

The 27th Jeffrey S Mace Memorial Summer Sizzle 2017

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

Held under the sanction of USA Swimming

Meet Sanction #	NJ swimming Sanction #- NJS063017LC 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 June 30th to Sunday July 2nd, 2017		
Location:	Sonny Werblin Recreation Center, Busch Campus, Rutgers University		
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. There is an auxiliary pool (patio pool) for warm-up and warm-down throughout the meet, 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@comcast.net
Admin Officials:	Ellen Mace, John Lister		besmarttinc@gmail.com
Safety Marshall:	Brent Matheson		bmatheson17@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Friday, April 28, 2017, at 6 am		
Entry Deadline:	Friday June 16th, 2017, at 6 pm		
Swimmer Age	Swimmer ages for this meet are as of: June 30th, 2017		
Entry Fees:	Individual Entry: Timed Final Events: \$5.00, Prelim/Final Events: \$6.00, Distance: \$11.00 Relays: \$9.00.		
Meet Course:	Long Course Meters (LCM)		
Meet Format:	<ul style="list-style-type: none"> 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 except for 400 freestyle, 400 IM: 2 final heats. There are minimum ("faster than") time standards for this meet. Converted times are not acceptable for this meet: there are separate SCM and LCY time standards. Proof of time will be required for all individual events 400 meters 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:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		



2017 Jeffrey S Mace Memorial Summer Sizzle

Friday June 30th

Facility Opens at 7:00am

All Qualifying times are "Equal/Faster". Converted times not accepted. See separate SCY cuts

Friday Morning Session #1—13 & Over Preliminaries

Warm-up: 7:15am

Meet Start: 8:20am

Women	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Men
#25	57.99	1:07.39	13-14 100 Freestyle	1:04.69	55.29	#26
	55:29	1:04.09	15 & Over 100 Freestyle	58.69	50.99	
#27	2:19.99	2:43.39	13-14 200 Backstroke	2:37.39	2:13.99	#28
	2:13.99	2:37.69	15 & Over 200 Backstroke	2:24.79	2:04.99	
#29	1:13.99	1:28.29	13-14 100 Breaststroke	1:22.59	1:09.99	#30
	1:09.99	1:22.79	15 & Over 100 Breaststroke	1:15.19	1:03.99	
#31			Open 800 Freestyle Relay**			#32

** Timed finals. The fastest two heats of these events will swim with finals. Maximum 3 relays per team

Friday Midday Session #2—13 & Over 400 IM Preliminaries

Warm-up: Patio Pool

Meet Start: Session #1+5 minutes

Women	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Men
#23	4:54.99	5:39.99	13-14 400 IM	5:31.99	4:41.99	#24
	4:43.99	5:27.99	15 & Over 400 IM**	5:01.69	4:23.99	

** These events are flighted. See "400 Freestyle/IM" section for details.

Friday Afternoon Session #3—12 & Under Timed Finals

Warm-up: TBA

Meet Start: Warm-Up+65 minutes

Girls	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Boys
#1	33.39	37.29	11-12 50 Butterfly	37.29	33.39	#2
#3	39.29	44.09	10 & Under 50 Butterfly	44.09	39.29	#4
#5	1:04.09	1:14.49	11-12 100 Freestyle	1:14.49	1:04.09	#6
#7	1:13.89	1:23.89	10 & Under 100 Freestyle	1:23.89	1:13.89	#8
#9	2:37.59	2:59.79	11-12 200 IM	2:59.79	2:37.59	#10
#11	2:57.99	3:21.89	10 & Under 200 IM	3:21.89	2:57.99	#12
#13	1:15.19	1:24.29	11-12 100 Backstroke	1:24.29	1:15.19	#14
#15	1:24.19	1:37.29	10 & Under 100 Backstroke	1:37.29	1:24.19	#16
#17			11-12 200 Medley Relay			#18
#19	6:50.39	6:07.89	10 & Under 400 Freestyle	6:07.89	6:50.39	#20
#21	2:56.89	3:23.69	11-12 200 Breaststroke	3:23.69	2:56.89	#22

