



New Jersey Swimming Senior State Championships 2014

Hosted by the Cougar Aquatic Team
at the Werblin Recreation Center, Rutgers University
(Held under the sanction of USA Swimming)

Meet Sanction #:	NJS071214LC 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.
Host Club:	Cougar Aquatic Team (CAT)
Date of Meet:	Saturday and Sunday, July 12th-13th, 2014
Location:	The pool is located in the Sonny Werblin Recreation Center on the Busch Campus at Rutgers University in Piscataway, New Jersey. The Center's main number is 732-445-0460. This number is for emergencies only. All calls regarding this meet should be directed to the Meet Director.
Facility Info:	<ul style="list-style-type: none">▪ The Werblin competition pool is a 50 meter, 8-lane pool with a minimum depth for diving of 6 feet.▪ There are two auxiliary pools, known as "patio pools" (for warm-up and warm-down), and 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.
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.
Meet Director:	Kim Rozanitis, krozanitis@hotmail.com , 973.600.8833
Meet Referee:	John Butler, j.m.butler@comcast.net
Meet Safety Marshal:	Judy Montalbano, coachjudym@comcast.net
Team Contact:	Judy Montalbano, coachjudym@comcast.net
Entry Coordinator:	Ellen W Mace, entries1@juno.com , 609.558.0988 Make checks payable to: In Depth Aquatics
Entry Deadline:	Entry Deadline Date: Tuesday, July 1st, 2014 All entries will be accepted up until the entry deadline. As an NJS Championship designated meet, the 4 hour per session rule does not pertain to this meet. All entries must be TM format entries. Email Hy-Tek entry file and proof of time reports to: entries1@juno.com Mail the signed waiver and check to: Be Smartt, Inc, 604 Paxson Avenue, Mercerville, NJ 08619 It is not necessary to overnight or express mail your hard copy and check, which are sent in support of an e-mailed entry. Note: Teams need to reconcile entry fees with Meet Director prior to the start of first session that the team competes in within the meet. The meet host reserves the right to scratch swimmers/teams that have not paid their entry fees and turned in their waiver forms by this time.
Entry Amendment Procedures:	Coaches will be permitted to amend in their meet entries for this meet with qualifying times achieved after the standard entry deadline. The process shall be as follows: <ol style="list-style-type: none">1) Teams may send an updated TM entry file by email to the entry coordinator on Wednesday, July 9th, 2014 that reflects competition results from the weekend of July 5th & 6th.2) Teams may send an updated TM entry file by email to the entry coordinator on Thursday, July 10th, 2014 that reflects competition results from the meet on Wednesday evening, July 9th.3) No other updates/amendments will be accepted.4) Coaches need to reconcile entry fees with Meet Director prior to the start of competition at the NJ Swimming Senior State Championships.



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 these changes include: to allow more swimmers to swim, to conform to facility capacity limits or for facility safety concerns, and to condense the meet into smaller time frame.</p> <p>Some of the changes that may be made: adding a session, eliminating relays, heat limiting distance events, and condensing sessions.</p>
Internet Website Posting:	<p>Pre-Meet Information to be posted on www.besmarttinc.com, www.njswim.org, and www.cougaraquatic.com:</p> <ul style="list-style-type: none"> • Meet announcement and downloadable Hy-Tek Events list (.HYV file) • Updated meet schedule • Warm-up Schedule and Team Warm-up Assignments • Timing assignments <p>Post-Meet Information will be posted at www.besmarttinc.com and the NJS website www.njswim.org.</p> <ul style="list-style-type: none"> • Printable meet results in PDF format • TM Results File
Meet Requirement Statement:	<p>In order to be eligible for the New Jersey Swimming 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 towards those participation requirements.</p>
Coaches' Eligibility:	<ul style="list-style-type: none"> • All coaches "on the deck" must be currently registered coach members of USA Swimming. • Coaches must show coaching card for entrance to facility. • Coaches must have coaching card visible at all times while on deck. • Coaches must have a visible coach's card when entering the meet hospitality area.
Swimmer Eligibility:	<ul style="list-style-type: none"> • This is a New Jersey Swimming Championship Meet, and as such only New Jersey Swimming athletes may enter and compete in this meet. • Qualifying times for this meet must have been achieved since April 1st, 2013 • All swimmers must be members of USA Swimming to enter and compete in this meet. • All swimmers must be listed on a team's official entry form (hardcopy for TM) to be eligible to participate in this swim meet in any events. • All transfer swimmer(s) 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 the team's official waiver entry form. • There will be Open events only. • All swimmers must have times faster than the meet qualifying time standards. Proof of time is required for all events. • Swimmers are permitted to compete in a maximum of three (3) individual events and one relay event each day. • Swimmers may swim either the 1500 Freestyle or the 800 Freestyle, but not both. • Age for this meet is calculated as of July 12th, 2014.
USA-S Racing Start Certification Statement:	<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. 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.</p>
Meet Format:	<ul style="list-style-type: none"> • This meet will be run in accordance to current USA Swimming Rules. • A failure to show penalty will not be assessed but the events will count towards the athlete's participation. • This meet will be run as a timed final meet. • This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own.
USA-S Deck Change Policy Statement:	<p>Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas in not appropriate and is prohibited.</p>
Meet Schedule:	<p>The building will open at 11:45am on Saturday and 7:00am on Sunday.</p>



