

Holiday Classic XXXI

Hosted by Eastern Express
at the Werblin Recreation Center, Rutgers University

Held under the sanction of USA Swimming

Meet Sanction #	NJ swimming Sanction #- NJS121517SC 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.		
Date of Meet:	Friday December 15th to Sunday December 17th, 2017		
Location:	Sonny Werblin Recreation Center, Busch Campus, Rutgers University		
Facility Info:	The Werblin competition pool has two 8-lane 25 yard courses, 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.		
Host Team Contact:	Michael Randazzo	908-448-8476	EasternExpressSwimTeam@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Bill Tucker		wtucker370@gmail.com
	This meet has been designated as a "qualifying meet" under the National Officials' Certification Program. Any official interested in being evaluated should contact the meet referee, Bill Tucker. Details on national certification can be found on the USA Swimming website: https://www.usaswimming.org/utility/landing-pages/officials/national-certification-and-evaluation		
Admin Officials:	Ellen Mace, John Lister		besmarttinc@gmail.com
Safety Marshall:	Adam Schneider		schnei34@tcnj.edu
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Tuesday, October 24th, 2017 at 6 am		
Entry Deadline:	Friday December 1st, 2017, at 6 pm		
Swimmer Age	Swimmer ages for this meet are as of: December 15th, 2017		
Entry Fees:	Individual Entry:	Timed Final Events: \$4.00 Prelim/Final Events: \$5.00 Distance: \$11.00	Relays: \$8.00
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> This meet will be run using two pools. Pools will be divided by age group/gender once all entries are received and a time-line established. This information will be sent via e-mail to participating teams and posted on the meet website www.besmarttinc.com. This meet will be run as timed finals for 12 & Under events, and distance events. This meet will be run as prelims/finals for 13 & Over events: <ul style="list-style-type: none"> 13-14: 2 final heats 15 & Over: 3 final heats. There are minimum ("faster than") time standards for this meet. Proof of time will be required for all individual events 400 yards and longer. (Hy-Tek proof of time reports will suffice for this purpose). 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. 		



Entry Limits:	Daily: 3 Individual Events 2 Relays	Meet: 9 Individual Events 6 Relays
Checks Payable To:	Express Sports Inc	
Email Entry Files To:	besmartinc@gmail.com	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	

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Friday December 15th

Facility Opens at 7:00am

Friday Morning Sessions #1, #2—13 & Over Preliminaries

Warm-up: 7:15am

Meet Start: 8:20am

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#25	56.19	Open 100 Freestyle	50.29	#26
#27	59.59	13-14 100 Freestyle	56.29	#28
#29	2:16.69	Open 200 Butterfly	2:05.19	#30
#31	2:26.49	13-14 200 Butterfly	2:20.29	#32
#33	1:12.09	Open 100 Breaststroke	1:04.79	#34
#35	1:16.99	13-14 100 Breaststroke	1:12.09	#36
#37	2:16.29	Open 200 IM	2:05.49	#38
#39	2:24.19	13-14 200 IM	2:18.39	#40
#41		Open 800 Freestyle Relay**		#42

****Timed Finals. Fastest two heats swim at finals. Maximum 3 Relays per team.**

Friday Midday Sessions #3, #4—1650 Freestyles Timed Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#1	18:56.49	14 & Under 1650 Freestyle	18:03.49	#2
#3	18:25.69	Open 1650 Freestyle	17:11.39	#4

See "Distance Events" section for order of swimming. All heats will swim at midday sessions.

Friday Afternoon Sessions #5, #6—12 & Under Timed Finals

Warm-up: TBA

Meet Start: TBA

Girls	Equal/Faster	Age Group and Event	Equal/Faster	Boys
#5	6:06.29	11-12 500 Freestyle	6:06.29	#6
#7	34.19	10 & Under 50 Freestyle	34.19	#8
#9	38.79	11-12 50 Breaststroke	38.79	#10
#11	1:35.39	10 & Under 100 Breaststroke	1:35.39	#12
#13	2:35.89	11-12 200 Backstroke	2:35.89	#14
#15	40.09	10 & Under 50 Backstroke	40.09	#16
#17	1:14.19	11-12 100 Butterfly	1:14.19	#18
#19	6:50.39	10 & Under 500 Freestyle	6:50.39	#20
#21	1:14.99	11-12 100 IM	1:14.99	#22



