

New Jersey Swimming  
**2017 Long Course Silver/Bronze Championships**  
**Region A**

Hosted by Bergen Barracuda Swim Team  
at Sonny Werblin Recreation Center, Rutgers University  
*(Held under the sanction of USA Swimming)*

Meet Sanction #	<b>NJ swimming Sanction # NJS071417LCB</b> <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> 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>Friday July 14<sup>th</sup> to Sunday July 16<sup>th</sup>, 2017</b>	
Location:	<b>Sonny Werblin Recreation Center, Busch Campus, Rutgers University</b>	
Eligible Teams:	<b>BB, BGCD, BWTD, BMA, CBGC, DESC, EAG, FSPY, GMY, JG, LHY, MEY, MYM, MCSC, NJRC, NPR, NJBL, OTT, SCAR, SHY, SAY, SCY, STAR, WFY</b>	
Facility Info:	The Sonny Werblin Recreation Center pool is an 8-lane, 50 meter pool, with pedestal starting blocks and a Colorado Timing system. The water depth in the competition pool is 6 feet at the scoreboard end and 14 feet at the dive end. The patio pools will not be available for this meet. There is seating for 1,000 spectators, including 400 chair-backed seats. The remaining seating is bleacher style.	
Pool Certification Statement:	The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.	
Locker Rooms:	Parents are NOT permitted in the athlete locker rooms at any time.	
Host Team Contact:	Nicole Cicalo-DeCaro	<a href="mailto:nicole@bbswim.org">nicole@bbswim.org</a>
Meet Director:	Ellen Mace	609-558-0988 <a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referee:	Raymond Wong	<a href="mailto:officials@bbswim.org">officials@bbswim.org</a>
Admin Official:	John Lister	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshall:	Chris Farrell	<a href="mailto:chris@bbswim.org">chris@bbswim.org</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988 <a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Friday June 23, 2017</b>	
Entry Deadline:	<b>Friday July 7<sup>th</sup>, 2017 at 11:59pm</b>	
Swimmer Age	Swimmer ages for this meet are as of: <b>July 14<sup>th</sup>, 2017</b>	
Entry Fees:	Individual Entry (except distance): \$6.00, Distance (800/1500): \$11.00,	Relays: \$9.00.
	<i>Note: There is an additional \$5.00 fee charged for each entry submitted via the Amended Entry Process (see below). 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>	
Meet Course:	Long Course Meters (LCM)	
Meet Format:	<ul style="list-style-type: none"> <li>This meet will be run as timed finals.</li> <li>There will be 10 &amp; Under, 11-12, 13-14, and 15 &amp; Over events.</li> <li><b>There are minimum ("faster than") and maximum ("no faster than") time standards for all events. As a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries.</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: <b>3 Individual Events</b> <b>2 Relay Events</b>	Meet: <b>8 Individual Events</b> <b>2 Relay Events</b>
Checks Payable To:	<b>Bergen Barracuda Swim Club</b>	
Email Entry Files To:	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	