Session Schedule		Warm-up	Start
Saturday Afternoon	Women's Timed Finals	12:00pm	1:05pm
Saturday Evening	Men's Timed Finals	TBA*	TBA*
Sunday Morning	Women's Timed finals	07:15am	08:20am
Sunday Middy	Distance Events Timed Finals	TBA*	TBA*
Sunday Afternoon	Men's Timed Finals	TBA*	TBA*

* The schedule for all sessions after the first each day will be developed once all entries have been received. It will be e-mailed to all participating team coaches and published on the Be Smartt and NJ Swimming Web sites.

Warm-up Procedures:	<p>New Jersey Swimming Warm-up and Safety Guidelines:</p> <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. All swimmers are entitled to a fair and comparable warm-up. All teams will get the same opportunities for 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"> Uniformed and designated meet marshals 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"> Warm-up schedules will be e-mailed and posted at www.besmarttinc.com and the NJ Swimming website www.njswim.org. Warm-up will be split into two 30 minute sessions with assigned lanes and warm-up periods for participating teams. If swimmer volume dictates, three 25 minute warm-up periods will be assigned. Teams will be notified by email of warm-up periods and lane assignments. Teams may do one way, dive sprints during their assigned warm-up period. Teams sharing a lane must wait for all teams in the lane to complete general warm-up before using the lane for dive sprints.
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 are acceptable. All entry times must meet the minimum standard for Senior States as approved by NJ Swimming. Proof of time will be required for all individual events; Hy-Tek proof of time of the entry file will be acceptable. (Save as a PDF file.) <p>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.</p>
Check-In:	<ul style="list-style-type: none"> All check-in sheets must be turned into the control room 30 minutes before the start of each session. Swimmers who are swimming will have a line through their name. Swimmers who 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 his/her name and the event number circled with "SCR" next to the circle. All distance events will have a positive check-in that will be posted in the control room. Failure to positive check-in may result in a swimmer not participating in that event.
Starts:	<ul style="list-style-type: none"> The host club will determine if overhead starts will be used after a time line has been produced. This information will be e-mailed and posted in the pre-meet information.
Distance Events:	<p>Swimmers are limited to swimming one of the distance events (1500 or 800) – NOT BOTH.</p> <ul style="list-style-type: none"> The distance events will swim slowest to fastest, alternating genders. Heats will be combined to consolidate a heat if necessary. Swimmers must provide their own timer and counter.
Heat Limited Events:	<ul style="list-style-type: none"> The 1500/800 Freestyle events may be limited based on the number of entries. Any swimmer who does not make the cut will be refunded their entry fee or can enter another event, providing they have the necessary qualifying time.