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Friday December 15th...continued

Friday Evening Session #7—13 & Over Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#23		Open 200 Medley Relay**		#24
Finals of Events #25-#40				
Fastest two heats of #41-#42 (Alternating heats)				

** Maximum 3 Relays per team.

Saturday December 16th

Facility Opens at 7:00am

Saturday Morning Sessions #8, #9—13 & Over Preliminaries

Warm-up: 7:15am

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#67	25.99	Open 50 Freestyle	22.99	#68
#69	27.49	13-14 50 Freestyle	25.79	#70
#75	1:03.39	Open 100 Backstroke	57.19	#76
#77	1:06.99	13-14 100 Backstroke	1:04.89	#78
#79	2:01.39	Open 200 Freestyle	1:50.69	#80
#81	2:08.19	13-14 200 Freestyle	2:02.69	#82
#71	4:50.39	Open 400 IM†	4:26.79	#72
#73	5:04.59	13/14 400 IM†	4:54.29	#74
#83		Open 400 Freestyle Relay**		#84
#85		13-14 400 Freestyle Relay**		#86

† These events will swim at the end of the session in preliminaries. They will swim in order after the 50 freestyle events in finals.

**Timed Finals. Fastest two heats swim at finals. Maximum 3 Relays per team.

Saturday Midday Sessions #10, #11—1000 Freestyles Timed Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#65**	11:22.19	14 & Under 1000 Freestyle	10:52.89	#66**
	11:04.19	15 & Over 1000 Freestyle	10:18.49	

**Fastest heat swims at finals, first events. Midday heats swim fast to slow.



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Saturday December 16th...continued

Saturday Afternoon Sessions #12, #13—12 & Under Timed Finals

Warm-up: TBA

Meet Start: TBA

Girls	Equal/Faster	Age Group and Event	Equal/Faster	Boys
#43	1:04.09	11-12 100 Freestyle	1:04.09	#44
#45	2:38.39	10 & Under 200 Freestyle	2:38.39	#46
#47	1:15.19	11-12 100 Backstroke	1:15.19	#48
#49	43.99	10 & Under 50 Breaststroke	43.99	#50
#51	33.39	11-12 50 Butterfly	33.39	#52
#53	1:28.69	10 & Under 100 Butterfly	1:28.69	#54
#55	2:56.89	11-12 200 Breaststroke	2:56.89	#56
#57	1:24.59	10 & Under 100 IM	1:24.59	#58
#59	2:37.59	11-12 200 IM	2:37.59	#60
#61		10 & Under 200 Medley Relay**		#62
#63		11-12 400 Medley Relay**		#64

** Maximum 3 Relays per team.

Saturday Evening Session #14—13 & Over Finals

Warm-up: TBA

Meet Start: TBA

Fastest heats of #65, #66
Finals of Events #67-#82 (Swum in event order in this session)
Fastest two heats of #83, #84 (Alternating Heats)
Fastest two heats of #85, #86 (Alternating Heats)

Sunday December 17th

Facility Opens at 7:00am

Sunday Sunrise Sessions #15, #16—13 & Over 500 Freestyle Preliminaries

Warm-up: 7:15am

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#113	5:23.29	Open 500 Freestyle	4:57.89	#114
#115	5:38.29	13-14 500 Freestyle	5:28:29	#116

Open prelims seeded slow to fast. 13-14 prelims seeded fast to slow. Swimmers need own timers and counters.



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Sunday December 17th...continued

Sunday Morning Sessions #17, #18—13 & Over Preliminaries

Warm-up: 7:15am

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#117	2:35.49	Open 200 Breaststroke	2:22.89	#118
#119	2:43.29	13-14 200 Breaststroke	2:37.29	#120
#121	1:02.79	Open 100 Butterfly	56.69	#122
#123	1:06.39	13-14 100 Butterfly	1:03.39	#124
#125	2:17.39	Open 200 Backstroke	2:04.69	#126
#127	2:24.19	13-14 200 Backstroke	2:18.19	#128
#129		Open 400 Medley Relay**		#130
#131		13-14 400 Medley Relay**		#132

