

# 2018 HAC December Sprints

Hosted by Highlander Aquatic Club

at the NJIT Wellness & Events Center

*Held under the sanction of USA Swimming*

|                               |   |                                       |  |
|-------------------------------|---|---------------------------------------|--|
| Meet Sanction #               | <b>NJ Swimming Sanction #- NJS120918SC</b><br><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><br>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>Sunday, December 9<sup>th</sup>, 2018</b>  |                                       |  |
| Location:                     | NJIT Wellness & Events Center, 100 Lock St., Newark, NJ 07102, 973-596-5229   |                                       |  |
| Facility Info:                | The NJIT Wellness and Events Center Natatorium is a new state of the art 8-lane 25 yard facility with Colorado timing and Kiefer-McNeil Lane lines. The depth at the starting end is 13 feet and the depth at the turning end is 4'6". There is ample seating for swimmers and a gallery for spectators.  |                                       |  |
| 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:          | Ron Farina  | 973-596-5229                          | <a href="mailto:ronboy24@aol.com">ronboy24@aol.com</a>           |
| Meet Director:                | Ron Farina  | 973-596-5229                          | <a href="mailto:ronboy24@aol.com">ronboy24@aol.com</a>           |
| Meet Referee:                 | Rob Curry   |                                       | <a href="mailto:rcauce@yahoo.com">rcauce@yahoo.com</a>           |
| Admin Officials:              | BE Smartt, Inc (Shari Wiedecker)  | 609-558-0988                          | <a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a> |
| Safety Marshall:              | Ron Farina  | 973-596-5229                          | <a href="mailto:ronboy24@aol.com">ronboy24@aol.com</a>           |
| Entry Coordinator:            | Be Smartt Inc   | 609-558-0988                          | <a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a> |
| Entries Open:                 | <b>Friday November 2<sup>nd</sup>, 2018, at 6:00am</b>  |                                       |  |
| Entry Deadline:               | <b>Saturday, November 24<sup>th</sup>, 2018 at 6pm</b>  |                                       |  |
| Swimmer Age                   | Swimmer ages for this meet are as of: <b>Sunday, December 9<sup>th</sup>, 2018</b>  |                                       |  |
| Entry Fees:                   | Individual Entry: \$5.00  | Relay: \$9.00                         |  |
|                               | <b>There will be a \$10/swimmer surcharge in lieu of admission at this meet.</b>  |                                       |  |
| Meet Course:                  | Short Course Yards (SCY)  |                                       |  |
| Meet Format:                  | <ul style="list-style-type: none"> <li>• This meet will be run as a timed final meet.</li> <li>• There will be 10 &amp; Under, 11-12, 13 &amp; Over Events</li> <li>• There are no time standards for this meet.</li> <li>• This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own.</li> </ul>   |                                       |  |
| Entry Limits:                 | Daily: 4 Individual events<br>2 Relays  | Meet: 4 Individual Events<br>2 Relays |  |
| Checks Payable To:            | Highlander Aquatic Club (HAC_NJ)  |                                       |  |
| 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.   |                                       |  |



# 2018 HAC December Sprints

## Order of Events

Facility opens at 7:55am

### Morning Session #1—10 & Under

**Sunday Morning**

**Warm-ups: 8:00AM**

**Meet Start: 8:55AM**

| Girls | Age Group and Event            | Boys |
|-------|--------------------------------|------|
| #1    | 10 & Under 200 Freestyle Relay | #2   |
| #3    | 10 & Under 50 Butterfly        | #4   |
| #5    | 10 & Under 50 Breaststroke     | #6   |
| #7    | 10 & Under 100 Freestyle       | #8   |
| #9    | 10 & Under 50 Backstroke       | #10  |
| #11   | 10 & Under 100 IM              | #12  |
| #13   | 10 & Under 50 Freestyle        | #14  |
| #15   | 10 & Under 200 Medley Relay    | #16  |

### Midday Session #2—11-12

**Sunday Midday**

**Warm-ups: TBA**

**Meet Start: Warm-up+55 minutes**

| Girls | Age Group and Event       | Boys |
|-------|---------------------------|------|
| #17   | 11-12 200 Freestyle Relay | #18  |
| #19   | 11-12 100 Butterfly       | #20  |
| #21   | 11-12 100 Backstroke      | #22  |
| #23   | 11-12 100 Freestyle       | #24  |
| #25   | 11-12 100 Breaststroke    | #26  |
| #27   | 11-12 200 IM              | #28  |
| #29   | 11-12 50 Freestyle        | #30  |
| #31   | 11-12 200 Medley Relay    | #32  |