Scoring:	Team scoring will be to 16 places: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1, double for relay events.
Awards:	<ul style="list-style-type: none"> • Medals will be awarded to the top 6 swimmers in each individual event and the swimmers in the top 3 teams in each relay event. • Plaques will be awarded to the male and female swimmers with the highest individual scores. • A plaque will be awarded to the team with the highest combined female and male score.
Entry Fees:	Individual Entry Fee is \$6.00 per individual event, except for the 800/1500: \$11. Relay entry fee is \$9.00 per team. Make checks payable to: In Depth Aquatics.
Admissions and Heat Sheets:	Admission will be \$7.00 per session. Heat sheets will be \$3 per session.
Entries:	<ul style="list-style-type: none"> • In accordance with NJS 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. • All 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. • 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 with a signed NJ Swimming waiver and a check must accompany or follow each entry. • Accuracy of seed times is essential. Incomplete entries will not be accepted. • Deck entries will not be accepted. No phone or faxed entries will be accepted.
Results:	The TM meet results file will be emailed to all participating teams.
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 distance events. • The host club will have stopwatches available for volunteers helping to time. • 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 at least 1 week before the meet and posted on the meet web site. • 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 at least 1 week before the meet and posted on the meet web site.
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 at least one week prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. • Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet waiver.
Concessions:	Refreshments will be available in the lobby.
Vendor:	A swim vendor will be in attendance.
Hotels:	<i>Somerset Holiday Inn, 1.732.584.4612</i> <i>The Somerset Marriott, 1.732.716.1175, ask for Tamara Williams</i> <i>The Courtyard by Marriott on Davidson Avenue</i> <i>The Doubletree Executive Somerset on Atrium Drive</i>



<p>Directions:</p>	<p>Directions to Sonny Werblin Recreation Center:</p> <p>Address: 656 Bartholomew Rd, Piscataway NJ 08854</p> <p>Garden State Parkway Southbound 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>Garden State Parkway Northbound 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>Interstate 287 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>New Jersey Turnpike 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>US Route 1 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>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!</p>
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NEW JERSEY
SWIMMING

2014 NJ Swimming LC Senior State Championships

Saturday-Sunday July 12th-13th

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, In Depth Aquatics (dba Cougar Aquatic Club), Rutgers University, 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: _____

Entry Fee Summary:	Individual non-800/1500 event entries @ \$6.00 =	\$ _____
	800/1500 event entries @ \$11.00 =	\$ _____
	Relay event entries @ \$9.00 =	\$ _____
	Total:	\$ _____

Make checks payable to: **In Depth Aquatics**

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 _____

2014 NJ Swimming Senior State Championships

Order of Events and Qualifying Times

Event #:	Event	Qualifying Time (no slower than)
Session 1 Saturday Women's Timed Finals		
1	Women 400 meter Freestyle Relay	
2	Women 400 meter Freestyle	5:01.59
3	Women 100 meter Butterfly	1:13.29
4	Women 200 meter Breaststroke	3:05.19
5	Women 100 meter Backstroke	1:13.39
6	Women 50 meter Freestyle	29.89
7	Women 400 meter Individual Medley	5:40.99

Session 2 Saturday Men's Timed Finals		
8	Men 400 meter Freestyle Relay	
9	Men 400 meter Freestyle	4:43.79
10	Men 100 meter Butterfly	1:06.79
11	Men 200 meter Breaststroke	2:51.29
12	Men 100 meter Backstroke	1:10.19
13	Men 50 meter Freestyle	27.29
14	Men 400 meter Individual Medley	5:14.89

Session 3 Sunday Women's Timed Finals		
15	Women 400 meter Medley Relay	
16	Women 200 meter Freestyle	2:21.69
17	Women 100 meter Breaststroke	1:25.69
18	Women 200 meter Backstroke	2:42.99
19	Women 200 meter Butterfly	2:45.29
20	Women 100 meter Freestyle	1:05.69
21	Women 200 meter Individual Medley	2:40.49

Session 4 Sunday Midday Distance (Swimmers may swim either the 800 or the 1500, but not both) <i>Swimmers need to provide their own timers & counters</i>		
22	Women 800 meter Freestyle	10:33.99
23	Men 800 meter Freestyle	10:03.99
24	Women 1500 meter Freestyle	19:37.99
25	Men 1500 meter Freestyle	19:07.99

Session 5 Sunday Men's Timed Finals		
26	Men 400 meter Medley Relay	
27	Men 200 meter Freestyle	2:09.99
28	Men 100 meter Breaststroke	1:20.69
29	Men 200 meter Backstroke	2:30.99
30	Men 200 meter Butterfly	2:35.49
31	Men 100 meter Freestyle	58.79
32	Men 200 meter Individual Medley	2:29.79

