

# 2017 Fall Shootout

Hosted by Eastern Express  
at The College of New Jersey

*Held under the sanction of USA Swimming*

Meet Sanction #	<b>NJ Swimming Sanction #-NJS111117SC</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>Saturday November 11<sup>th</sup> and Sunday November 12<sup>th</sup>, 2017</b>		
Location:	<b>The College of New Jersey Aquatic Center, Packer Hall, 2000 Pennington Rd, Ewing NJ</b>		
Facility Info:	The competition pool is 8 lanes, 25 yards, with Omega timing. The starting blocks are in the deep end of the pool, on the new bulkhead. The depth at the starting blocks is 6.5 feet and the depth at the turn end is 4 feet. There is a separate warm-down pool.		
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:	Michael Randazzo	908-448-8476	<a href="mailto:EasternExpressSwimTeam@gmail.com">EasternExpressSwimTeam@gmail.com</a>
Meet Director:	Ellen Mace	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referee:	Frank Fitzgerald		<a href="mailto:Frank@rsinj.com">Frank@rsinj.com</a>
Admin Officials:	Ellen Mace, Jason Mace, John Lister		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshall:	Adam Schneider		<a href="mailto:schnei34@tcnj.edu">schnei34@tcnj.edu</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Monday October 30<sup>th</sup>, 2017 at 6:00am</b>		
Entry Deadline:	<b>Thursday, November 2<sup>nd</sup>, 2017, at 6:00pm</b>		
Swimmer Age	Swimmer ages for this meet are as of: <b>November 11<sup>th</sup>, 2017</b>		
Entry Fees:	Individual Entry: Timed Final Events: \$4.00, Prelim/Semi/Final Events: \$5.00, Distance: \$11.00		Relays: \$8.00,
	There will be a \$15/day athlete surcharge for swimmers participating in the prelims/semis/finals events.		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> <li>• There will be 10 &amp; Under, 11-12, 15 &amp; Under, and Open events.</li> <li>• This meet will be prelims/semis/finals for the Saturday morning session: two semi-final heats Saturday evening, one final heat Sunday evening.</li> <li>• The Sunday morning and Sunday afternoon sessions will be timed finals.</li> <li>• Open relays will be prelims Saturday evening, with two heats of finals Sunday evening.</li> <li>• Age group relays will be timed finals Saturday evening.</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: 3 Individual Events 5 Individual Events if only in Sunday afternoon session 2 Relays	Meet: 6 Individual Events 2 Relays
Checks Payable To:	Express Sports Inc	
Email Entry Files To:	<a href="mailto:besmartinc@gmail.com">besmartinc@gmail.com</a>	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	

## 2017 Fall Shootout

### Saturday November 11<sup>th</sup>

Facility Opens at 8:45am

### Saturday Morning Session #1—Preliminaries

**Warm-up: 9:00am**

**Meet Start: 10:20am**

Women	Age Group and Event	Men
#53	15 & Under 100 Freestyle	#54
#55	Open 100 Freestyle	#56
#57	15 & Under 200 Breaststroke	#58
#59	Open 200 Breaststroke	#60
#61	15 & Under 200 Backstroke	#62
#63	Open 200 Backstroke	#64
#65	15 & Under 100 Butterfly	#66
#67	Open 100 Butterfly	#68
#69	15 & Under 200 IM	#70
#71	Open 200 IM	#72
#73	15 & Under 50 Freestyle	#74
#75	Open 50 Freestyle	#76

### Saturday Midday Session #2—Distance Timed Finals

**Warm-up: TBA (12:00pm approx)**

**Meet Start: Warm-Up+40 minutes**

Women	Equal/Faster†	Age Group and Event	Equal/Faster	Men
#1‡	18:59.99	Open 1650 Freestyle	17:59.99	#1
#3‡	11:19.99	Open 1000 Freestyle	10:39.99	#3

***Swimmers may enter either the 1650 or the 1000 but not both events.***

† Swimmers may enter either distance event with a qualifying 500 freestyle time. Women: 5:09.99; Men: 4:49.99. These non-conforming times will be seeded slowest.

\*\* Swimmers must provide their own timers and counters for these events.

‡ The 1000 and 1650 will be swum mixed genders, which will be separated for scoring purposes.



