

# The 28<sup>th</sup> Jeffrey S Mace Memorial Summer Sizzle

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

*Held under the sanction of USA Swimming*

Meet Sanction #	<b>NJ swimming Sanction #- NJS062918LC</b> <b>Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction.</b> It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.		
Date of Meet:	<b>Friday June 29<sup>th</sup> to Sunday July 1<sup>st</sup>, 2018</b>		
Location:	<b>Sonny Werblin Recreation Center, Busch Campus, Rutgers University</b>		
Facility Info:	The Sonny Werblin Recreation Center pool is an 8-lane, 50-meter pool, with pedestal starting blocks and a Colorado Timing system. The water depth in the competition pool is 6 feet at the scoreboard end and 14 feet at the dive end. 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	<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:	Bill Tucker		<a href="mailto:wtucker370@gmail.com">wtucker370@gmail.com</a>
Admin Officials:	Ellen Mace, John Lister		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshall:	Adam Schneider		<a href="mailto:A.Schnei34@gmail.com">A.Schnei34@gmail.com</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Wednesday May 9<sup>th</sup>, 2018 at 6 am</b>		
Entry Deadline:	<b>Friday June 1<sup>st</sup>, 2018, at 6 pm</b>		
Swimmer Age	Swimmer ages for this meet are as of: <b>June 29<sup>th</sup>, 2018</b>		
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"> <li>This meet will be run as timed finals for 12 &amp; Under events, and distance events.</li> <li>This meet will be run as prelims/finals for 13 &amp; Over events: 13-14: 2 final heats except for the 400 freestyle, 400 IM: 1 final heat. 15 &amp; Over: 3 final heats except for 400 freestyle, 400 IM: 2 final heats. <i>The 'C' Final will be reserved for swimmers 15-18-years of age.</i></li> <li><b>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 13 &amp; Over and distance individual events.</b> (Hy-Tek proof of time reports will suffice for this purpose).</li> <li><b>Teams are limited to a roster of no more than 40 13 &amp; over swimmers and no more than 40 12 &amp; under swimmers. (See "Team Limits" section for details)</b></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 2 Relays	Meet: 9 Individual Events 6 Relays	
Checks Payable To:	<b>Express Sports Inc</b>		
Email Entry Files To:	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		

**Updated Monday May 7th, 2018**



# 2018 Jeffrey S Mace Memorial Summer Sizzle

Friday June 29<sup>th</sup>

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: TBA

Women	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Men
#19	57.99	1:07.39	13-14 100 Freestyle	1:04.69	55.29	#20
	55:29	1:04.09	15 & Over 100 Freestyle	58.69	50.99	
#21	2:19.99	2:43.39	13-14 200 Backstroke	2:37.39	2:13.99	#22
	2:13.99	2:37.69	15 & Over 200 Backstroke	2:24.79	2:04.99	
#23	1:13.99	1:28.29	13-14 100 Breaststroke	1:22.59	1:09.99	#24
	1:09.99	1:22.79	15 & Over 100 Breaststroke	1:15.19	1:03.99	
#27		9:29.99	Open 800 Freestyle Relay**	8:39.99		#28

\*\* Timed finals. The fastest two heats of these events will swim with finals

## 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
#25	4:55.99	5:39.99	13-14 400 IM	5:25.99	4:41.99	#26
	4:44.99	5:27.99	15 & Over 400 IM	5:04.69	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: TBA

Girls	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Boys
#1	1:04.09	1:14.49	11-12 100 Freestyle	1:14.49	1:04.09	#2
#3	1:13.89	1:23.89	10 & Under 100 Freestyle	1:23.89	1:13.89	#4
#5	33.39	37.29	11-12 50 Butterfly	37.29	33.39	#6
#7	39.29	44.09	10 & Under 50 Butterfly	44.09	39.29	#8
#9	2:35.99	2:54.99	11-12 200 IM	2:54.99	2:35.99	#10
#11	2:57.99	3:21.89	10 & Under 200 IM	3:21.89	2:57.99	#12
#13	34.89	39.99	11-12 50 Backstroke	39.99	34.89	#14
#15	6:50.39	6:07.89	10 & Under 400 Freestyle	6:07.89	6:50.39	#16
#17	2:56.89	3:19.99	11-12 200 Breaststroke	3:19.99	2:56.89	#18

