

Name of Meet	<h2 style="margin: 0;">2013 XCEL MEET OF XCELLENCE</h2> <p style="margin: 0;">Hosted by XCEL Swimming at the DeNunzio Pool, Princeton</p>
Meet Sanction #	<p>NJS061513LC In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages by reason of injuries to anyone during the conduct of the event.</p>
Date of Meet	Saturday and Sunday, June 15 th & 16 th , 2013
Location	DeNunzio Pool is located on Faculty Road off of Route 571 on the Princeton University campus, Princeton, NJ 08540.
Facility Information	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.
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.
USAS Deck Change Policy Statement	Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
Meet Director	Ellen Mace, 609.558.0988, entries1@juno.com
Team Contact	Coach Lucy, headcoach@xcelswimming.org , 609.252.0206
Meet Referees	Steve & Roni Sawin spsawin@aol.com
Entry Coordinator	BE Smartt, Inc., entries1@juno.com , 609.558.0988.
Meet Marshall	Coach Lucy, headcoach@xcelswimming.org , 609.252.0206
Entry Deadline	<ul style="list-style-type: none"> ▪ Entry Deadline is 5:00pm on Saturday, June 1st, 2013. ▪ Meet entries will be taken until the meet fills. The host club must stay within the four-hour-per-session rule. (See below procedure for details.) ▪ Please mail entry summary, signed waiver and fees to: BE Smartt, Inc., 604 Paxson Avenue, Mercerville, NJ 08619 ▪ Phone: 609.558.0988, E-Mail: entries1@juno.com ▪ Not waiving signature of receipt on Express Mail will delay receipt. ▪ All entry fees must be paid by warm-ups of the first session the team is swimming. ▪ The host club reserves the right to scratch any or all entries for swimmers/teams that have not submitted the required forms and entry fee payment by the time of the meet. ▪ Entries will be considered accepted when loaded into Meet Manager. ▪ NO FAX, PHONE OR DECK ENTRIES WILL BE ACCEPTED.
NJS LC meet entry process for meets without qualifying times	<ul style="list-style-type: none"> ▪ For the first six (6) days (starting from the date the meet is posted on the NJ Swimming website) NJS LCM Silver time standards will apply for NJS Athletes (make one cut swim three events). Any swimmer can participate on both days as long as the swimmer has one silver or gold time in each day's events (make 1, swim 3 for each day). ▪ If the meet or particular sessions within the meet still have room on the seventh (7) day, the time standards procedure will be lifted. At that point-any level NJS swimmer will be allowed to enter up to 6 events (3 events per day). ▪ If any session(s) within the meet still have room on the fourteenth (14) day, then the NJS only restriction will be lifted. At that point, entries for non-NJS swimmers will be accepted.



Meet Format Waiver	<p>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 changes include:</p> <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 a shorter timeframe. <p>Some of the changes that may be made include: 1) adding a session, 2) heat-limiting distance events, 3) condensing sessions, and 4) eliminating relays.</p>
Internet Website Posting	<ul style="list-style-type: none"> ▪ The official meet website is www.besmarttinc.com. ▪ Meet Information, downloadable Hy-Tek Events list (.HYV file), and final results will be posted on the BE Smartt and New Jersey Swimming websites: www.njswim.org.
Meet Requirement Statement:	<p>In order to be eligible for the New Jersey Zone Championship Team or for NJ Swimming Athlete Reimbursement 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.</p>
Coaches Eligibility	<ul style="list-style-type: none"> ▪ All coaches on the deck must be current coach members of USA Swimming. ▪ Coaches must show their coaching card for entrance to facility. ▪ Coaches must show their coaching card before picking up any meet information or scratch sheets. ▪ Coaches must have their coaching card visible at all times while on deck. ▪ Coaches must have a visible coach's card when entering hospitality area or when asking for food at concessions.
Swimmer Eligibility	<ul style="list-style-type: none"> ▪ All swimmers must be a member of USA Swimming to enter and compete in this meet. ▪ 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. ▪ See Multi Day LC Process section for qualifications into this meet. ▪ All transfer swimmers must swim unattached for 120 days from their last attached competition. Swimmers must use "UN-(New Team Alpha Code)" as their team affiliation. All unattached swimmers must be listed on their team's official waiver entry form. <p>Age Groups That Will be Offered</p> <ul style="list-style-type: none"> ▪ 10 & Under, 11-12, 13-14, 15 & Over <p>Individual and Relay Limits</p> <ul style="list-style-type: none"> ▪ Swimmers may compete in up to three (3) individual events per day. ▪ Swimmers may compete in one relay per day. <p>Age at Meet</p> <ul style="list-style-type: none"> ▪ Age determination date for this meet is Saturday, June 15th, 2013.
Meet Format	<ul style="list-style-type: none"> ▪ This meet will be run in accordance with current USA Swimming rules. ▪ This meet will be run as a timed final meet. <p>Seeding Procedure</p> <ul style="list-style-type: none"> ▪ This meet will be deck seeded with coaches checking in and/or scratching all swimmers. After the heats have been posted, swimmers will report to the blocks on their own.
Swimmers Unaccompanied by a USAS Certified Coach:	<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. If a swimmer is not accompanied by a USA Swimming member coach, then it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p>
Meet Schedule	<ul style="list-style-type: none"> ▪ The building will not open before 7:00am for swimmers and 7:15am for spectators. ▪ This meet will have three sessions on Saturday and three sessions on Sunday. ▪ The starting time for all sessions following the morning session will be announced once entries are received and a time line is established.



