

2022 Go for the Gold

Hosted by the Bergen Barracuda Swim Team
at the Raritan Valley Community College

Held under the sanction of USA Swimming

Meet Sanction Info:	<p>NJ swimming Sanction # – NJS-TF-102222SCY Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>		
Date of Meet:	Saturday, October 22nd, and Sunday, 23, 2022		
Location:	Raritan Valley Community College , Route 28 & Lamington Rd, North Branch NJ 908-526-1200.		
Facility Info:	Raritan College is a six lane pool with 7 foot wide lanes. There is no warm-up pool. There is a Colorado timing system with a six lane scoreboard. There is a seating capacity for 500 spectators. The college's gym is not available during this meet for seating. The depth at the starting blocks is approximately 12 feet and the depth at the turning end is 3.5 Feet.		
Pool Certification Statement:	The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement, and refers to the pre-certification of the pool length measurement in regards to National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C(4) does not impact on the validity of the times achieved in this pool. Times swum at this meet will in fact be entered in SWIMS and are eligible for qualifying for any other USA Swimming sanctioned competition.		
Host Team Contact:	Nicole DeCaro		Nicole@bbswim.org
Meet Director:	Nicole DeCaro		Nicole@bbswim.org
Meet Referees:	Raymond Wong		officials@bbswim.org
Admin Officials:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshall:	Erin Kelly		Erin@bbswim.org
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Monday September 26th, 2022, at 6:00am.		
Entry Deadline:	Friday October 14th at 6:00pm.		
Swimmer Age	Swimmer ages for this meet are as of: October 22 nd , 2022		
Entry Fees:	Individual Entry: \$5.00 400 IM & 500 Freestyle Individual Entry: \$8.00		Relay Entry: \$9.00
	There will be a \$10/day athlete surcharge.		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> • This meet will be run as a timed final meet. • There will be 10 & Under, 11-12, 13-14, 14 & Under, and 15-19 events. • There are no qualifying times for this meet, except for the 400 IM and 500 Freestyle events. • This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When the seeding has been posted, swimmers will report to the blocks on their own. 		
Entry Limits:	Daily: 4 Individual events 1 Relay event	Meet: 8 Individual events 2 Relay events	
Checks Payable To:	Bergen Barracuda Swim Team		
Email Entry Files To:	besmarttinc@gmail.com All entries must be Hy-Tek or Team Unify program entries.		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		



2022 Go for the Gold

Saturday October 22nd

Facility Opens at 6:55am

Morning Session #1—11-12

Warm-up: 7:00am

Meet Start: TBA

Girls	Age Group and Event	Boys
#1	11-12 200 Medley Relay	#2
#3	11-12 200 Freestyle	#4
#5	11-12 100 Breaststroke	#6
#7	11-12 50 Backstroke	#8
#9	11-12 100 Butterfly	#10
#11	11-12 50 Freestyle	#12
#13	11-12 200 Backstroke	#14
#15	11-12 100 IM	#16

Afternoon Session #2—10 & Under

Warm-up: TBA

Meet Start: TBA

Girls	Age Group and Event	Boys
#17	10 & Under 200 Medley Relay	#18
#19	10 & Under 200 Freestyle	#20
#21	10 & Under 100 Breaststroke	#22
#23	10 & Under 50 Backstroke	#24
#25	10 & Under 100 Butterfly	#26
#27	10 & Under 50 Freestyle	#28
#29	10 & Under 100 IM	#30

Early Evening Session #3—13-19

Warm-up: TBA

Meet Start: TBA

Women	Age Group and Event	Men
#31	13-14 200 Freestyle Relay	#32
#33	15-19 200 Freestyle Relay	#34
#35	13-19 200 IM	#36
#37	13-19 200 Butterfly	#38
#39	13-19 100 Freestyle	#40
#41	13-19 100 Backstroke	#42
#43	13-19 100 Breaststroke	#44

Evening Session #4—19 & Under 500 Freestyle

Warm-up: TBA

Meet Start: TBA

Qualifying Time	Women	Age Group and Event	Men	Qualifying Time
6:24.99	#45	14 & Under 500 Freestyle	#46	6:23.19
6:12.19		15-19 500 Freestyle		5:51.69



2022 Go for the Gold

Sunday October 23rd

Facility Opens at 6:55am

Morning Session #5—11-12

Warm-up: 7:00am

Meet Start: TBA

Girls	Age Group and Event	Boys
#47	11-12 200 Freestyle Relay	#48
#49	11-12 200 IM	#50
#51	11-12 200 Breaststroke	#52
#53	11-12 50 Butterfly	#54
#55	11-12 100 Backstroke	#56
#57	11-12 50 Breaststroke	#58
#59	11:12 100 Freestyle	#60

