>All swimmers must enter the pool from the starting end of the pool.</li> <li>New Jersey Swimming officials will monitor warm-ups.</li> <li>All general warm-up lanes will swim in a counterclockwise direction.</li> </ul> <p><b>Depending on the number of entries</b></p> <ul style="list-style-type: none"> <li>There will be a one-hour warm-up session with sprint lanes offered in the final 15 minutes of warm-ups.</li> </ul> <p><b>or</b></p> <ul style="list-style-type: none"> <li>The warm-up sessions may be two 30-minute warm-ups divided by teams, with designated sprint/pace lanes during the last 10 minutes.</li> </ul> <p>All clubs will be notified by e-mail about the warm-up format.</p>
<b>Entry Times</b>	<ul style="list-style-type: none"> <li>In all events other than the 1000 and 1650 Freestyle events, seed times must be <b>slower</b> than the New Jersey Swimming Gold Time Standards.</li> <li>For the 1000 and 1650 freestyle events, swimmers are to be entered with their 500 freestyle times. These times must be provable and faster than the Silver time standard in the 500 Free. If the swimmer doesn't have a Silver time in the 500 freestyle, but does have a Silver time in either the 1000 or 1650 freestyle, then the swimmer should be entered at the event qualifying time of 6:40.99.</li> <li>Accuracy of seed times is essential. Incomplete entries will not be accepted.</li> <li><b>Entries with "No Time" will not be accepted!</b></li> <li>A Meet Committee will be selected to handle protests including false entry times.</li> <li>All entry times must be in short course yards.</li> <li>For all New Jersey Swimming Championship Meets, proof of time must be included with all entries. Entries without proof of time will not be accepted into any New Jersey Swimming Championship Meet. (See "Proof of Times Reporting" section below.)</li> </ul>



<p><b>Proof of Times Reporting</b></p>	<p>For non-1000/1650 events, the TM entries report with the <i>Include Proof of Time</i> option selected will suffice. This report should be saved as a PDF file and the file emailed to the entry coordinator along with the entry file.</p> <p>For the 1000/1650 events, a second report will need to be submitted. This report is a Top Times Report in Team Manager with the following settings:</p> <ol style="list-style-type: none"> <li>1) Low Age = 11</li> <li>2) High Age = 12</li> <li>3) Stroke = Free</li> <li>4) Distance = 500</li> <li>5) Course = YY (Convert to yards, Show yards)</li> <li>6) Sort by = Name (this is the default)</li> </ol> <p>Again, save this report as a PDF file and email it along with the entries and the above report to the entries coordinator.</p>
<p><b>Check-In:</b></p>	<ul style="list-style-type: none"> <li>• This meet will be deck seeded. 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 “SCR” next to the circle. A swimmer scratching a single event will have a line through his/her 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.</li> </ul>
<p><b>Starts</b></p>	<ul style="list-style-type: none"> <li>• The host club will determine if ‘Fly-over’/‘Over-the-top’ starts will be used after a time line has been produced. This information will be posted and e-mailed with the pre-meet information.</li> </ul>
<p><b>Distance Events</b></p>	<ul style="list-style-type: none"> <li>• The 11-12 1000 and 1650 yard freestyle events are limited to athletes with a provable Gold or Silver time in the 500 Free, or those with a Silver time in the 1000 or 1650 Free, but who do not yet have the 1000 or 1650 Gold time respectively. Athletes will be seeded with their 500 Free time.</li> <li>• The 10 &amp; Under 500 yard freestyle and the 11-12 1000 yard Freestyle and 1650 yard Freestyle events will be run fastest to slowest, alternating genders.</li> <li>• Swimmers in the 10 &amp; Under 500 Freestyle, the 11-12 1000 Freestyle, and the 11-12 1650 Freestyle events are responsible for providing their own timers and counters.</li> <li>• In all events of 400 yards or more, heats may be combined at the discretion of the meet referee.</li> <li>• The 500 Freestyle, 1000 Freestyle, 1650 Freestyle and 400 IM events will be run and scored as combined Silver/Bronze events.</li> </ul>
<p><b>Scoring</b></p>	<ul style="list-style-type: none"> <li>• Team Scoring will not be kept.</li> </ul>
<p><b>Awards</b></p>	<ul style="list-style-type: none"> <li>• Medals will be awarded for the top three relay teams in each relay event.</li> <li>• Medals will be awarded for the top six swimmers in the Bronze division of a 10 &amp; U individual event.</li> <li>• Medals will be awarded for the top six swimmers in the Silver division of a 10 &amp; U individual event.</li> <li>• Medals will be awarded for the top six swimmers in the Bronze division of an 11-12 individual event.</li> <li>• Medals will be awarded for the top six swimmers in the Silver division of an 11-12 individual event.</li> <li>• The 10 &amp; Under 500 Freestyle events and the 11-12 distance events (500, 1000, 1650 &amp; 400IM) are being run as combined Silver/Bronze events. As such, a single set of medals will be awarded to the top six finishers in each of these events. (No separate awards for Bronze and Silver divisions in these events.)</li> <li>• A swimmer competing in a Bronze-only event cannot receive an award if he/she achieves a Gold time in that event. (Since the distance events are designated as combined Silver/Bronze events, a swimmer in these events who is entered with a Bronze time and achieves a Gold time is still eligible for an award.)</li> </ul>
<p><b>Entry Fees</b></p>	<ul style="list-style-type: none"> <li>• Individual non-1000/1650 Entry Fee: \$5.00; 1000/1650 Entry Fee: \$11.00; Relay Fee: \$8.00</li> <li>• Make checks payable to: <b>Express Sports, Inc</b></li> <li>• Send entry fees to Be Smartt Inc, 604 Paxson Avenue, Mercerville, NJ 08619</li> <li>• Please waive the signature on entry packages.</li> </ul> <p><i>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.</i></p>