MEET SCHEDULE

Saturday, June 15 th , 2013		Warm-Up	Start
Session 1	12 & Under Events	7:10am	8:15am
Session 2	200s & 400s Freestyle Events	End of Session #1 *	30 minutes *
Session 3	13-14 and 15 & Over Events	End of Session #2 *	65 minutes *
Sunday, June 16 th , 2013		Warm-up	Start
Session 4	12 & Under Events	7:10am	8:15am
Session 5	200s & 400s Medley Events	End of Session #5 *	30 minutes *
Session 6	13-14 and 15 & Over Events	End of Session #6 *	65 minutes *

* Starting times for all sessions after the first session each day will be determined after entries are received and a time line created!

Warm-Up Procedures	<ul style="list-style-type: none"> Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines and will include general warm-up lanes, sprint lanes, and pace lanes. <p>Entry Into Pool</p> <ul style="list-style-type: none"> All swimmers must enter the pool from the starting end of the pool. <p>Host Team Monitoring Warm-Ups</p> <ul style="list-style-type: none"> New Jersey Swimming officials will monitor warm-ups. All general warm-up lanes will swim in a counterclockwise direction. <p>Warm-Up Schedules</p> <ul style="list-style-type: none"> The main sessions will have two warm-up periods of 30-minutes each, divided by teams. There will be designated sprint lanes and pace lanes during the last 10 minutes of each session, unless additional warm-up sessions are warranted.
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 be in long course meters. Converted times from SCY or SCM are acceptable for this meet.
Check-In	<ul style="list-style-type: none"> All check-in sheets must be turned into the scoring table 30 minutes before the start of each session. Swimmers who are competing will have a line through their name. Swimmers who are to be scratched for all events in the session will have their names circled with "SCR" noted next to the circle. Swimmers scratching a single event will have a line through his or her name and the event number circled with "SCR" next to the circle. Failure to follow the check-in procedure may result in the swimmer(s) being scratched from the session.
Starts	"Fly-over" ("over-the-top") starts may be used at the discretion of the meet referee.
Relays	<ul style="list-style-type: none"> All relays must have names listed in the correct order for that relay to be eligible. Coaches must turn in a relay card prior to a relay swimming; it must list correct swimmers' names in correct order.
Scoring	<ul style="list-style-type: none"> Team Scoring will not be kept.
Awards	<ul style="list-style-type: none"> Medals will be awarded for the top 3 relays in each relay event. Medals will be awarded for the top 3 swimmers in each age group: 10 & under, 11-12, 13-14 and 15-& Over.
Entry Fees	<ul style="list-style-type: none"> Individual Entry Fee: \$5.00. Relay Entry Fee: \$9.00. Make checks payable to XCEL Swimming.
Admissions and Programs	<ul style="list-style-type: none"> Admission will be \$7.00 per session. Cost of the program will be \$15 Heat sheets will be available at \$3/session