# 2017 Long Course Silver/Bronze Championships Region A

Friday July 14<sup>th</sup>

Facility Opens at 4:00pm

## Friday Evening Session #1—400 Free, 400 IM, Relays

Warm-up: 4:10pm

Meet Start: 5:15pm

Women	Equal/ Faster	Slower	Age Group & Event	Slower	Equal/ Faster	Men
#1		<b>*Gold</b>	15 & Over 200 Freestyle Relay	<b>*Gold</b>		#2
#3		<b>*Gold</b>	13-14 200 Freestyle Relay	<b>*Gold</b>		#4
#5		<b>*Gold</b>	11-12 200 Freestyle Relay	<b>*Gold</b>		#6
#7		<b>*Gold</b>	10 & Under 200 Freestyle Relay	<b>*Gold</b>		#8
#9	5:17.99	4:46.99	15 & Over 400 Freestyle	4:25.99	4:59.89	#10
#11	5:28.99	4:58.09	13-14 400 Freestyle	4:45.19	5:27.39	#12
#13	6:00.09	5:22.19	11-12 400 Freestyle	5:18.29	6:00.09	#14
#15	6:55.79	6:18.99	10 & Under 400 Freestyle	6:23.99	6:55.79	#16
#17		<b>*Gold</b>	15 & Over 200 Medley Relay	<b>*Gold</b>		#18
#19		<b>*Gold</b>	13-14 200 Medley Relay	<b>*Gold</b>		#20
#21		<b>*Gold</b>	11-12 200 Medley Relay	<b>*Gold</b>		#22
#23		<b>*Gold</b>	10 & Under 200 Medley Relay	<b>*Gold</b>		#24
#25	6:11.59	5:24.39	15 & Over 400 IM	5:03.69	5:54.09	#26
#27	6:23.49	5:44.29	13-14 400 IM	5:26.99	6:17.49	#28
#29	6:59.79	6:14.39	11-12 400 IM	6:19.19	6:59.79	#30

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



# 2017 Long Course Silver/Bronze Championships Region A

Saturday July 15<sup>th</sup>  
 Facility Opens at 7:00am

## Saturday Morning Session #2—10 & Under Girls, 11-12

Warm-up: 7:15am

Meet Start: 8:10am

Girls	Equal/ Faster	Slower	Age Group & Event	Slower	Equal/ Faster	Boys
#31	2:53.59	3:23.79	10 & Under 200 Freestyle			
#33	2:28.39	2:48.69	11-12 200 Freestyle	2:28.19	2:48.69	#34
#35		1:29.79	10 & Under 100 Backstroke			
#37		1:18.19	11-12 100 Backstroke	1:18.19		#38
#39	3:44.39	3:16.19	11-12 200 Breaststroke	3:19.59	3:44.39	#40
#41		35.19	10 & Under 50 Freestyle			
#43		30.99	11-12 50 Freestyle	30.79		#44
#45		48.39	10 & Under 50 Breaststroke			
#47		41.29	11-12 50 Breaststroke	42.39		#48
#49		1:38.49	10 & Under 100 Butterfly			
#51		1:18.49	11-12 100 Butterfly	1:18.79		#52
#53	3:20.79	2:49.39	11-12 200 Backstroke	2:49.59	3:20.79	#54

## Saturday Afternoon Session #3—10 & Under Boys, 13-14

Warm-up: TBA

Meet Start: TBA

Girls	Equal/ Faster	Slower	Age Group & Event	Slower	Equal/ Faster	Boys
			10 & Under 100 Backstroke	1:29.99		#56
#57		1:13.59	13-14 100 Backstroke	1:10.39		#58
			10 & Under 200 Freestyle	2:54.29	3:23.79	#60
#61	3:23.69	3:04.39	13-14 200 Breaststroke	2:53.99	3:19.29	#62
#63		1:12.79	13-14 100 Butterfly	1:08.99		#64
			10 & Under 50 Freestyle	35.29		#66
#67		29.69	13-14 50 Freestyle	27.99		#68
			10 & Under 50 Breaststroke	49.59		#70
#71	2:57.39	2:39.79	13-14 200 IM	2:30.39	2:54.69	#72
			10 & Under 100 Butterfly	1:40.29		#74
#75	11:08.79	10:32.69	13-14 800 Freestyle	10:06.29	10:48.79	#76



# 2017 Long Course Silver/Bronze Championships Region A

## Saturday July 15<sup>th</sup>...continued

### Saturday Evening Session #4—15 & Over

**Warm-up: TBA**

**Meet Start: TBA**

Women	Equal/ Faster	Slower	15 & Over Event	Slower	Equal/ Faster	Men
#77		1:10.39	100 Backstroke	1:04.69		#78
#79	3:15.69	2:57.79	200 Breaststroke	2:41.89	3:04.49	#80
#81		1:08.39	100 Butterfly	1:01.99		#82
#83		28.59	50 Freestyle	25.89		#84
#85	2:50.09	2:31.89	200 IM	2:18.79	2:38.99	#86
#87	20:45.09	19:22.19	1500 Freestyle	18:23.89	19:36.69	#88