<b>Admissions and Programs</b>	<ul style="list-style-type: none"> <li>Admission will be \$5.00 per session and heat sheets will be available at \$3 per session.</li> </ul>
<b>Entries</b>	<ul style="list-style-type: none"> <li>In accordance with NJS policy, team entries may be submitted by E-mail: <a href="mailto:entries1@juno.com">entries1@juno.com</a></li> <li>All entries must be Hy-Tek program entries as an attached file to an e-mail.</li> <li><b>All non-1000/1650 entries must be accompanied by a copy of the TM Meet Entries report with the <i>Proof of Time</i> option enabled in PDF format.</b></li> <li><b>All 1000/1650 entries must be accompanied by the TM Report as specified in the "Proof of Times Reporting" section of this meet announcement.</b></li> <li>The meet entry coordinator will respond to e-mails entries within 48 hours. If a coach does not receive an e-mail response within 48 hours, he/she should assume that your email was been received. It then becomes the e-mailer's responsibility to make sure that the host club's meet entry coordinator receives the e-mail. If no e-mail response is received, the entry coordinator should be contacted again by email or phone.</li> <li>An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each entry.</li> <li>Deck, phone and faxed entries will not be accepted.</li> </ul>
<b>Results</b>	<ul style="list-style-type: none"> <li>All participating teams will be sent results via email.</li> <li>Results will be posted at the meet websites: <a href="http://www.besmartinc.com">www.besmartinc.com</a> and <a href="http://www.njswim.org">www.njswim.org</a></li> </ul>
<b>Host Club Responsibilities</b>	<ul style="list-style-type: none"> <li>The host club will provide a single timer in each lane throughout the meet.</li> <li>The host club will have stopwatches available for volunteers helping to time.</li> <li>The host club will e-mail all club entries 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. This warm-up schedule will be e-mailed to all participating clubs no later than one week before the meet.</li> <li>The host club will create timing assignments that are fair and equitable with as many teams participating as possible. These timing assignments will be e-mailed to all participating clubs no later than one week before the meet.</li> </ul>
<b>Participating Club Responsibilities</b>	<ul style="list-style-type: none"> <li>Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs one 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>
<b>Concessions</b>	<ul style="list-style-type: none"> <li>Food will be available in the lobby of the school building.</li> </ul>
<b>Vendor</b>	<ul style="list-style-type: none"> <li>Metro Swim Shop will be in attendance.</li> </ul>
<b>Directions</b>	<p>The College of New Jersey is off I-95S, Route 31S, Exit 4, take 31S (Pennington Road) to the entrance of the college. Please use lots 3, 4, or 5 for parking; they are to the right of the Pennington Road entrance to the college.</p>
<b>Hotels</b>	<ul style="list-style-type: none"> <li>Holiday Inn, 100 Independence Way, 1.609.520.1200,</li> <li>Staybridge Suites, 4375 Route 1, 1.609.951.0009</li> <li>Residence Inn by Marriott, 4225 Route 1, 1.732.329.9600, Includes breakfast</li> <li>Princeton Courtyard by Marriott, Route 1 and Mapleton Road, 1.609.716.9100; includes breakfast</li> </ul>