<p>Entries</p>	<ul style="list-style-type: none"> ▪ In accordance with New Jersey Swimming policy, team entries may be submitted by e-mail to entries1@juno.com. ▪ All entries must be Hy-Tek program entries as an attached file to an e-mail. Subject line should include XCEL LC 2013 ▪ The meet entry coordinator will respond to e-mails entries within 48 hours. If you do not receive an e-mail response within 48 hours, assume that your email has not been received. It then becomes the e-mailer's responsibility to make sure that the host club's meet entry coordinator receives the e-mail. If you do not receive an e-mail response, you must contact the entry coordinator by email or phone. ▪ An Entry Summary along with a signed New Jersey Swimming waiver and a check for all entry fees must accompany or follow each entry. ▪ Accuracy of seed times is essential. Incomplete entries will not be accepted. ▪ Deck, phone, and/or faxed entries will not be accepted.
<p>Results</p>	<ul style="list-style-type: none"> ▪ Results will be sent to all participating teams via email at the conclusion of the meet and posted at www.besmartinc.com
<p>Host Club Responsibilities</p>	<ul style="list-style-type: none"> ▪ Provide a single timer in each lane throughout the meet. ▪ Have stopwatches available for volunteers helping to time. ▪ Create a warm-up schedule that will be fair and equitable to all teams. This warm-up schedule will be e-mailed to all participating clubs no later than one week before the meet. ▪ 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 and posted at www.besmartinc.com.
<p>Participating Club Responsibilities</p>	<ul style="list-style-type: none"> ▪ Help with timing assignments (mandatory). Timing assignments will be e-mailed to participating clubs one week prior to the meet and posted at www.besmartinc.com ▪ Parents must stay off the pool deck except to fulfill timing assignments. ▪ Should help with officiating whenever possible. List the club contact for club officials on the meet summary.
<p>Concessions</p>	<ul style="list-style-type: none"> ▪ Refreshments will be available throughout the meet.
<p>Vendor</p>	<ul style="list-style-type: none"> ▪ A swim vendor will be in attendance.
<p>Hotels</p>	<ul style="list-style-type: none"> ▪ Holiday Inn, 100 Independence Way; 1.609.520.1200; ask for special rate. ▪ Staybridge Suites, 4375 Route1; 1.609.951.0009; ask for sports group rate. ▪ Residence Inn by Marriott, 4225 Route 1; 1.732.329.9600; Includes breakfast. ▪ Princeton Courtyard by Marriott, Route 1 and Mapleton Road; 1.609.716.9100; includes breakfast.
<p>Directions</p>	<ul style="list-style-type: none"> ▪ From the New Jersey Turnpike, North or South: Take Exit 8 towards Princeton. Take Route 33 West to Route 571. Continue on Route 571, crossing Route 1 and continuing to the first light (at Faculty Road). Make a right; the pool and the parking lot will be on your left about ¼ mile from the light. ▪ From US Route 1, North or South: Take the Princeton-Hightstown Road exit toward Princeton. Follow the above directions. Continue to the first light (at Faculty Road). Make a right; the pool and the parking lot will be on your left about ¼ mile from the light.



XCEL Swimming 2013 Meet of XCellence

Order of Events

**Time Standards apply for the first 6 days after the meet is posted
"Make one, swim three"**

Session 1 Saturday Morning All 12 & Under	Faster Than	Session 3 Saturday Afternoon All 13-14 & 15 & Over	Faster Than
Event 1 Girls 10 & Under 200 Medley Relay		Event 27 Girls 13-14 200 Medley Relay	
Event 2 Boys 10 & Under 200 Medley Relay		Event 28 Boys 13-14 200 Medley Relay	
Event 3 Girls 11-12 200 Medley Relay		Event 29 Women 15 & Over 200 Medley Relay	
Event 4 Boys 11-12 200 Medley Relay		Event 30 Men 15 & Over 200 Medley Relay	
Event 5 Girls 10 & Under 100 Breaststroke	2:02.39	Event 31 Women 13-14 & 15 & Over 200 IM	2:57.39 2:50.09
Event 6 Boys 10 & Under 100 Breaststroke	2:02.39	Event 32 Men 13-14 & 15 & Over 200 IM	2:54.69 2:38.99
Event 7 Girls 11-12 100 Breaststroke	1:43.69	Event 33 Women 13-14 & 15 & Over 200 Breaststroke	3:23.69 3:15.69
Event 8 Boys 11-12 100 Breaststroke	1:43.69	Event 34 Men 13-14 & 15 & Over 200 Breaststroke	3:19.29 3:04.49
Event 9 Girls 10 & Under 50 Backstroke	49.89	Event 35 Women 13-14 & 15 & Over 100 Freestyle	1:11.49 1:09.49
Event 10 Boys 10 & Under 50 Backstroke	49.89	Event 36 Men 13-14 & 15 & Over 100 Freestyle	1:09.89 1:03.09
Event 11 Girls 11-12 50 Backstroke	42.49	Event 37 Women 13-14 & 15 & Over 200 Butterfly	3:04.89 2:59.09
Event 12 Boys 11-12 50 Backstroke	42.49	Event 38 Men 13-14 & 15 & Over 200 Butterfly	3:01.09 2:44.49
Event 13 Girls 10 & Under 100 Butterfly	1:56.19	Event 39 Women 13-14 & 15 & Over 100 Backstroke	1:22.89 1:19.19
Event 14 Boys 10 & Under 100 Butterfly	1:56.19	Event 40 Men 13-14 & 15 & Over 100 Backstroke	1:20.69 1:13.59
Event 15 Girls 11-12 100 Butterfly	1:31.99		
Event 16 Boys 11-12 100 Butterfly	1:31.99		
Event 17 Girls 10 & Under 50 Freestyle	40.89		
Event 18 Boys 10 & Under 50 Freestyle	40.89		
Event 19 Girls 11-12 50 Freestyle	35.69		
Event 20 Boys 11-12 50 Freestyle	35.69		
 Session 2 Saturday Mid 200s & 400s Freestyle	 Faster Than		
Event 21 Girls 10 & Under 200 Freestyle	3:23.79		
Event 22 Boys 10 & Under 200 Freestyle	3:23.79		
Event 23 Girls 11-12 200 Freestyle	2:48.69		
Event 24 Boys 11-12 200 Freestyle	2:48.69		
Event 25 Women 13-14 & 15 & Over 400 Freestyle	5:28.99 5:17.79		
Event 26 Men 13-14 & 15 & Over 400 Freestyle	5:27.39 4:59.89		



