

2019 EEX Miles, Middies, & Minis

Saturday June 15th

Facility Opens at 6:30am

Saturday Session #1—Girls 14 & Under Minis Timed Finals
*Swimmers may swim 5 events if **only** swimming in this session*
Swimmers may not swim in this session and Session 3

Warm-up: 6:40am

Meet Start: TBA

Girls	14 & Under Event
#1	25 Freestyle
#2	100 IM
#3	50 Breaststroke
#4	25 Backstroke
#5	50 Butterfly
#6	100 Freestyle
#7	25 Breaststroke
#8	50 Backstroke
#9	25 Butterfly
#10	50 Freestyle

Saturday Session #2—Boys 14 & Under Minis Timed Finals
*Swimmers may swim 5 events if **only** swimming in this session*
Swimmers may not swim in this session and Session 3

Warm-up: TBA

Meet Start: TBA

14 & Under Event	Boys
25 Freestyle	#11
100 IM	#12
50 Breaststroke	#13
25 Backstroke	#14
50 Butterfly	#15
100 Freestyle	#16
25 Breaststroke	#17
50 Backstroke	#18
25 Butterfly	#19
50 Freestyle	#20



2019 EEX Miles, Middies, & Minis

Saturday June 15th...continued

Saturday Session #3—Middies 13 & Over Timed Finals

*Swimmers may swim 4 events Saturday if swimming in this session
Swimmers may not swim in this session and either Session #1 or #2*

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	13 & Over Event	Equal/Faster	Men
#21		200 Medley Relay		#22
#23	34.99	50 Freestyle	34.99	#24
#25	2:59.99	200 Butterfly	2:59.99	#26
#27	1:29.99	100 Backstroke	1:29.99	#28
#29	3:09.99	200 Breaststroke	3:09.99	#30
#31	1:19.99	100 Freestyle	1:19.99	#32
#33	2:59.99	200 IM	2:59.99	#34
#35	1:29.99	100 Butterfly	1:29.99	#36
#37	2:59.99	200 Backstroke	2:59.99	#38
#39	1:39.99	100 Breaststroke	1:39.99	#40
#41	2:39.99	200 Freestyle	2:39.99	#42
#43		200 Freestyle Relay		#44

Saturday Session #4—Middies Open Timed Finals

Swimmers may swim 4 events Saturday if swimming in this session

Warm-up: TBA

Meet Start: TBA

Mixed	Equal/Faster	Open Event*
#45	5:19.99	400 IM
#46	5:49.99	500 Freestyle

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

Swimmers may swim in both events. Will swim slow to fast.

Sunday June 16th

Facility Opens at 6:55am

Sunday Session #5—Miles Open Timed Finals

Swimmers may swim 4 events Sunday if swimming in this session

Warm-up: 7:00am

Meet Start: 7:50am

Mixed	Equal/Faster	Open Event*
#47	22:59.99	1650 Freestyle

* Swimmers must provide their own timers and counters for this event.

Will swim fast to slow.



2019 EEX Miles, Middies, & Minis

Sunday June 16th...continued

Sunday Session #6—Men 9 & Over Timed Finals

Swimmers may swim 4 events Sunday if swimming in this session

Warm-up: TBA

Meet Start: TBA

Age Group and Event	Men
9 & Over 200 Freestyle Relay	#48
9 & Over 200 Freestyle	#49
9 & Over 50 Breaststroke	#50
9 & Over 100 Breaststroke	#51
11 & Over 200 Backstroke	#52
9 & Over 50 Butterfly	#53
9 & Over 100 Butterfly	#54
9 & Over 200 IM	#55
9 & Over 100 Freestyle	#56
11 & Over 200 Breaststroke	#57
9 & Over 50 Backstroke	#58
9 & Over 100 Backstroke	#59
11 & Over 200 Butterfly	#60
9 & Over 50 Freestyle	#61
9 & Over 200 Medley Relay	#62
9 & Over 500 Freestyle	#63
9 & Over 400 IM	#64