Friday Evening Session #4—13 & Over Finals

Warm-up: TBA

Meet Start: TBA

Finals of Events #23-#30
Fastest two heats of #31-#32



Saturday July 1st

Facility Opens at 7:00am

All Qualifying times are "Equal/Faster". Converted times not accepted. See separate SCY cuts

Saturday Morning Session #5—13 & Over Preliminaries

Warm-up: 7:15am

Meet Start: 8:20am

Women	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Men
#57	27.99	31.99	13-14 50 Freestyle	29.99	25.99	#58
	25.99	29.99	15 & Over 50 Freestyle	26.99	23.99	
#59	2:19.99	2:44.29	13-14 200 IM	2:37.09	2:13.99	#60
	2:13.99	2:35.49	15 & Over 200 IM	2:23.79	2:04.99	
#61	1:05.99	1:16.59	13-14 100 Backstroke	1:13.49	1:02.59	#62
	1:02.59	1:12.99	15 & Over 100 Backstroke	1:06.29	56.99	
#63	2:23.99	2:45.29	13-14 200 Butterfly	2:38.89	2:15.99	#64
	2:15.99	2:37.49	15 & Over 200 Butterfly	2:24.49	2:04.99	

Saturday Midday Session #6—13 & Over 400 Freestyle Preliminaries

Warm-up: Patio Pool

Meet Start: Session #5+5 minutes

Women	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Men
#55	5:34.99	5:01.49	13-14 400 Freestyle	4:53.99	5:19.99	#56
	5:18.99	4:48.99	15 & Over 400 Freestyle	4:29.19	4:59.99	

**** These events are flighted. See "400 Freestyle/IM" section for details.**



Saturday July 1st continued

All Qualifying times are "Equal/Faster". Converted times not accepted. See separate SCY cuts

Saturday Afternoon Session #7—12 & Under Timed Finals

Warm-up: TBA

Meet Start: Warm-Up+65 minutes

Girls	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Boys
#33	34.89	39.99	11-12 50 Backstroke	39.99	34.89	#34
#35	40.09	45.69	10 & Under 50 Backstroke	45.69	40.09	#36
#37	5:59.99	5:29.99	11-12 400 Freestyle	5:29.99	5:59.99	#38
#39	1:35.59	1:48.99	10 & Under 100 Breaststroke	1:48.99	1:35.39	#40
#41	1:23.19	1:34.79	11-12 100 Breaststroke	1:34.79	1:23.19	#42
#43	34.19	38.39	10 & Under 50 Freestyle	38.39	34.19	#44
#45	30.49	34.69	11-12 50 Freestyle	34.69	30.49	#46
#47			10 & Under 200 Medley Relay			#48
#49	2:37.59	2:59.29	11-12 200 Butterfly	2:59.29	2:37.59	#50

Saturday Evening Session #8—13 & Over Finals

Warm-up: TBA

Meet Start: TBA

Women	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Men
#51			13-14 200 Medley Relay**			#52
#53			Open 200 Medley Relay**			#54
Finals of Events #55-64						
#65			Open 400 Freestyle Relay**			#66

**** Timed finals. Maximum 3 relays per team**



Sunday July 2nd Facility Opens at 7:00am

All Qualifying times are "Equal/Faster". Converted times not accepted. See separate SCY cuts

Sunday Morning Session #9—13 & Over Preliminaries

Warm-up: 7:15am

Meet Start: 8:20am

Women	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Men
#93	2:40.99	3:06.99	13-14 200 Breaststroke	2:59.99	2:32.99	#94
	2:32.99	2:59.59	15 & Over 200 Breaststroke	2:45.99	2:20.99	
#95	1:05.99	1:16.29	13-14 100 Butterfly	1:12.29	1:02.59	#96
	1:02.59	1:11.99	15 & Over 100 Butterfly	1:05.89	56.99	
#97	2:05.99	2:25.39	13-14 200 Freestyle	2:20.39	1:59.99	#98
	1:59.99	2:19.49	15 & Over 200 Freestyle	2:06.39	1:49.99	

Sunday Midday Session #10—Open Distance

Warm-up: TBA

Meet Start: TBA

Women	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Men
#91	11:29.99	10.29.99	14 & Under 800 Freestyle			
	10.59.99	9.59.99	15 & Over 800 Freestyle**			
			14 & Under 1500 Freestyle	19:19.99	18:19.99	#92
			15 & Over 1500 Freestyle	18:19.99	17:19.99	

