

2019 EEX Spring Club Championship II

(Closed Sanctioned Meet)

**Hosted by Eastern Express Swim Team
at The College of New Jersey**

Held under the sanction of USA Swimming

Meet Sanction #	NJ Swimming Sanction #-NJS030819SC 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, March 8th, Saturday March 9th, and Sunday, March 10th, 2019		
Location:	The College of New Jersey Aquatic Center, Packer Hall, 2000 Pennington Rd, Ewing NJ		
Invited Teams:	BAC, BB, BWTD, CCC, EEX, NJRC, PENN, PTAC, RA, SRAY, STAC, SWAC, SWST, WW If the meet does not fill after the invited teams have sent in their entries, the meet host reserves the right to invite additional teams. Interested teams should e-mail the host team contact.		
Facility Info:	The competition pool is 8 lanes, 25 yards, with Omega timing. The starting blocks are equipped with handles and track start fins, and are located at the deep end of the competition course on the bulkhead. The depth at the starting blocks is 6.5 feet and the depth at the turn end is 4 feet. There is a separate 5 lane, 22 yard warm-down area located on the other side of the bulkhead.		
Pool Certification Statement:	The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement, and refers to the pre-certification of the pool length measurement in regards to National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C(4) does not impact on the validity of the times achieved in this pool. Times swum at this meet will in fact be entered in SWIMS and are eligible for qualifying for any other USA Swimming sanctioned competition.		
Host Team Contact:	Michael Randazzo	908-448-8476	EasternExpressSwimTeam@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Gary Thayer		gght466@gmail.com
Admin Officials:	Ellen Mace and Jason Mace		besmarttinc@gmail.com
Safety Marshall:	Craig Haywood		EasternExpressSwimTeam@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	February 18, 2019, at 6:00 am		
Entry Deadline:	Tuesday, February 26th, 2019 at Noon		
Swimmer Age	Swimmer ages for this meet is as of: March 8th, 2019		
Entry Fees:	Individual Entry: Timed Final Events:	\$8.00	Relays: \$20.00
	Prelim/ Final Events:	\$10.00	
	Distance:	\$12.00	
	There will be a \$15/ athlete surcharge for swimmers participating in the meet.		
Meet Course:	Short Course Yards (SCY)		



Meet Format:	<ul style="list-style-type: none"> • This meet will offer Open Events and 11/Over events. • The Open Events will be Prelims/Finals, except for the Open Distance and Relay Events, which are Timed Finals. All Open Events will be scored to 16 places. • For the Prelim Events that have more than 80 post-scratch swimmers, the 10 fastest heats will be seeded into the morning prelims, with all remaining swimmers to compete in a "flighted" midday session. Swimmers competing in these flighted heats will be ineligible to make finals, as we will be closing the events 30 minutes after they are announced. At the discretion of the meet director, all swimmers in a particular event, might swim during the prelim session and be eligible for finals. • For finals, there will be A-B-C & D heats for the 50 Free, and all 100's. All other events (200's, and the 500) will have A- B- & C heats. We will offer a D heat for any longer event that has more than 80 competitors. • There will be separate daily afternoon timed finals sessions. These events are labeled as Age Group Events to distinguish them as Timed Finals; these events will not be scored. • There are <u>BASIC</u> minimum ("faster than") time standards for some events in this meet. See the session information for details. • All relays will be timed finals and will swim in the evening finals session. • 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 for Prelims or 5 I.E. for Age Groups sessions; 2 Relays	Meet: 15 Individual Events 5 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.	

2019 Spring Club Championship II

Friday, March 8th, 2019

Facility Opens at 7:45am

Friday Morning Session #1—Preliminaries

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Open Event	Equal/Faster	Men
#1	1:09.99	100 Freestyle	1:09.99	#2
#5	3:05.99	200 Breaststroke	3:05.99	#6
#7	1:19.99	100 Butterfly	1:19.99	#8
#9	6:09.99	500 Freestyle	6:09.99	#10
#11	2:55.99	200 IM	2:55.99	#12

Note 1: The 200 IM's will swim before the 500 Freestyles in Prelims.

Note 2: See details on 500 Freestyle in prelims in the meet announcement.