## Friday Evening Session #4—13 & Over Finals

Warm-up: TBA

Meet Start: TBA

Finals of Events #19-#26
Fastest two heats of #27-#28

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# 2018 Jeffrey S Mace Memorial Summer Sizzle

Saturday June 30<sup>th</sup>

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: TBA

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
	5:19.99	4:48.99	15 & Over 400 Freestyle	4:31.19	5:04.99	

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

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# 2018 Jeffrey S Mace Memorial Summer Sizzle

Saturday June 30<sup>th</sup>...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: TBA

Girls	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Boys
#29	1:14.19	1:23.89	11-12 100 Butterfly	1:23.89	1:14.19	#30
#31	1:28.69	1:39.89	10 & Under 100 Butterfly	1:39.89	1:28.69	#32
#33	1:23.19	1:34.79	11-12 100 Breaststroke	1:34.79	1:23.19	#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	1:35.59	#40
#41	30.49	34.69	11-12 50 Freestyle	34.69	30.49	#42
#43	34.19	38.39	10 & Under 50 Freestyle	38.39	34.19	#44
#45			11-12 200 Medley Relay			#46
#47			10 & Under 200 Medley Relay			#48
#49	2:32.89	2:54.99	11-12 200 Backstroke	2:54.99	2:32.89	#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		2:24.99	13-14 200 Medley Relay**	2:14.99		#52
#53		2:14.99	Open 200 Medley Relay**	2:04.99		#54
<i>Relays will swim the order: #51, #53, #52, #54</i>						
Finals of Events #55-64						
#65		4:19.99	Open 400 Freestyle Relay**	3:59.99		#66

\*\* Timed finals.

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# 2018 Jeffrey S Mace Memorial Summer Sizzle

Sunday July 1<sup>st</sup>

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: TBA

Women	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Men
#93	2:05.99	2:25.39	13-14 200 Freestyle	2:20.39	1:59.99	#94
	1:59.99	2:19.49	15 & Over 200 Freestyle	2:06.39	1:49.99	
#97	1:05.99	1:16.29	13-14 100 Butterfly	1:12:29	1:02.59	#98
	1:02.59	1:11.99	15 & Over 100 Butterfly	1:05.89	56.99	
#101	2:40.99	3:06.99	13-14 200 Breaststroke	2:59.99	2:32.99	#102
	2:32.99	2:59.59	15 & Over 200 Breaststroke	2:45.99	2:20.99	

## Sunday Midday Session #10—Open Distance

Swimmers may swim either the 800 or the 1500, but not both

See "Distance Events" for heat order.

Warm-up: TBA

Meet Start: TBA

Women	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Men
#67	11:19.99	10:19.99	14 & Under 800 Freestyle	9:59.99	10:49.99	#100
	10:59.99	9:59.99	15 & Over 800 Freestyle**	9:19.99	10:29.99	
#95	18:59.99	19:49.99	14 & Under 1500 Freestyle	19:19.99	18:29.99	#68
	18:29.99	19:19.99	15 & Over 1500 Freestyle	18:19.99	17:29.99	

\*\* Timed Finals. The fastest heat of Women's 1500 and Men's 800 will swim in the evening finals session.

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# 2018 Jeffrey S Mace Memorial Summer Sizzle

Sunday July 1<sup>st</sup>...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: TBA

Girls	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Boys
#69	38.79	43.09	11-12 50 Breaststroke	43.09	38.79	#70
#71	43.99	50.29	10 & Under 50 Breaststroke	50.29	43.99	#72
#73	5:19.99	6:09.99	11-12 400 IM	6:09.99	5:19.99	#74
#75	2:38.39	3:00.49	10 & Under 200 Freestyle	3:00.49	2:38.39	#76
#77	2:17.99	2:37.69	11-12 200 Freestyle	2:37.69	2:17.99	#78
#79	1:24.19	1:37.29	10 & Under 100 Backstroke	1:37.29	1:24.19	#80
#81	1:15.19	1:24.29	11-12 100 Backstroke	1:24.29	1:15.19	#82
#83			10 & Under 200 Freestyle Relay			#84
#85			11-12 200 Freestyle Relay			#86
#87	2:37.59	2:59.29	11-12 200 Butterfly	2:59.29	2:37.59	#88

## 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
#89		2:09.99	13-14 200 Freestyle Relay**	1:59.99		#90
#91		1:59.99	Open 200 Freestyle Relay**	1:49.99		#92
<b>Relays will swim the order: #89, #91, #90, #92</b>						
Finals of Events #93-#94						
Fastest Heat of #95						
Finals of Events #97-#98						
Fastest Heat of #100						
Finals of Events #101-#102						
#103		4:49.99	Open 400 Medley Relay**	4:29.99		#104

\*\* Timed finals.