# 2017 Long Course Silver/Bronze Championships Region A

## Sunday July 16<sup>th</sup>

### Facility Opens at 7:00am

### Sunday Morning Session #5—10 & Under Girls, 11-12

**Warm-up: 7:15am**

**Meet Start: 8:10am**

Girls	Equal/ Faster	Slower	Age Group & Event	Slower	Equal/ Faster	Boys
#89	3:47.29	3:17.89	10 & Under 200 IM			
#91	3:15.19	2:49.59	11-12 200 IM	2:49.39	3:15.19	#92
#93		1:18.79	10 & Under 100 Freestyle			
#95		1:08.39	11-12 100 Freestyle	1:08.09		#96
#97		40.49	10 & Under 50 Butterfly			
#99		33.99	11-12 50 Butterfly	34.39		#100
#101		41.89	10 & Under 50 Backstroke			
#103		36.29	11-12 50 Backstroke	36.69		#104
#105	3:22.49	3:11.69	11-12 200 Butterfly	3:12.69	3:22.49	#106
#107		1:44.49	10 & Under 100 Breaststroke			
#109		1:30.29	11-12 100 Breaststroke	1:30.79		#110



# 2017 Long Course Silver/Bronze Championships Region A

## Sunday July 16<sup>th</sup>...continued

### Sunday Afternoon Session #6—10 & Under Boys, 13-14

**Warm-up: TBA**

**Meet Start: TBA**

<b>Girls</b>	<b>Equal/ Faster</b>	<b>Slower</b>	<b>Age Group &amp; Event</b>	<b>Slower</b>	<b>Equal/ Faster</b>	<b>Boys</b>
			10 & Under 200 IM	3:16.29	3:47.29	#112
#113	2:35.09	2:20.39	13-14 200 Freestyle	2:13.59	2:32.99	#114
			10 & Under 100 Freestyle	1:18.99		#116
#117	2:59.39	2:38.09	13-14 200 Backstroke	2:32.49	2:55.29	#118
			10 & Under 50 Butterfly	41.90		#120
#121		1:25.79	13-14 100 Breaststroke	1:19.79		#122
			10 & Under 100 Breaststroke	1:46.89		#124
#125	3:04.89	2:47.79	13-14 200 Butterfly	2:39.99	3:01.09	#126
			10 & Under 50 Backstroke	42.09		#128
#129		1:03.89	13-14 100 Freestyle	1:00.89		#130
#131	20:57.89	19:56.79	13-14 1500 Freestyle	19:37.39	20:26.29	#132

### Sunday Evening Session #7—15 & Over

**Warm-up: TBA**

**Meet Start: TBA**

<b>Women</b>	<b>Equal/ Faster</b>	<b>Slower</b>	<b>15 &amp; Over Event</b>	<b>Slower</b>	<b>Equal/ Faster</b>	<b>Men</b>
#133	2:29.19	2:14.49	200 Freestyle	2:02.89	2:18.39	#134
#135	2:50.09	2:30.99	200 Backstroke	2:21.59	2:41.99	#136
#137		1:21.99	100 Breaststroke	1:12.69		#138
#139	2:59.09	2:35.99	200 Butterfly	2:23.59	2:44.49	#140
#141		1:01.99	100 Freestyle	56.19		#142
#143	10:58.99	9:51.79	800 Freestyle	9:26.79	10:22.29	#144



## Meet Schedule

Friday July 14 <sup>th</sup>		Warm-up	Start
Facility Opens at 4:00pm			
Session 1	400 Free, 400 IM, Relays	4:10pm	5:15pm
Saturday July 15 <sup>th</sup>		Warm-up	Start
Facility Opens at 7:00am			
Session 2	10 & Under Girls, 11-12	7:15am	8:10am
Session 3	10 & Under Boys, 13-14	TBA	TBA
Session 4	15 & Over	TBA	TBA
Sunday July 16 <sup>th</sup>		Warm-up	Start
Facility Opens at 7:00am			
Session 5	10 & Under Girls, 11-12	7:15am	8:10am
Session 6	10 & Under Boys, 13-14	TBA	TBA
Session 7	15 & Over	TBA	TBA