# 12 And Under Silver/Bronze Championships 2016—Region F

## Order of Events

Saturday February 27<sup>th</sup>

### SESSION #1—10-Under Girls and Boys

Warm-Up: 10:00am Session Starts: 11:05am

EVENT	Division	Slower Than	No Slower Than
Event 1 Girls 10 & U 200 Medley Relay	Silver/Bronze	*Gold	-
Event 2 Boys 10 & U 200 Medley Relay	Silver/Bronze	*Gold	-
Event 3 Girls 10 & U 100 IM	Bronze	1:34.39	
Event 4 Boys 10 & U 100 IM	Bronze	1:34.39	
Event 5 Girls 10 & U 100 IM	Silver	1:19.89	1:34.39
Event 6 Boys 10 & U 100 IM	Silver	1:19.99	1:34.39
Event 7 Girls 10 & U 100 Free	Bronze	1:22.09	
Event 8 Boys 10 & U 100 Free	Bronze	1:22.09	
Event 9 Girls 10 & U 100 Free	Silver	1:09.89	1:22.09
Event 10 Boys 10 & U 100 Free	Silver	1:10.29	1:22.09
Event 11 Girls 10 & U 50 Back	Bronze	43.89	
Event 12 Boys 10 & U 50 Back	Bronze	43.89	
Event 13 Girls 10 & U 50 Back	Silver	36.79	43.89
Event 14 Boys 10 & U 50 Back	Silver	37.29	43.89
Event 15 Girls 10 & U 100 Fly	Bronze	1:42.09	
Event 16 Boys 10 & U 100 Fly	Bronze	1:42.09	
Event 17 Girls 10 & U 100 Fly	Silver	1:25.49	1:42.09
Event 18 Boys 10 & U 100 Fly	Silver	1:26.49	1:42.09
Event 19 Girls 10 & U 50 Breast	Bronze	48.19	
Event 20 Boys 10 & U 50 Breast	Bronze	48.19	
Event 21 Girls 10 & U 50 Breast	Silver	42.09	48.19
Event 22 Boys 10 & U 50 Breast	Silver	42.89	48.19

\* In order to swim in a relay designated as a Silver/Bronze event, no swimmer on that relay may have a previous Gold time in the stroke and distance that the swimmer will swim in that relay.

### SESSION #2—10-Under Girls and Boys 500 Freestyles

Warm-Up: Immediately after Session 1 (10 minutes) Session Starts: TBA

EVENT	Division	Slower Than
Event 23 Girls 10 & U 500 Free *	Silver/Bronze	7:07.89
Event 24 Boys 10 & U 500 Free *	Silver/Bronze	7:06.89

\*These events will be run fastest to slowest alternating girls and boys.