****Timed Finals. Fastest two heats swim at finals. Maximum 3 Relays per team.**

Sunday Afternoon Sessions #19, #20—12 & Under Timed Finals

Warm-up: TBA

Meet Start: TBA

Girls	Equal/Faster	Age Group and Event	Equal/Faster	Boys
#87	2:19.89	11-12 200 Freestyle	2:19.89	#88
#89	2:57.99	10 & Under 200 IM	2:57.99	#90
#91	1:23.19	11-12 100 Breaststroke	1:23.19	#92
#93	1:24.19	10 & Under 100 Backstroke	1:24.19	#94
#95	2:37.59	11-12 200 Butterfly	2:37.59	#96
#97	30.49	11-12 50 Freestyle	30.49	#98
#99	1:13.89	10 & Under 100 Freestyle	1:13.89	#100
#101	5:32.09	11-12 400 IM	5:32.09	#102
#103	39.29	10 & Under 50 Butterfly	39.29	#104
#105	34.89	11-12 50 Backstroke	34.89	#106
#107		10 & Under 200 Freestyle Relay**		#108
#109		11-12 400 Freestyle Relay**		#110

**** Maximum 3 Relays per team.**

Sunday Evening Session #21—13 & Over Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#111		Open 200 Freestyle Relay**		#112
Finals of Events #113-#128				
Fastest two heats of #129-#130 (Alternating Heats)				
Fastest two heats of #131-#132 (Alternating Heats)				

**** Maximum 3 Relays per team.**



Meet Schedule

Friday December 15 th		Warm-up	Start
Facility Opens at 7:00am			
Sessions 1 & 2	Preliminaries	7:15am	TBA**
Sessions 3 & 4	1650 Freestyles Timed Finals	TBA**	TBA**
Sessions 5 & 6	12 & Under Timed Finals	TBA**	TBA**
Session 7	Finals	TBA** (approx. 6pm)	TBA**
Saturday December 16 th		Warm-up	Start
Facility Opens at 7:00am			
Sessions 8 & 9	Preliminaries	7:15am	TBA**
Sessions 10 & 11	1000 Freestyles Timed Finals	TBA**	TBA**
Sessions 12 & 13	12 & Under Timed Finals	TBA**	TBA**
Session 14	Finals	TBA** (approx. 6pm)	TBA**
Sunday December 17 th		Warm-up	Start
Facility Opens at 7:00am			
Sessions 15 & 16	500 Freestyles Preliminaries	7:15am	TBA**
Sessions 17 & 18	Preliminaries	TBA**	TBA**
Sessions 19 & 20	12 & Under Timed Finals	TBA**	TBA**
Session 7	Finals	TBA** (approx. 6pm)	TBA**

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

Scoring:	<ul style="list-style-type: none"> Team scoring will be kept. 16 place scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays.
Awards:	<ul style="list-style-type: none"> Medals will be awarded to the top 3 swimmers in each individual event. Medals will be awarded to the top 3 relay teams in each relay event. Note: there are different entry time standards for 14 & Under/15 & Over in the 1000 freestyle event. These events will be scored as open events with one set of awards for each gender.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet during preliminary and timed finals sessions.
Admissions and Programs:	<ul style="list-style-type: none"> Admission will be \$10.00 for morning, distance and afternoon sessions. Heat sheets will be posted online at www.besmarttinc.com at no cost and will be made available through Meet Mobile. Admission to the 13 & Over finals will be \$7.00. Multi-day, multi-session passes will be available that will include a souvenir meet program. There will be no admission refunds should events be curtailed/canceled due to circumstances beyond the control of the host team.
Concessions:	<ul style="list-style-type: none"> Rutgers will be operating a food and refreshments stand in the hallway.
Vendor:	<ul style="list-style-type: none"> Metro Swim Shop will be in attendance.