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

Scoring:	<ul style="list-style-type: none"> <li>There will be no team scoring.</li> </ul>
Awards:	<ul style="list-style-type: none"> <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 each individual event.</li> <li>Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place in each relay event.</li> <li>Swimmers 20 years and older will not receive awards</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.</li> <li>Psych sheets and heat sheets will be online at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> (free) and Meet Mobile (subscription required)</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>Food and drink will be available at a concession stand on the lower level of the facility.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>There will be a swim vendor on site during the meet.</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 prior to the entry deadline from teams assigned to the meet.</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>



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 meet the time standards for this meet as approved by NJ Swimming.</li> <li>• All entry times must be in long course meters. Converted times are permitted. Times may be converted from Short Course times using the Hy-Tek Team Manager conversion protocol: <ul style="list-style-type: none"> <li>• In Team Manager, go to set-up, then conversions. Make sure that: <ul style="list-style-type: none"> <li>The Yards to SC Meters is set to 1.11</li> <li>Freestyle Turns = 0.8</li> <li>Backstroke Turns = 0.6</li> <li>Breaststroke Turns = 1</li> <li>Butterfly Turns = 0.7</li> <li>Individual Medley Turns = 0.8</li> <li>Freestyle: (500 y to 400 m and 1000 y to 800 m) = .875; (1650 y to 1500 m) = 1.006</li> </ul> </li> </ul> </li> </ul> <p><b>Do not set the straight conversion factor to any percent factor!</b></p> <ul style="list-style-type: none"> <li>• <b>All entry times must be proved upon meet entry. See "Proof of Times Reporting" below.</b></li> <li>• <b>Where the TM proof of time option is not available, separate report(s), detailing where times were achieved must be sent with the entry e-mail. Mailed paper reports are not acceptable. References to published times in SWIMS are acceptable.</b></li> <li>• <b>All entry times must be achieved during the meet qualifying period of April 1<sup>st</sup>, 2016 through the entry date of the meet.</b></li> <li>• <b>If a swimmer achieves a Gold time in an entered event subsequent to entering the meet, they must be removed from the event at this meet.</b> They may either replace the newly—achieved Gold event with a non-Gold event, or receive a refund for the event entry fee. Failure to follow this policy will result in the disqualification of the swimmer (even retroactively), and the swimmer's club may be penalized and/or fined by NJ Swimming for each such infraction.</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>
Relays	<p><b>Only swimmers that do not have Gold times prior to the meet may swim on relays.</b> 12 &amp; Under swimmers <b>may not</b> swim that stroke on the 200 Medley Relay if they have a Gold or better time in the 50m distance of that stroke. 13-14 and 15 &amp; Over Medley Relay swimmers <b>may not</b> swim that stroke on the 200m Medley Relay if that swimmer has Gold of better time in the 100m distance of that stroke: backstroke, breaststroke, or butterfly.</p> <p><b>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> <li>• Relays with swimmers 20 years and older will not receive awards.</li> </ul>