# 2017 Fall Shootout

Saturday November 11<sup>th</sup>...continued

Facility Reopens at 4:35pm

## Saturday Evening Session #3—Relay Prelims, Semi-Finals

Warm-up: 4:45pm

Meet Start: 5:45pm

Women	Age Group and Event	Men
#51	200 Medley Relay Preliminaries	#52
#5	10 & Under 200 Medley Relay**	#6
#7	11-12 200 Medley Relay**	#8
<b>Two heats of semi-finals #53-#76</b>		
#9	10 & Under 200 Freestyle Relay**	#10
#11	11-12 200 Freestyle Relay**	#12
#77	800 Freestyle Relay Preliminaries	#78

\*\* Swimmers may swim both relay events.

Sunday November 12<sup>th</sup>

Facility Opens at 7:45am

## Sunday Morning Session #4—Timed Finals

Warm-up: 8:00am

Meet Start: 9:20am

Women	Age Group and Event	Men
#13	Open 400 IM	#14
#15	Open 100 Backstroke	#16
#17	Open 200 Butterfly	#18
#19	Open 100 Breaststroke	#20
#21	Open 500 Freestyle**	#22

\*\* Swimmers must provide their own counters for these events.



# 2017 Fall Shootout

## Sunday November 12<sup>th</sup>...continued

**Sunday Afternoon Session #5—12 & Under Timed Finals**  
*Swimmers may swim 5 individual events if they are only swimming this session  
 12 & Under Relays are swimming Saturday evening.*

**Warm-up: TBA**

**Meet Start: TBA**

Girls	Age Group and Event	Boys
#23	10 & Under 100 IM	#24
#25	11-12 100 IM	#26
#27	10 & Under 50 Butterfly	#28
#29	11-12 50 Butterfly	#30
#31	10 & Under 50 Breaststroke	#32
#33	11-12 50 Breaststroke	#34
#35	10 & Under 200 Freestyle	#36
#37	11-12 200 Freestyle	#38
#39	10 & Under 50 Backstroke	#40
#41	11-12 50 Backstroke	#42
#43	10 & Under 50 Freestyle	#44
#45	11-12 50 Freestyle	#46
#47	10 & Under 200 IM	#48
#49	11-12 200 IM	#50

### Sunday Evening Session #6—Finals

**Warm-up: 4:15pm**

**Meet Start: 5:00pm**

Final heat of Events #51-#78

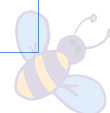


## Meet Schedule

Saturday November 5 <sup>th</sup>		Warm-up	Start
Facility Opens at 8:45am			
Session 1	Preliminaries	9:00am	10:20am
Session 2	Distance Timed finals	TBA** (approx. 12:00pm)	TBA**
Facility Reopens at 4:35pm			
Session 3	Relay Prelims/Semi Finals	4:45pm	5:45pm
Sunday November 6 <sup>th</sup>		Warm-up	Start
Facility Opens at 7:45am			
Session 4	Timed Finals	8:00am	9:20am
Session 5	12 & Under Timed Finals	TBA**	TBA**
Session 6	Finals	4:15pm	5:00am

\*\*Session start times to be determined when all entries are received.

Scoring:	<ul style="list-style-type: none"> <li>Team scoring will be kept.</li> <li>8 place scoring will be 9-7-6-5-4-3-2-1 and double for relays.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>There will be no individual awards.</li> <li>There will be trophies for three teams with highest combined scores.</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>'Fly-over/Over-the-top' starts will be used during this meet during preliminary and timed finals sessions. At the discretion of the referee, this may be changed and breaks added to the timeline, once a given session has been seeded.</li> </ul>
Admissions and Programs:	<ul style="list-style-type: none"> <li>Admission will be \$10.00 per session for the Sunday afternoon age group session.</li> <li>There will be no admission charges for other sessions.</li> <li>Heat sheets will be available online at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> and Meet Mobile</li> <li>There will be no refunds for admission where events are curtailed or canceled due to circumstances beyond the host team's control.</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>None.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>None.</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 on a first come basis.</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>Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule.</li> <li><b>Special Notice:</b> All entries 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 be in short course yards. Converted times are permitted.</li> </ul>
Distance Events (1000 & 1650)	<ul style="list-style-type: none"> <li>The 1000 and 1650 Freestyle events are timed finals.</li> <li>They will be run fastest to slowest, genders combined.</li> <li>Swimmers must provide their own timers and counters.</li> <li><b>Proof of time</b> is required for entry into these events.</li> </ul>
Heat-Limited Events	<ul style="list-style-type: none"> <li>There are <b>no</b> heat limited events.</li> <li>Saturday sessions #1 &amp; #2 are limited so that the schedule ends at 1:45pm.</li> <li>Every effort will be made to allow as many athletes to compete in these events as possible.</li> </ul>