**** Timed Finals.** *The fastest heat of these events will swim with finals. There are different time standards for 14 & under, 15 & over.*



Sunday July 2nd continued

All Qualifying times are "Equal/Faster". Converted times not accepted. See separate SCY cuts

Sunday Afternoon Session #11—12 & Under Timed Finals

Warm-up: TBA

Meet Start: Warm-Up+65 minutes

Girls	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Boys
#67	38.79	43.09	11-12 50 Breaststroke	43.09	38.79	#68
#69	43.99	50.29	10 & Under 50 Breaststroke	50.29	43.99	#70
#71	5:19.99	6:09.99	11-12 400 IM	6:09.99	5:19.99	#72
#73	2:38.39	3:00.49	10 & Under 200 Freestyle	3:00.49	2:38.39	#74
#75	2:19.89	2:37.69	11-12 200 Freestyle	2:37.69	2:19.89	#76
#77	1:28.69	1:39.89	10 & Under 100 Butterfly	1:39.89	1:28.69	#78
#79	1:14.19	1:23.89	11-12 100 Butterfly	1:23.89	1:14.19	#80
#81			10 & Under 200 Freestyle Relay			#82
#83			11-12 200 Freestyle Relay			#84
#85	2:35.89	3:00.19	11-12 200 Backstroke	3:00.19	2:35.89	#86

Sunday Evening Session #12—13 & Over Finals

Warm-up: TBA

Meet Start: TBA

Women	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Men
#87			13-14 200 Freestyle Relay**			#88
#89			Open 200 Freestyle Relay**			#90
Fastest Heats of #91-#92						
Finals of Events #93-#98						
#99			Open 400 Freestyle Relay**			#66

** *Timed finals. Maximum 3 relays per team*



Meet Schedule

Friday June 30 th		Warm-up	Start
<i>Facility Opens at 7:00am</i>			
Session 1	13 & Over Preliminaries	7:15am	8:20am
Session 2	13 & Over 400 IM Preliminaries	In Patio Pool†	TBA**
Session 3	12 & Under Timed Finals	TBA**	TBA**
Session 4	13 & Over Finals	TBA**	TBA**
Saturday July 1 st		Warm-up	Start
<i>Facility Opens at 7:00am</i>			
Session 5	13 & Over Preliminaries	7:15am	8:20am
Session 6	13 & Over 400 Freestyle Preliminaries	In Patio Pool†	TBA**
Session 7	12 & Under Timed Finals	TBA**	TBA**
Session 8	13 & Over Finals	TBA**	TBA**
Sunday July 2 nd		Warm-up	Start
<i>Facility Opens at 7:00am</i>			
Session 9	13 & Over Preliminaries	7:15am	8:20am
Session 10	Distance Events	TBA**	TBA**
Session 11	12 & Under Timed Finals	TBA**	TBA**
Session 12	13 & Over Finals	TBA**	TBA**

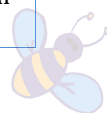
** Session start times to be determined when all entries are received.

† Warm-up for the 400s will be during the morning session in the patio pool. The session will start 5 minutes after the completion of the morning preliminaries session.