Sunday Midday Session #7—Women 9 & Over Timed Finals

Swimmers may swim 4 events Sunday if swimming in this session

Warm-up: TBA

Meet Start: TBA

Women	Age Group and Event
#65	9 & Over 200 Freestyle Relay
#66	9 & Over 200 Freestyle
#67	9 & Over 50 Breaststroke
#68	9 & Over 100 Breaststroke
#69	11 & Over 200 Backstroke
#70	9 & Over 50 Butterfly
#71	9 & Over 100 Butterfly
#72	9 & Over 200 IM
#73	9 & Over 100 Freestyle
#74	11 & Over 200 Breaststroke
#75	9 & Over 50 Backstroke
#76	9 & Over 100 Backstroke
#77	11 & Over 200 Butterfly
#78	9 & Over 50 Freestyle
#79	9 & Over 200 Medley Relay
#80	9 & Over 500 Freestyle
#81	9 & Over 400 IM



Meet Schedule

Saturday June 15 th		Warm-up	Start
Facility Opens at 6:30am			
Session 1	Minis 14 & Under Events	6:40am	TBA*
Session 2	Middies Open Distance	TBA*	TBA*
Session 3	Middies 13 & Over	TBA*	TBA*
Sunday June 16 th		Warm-up	Start
Facility Opens at 6:55am			
Session 4	Miles Open	7:00am	TBA*
Session 5	Middies 9 & Over	TBA*	TBA*
Session 6	Middies 9 & Over Distance	TBA*	TBA*

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

Scoring:	<ul style="list-style-type: none"> No scoring
Awards:	<ul style="list-style-type: none"> There will be no individual awards.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet. At the discretion of the referee, this may be changed, and breaks added to the timeline, once a given session has been seeded.
Admissions and Programs:	<ul style="list-style-type: none"> There will be a \$10 per athlete per day. Heat sheets will be available online at www.besmartinc.com and meet mobile There will be no refunds for admission where events are curtailed or canceled due to circumstances beyond the host team's control.
Concessions:	<ul style="list-style-type: none"> None
Vendor:	<ul style="list-style-type: none"> There may be a vendor at the meet. To be determined.
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 the first 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 Event (1650)	<ul style="list-style-type: none"> The 1650 Freestyle is a timed final, mixed gender event. It will swim fast to slow. Swimmers must provide their own timers and counters.
Heat-Limited Events	<ul style="list-style-type: none"> The Saturday afternoon 400/500 session will be limited to no more than 2 hours. Once a session has been filled, entries will not be accepted for the session and participating coaches will be requested to choose other events for those swimmers who cannot be accommodated.
500 Free & 400 IM Events	<ul style="list-style-type: none"> Saturday events will swim slow to fast. Sunday events will swim fast to slow. Swimmers must provide their own timers (and counters for the 500).
Relays:	<ul style="list-style-type: none"> All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in. Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. Unattached swimmers may not swim in any relay.



Swimmer Eligibility:	<ul style="list-style-type: none"> No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming 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:	<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"> The host club will provide a single timer in each lane throughout the meet, except for the 400 IM/500 Free and the 1650s sessions. 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.
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.besmarttinc.com 1 week prior to the meet. Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck. 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 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. 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. 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 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.
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:	<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.
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 have 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"> • Holiday Inn, 100 Independence Way, 1.609.520.1200, • Staybridge Suites, 4375 Route 1, 1.609.951.0009 • Residence Inn by Marriott, 4225 Route 1, 1.732.329.9600, Includes breakfast • Princeton Courtyard by Marriott, Route 1 and Mapleton Road, 1.609.716.9100; includes breakfast
Directions:	The College of New Jersey is off I-95S, Route 31S, Exit 4, take 31S (Pennington Road) to the entrance of the college. Please use lots 3, 4, or 5 for parking; they are to the right of the Pennington Road entrance to the college.





NEW JERSEY SWIMMING

2019 EEX Miles Middies & Minis

Saturday-Sunday June 15th-16th



Waiver

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, The College of New Jersey, Eastern Express Swimming, Be Smartt Inc. and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form, for the **Eastern Express Miles, Middies & Minis Meet on June 15th-16th, 2019** 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:	_____ Timed Final individual event entries @ \$5.00 =	\$_____
	_____ 1650 Timed-Final individual event entries @ \$12.00 =	\$_____
	_____ Relay event entries @ \$9.00 =	\$_____
	_____ Surcharge/per swimmer @ \$20.00 =	\$_____
	Total:	\$_____

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