Bronze Level Swimmer Events:	<ul style="list-style-type: none"> <li>Swimmers with Bronze Level times may enter and compete in the 50 Free, 100 Free, 100 Back, 100 Breast and 100 Butterfly events.</li> <li>To compete in any other event, a swimmer must have the Silver time in that event.</li> <li>If the meet does not fill by the time of the entry deadline, NJ Swimming may permit teams to enter bronze level swimmers in select additional 200 meter events. Further information regarding this procedure will be sent to entered teams if this situation does in fact occur.</li> </ul>
Distance Events	<ul style="list-style-type: none"> <li>The 800 and 1500 meter freestyle events will run fastest to slowest.</li> <li>The 800 and 1500 meter freestyle events will alternate women and men.</li> <li>Genders may be combined in the slowest heats to save time and there may not be a line separating the genders.</li> <li>Swimmers must provide their own counters.</li> </ul>
Heat Limited Events:	<ul style="list-style-type: none"> <li>None.</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></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>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>
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 LC JO meet, unless they achieve the LC JO qualifying time in that event at the Silver/Bronze meet, or at another Sanctioned or Approved meet attended in between the Silver/Bronze meet and JOs.</b></li> </ul>
Host Club Responsibilities:	<ul style="list-style-type: none"> <li>The host club will provide a single timer in each lane throughout the meet, except for distance events where swimmers will provide their own timers and lap counters.</li> <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.besmarttinc.com">www.besmarttinc.com</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.besmarttinc.com">www.besmarttinc.com</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.</li> <li>Coaches must show coaching card for entrance to facility.</li> <li>All coaches must have coaching cards visible at all times while on deck.</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 Policy:	No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer's maximum allowable swims for the day/Meet. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.
Internet Website Posting:	<p>Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.com</a></p> <p><b>Pre-Meet Information posted on website:</b></p> <ul style="list-style-type: none"> <li>Meet Information will be posted on the website.</li> <li>Downloadable Hy-Tek Events list (.HYV file) will be posted on the website.</li> <li>List Teams whose entries have been received.</li> <li>List Updated meet schedule.</li> <li>List Warm-up Schedule and Team Warm-up Assignments.</li> <li>List Timing assignments.</li> </ul> <p><b>Post-Meet Information posted on website:</b></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>
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 a cell phone, is not permitted in changing areas, rest rooms or locker rooms or behind the starting block area.
USA-S Deck Change Policy Statement:	Deck changes are prohibited.
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.



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>• The Crowne Plaza, 732-716-1175</li> <li>• The Courtyard by Marriott on Davidson Avenue</li> <li>• The Doubletree Executive Somerset on Atrium Drive</li> </ul>
Directions:	<p><b><i>Directions to Sonny Werblin Recreation Center:</i></b></p> <p><b>Address:</b> 656 Bartholomew Rd, Piscataway NJ 08854</p> <p><b>Garden State Parkway Southbound</b> Turn off at Exit 129 and take the New Jersey Turnpike South. Exit the Turnpike at Exit 9, follow NJ Turnpike directions below.</p> <p><b>Garden State Parkway Northbound</b> Turn off at Exit 105 and follow signs for Route 18 North. After approximately 24 miles, you will pass the entrance for the New Jersey Turnpike. Continue on Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p><b>Interstate 287</b> Turn off at Exit 9 Bound Brook/Highland Park. Proceed East on River Road towards Highland Park. Continue on River Road and you will pass under the overpass for Route 18. Turn left at the next traffic light onto North. Take the next exit on Route 18 North, Campus Road. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p><b>New Jersey Turnpike</b> Exit the Turnpike at Exit 9, bear right after the tollbooths and follow signs for Route 18 North—New Brunswick. Stay to the left to continue on Route 18 North. Proceed along Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p><b>US Route 1</b> Turn off at exit marked Route 18 North—New Brunswick. Proceed along Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p><b>Rutgers will have posted signs indicating which of the parking lots are for the swim meet. Please use one of these lots. Rutgers campus police may ticket automobiles that are parked in lots other than those designated for the swim meet!</b></p>





NEW JERSEY SWIMMING

2017 LC Silver/Bronze Championships
Region A Hosted by Bergen Barracuda Swim Team
Friday-Sunday July 14th-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, Rutgers University, Bergen Barracuda Swim Team, Be Smartt Inc and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

Meet Verification

I hereby certify that all entered swimmers, and coaches listed on this waiver 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 rule. 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, Description, and Amount. Rows include Individual non-800/1500 event entries @ \$6.00, 800/1500 event entries @ \$11.00, Relay event entries @ \$9.00, and Total.

Make checks payable to: Bergen Barracuda Swim Club

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 \_\_\_\_\_

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_