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 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.
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. Converted times are permitted.
Distance Events (1000 & 1650)	<ul style="list-style-type: none"> • The 1000 and 1650 freestyle events are timed finals. • The 1650 freestyle events will be swum in a separate session at the conclusion of the morning preliminaries on Friday. All heats of the 1650 will swim in this midday session. • The 1650 freestyle events will be swum separately as 14 & Under, and Open, fast to slow. Heats of the two events will alternate and heats may be combined to save time. • The 1000 freestyle will be swum fastest to slowest as a separate session after the AM prelims on Saturday. The fastest heats (top 8 swimmers) will compete during the Saturday evening finals session. • Heats of Women & Men may be combined to conserve time and space. • Swimmers must provide their own timers and counters. • Proof of time is required for entry into these events. • 14 & Under Distance Standards: There are different qualifying standards in the 1000 Freestyle for all athletes 14-years and younger. These events will be contested and scored as Open; no 14 & Under Finals Heat or separate awards.
500 Freestyle Events	<ul style="list-style-type: none"> • Preliminary heats for the 500 freestyle will swim as follows: <ul style="list-style-type: none"> —Open heats seeded slow to fast. —13-14 heats seeded fast to slow.
Heat-Limited Events	<ul style="list-style-type: none"> • Psych sheets for heat-limited events will be posted on all the meet websites no later than the Monday prior to the start of the meet. • Every effort will be made to allow as many athletes to compete in these events as possible. • Additional swimmers will be added if there are scratches in the event and/or there is extra space on the timeline. Refunds will be processed after the meet only for swimmers not given the opportunity to participate in the event, not for those following normal scratch procedures. • Approximately one week before the meet, all coaches with swimmers in an oversubscribed distance event will be e-mailed and asked to declare any scratches that they know of in advance. <p>Heat Limits:</p> <ul style="list-style-type: none"> • 13-14 and Open 500 Freestyle: maximum 9 heats per event will be seeded. • 13-14 and Open 400 IM: maximum 9 heats per event will be seeded. • Open 1000 Freestyle: maximum 7 heats per event will be seeded • Open 1650 Freestyle: maximum 3 heats per event will be seeded. • 14 & Under 1650 Freestyle: maximum of 2 heats per event will be seeded. • 10 & Under 500 Freestyle: maximum 6 heats per event will be seeded • 11-12 500 Freestyle: maximum 8 heats per events will be seeded. • 11-12 400 IM: maximum 8 heats per event will be seeded. • The Open 200 Medley and 200 Freestyle relay events will be limited to 3 heats.



Relays:	<ul style="list-style-type: none"> Relay scratches should be turned in at general session check-in. Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. All 13-14 and Open 400 relays and the Open 800 freestyle relays will be timed finals with the fastest two heats swimming during evening finals. The fastest heats will swim in the order Women's B, Men's B, Women's A, and Men's A. The Open 200 Medley and Open 200 Freestyle Relays will swim all three heats at the start of the Finals session (see heat limited section pertaining to these relays). Teams will be limited to three (A, B, and C) relay entries per event.
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.
Adaptive Provisions:	<ul style="list-style-type: none"> 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).
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 and the 500 freestyle preliminaries sessions where swimmers will provide their own timers and lap counters. 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.besmartinc.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.besmartinc.com 1 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 summary.
Coaches Eligibility:	<ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. Current USA Swimming is required for all officials and the Meet Referee will check your cards. 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.



	<ul style="list-style-type: none"> 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 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. For the 500 freestyles preliminaries, there will be one 30 minute warm-up divided by teams. For the main preliminaries sessions, there will be two 30 minute warm-ups, or three 25 minute warm-ups, divided by teams, this will be determined after entries have been received. For the 12 & Under timed finals sessions, warm-ups may be 2 * 25 minutes or 3 * 20 minutes. This will be determined after entries have been received. Warm-up for the 1000 and 1650 may begin in the patio pool, and continue in the competition pool (time permitting), until the start of the distance session.
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. Failure to follow this procedure may result in the swimmer(s) being scratched from the session.
No Show Procedure for Prelims and Timed Finals:	<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 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.
Scratch Rule:	<ul style="list-style-type: none"> The meet will follow USA Swimming rule 207.11.6.D and rule 207.11.6.E for scratches from finals. 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. 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.
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 Updated meet schedule. List 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 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. "Tech suits" are not permitted at this meet for 12 & under swimmers. "Tech Suits" are defined, as suits that has Bonded Seams, Kinetic Tape, or Meshed Seams. A list of restricted suits may be found on the NJ Swimming Website; www.njswim.org
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"> • The Crowne Plaza, 732-716-1175 • The Courtyard by Marriott on Davidson Avenue • The Doubletree Executive Somerset on Atrium Drive
Directions:	<p><i>Directions to Sonny Werblin Recreation Center:</i></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>





NEW JERSEY SWIMMING

Holiday Classic XXXI

Friday-Sunday December 15th-17th, 2017



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, 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 Holiday Classic Swim Meet on December 15th-17th, 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.

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:	_____ Prelim/Final Individual event entries @ \$5.00 =	\$_____
	_____ 12 & Under 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**