Session 4 Sunday Morning All 12 & Under	Faster Than
Event 41 Girls 10 & Under 200 Freestyle Relay	
Event 42 Boys 10 & Under 200 Freestyle Relay	
Event 43 Girls 11-12 200 Freestyle Relay	
Event 44 Boys 11-12 200 Freestyle Relay	
Event 45 Girls 10 & Under 50 Breaststroke	55.09
Event 46 Boys 10 & Under 50 Breaststroke	55.09
Event 47 Girls 11-12 50 Breaststroke	47.09
Event 48 Boys 11-12 50 Breaststroke	47.09
Event 49 Girls 10 & Under 100 Backstroke	1:48.89
Event 50 Boys 10 & Under 100 Backstroke	1:48.89
Event 51 Girls 11-12 100 Backstroke	1:31.39
Event 52 Boys 11-12 100 Backstroke	1:31.39
Event 53 Girls 10 & Under 50 Butterfly	48.59
Event 54 Boys 10 & Under 50 Butterfly	48.59
Event 55 Girls 11-12 50 Butterfly	39.99
Event 56 Boys 11-12 50 Butterfly	39.99
Event 57 Girls 10 & Under 100 Freestyle	1:32.99
Event 58 Boys 10 & Under 100 Freestyle	1:32.99
Event 59 Girls 11-12 100 Freestyle	1:17.49
Event 60 Boys 11-12 100 Freestyle	1:17.49

Session 5 Sunday Mid 200s & 400s Medley	Faster Than
Event 61 Girls 10 & Under 200 IM	3:47.29
Event 62 Boys 10 & Under 200 IM	3:47.29
Event 63 Girls 11-12 200 IM	3:15.19
Event 64 Boys 11-12 200 IM	3:15.19
Event 65 Women 13-14 & 15 & Over 400 IM	6:23.49 6:11.59
Event 66 Men 13-14 & 15 & Over 400 IM	6:17.49 5:54.09

Session 6 Sunday Afternoon All 13-14 & 15 & Over	Faster Than
Event 67 Girls 13-14 200 Freestyle Relay	
Event 68 Boys 13-14 200 Freestyle Relay	
Event 69 Women 15 & Over 200 Freestyle Relay	
Event 70 Men 15 & Over 200 Freestyle Relay	
Event 71 Women 13-14 & 15 & Over 200 Backstroke	2:59.39 2:50.09
Event 72 Men 13-14 & 15 & Over 200 Backstroke	2:55.29 2:41.99
Event 73 Women 13-14 & 15 & Over 50 Freestyle	32.99 32.09
Event 74 Men 13-14 & 15 & Over 50 Freestyle	31.89 28.99
Event 75 Women 13-14 & 15 & Over 100 Breaststroke	1:33.59 1:30.19
Event 76 Men 13-14 & 15 & Over 100 Breaststroke	1:31.29 1:25.29
Event 77 Women 13-14 & 15 & Over 200 Freestyle	2:35.09 2:29.19
Event 78 Men 13-14 & 15 & Over 200 Freestyle	2:32.99 2:18.39
Event 79 Women 13-14 & 15 & Over 100 Butterfly	1:23.39 1:18.99
Event 80 Men 13-14 & 15 & Over 100 Butterfly	1:20.29 1:14.29





NEW JERSEY SWIMMING

2013 Meet of XCellence

Saturday-Sunday June 15th-16th

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, Xcel 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 the waiver form, for the XCEL Swimming Meet of XCellence meet on **June 15th-16th, 2013** are registered members of United States Swimming. All United States 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:

Entry Fee Summary:	_____ Individual event entries @ \$5.00 =	\$_____
	_____ Relay event entries @ \$9.00 =	\$_____
	Total:	\$_____

Make checks payable to: **Xcel Swimming**

Article 302.4 of the United States 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 United States 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 _____

Unattached Swimmer _____, Unattached Swimmer _____