Relays:	<ul style="list-style-type: none"> <li>Relay scratches should be turned in at general session check-in.</li> <li>Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.</li> <li>Open relays are prelims/finals and therefore will follow the "scratching for finals rules"—see the section later in the announcement.</li> <li>Teams may have different swimmers or a different order of swimmers in the final from preliminaries.</li> <li>The 10 &amp; Under/11-12 Relays are timed finals on Saturday evening.</li> <li><b>There are no limits on teams entering preliminary relays. Only the fastest two relays per team will advance to finals.</b></li> </ul>
Swimmer Eligibility:	<ul style="list-style-type: none"> <li>No swimmer will be permitted to compete unless the swimmer is a member 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>
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"> <li>The host club will provide a single timer in each lane throughout the meet, except for the Saturday distance session.</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.besmartinc.com">www.besmartinc.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.besmartinc.com">www.besmartinc.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 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. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes.</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 are entitled to a fair and comparable warm-up. All teams <b>must</b> receive the same opportunities for warm-up lanes, sprint lanes, and pace lanes.</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> <li>• 13 lanes: 8 in the competition pool, 5 in the diving well will be available for warm-up at all sessions.</li> <li>• Depending on entries warm-ups may be one general warm-up followed by sprints/starts or multiple warm-ups assigned by teams.</li> <li>• A complete warm-up schedule will be developed once entries have been received and processed. The schedule will be posted on the meet web site and e-mailed to coaches of participating teams a week before the meet.</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 Procedure for Prelims and Timed Finals:	<ul style="list-style-type: none"> <li>• No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event for preliminary sessions and timed finals events. 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.</li> </ul>
Scratch Rule:	<ul style="list-style-type: none"> <li>• The meet will follow USA Swimming rule 207.11.6.D and rule 207.11.6.E for scratches from finals.</li> <li>• A swimmer who fails to scratch from finals within the deadlines outlined in rule 207.11.6.E and then fails to swim the event at finals will be barred from further competition for the remainder of the meet.</li> <li>• In addition, the club of a swimmer who qualifies for finals or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in accordance to the above procedures may be fined \$50 for each occurrence.</li> </ul>
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 "heat limited" events psych sheet.</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:	<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 member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p>



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.
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.
Tech Suit/Swimwear Policy:	Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or Approved competition. <b>“Tech suits” are not permitted at this meet for 12 &amp; under swimmers.</b> “Tech Suits” are defined, as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. A list of restricted suits can be found on the NJ Swimming Website; <a href="http://www.njswim.org">www.njswim.org</a>
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>• Holiday Inn, 100 Independence Way, 1.609.520.1200,</li> <li>• Staybridge Suites, 4375 Route 1, 1.609.951.0009</li> <li>• Residence Inn by Marriott, 4225 Route 1, 1.732.329.9600, Includes breakfast</li> <li>• Princeton Courtyard by Marriott, Route 1 and Mapleton Road, 1.609.716.9100; includes breakfast</li> </ul>
Directions:	The College of New Jersey is off I-95S, Route 31S, Exit 4, take 31S (Pennington Road) to the entrance of the college. Please use lots 3, 4, or 5 for parking; they are to the right of the Pennington Road entrance to the college.







NEW JERSEY SWIMMING

# 2017 Fall Shootout Invitational

Saturday-Sunday November 11<sup>th</sup>-12<sup>th</sup>



### 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, The College of New Jersey, Eastern Express Swimming, Be Smartt Inc. and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

### Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form, for the **Eastern Express Fall Shootout Meet on November 11<sup>th</sup>-12<sup>th</sup>, 2017** 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.

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:

<b>Entry Fee Summary:</b>	_____ Prelim/Semi/Final Individual event entries @ \$5.00 =	\$_____
	_____ Timed Final individual event entries @ \$4.00 =	\$_____
	_____ 1000/1650 Timed-Final individual event entries @ \$11.00 =	\$_____
	_____ Relay event entries @ \$8.00 =	\$_____
	Total:	\$_____

Make checks payable to: **Express Sports Inc**