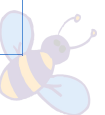
Scoring:	<ul style="list-style-type: none"> • Team scoring will be kept. • 16 place scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays.
Awards:	<ul style="list-style-type: none"> • Medals will be awarded to the top 3 swimmers in each individual event. • Medals will be awarded to the top 3 relay teams in each relay event. • Note: there are different entry time standards for 14 & Under/15 & Over in the 800 and 1500 freestyle events. However 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. • 13 & Over Finals heat sheets will be free of charge; one per family while supplies last. • 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. • Entry times may be in long course meters or short course yards. Note that there are different time standards for the two courses. No converted times are permitted.
Distance Events (800 & 1500)	<ul style="list-style-type: none"> • The 1000 and 1650 Freestyle events are timed finals. • They will be run fastest to slowest as a separate session at the conclusion of the AM prelims on Sunday, alternating heats of Women's 800 and Men's 1500. Heats may be combined if necessary, and genders may not be separated by an empty lane. • The fastest heat (top 8 swimmers) of these events will compete during the Sunday evening finals session. • 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 for all athletes 14-years and younger. These events will be contested and scored as Open; no 14 & Under Finals Heat or separate awards.
13 & Over 400 IM/Freestyle	<ul style="list-style-type: none"> • The 13 & Over 400 IM/Freestyle events will swim in separate sessions 5 minutes after the main preliminaries sessions on Friday and Saturday • Warm-up for these events will be in the patio pool. • The events will swim fast to slow: <ul style="list-style-type: none"> – 3 fastest heats of Women, followed by 3 fastest heats of Men – The remainder of the heats will alternate genders • In the slow heats, genders may be combined if necessary without an empty lane .
Heat-Limited Events	<ul style="list-style-type: none"> • The 400 Freestyle and 400 IM preliminary sessions for 13 & Over will be limited to no more than 2 hours. • The 800 and 1500 Freestyle events will be limited to no more than 6 heats per event, including the fastest heat to be swum during the Sunday Evening session. • The 10 & Under 400 Freestyle, the 11-12 400 Freestyle and the 11-12 400 IM will be limited to an average of 5 heats per event if needed. • All measures will be taken to allow the maximum number of swimmers to participate, and heats may be combined to save time if necessary. Genders may not be separated by an empty lane. • Psych sheets for these heat-limited events will be posted when all entries are received. Swimmers who are closed out of these events will either receive a refund or may select another event.
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. • The Open 800 Freestyle relays will have slower heats at the end of the Friday preliminaries session and the fastest two heats swimming during evening finals. There will be a positive check-in for the 800 Freestyle relays during the Friday morning session. • 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.



<p>Host Club Responsibilities:</p>	<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.besmarttinc.com no later than 1 week before the meet.
<p>Participating Club Responsibilities:</p>	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.besmarttinc.com 1 week prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. • Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.
<p>Coaches Eligibility:</p>	<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. • All coaches must have coaching cards visible at all times while on deck.
<p>Officials:</p>	<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 and NJS Swimming certification is required for all officials and the Meet Referee will check your cards. • All officials must wear the standard white and blue uniform except for Saturday, when a Hawaiian shirt is preferred. • Officials will be required to work the entire session and will receive free admission.
<p>Meet Format Waiver:</p>	<ul style="list-style-type: none"> • This meet will be run in accordance to current USA Swimming Rules. • The host club has the right to change the format of the meet with the approval of the Administrative vice chair and either the Age Group or Senior vice chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include: <ul style="list-style-type: none"> • To allow more swimmers to swim. • To conform to facility capacity limits or for facility safety concerns. • To condense the meet into smaller time frame. • Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.
<p>Warm-up Procedures:</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. • Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. • All swimmers are entitled to a fair and comparable warm-up. All teams must receive the same opportunities for warm-up lanes, sprint lanes, and pace lanes. • All swimmers must enter the pool feet first from the starting end of the pool. • New Jersey Swimming officials will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction. • For the main preliminaries sessions, there will be two 30 minute warm-ups divided by teams. • For the 12 & Under timed finals sessions, warm-ups will be two 25 minutes divided by teams. • Warm-up for the 800 and 1500 may begin in the patio pool, and continue in the competition pool (time permitting), until the start of the distance session. • Warm-up for the 400 IM/Freestyle preliminaries will be in the patio pool.
<p>Check-In:</p>	<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:	<ul style="list-style-type: none"> No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer's maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.
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.
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:

Directions to Sonny Werblin Recreation Center:

Address: 656 Bartholomew Rd, Piscataway NJ 08854

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.

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.

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.

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.

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.

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!





NEW JERSEY SWIMMING

The 27th Jeffrey S Mace Memorial Summer Sizzle



Friday-Sunday June 30th-July 2nd, 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 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. 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 @ \$6.00 =	\$_____
	_____ 12 & Under Timed-Final individual event entries @ \$5.00 =	\$_____
	_____ 800/1500 Timed-Final individual event entries @ \$11.00 =	\$_____
	_____ Relay event entries @ \$9.00 =	\$_____
	Total:	\$_____

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

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 _____