# 12 And Under Silver/Bronze Championships 2016—Region F

## Order of Events

Saturday February 27<sup>th</sup> Continued

### SESSION #3—11-12 Girls and Boys

Warm-Up: TBA Session Starts: TBA

EVENT	Division	Slower Than	No Slower Than
Event 25 Girls 11-12 200 Med Relay	Silver/Bronze	*Gold	-
Event 26 Boys 11-12 200 Med relay	Silver/Bronze	*Gold	-
Event 27 Girls 11-12 500 Free	Silver/Bronze	5:58.29	-
Event 28 Boys 11-12 500 Free	Silver/Bronze	5:58.29	-
Event 29 Girls 11-12 50 Fly	Bronze	35.49	
Event 30 Boys 11-12 50 Fly	Bronze	35.49	
Event 31 Girls 11-12 50 Fly	Silver	30.89	35.49
Event 32 Boys 11-12 50 Fly	Silver	30.89	35.49
Event 33 Girls 11-12 200 Back	Bronze	2:53.99	
Event 34 Boys 11-12 200 Back	Bronze	2:53.99	
Event 35 Girls 11-12 200 Back	Silver	2:30.29	2:53.99
Event 36 Boys 11-12 200 Back	Silver	2:32.09	2:53.99
Event 37 Girls 11-12 100 Breast	Bronze	1:29.89	
Event 38 Boys 11-12 100 Breast	Bronze	1:29.89	
Event 39 Girls 11-12 100 Breast	Silver	1:19.09	1:29.89
Event 40 Boys 11-12 100 Breast	Silver	1:19.69	1:29.89
Event 41 Girls 11-12 100 Free	Bronze	1:08.29	
Event 42 Boys 11-12 100 Free	Bronze	1:08.29	
Event 43 Girls 11-12 100 Free	Silver	1:00.69	1:08.29
Event 44 Boys 11-12 100 Free	Silver	1:00.49	1:08.29
Event 45 Girls 11-12 200 Fly	Bronze	2:59.99	
Event 46 Boys 11-12 200 Fly	Bronze	2:59.99	
Event 47 Girls 11-12 200 Fly	Silver	2:45.39	2:59.99
Event 48 Boys 11-12 200 Fly	Silver	2:46.19	2:59.99
Event 49 Girls 11-12 50 Back	Bronze	37.09	
Event 50 Boys 11-12 50 Back	Bronze	37.09	
Event 51 Girls 11-12 50 Back	Silver	32.19	37.09
Event 52 Boys 11-12 50 Back	Silver	32.19	37.09
Event 53 Girls 11-12 200 IM	Bronze	2:51.79	
Event 54 Boys 11-12 200 IM	Bronze	2:51.79	
Event 55 Girls 11-12 200 IM	Silver	2:30.49	2:51.79
Event 56 Boys 11-12 200 IM	Silver	2:30.29	2:51.79

\* In order to swim in a relay designated as a Silver/Bronze event, no swimmer on that relay may have a previous Gold time in the stroke and distance that the swimmer will swim in that relay.

### SESSION #4—11-12 Girls and Boys 1000 Freestyle

Warm-Up: Immediately after Session 3 (10 minutes) Session Starts: TBA

EVENT	Division	No Slower Than (500 Seed Time)	No Faster Than (Actual 1000 time)
Event 57 Girls 11-12 1000 Free **	Silver/Bronze	6:40.99*	12:56.49*
Event 58 Boys 11-12 1000 Free **	Silver/Bronze	6:40.99*	13:00.49*

\* Entry and seeding for these events is based on the swimmer's 500 Free time, but swimmers must not have previously achieved a Gold time in the 1000 Freestyle.

\*\* These events will be run fastest to slowest alternating genders.