2019 Spring Club Championship II

Friday March 8th...continued

Friday Afternoon Session #2—Timed Finals

Warm-up: TBA

Meet Start: TBA

Girls	Equal/Faster	Age Group Events	Equal/Faster	Boys
#45	6:19.99	11-14 400 IM	6:19.99	#46
#47	3:19.99	10/Under 200 Freestyle	3:19.99	#48
#49	7:19.99	11-14 500 Freestyle	7:19.99	#50
#51	3:39.99	10/Under 200 IM	3:39.99	#52

Friday Evening Session #3—Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Finals	Equal/Faster	Men
		<i>Finals of events #1-#14, swum in numerical order</i>		
#3		10/Under 200 Freestyle Relay		#4
#13		800 Freestyle Relay		#14

Saturday March 9th

Facility Opens at 7:45am

Saturday Morning Session #4—Preliminaries

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Open Event	Equal/Faster	Men
#19	30.99	50 Freestyle	30.99	#20
#21	2:45.99	200 Backstroke	2:45.99	#22
#25	1:29.99	100 Breaststroke	1:29.99	#26
#27	5:29.99	400 IM (Timed Final/Top 4 heats at finals)	5:29.99	#28
#23	13:39.99	1000 Freestyle*	13:39.99	#24

* Timed finals. Fastest heat swims at night. There will be a 10 minute warm-up in the main pool before this event. Lanes will be available in the Diving Well (22yards) for warm-up throughout the meet.

Note: See details on 400 IM in the meet announcement



2019 Spring Club Championship II

Saturday March 9th...continued

Saturday Afternoon Session #5-- Timed Finals

Warm-up: TBA

Meet Start: TBA

Girls	Equal/Faster	Age Group Events	Equal/Faster	Boys
#53		10/Under 50 Freestyle		#54
#55		11-14 50 Freestyle		#56
#57	3:09.99	11-14 200 Backstroke	3:09.99	#58
#59		10/Under 50 Breaststroke		#60
#61		11-14 50 Breaststroke		#62
#63	3:09.99	11-14 200 IM	3:09.99	#64
#65		10/Under 50 Backstroke		#66
#67		11-14 50 Backstroke		#68
#69	3:19.99	11-14 200 Breaststroke	3:19.99	#70
#71		10/Under 50 Butterfly		#72
#73		11-14 50 Butterfly		#74
#75	3:09.99	11-14 200 Butterfly	3:09.99	#76
#77	8:59.99	10/Under 500 Freestyle	8:59.99	#78

Saturday Evening Session #6—Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Finals	Equal/Faster	Men
#15		200 Medley Relay		#16
#17		10/Under Medley Relay		#18
		<i>Finals of events #19-30, swum in numerical order</i>		
#29		400 Freestyle Relay		#30

Sunday March 10th

Facility Opens at 7:45am

Sunday Morning Session #7—Preliminaries

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Open Events	Equal/Faster	Men
#33	2:29.99	200 Freestyle	2:29.99	#34
#35	1:19.99	100 IM	1:19.99	#36
#39	1:19.99	100 Backstroke	1:19.99	#40
#41	2:45.99	200 Butterfly	2:45.99	#42
	22:59.99	Mixed 1650 Freestyle†	22:59.99	#38

† Timed finals. Fastest heat swims at night. There will be a 10 minute warm-up in the main pool before this event. Lanes will be available in the Diving Well (22yards) for warm-up throughout the meet.

Note: There is no event #37.



2019 Spring Club Championship II

Sunday March 10th...continued

Sunday Afternoon Session #8-- Timed Finals

Warm-up: TBA

Meet Start: TBA

Girls	Equal/Faster	Age Group Events	Equal/Faster	Boys
#79		10/Under 25 Freestyle		#80
#81		11-14 100 Freestyle		#82
#83		10/Under 100 Freestyle		#84
#85		10/Under 25 Butterfly		#86
#87		11-14 100 Butterfly		#88
#89		10/Under 100 Butterfly		#90
#91	2:59.99	11-14 200 Freestyle	2:59.99	#92
#93		10/Under 25 Backstroke		#94
#95		11-14 100 Backstroke		#96
#97		10/Under 100 Backstroke		#98
#99		10/Under 25 Breaststroke		#100
#101		11-14 100 Breaststroke		#102
#103		10/Under 100 Breaststroke		#104
#105		11-14 100 IM		#106
#107		10/Under 100 IM		#108

Sunday Evening Session #9—Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Open Event	Equal/Faster	Men
#31		200 Freestyle Relay		#32
<i>Finals of events #33-#44</i>				
#43		400 Medley Relay		#44