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## Meet Schedule

Friday June 29 <sup>th</sup>		Warm-up	Start
<i>Facility Opens at 7:00am</i>			
Session 1	13 & Over Preliminaries	7:15am	TBA**
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 June 30 <sup>th</sup>		Warm-up	Start
<i>Facility Opens at 7:00am</i>			
Session 5	13 & Over Preliminaries	7:15am	TBA**
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 1 <sup>st</sup>		Warm-up	Start
<i>Facility Opens at 7:00am</i>			
Session 9	13 & Over Preliminaries	7:15am	TBA**
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"> <li>• Team scoring will be kept.</li> <li>• 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.</li> <li>• 9<sup>th</sup>-16<sup>th</sup> place for the 13-14 400 freestyle/IM will be determined by preliminaries ("Score prelims as extended finals")</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>• Medals will be awarded to the top 3 swimmers in each individual event.</li> <li>• Medals will be awarded to the top 3 relay teams in each relay event.</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.</li> </ul>
Admissions and Programs:	<ul style="list-style-type: none"> <li>• Admission will be \$10.00 for morning, distance and afternoon sessions.</li> <li>• Heat sheets will be posted online at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> at no cost and will be made available through Meet Mobile.</li> <li>• Admission to the 13 &amp; Over finals will be \$7.00.</li> <li>• 13 &amp; Over Finals heat sheets will be free of charge; one per family while supplies last.</li> <li>• Multi-day, multi-session passes will be available that will include a souvenir meet program.</li> <li>• There will be no admission refunds should events be curtailed/canceled due to circumstances beyond the control of the host team.</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>• Rutgers will be operating a food and refreshments stand in the hallway.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>• A swim vendor will be in attendance.</li> </ul>

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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>Incorrect entries:</b> <ul style="list-style-type: none"> <li>—Entries with more than 40 13 &amp; Over swimmers or more than 40 12 &amp; Under swimmers</li> <li>—Entries without proof of time for 13-Over/Distance Events</li> <li>—Entries using previous years' event files will be rejected and teams will need to resubmit their entries using the current / correct event file. Only at this point will the entry be considered 'accepted' and placed in line for processing.</li> </ul> </li> <li>• <b>Payment Policy:</b> All entry fees must be paid no later than Session Check-in. If a team fails to pay, all of that team's swimmers <i>may</i> 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>• <b>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.</b></li> </ul>
Team Limits:	<ul style="list-style-type: none"> <li>• Teams are limited to rosters of no more than <b>40 13 &amp; over swimmers</b> and no more than <b>40 12 &amp; under swimmers</b>. This includes any unattached swimmers transferring to the team.</li> <li>• <b>Note: Swimmers entering the meet who have achieved at least ONE 2018 Winter Junior National Cut will <i>not</i> be counted against their team's 40-swimmer limit for Prelims/Finals Session. In other words, teams may enter 40 Athletes <i>in addition</i> to their Winter Junior Qualifiers. (ie: if a team has 7 swimmers with Winter Junior Cuts, that team may enter a maximum 47 total athletes for Prelims/Finals.</b></li> <li>• <b>Swimmer substitutions:</b> Once entries have been accepted, teams may substitute swimmers up until 11:59pm June 5<sup>th</sup>. After that time no roster changes will be accepted.</li> <li>• <b>Event changes:</b> Teams may update events and seed times for swimmers already in the meet up until 11:59pm June 5<sup>th</sup>. After that time, no entry amendments will be accepted.</li> </ul>
Distance Events (800 & 1500)	<ul style="list-style-type: none"> <li>• The 800 and 1500 freestyle events are timed finals.</li> <li>• <b>Swimmers may enter only one of the 800 or 1500 freestyle.</b></li> <li>• They will be run fastest to slowest in a separate session at the conclusion of the AM prelims on Sunday.</li> <li>• Events will swim round robin: a heat each of women's 1500, men's 800, women's 800, men's 1500 in rotation. Slow heats may be combined if necessary, and genders may not be separated by an empty lane.</li> <li>• The fastest heat (top 8 swimmers) of the women's 1500 and men's 800 will compete during the Sunday evening finals session.</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>
13 & Over 400 IM/Freestyle	<ul style="list-style-type: none"> <li>• The 13 &amp; Over 400 IM/Freestyle events will swim in separate sessions 5 minutes after the main preliminaries sessions on Friday and Saturday</li> <li>• <b>Proof of time</b> is required for entry into these events.</li> <li>• Warm-up for these events will be in the patio pool.</li> <li>• The events will swim fast to slow: <ul style="list-style-type: none"> <li>– 4 fastest heats of Women, followed by 4 fastest heats of Men</li> <li>– The remainder of the heats will alternate genders</li> </ul> </li> <li>• In the slower heats, genders may be combined if necessary without an empty lane.</li> <li>• Swimmers need to provide their own timers in preliminary heats of these events.</li> </ul>
Heat-Limited Events	<ul style="list-style-type: none"> <li>• None.</li> </ul>