# 12 And Under Silver/Bronze Championships 2016—Region F

## Order of Events

Sunday February 28<sup>th</sup>

### SESSION #5—10-Under Girls and Boys

Warm-Up: 10:00am Session Starts: 11:05am

EVENT	Division	Slower Than	No Slower Than
Event 59 Girls 10 & U 200 Free Relay	<b>Silver/Bronze</b>	<b>*GOLD</b>	-
Event 60 Boys 10 & U 200 Free Relay	<b>Silver/Bronze</b>	<b>*GOLD</b>	-
Event 61 Girls 10 & U 200 Free	<b>Bronze</b>	2:58.29	
Event 62 Boys 10 & U 200 Free	<b>Bronze</b>	2:58.29	
Event 63 Girls 10 & U 200 Free	<b>Silver</b>	2:35.59	2:58.29
Event 64 Boys 10 & U 200 Free	<b>Silver</b>	2:35.59	2:58.29
Event 65 Girls 10 & U 100 Back	<b>Bronze</b>	1:36.19	
Event 66 Boys 10 & U 100 Back	<b>Bronze</b>	1:36.19	
Event 67 Girls 10 & U 100 Back	<b>Silver</b>	1:19.79	1:36.19
Event 68 Boys 10 & U 100 Back	<b>Silver</b>	1:20.69	1:36.19
Event 69 Girls 10 & U 50 Fly	<b>Bronze</b>	42.99	
Event 70 Boys 10 & U 50 Fly	<b>Bronze</b>	42.99	
Event 71 Girls 10 & U 50 Fly	<b>Silver</b>	35.59	42.99
Event 72 Boys 10 & U 50 Fly	<b>Silver</b>	36.19	42.99
Event 73 Girls 10 & U 100 Breast	<b>Bronze</b>	1:48.99	
Event 74 Boys 10 & U 100 Breast	<b>Bronze</b>	1:48.99	
Event 75 Girls 10 & U 100 Breast	<b>Silver</b>	1:31.89	1:48.99
Event 76 Boys 10 & U 100 Breast	<b>Silver</b>	1:34.49	1:48.99
Event 77 Girls 10 & U 50 Free	<b>Bronze</b>	36.19	
Event 78 Boys 10 & U 50 Free	<b>Bronze</b>	36.19	
Event 79 Girls 10 & U 50 Free	<b>Silver</b>	31.39	36.19
Event 80 Boys 10 & U 50 Free	<b>Silver</b>	31.29	36.19
Event 81 Girls 10 & U 200 IM	<b>Bronze</b>	3:19.39	
Event 82 Boys 10 & U 200 IM	<b>Bronze</b>	3:19.39	
Event 83 Girls 10 & U 200 IM	<b>Silver</b>	2:55.39	3:19.39
Event 84 Boys 10 & U 200 IM	<b>Silver</b>	2:58.79	3:19.39

\* In order to swim in a relay designated as a Silver/Bronze event, no swimmer on that relay may have a previous Gold time in the stroke and distance that the swimmer will swim in that relay.

### SESSION #6—8 & Under Mini-Meet

Warm-Up: TBA Session Starts: TBA

EVENT
Event 85 Girls 8 & U 50 Free
Event 86 Boys 8 & U 50 Free
Event 87 Girls 8 & U 25 Free
Event 88 Boys 8 & U 25 Free
Event 89 Girls 8 & U 50 Breast
Event 90 Boys 8 & U 50 Breast
Event 91 Girls 8 & U 25 Breast
Event 92 Boys 8 & U 25 Breast

EVENT
Event 93 Girls 8 & U 50 Back
Event 94 Boys 8 & U 50 Back
Event 95 Girls 8 & U 25 Back
Event 96 Boys 8 & U 25 Back
Event 97 Girls 8 & U 50 Fly
Event 98 Boys 8 & U 50 Fly
Event 99 Girls 8 & U 25 Fly
Event 100 Boys 8 & U 25 Fly
Event 101 Girls 8 & U 100 IM
Event 102 Boys 8 & U 100 IM