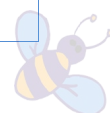


Meet Schedule

Friday, March 8 th , 2019		Warm-up	Start
Facility Opens TBA			
Session 1	Preliminaries	TBA	TBA
Session 2	Age Group Events	TBA**	TBA**
Session 3	Finals	TBA**	6:00pm (approx.)**
Saturday, March 9 th , 2019		Warm-up	Start
Facility Opens at TBA			
Session 4	Preliminaries	TBA	TBA
Session 5	Age Group Events	TBA**	TBA**
Session 6	Finals	TBA**	5:30pm (approx.)**
Sunday, March 10 th , 2019		Warm-up	Start
Facility Opens at TBA			
Session 7	Preliminaries	TBA	TBA
Session 8	Age Group Events	TBA**	TBA**
Session 9	Finals	TBA**	5:30pm (approx.)**

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

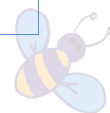
Scoring:	<ul style="list-style-type: none"> Team scoring will be kept for All Open Events (Prelims/Finals + Distance & Relays) No scoring for afternoon timed final events 16 place scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays.
Awards:	<ul style="list-style-type: none"> There will be custom medals for 1st, 2nd, and 3rd place finishers all open events; custom ribbons for 1st, 2nd, and 3rd place finishers for all age group events. There will be plaques for the three teams with the highest combined scores, as well as one for the first place women's team and the first place men's. There will be an awards presentation between events during finals; a schedule will be published.
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. 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 \$ 5/per session or \$10/per day admission charge for spectators. There will be a multi-day "all access" pass for \$25 for all sessions available on Friday. Heat sheets will be available online at www.besmartinc.com and Meet Mobile
Concessions:	<ul style="list-style-type: none"> TCNJ Snack Bar and other food options on campus.
Vendor:	<ul style="list-style-type: none"> Ultimate Swim Shop.
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 Entries will be acknowledged within 48 hours of receipt. All invited teams will be guaranteed entry into this meet, provided their entry conforms to the cut times, age restrictions, etc. Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes.
Entry Times:	<ul style="list-style-type: none"> Proof-of-time is required for all Open Events use times since March 1, 2017. No proof-of-time is required for timed final events, however entries must have a seed time, NTs will NOT be accepted. All entry times must be in short course yards. Converted times will not be permitted as entry time unless it's a swimmer's only valid means of qualification, in which case the swimmer may enter the event at the cut time.



500 Freestyle	<ul style="list-style-type: none"> This event will swim fast to slow in prelims: <ul style="list-style-type: none"> the 3 fastest heats of women, followed by 3 fastest heats of men (circle seeded). the remaining heats will alternate genders. This event will swim last at Friday prelims, but will swim before 200 IM in finals.
Distance Events (1000 & 1650)	<ul style="list-style-type: none"> The 1000 freestyle will be run fastest to slowest, alternating heats of women and men, with the top 8 swimmers in each event swimming at finals. Swimmers competing in the midday heats will provide their own timers and counters. The 1650 will be a mixed event with the fastest heat swimming in finals.
400 IM	<ul style="list-style-type: none"> This is a timed final event with the four fastest heats of each gender in the finals session. Any heat not scheduled for finals will swim at the end of prelims.
Relays:	<ul style="list-style-type: none"> Relay scratches should be turned in during the FINALS warm-up. Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. No more than 5 relay entries/per team. All relays will swim during FINALS.
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:	<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 head timer/back-up timer for every session. 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. Coaches must show coaching card for entrance to facility. All coaches must have coaching cards visible at all times while on deck.
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. 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 may 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. • 13 lanes: 8 in the competition pool, 5 in the diving well will be available for warm-up at all sessions. • Depending on entries warm-ups may be one general warm-up followed by sprints/starts or multiple warm-ups assigned by teams. • A complete warm-up schedule will be developed once entries have been received and processed. The schedule will be posted at www.besmarttinc.com and emailed to each team..
Check-In:	<ul style="list-style-type: none"> • All swimmers that are swimming must have a line through their name. Swimmers that are being scratched should have their name circled with “SCR” next to the circle. Swimmers scratching a single event should 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 deadline outlined in rule 207.11.6.E and then fails to swim the event at finals will be fined. • In addition, the club of a swimmer who qualifies for finals or consolation finals and fails to compete in that final without properly scratching from the event in accordance with the above procedure may be fined \$100 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.



	<ul style="list-style-type: none"> 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 a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. A list of restricted suits can 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 Spring Club Championship II

Friday-Sunday, March 8th, 9th & 10th, 2019



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 Spring Club Championship II on March 8th to 10th, 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.

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 @ \$10.00 =	\$ _____
	_____ Timed Final individual event entries @ \$8.00 =	\$ _____
	_____ 1000/1650 Timed-Final individual event entries @ \$12.00 =	\$ _____
	_____ Relay event entries @ \$20.00 =	\$ _____
	_____ Surcharge/per swimmer @ \$15.00 =	\$ _____
	Total:	\$ _____

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