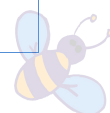


Relays:	<ul style="list-style-type: none"> <li>Relay scratches should be turned in at general session check-in.</li> <li>Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.</li> <li>All Heats of 13-14 and Open Relays will swim during the Evening Finals Sessions.</li> <li><b>The 200 meter relays at the beginning of Saturday and Sunday finals session will swim in the order: girls 13-14, women, boys 13-14, and men.</b></li> <li>The Open 800 Freestyle Relays will have slower heats following the Friday preliminaries session, with the fastest 2 heats of each gender swimming during evening finals, alternating genders. <b>There will be a positive check-in for the 800 Freestyle Relays on Friday Morning.</b></li> <li><b>13-14 and Open relays have "faster than" time standards.</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 of USA Swimming as provided in Article 302.</li> <li>All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form.</li> </ul>
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 distance events and the 400 IM/freestyle preliminaries sessions, at which swimmers will provide their own timers and lap counters.</li> <li>The host club will e-mail entry verification back to the participating clubs.</li> <li>The host club will create a warm-up schedule that will be fair and equal to all teams.</li> <li>The host club will create timing assignments that are fair and equitable for all teams.</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 and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</li> <li>All officials must wear the standard white and blue uniform except for Saturday, when a Hawaiian shirt is preferred.</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> </ul>



	<ul style="list-style-type: none"> <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 any pool during warm-up or competition. 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>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.</li> <li>Warm-up for the 400 IM/Freestyle preliminaries will be in the patio pool.</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:	<ul style="list-style-type: none"> <li>No penalty will be incurred for an unscratched swimmer in preliminaries and timed finals 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.</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 Updated meet schedule.</li> <li>List Warm-up Schedule and Team Warm-up Assignments.</li> <li>List Timing assignments.</li> </ul> <p><b>Post-Meet Information posted on website:</b></p> <ul style="list-style-type: none"> <li>Downloadable Results (Zipped .CL2 &amp; .HY3 files) for TM</li> <li>Printable meet results (.PDF file),</li> </ul>
Results:	<ul style="list-style-type: none"> <li>Meet result files for TM will be emailed to all participating teams.</li> <li>Meet results will be posted on the meet website and on the New Jersey Swimming Website: <a href="http://www.njswim.org">www.njswim.org</a></li> </ul>
USA-S Racing Start Certification Statement:	Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**Updated Monday May 7th, 2018**



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

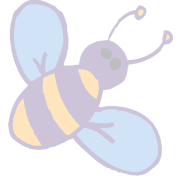




NEW JERSEY SWIMMING

# The 28<sup>th</sup> Jeffrey S Mace Memorial Summer Sizzle

Friday-Sunday June 29<sup>th</sup>-July 1<sup>st</sup>, 2018



## 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 **Jeffrey S Mace Summer Sizzle meet, June 29<sup>th</sup>-July 1<sup>st</sup>, 2018** 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 @ \$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**