Afternoon Session #6—10 & Under

Warm-up: TBA

Meet Start: TBA

Girls	Age Group and Event	Boys
#61	10 & Under 200 Freestyle Relay	#62
#63	10 & Under 200 IM	#64
#65	10 & Under 50 Breaststroke	#66
#67	10 & Under 100 Backstroke	#68
#69	10 & Under 50 Butterfly	#70
#71	10 & Under 100 Freestyle	#72

Early Evening Session #7—13-19

Warm-up: TBA

Meet Start: TBA

Women	Age Group and Event	Men
#73	13-14 200 Medley Relay	#74
#75	15-19 200 Medley Relay	#76
#77	13-19 200 Freestyle	#78
#79	13-19 100 Butterfly	#80
#81	13-19 200 Breaststroke	#82
#83	13-19 50 Freestyle	#84
#85	13-19 200 Backstroke	#86

Evening Session #8—19 & Under 400 IM

Warm-up: TBA

Meet Start: TBA

Qualifying Time	Women	Age Group and Event	Men	Qualifying Time
5:55.69	#87	14& Under 400 IM	#88	5:50.29
5:44.99		15-19 400 IM		5:29.19



Tentative Meet Schedule

The facility will open no earlier than 6:55am each day

Saturday		Warm-up	Start
Session 1	11-12	7:00am	TBA**
Session 2	10 & Under	TBA** (approx 12:15pm)	TBA**
Session 3	13-19	TBA** (approx 4:30pm)	TBA**
Session 4	19 & Under 500 Freestyle	TBA**	TBA**
Sunday		Warm-up	Start
Session 5	11-12	7:00am	TBA**
Session 6	10 & Under	TBA** (approx 12:15pm)	TBA**
Session 7	13-19	TBA** (approx 4:30pm)	TBA**
Session 8	19 & Under 400 IM	TBA**	TBA**

**** The complete schedule will be developed once entries have been received. The timeline will be e-mailed to coaches of participating teams and posted on the meet web site.**

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> • Medals will be awarded for the top three swimmers in each individual event. • Medals will be awarded to the top three relays in each relay event. • Medals will be awarded for the top 3 13-14, and 15-19 swimmers in the 13-19 individual events. Medals will be awarded to the top 3 14 & Under, 15-19 in the 19 & Under individual events.
Starts:	'Fly-over/Over-the-top' starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> • Spectators will not be permitted into the facility. • The meet will be livestreamed. A link will be posted at www.besmartinc.com shortly before each session. • Heat sheets will be available online at www.besmartinc.com and Meet Mobile.
Concessions:	Food and drink will be available at reasonable cost.
Vendor:	A swim vendor will be at the meet.
Locker Rooms:	<ul style="list-style-type: none"> • If only one locker room/restroom: If Athletes and Adults including Coaches & Officials must use the same facility, make sure you are not alone with an athlete in the locker room, including using the restroom. Be proactive and tell the meet director immediately if this happens, even when no fault of your own. • If multiple facilities: There is a separate locker room/restroom for athletes only! All other adults including Coaches & Officials need to make sure that you are only using the facility marked for you.
Entry Info:	<ul style="list-style-type: none"> • There will be no refunds after the entry deadline except for events that may be scratched from meet by the Entry Coordinator or Meet Director, or as otherwise directed by NJ Swimming. Entries will be acknowledged within 48 hours of receipt. • All entries will be accepted on a first come basis. • Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. • Team entries will be considered accepted when the host club accepts the entries. • Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. • Special Notice: All entry fees must be paid no later than Session Check-in. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.
Entry Times:	<ul style="list-style-type: none"> • New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. • All entry times must be in short course yards.



Distance Events:	<ul style="list-style-type: none"> • The 400 yard IM and 500 yard Freestyle events will be run fastest to slowest, alternating genders. Heats may be combined without an empty lane to save time. • Swimmers are responsible to supply their own timer, and for the 500 freestyle, a person to count. • There will be a 15 minute break/warm-up before the start of the first heats of these events.
Heat Limited Events	<ul style="list-style-type: none"> • The 13-19 400 yard IM and 500 yard Freestyle may be limited to the fastest 4 heats per event, depending on the timeline developed after entries are received. • Psych sheets for these events will be posted on the meet web sites one week prior to the meet. • Swimmers whose seed times place them below the heat limitation will have the option to pick another event or remain in the event and possibly compete because of day-of-meet scratches. • Swimmers who do not switch events and do not compete in the heat-limited event will have their entry fee refunded. Refunds will be made at the announcer's table during the meet. Swimmers or Coaches will sign for their refund. It is the responsibility of the swimmer/coach to collect their refund during the meet. Once the meet is over no more refunds will be given.
Relays:	<ul style="list-style-type: none"> • All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in. • Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. • Unattached swimmers may not swim in any relay.
Swimmer Eligibility:	<ul style="list-style-type: none"> • No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. • All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form. • All swimmers 18 & Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.
Adaptive Provisions:	<p>USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).</p>
Host Club Responsibilities:	<ul style="list-style-type: none"> • The host club will provide a single timer in each lane throughout the meet, except for the 13-19 distance events where swimmers will provide their own timers and lap counters. • The host club will have stopwatches available for volunteers helping to time. • The host club will e-mail entry verification back to the participating clubs. • The host club will create a warm-up schedule that will be fair and equal to all teams. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. • Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website www.besmarttinc.com no later than 1 week before the meet.
Participating Club Responsibilities:	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.besmarttinc.com 1 week prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck. • Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.



Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP). • Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions. • As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping. • 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. • Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. • All Coaches must have some form of USA coaching credential verification with them at all times.
Officials Conduct & Eligibility:	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP). • Make sure all interactions with athletes are observable and interruptible. • Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards. • Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. • All officials must wear the standard white and blue uniform. • Officials will be required to work the entire session and will receive free admission.
Meet Format Waiver:	<ul style="list-style-type: none"> • This meet will be run in accordance to current USA Swimming Rules. • The host club has the right to change the format of the meet with the approval of the Administrative vice chair and either the Age Group or Senior vice chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include: <ul style="list-style-type: none"> • To allow more swimmers to swim. • To conform to facility capacity limits or for facility safety concerns. • To condense the meet into smaller time frame. • Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.
Warm-up Procedures:	<ul style="list-style-type: none"> • Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes. • Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. • All swimmers are entitled to a fair and comparable warm-up. All teams must receive the same opportunities for warm-up lanes, sprint lanes, and pace lanes. • All swimmers must enter the pool feet first from the starting end of the pool. • New Jersey Swimming officials will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction. • There will be two 30-minute warm-ups divided by teams.
Check-In:	<ul style="list-style-type: none"> • All check-in sheets must be turned into the scoring table 35 minutes before the start of each session. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched will have their names circled with a “SCR” next to the circle. Swimmers scratching a single event will have a line through their name and the event number circled with “SCR” next to the circle. <p>Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</p>



No Show Procedure:	<ul style="list-style-type: none"> 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:	<p>Internet location for all meet information: http://www.besmarttinc.com</p> <p>Pre-Meet Information posted on website:</p> <ul style="list-style-type: none"> Meet Information will be posted on the website. Downloadable Hy-Tek Events list (.HYV file) will be posted on the website. List Teams whose entries have been received. List "heat limited" events psych sheet. List meet schedule, Warm-up Schedule and Team Warm-up Assignments. List Timing assignments. <p>Post-Meet Information posted on website:</p> <ul style="list-style-type: none"> Downloadable Results (Zipped .CL2 & .HY3 files) for TM Printable meet results (.PDF file)
Results:	<ul style="list-style-type: none"> Meet result files for TM will be emailed to all participating teams. Meet results will be posted on the meet website and on the New Jersey Swimming Website: www.njswim.org
USA-S Racing Start Certification Statement:	Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks.
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.
Minor Athlete Abuse Prevention Policy (MAAPP)	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy:	<p>Swimwear must conform to USA Swimming Rules.</p> <ul style="list-style-type: none"> Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition. "Tech suits" are not permitted at this meet for 12 & under swimmers. "Tech Suits" are defined as suits that have bonded seams, kinetic tape, or meshed seams. A list of restricted suits can be found on the NJ Swimming Website; www.njswim.org. Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body. <p>Pursuant to USA Swimming Rule 205.10.1, it is permissible for a swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.</p>
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.



<p>CoVID-19 Assumption of Risk Disclaimer</p>	<p>We have taken enhanced health and safety measures for all participants. You must follow all posted instructions while at the Raritan Valley Community College Pool. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting Paramus Municipal Pool, you voluntarily assume all risks related to exposure to COVID-19.</p>
<p>Hotels:</p>	<ul style="list-style-type: none"> • Sierra Suites (closest to pool), 3141 Route 22 East, Branchburg NJ 08876. 908-704-2191 • Comfort Inn South Plainfield, US Hwy 287 & Stelton Rd, South Plainfield NJ. 732-561-4488 • Doubletree Hotel, 200 Atrium Drive Somerset NJ. 732-469-2600
<p>Directions:</p>	<p>Google Maps: https://goo.gl/maps/uqdayTqdhZweRpCf6 Parking: <i>There is ample parking either in front of the pool, or behind the pool by the outdoor track.</i></p>





**NEW JERSEY
SWIMMING**

2022 Go for the Gold

Saturday-Sunday October 22nd-23rd

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 Bergen Barracudas Swim Team, Raritan Valley Community College, 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.

Covid-19 Waiver

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form for the Go for the Gold meet on **October 22nd -23rd, 2022** 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.



Information below must be submitted to the club hosting the meet before the start of the meet along with payment.

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 =	\$_____
	_____	500 Freestyle/400 IM entries @ \$8.00 =	\$_____
	_____	Relay event entries @ \$9.00 =	\$_____
	_____	Swimmer surcharge @ \$10.00 =	\$_____
		Total:	\$_____

Make checks payable to: **Bergen Barracuda Swim Team**