### Afternoon Session #3—13 & Over

**Sunday Afternoon**

**Warm-ups: TBA**

**Meet Start: Warm-up+55 minutes**

| Girls | Age Group and Event           | Boys |
|-------|-------------------------------|------|
| #33   | 13 & Over 200 Freestyle Relay | #34  |
| #35   | 13 & Over 100 Freestyle       | #36  |
| #37   | 13 & Over 100 Backstroke      | #38  |
| #39   | 13 & Over 200 IM              | #40  |
| #41   | 13 & Over 100 Butterfly       | #42  |
| #43   | 13 & Over 100 Breaststroke    | #44  |
| #45   | 13 & Over 50 Freestyle        | #46  |
| #47   | 13 & Over 200 Freestyle Relay | #48  |



## Meet Schedule

**The facility will open no earlier than 7:55AM**

| Sunday, December 9 <sup>th</sup> , 2018 |                                 | Warm-up              | Start  |
|---|---------------------------------|----------------------|--------|
| Session 1                               | 10/under Girls and Boys Events  | 8:00AM               | 8:55AM |
| Session 2                               | 11-12 Girls and Boys Events     | TBA (approx noon)*   | TBA*   |
| Session 3                               | 13 & Over Girls and Boys Events | TBA (approx 3:00pm)* | TBA*   |

|                               |  |
|-------------------------------|--|
| Scoring:                      | Team Scoring will not be kept.   |
| Awards:                       | <ul style="list-style-type: none"> <li>• Ribbons will be awarded for the top three swimmers in each individual event.</li> <li>• Ribbons will be awarded for the top 3 swimmers in each age group of combined age group events—13 &amp; Over will be divided into 13-14 and 15 &amp; Over.</li> <li>• Ribbons will be awarded to the top 3 relays in each relay event.</li> </ul>  |
| Starts:                       | 'Fly-over/Over-the-top' starts will be used during this meet.  |
| Admissions and Programs:      | <ul style="list-style-type: none"> <li>• There will be a \$10/per swimmer surcharge in lieu of admission.</li> <li>• Heat sheets will be available online at <a href="http://www.besmartinc.com">www.besmartinc.com</a> and meet mobile</li> </ul>   |
| Concessions:                  | Food concessions will be available in the lobby.   |
| Vendor:                       | No swim vendor.  |
| 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 hours per session rule.</li> <li>• <b>Special Notice:</b> 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.</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>• All entry times must be in short course yards. Converted times are acceptable</li> </ul>   |
| Distance/Heat Limited Events: | <ul style="list-style-type: none"> <li>• None</li> </ul>   |
| Relays:                       | <ul style="list-style-type: none"> <li>• All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer 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>• Unattached swimmers may not swim in any relay.</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:          | USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).   |



|                                      |   |
|--------------------------------------|---|
| Host Club Responsibilities:          | <ul style="list-style-type: none"> <li>• The host club will provide a single timer in each lane throughout the meet,</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 with as many teams participating as possible.</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.besmarttinc.com">www.besmarttinc.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.besmarttinc.com">www.besmarttinc.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. Verification can be in the form of a current USA Swimming membership card or Coaches Pass available thru the USA swimming Deck Pass App.</li> <li>• Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility.</li> <li>• All Coaches must have some form of USA coaching credential verification with them at all times.</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 officials’ cards.</li> <li>• All officials must wear the standard white and blue uniform.</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> <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 the competition pool during all warm-up sessions. 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>• There will be two 30-minute warm-ups divided by teams.</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 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>  |
| 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 "heat limited" events psych sheet.</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.   |
| 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 may 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:                                     | <p><b>Hotel Indigo Newark Downtown</b> 810 Broad St, Newark, NJ 0710—973-242-0065</p> <p><b>Courtyard Newark Downtown</b> 858 Broad St, Newark, NJ 07102—973-848-0070</p> <p><b>Best Western Robert Treat Hotel</b> 50 Park Pl, Newark, NJ 07102—973-622-1000</p> <p><b>Hilton Newark Penn Station</b> 1 Gateway Ctr Raymond Blvd, Newark, NJ 07102—973-622-5000</p>  |
| Directions:                                 | <p><b>Garden State Parkway (GSP):</b></p> <ul style="list-style-type: none"> <li>Take exit 145 toward The Oranges/Newark/Harrison</li> <li>Merge onto Route 280 East</li> <li>280 East to NJIY 1<sup>st</sup> street exit, turn right</li> <li>Bear left (at Wendy's) on to Warren street</li> <li>Left on to Lock street</li> <li>Wellness and Events Center and pool entrance on right</li> </ul>   |

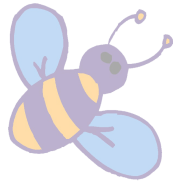




NEW JERSEY SWIMMING

# 2018 HAC December Sprints

Sunday December 9<sup>th</sup>



## 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, NJIT, Highlander Aquatic Club, 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 **HAC December Sprints** meet on **December 9<sup>th</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: | _____ | Individual event entries @ \$5.00 = | \$_____ |
|                    | _____ | Surcharge/per swimmer@ \$10.00 =    | \$_____ |
|                    | _____ | Relay event entries @ \$9.00 =      | \$_____ |
|                    |       | Total:                              | \$_____ |

Make checks payable to: **Highlander Aquatic Club**