# 12 And Under Silver/Bronze Championships 2016—Region F

## Order of Events

Sunday February 28<sup>th</sup> Continued

SESSION #7—11-12 Girls and Boys

Warm-Up: TBA Session Starts: TBA

EVENT	Division	Slower Than	No Slower Than
Event 103 Girls 11-12 200 Free Relay	Silver/Bronze	*GOLD	-
Event 104 Boys 11-12 200 Free relay	Silver/Bronze	*GOLD	-
Event 105 Girls 11-12 400 IM	Silver/Bronze	5:32.29	-
Event 106 Boys 11-12 400 IM	Silver/Bronze	5:35.89	-
Event 107 Girls 11-12 50 Breast	Bronze	41.99	
Event 108 Boys 11-12 50 Breast	Bronze	41.99	
Event 109 Girls 11-12 50 Breast	Silver	36.19	41.99
Event 110 Boys 11-12 50 Breast	Silver	36.49	41.99
Event 111 Girls 11-12 200 Free	Bronze	2:31.79	
Event 112 Boys 11-12 200 Free	Bronze	2:31.79	
Event 113 Girls 11-12 200 Free	Silver	2:12.69	2:31.79
Event 114 Boys 11-12 200 Free	Silver	2:11.99	2:31.79
Event 115 Girls 11-12 100 Back	Bronze	1:21.89	
Event 116 Boys 11-12 100 Back	Bronze	1:21.89	
Event 117 Girls 11-12 100 Back	Silver	1:08.89	1:21.89
Event 118 Boys 11-12 100 Back	Silver	1:09.39	1:21.89
Event 119 Girls 11-12 100 IM	Bronze	1:20.29	
Event 120 Boys 11-12 100 IM	Bronze	1:20.29	
Event 121 Girls 11-12 100 IM	Silver	1:09.79	1:20.29
Event 122 Boys 11-12 100 IM	Silver	1:08.99	1:20.29
Event 123 Girls 11-12 200 Breast	Bronze	3:17.99	
Event 124 Boys 11-12 200 Breast	Bronze	3:17.99	
Event 125 Girls 11-12 200 Breast	Silver	2:51.59	3:17.99
Event 126 Boys 11-12 200 Breast	Silver	2:54.49	3:17.99
Event 127 Girls 11-12 50 Free	Bronze	31.39	
Event 128 Boys 11-12 50 Free	Bronze	31.39	
Event 129 Girls 11-12 50 Free	Silver	27.89	31.39
Event 130 Boys 11-12 50 Free	Silver	27.79	31.39
Event 131 Girls 11-12 100 Fly	Bronze	1:21.99	
Event 132 Boys 11-12 100 Fly	Bronze	1:21.99	
Event 133 Girls 11-12 100 Fly	Silver	1:09.39	1:21.99
Event 134 Boys 11-12 100 Fly	Silver	1:10.69	1:21.99

\* In order to swim in a relay designated as a Silver/Bronze event, no swimmer on that relay may have a previous Gold time in the stroke and distance that the swimmer will swim in that relay.

SESSION #8—11-12 Girls and Boys 1650 Freestyle

Warm-Up: Immediately after Session 6 (10 minutes) Session Starts: TBA

EVENT	Division	No Slower Than (500 Seed Time)	No Faster Than (Actual 1650 time)
Event 135 Girls 11-12 1650 Free **	Silver/Bronze	6:40.99*	21:21.49*
Event 136 Boys 11-12 1650 Free **	Silver/Bronze	6:40.99*	21:21.49*

\* Entry and seeding for these events is based on the swimmer's 500 Free time, but swimmers must not have previously achieved a Gold time in the 1650 Freestyle.

\*\* These events will be run fastest to slowest alternating genders.





NEW JERSEY SWIMMING

2016 12 & Under Silver/Bronze Championships
Region F Saturday-Sunday February 27th-28th

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, The College of New Jersey, Eastern Express Swimming, 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 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. 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: \_\_\_\_\_

Table with 3 columns: Entry Fee Summary, Individual non-1000/1650 event entries @ \$5.00 =, 1000/1650 event entries @ \$11.00 =, Relay event entries @ \$8.00 =, Total: and corresponding dollar amounts.

Make checks payable to: Express Sports Inc

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 \_\_\_\_\_

