

# NJS 2023 Long Course Silver/Bronze Championships Region B

Hosted by Hamilton YMCA Aquatic Club  
at DeNunzio Natatorium, Princeton University  
(Held under the sanction of USA Swimming)

Meet Sanctioning Info:	<b>NJ Swimming Sanction # - NJS-TF-071423LCM-A</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 July 14<sup>th</sup> to Sunday July 16<sup>th</sup>, 2023</b>		
Location:	<b>DeNunzio Natatorium</b> , 47 Faculty Rd, Princeton University.		
Eligible Teams:	<i>List revised Friday July 7th</i> <b>EEX, FOBY, HACY, HCY, HQH, LHY, MB, OCY, PAA, PFY, PPST, PTAC, RVYM, RA, RBY, SAY, SHY, SRAY, SSCT, STAR, STAC, SWST, WEY, WFY, WW, WY, XCEL</b> <i>Teams may be reassigned to Region A to balance attendance, once all entries have been received.</i>		
Facility Info:	The DeNunzio pool is a 50-meter 8-lane pool with a minimum depth for diving of 9 feet. There is ample seating for spectators.		
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:	Sue Welsh		<a href="mailto:swelshhacy@gmail.com">swelshhacy@gmail.com</a>
Meet Director:	Ellen Mace	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referee:	Bach LeQuang		<a href="mailto:blequang@gmail.com">blequang@gmail.com</a>
Admin Official:	Be Smartt Inc		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshalls:	Sandra Franc David Grace		<a href="mailto:francswiss@comcast.net">francswiss@comcast.net</a> <a href="mailto:swelshhacy@gmail.com">swelshhacy@gmail.com</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Immediately. (Note: Teams cannot be closed out of this championship meet provided entries are received by the deadline)</b>		
Entry Deadline:	<b>Sunday July 9<sup>th</sup>, 2023 at 11:59pm</b>		
Swimmer Age	Swimmer ages for this meet are as of: <b>July 14<sup>th</sup>, 2023</b>		
Entry Fees:	Individual Entry (except distance):	\$15.00	Relays: \$25.00
	There will be a \$15 per swimmer surcharge.		
Meet Course:	Long Course Meters (LCM)		
Meet Format:	<ul style="list-style-type: none"> <li>This meet will be run as timed finals.</li> <li>There will be 10 &amp; Under, 11-12, 13-14, and 15 &amp; Over events.</li> <li><b>There are minimum ("faster than") and maximum ("no faster than") time standards for all events 200 meters and longer. As a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries.</b> (See <i>Entry Times</i> section for details).</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:	<b>4</b> Individual Events <b>1</b> Relay Events	Meet: <b>8</b> Individual Events <b>2</b> Relay Events



Checks Payable To:	<a href="#">Hamilton Aquatic Club</a>
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.

## 2023 Long Course Silver/Bronze Championships Region A Friday July 14<sup>th</sup>

### Friday Morning Session #1—13 & Over Under 400s

Women	Equal/ Faster	Slower	Age Group & Event	Equal/ Faster	Slower	Men
#1	6:25.89	5:41.29	13-14 400 IM	6:01.49	5:22.59	#2
#3	6:18.79	5:35.09	15 & Over 400 IM	5:42.99	5:07.29	#4
#5	5:40.59	5:01.29	13-14 400 Freestyle	5:09.99	4:46.69	#6
#7	5:32.89	4:54.49	15 & Over 400 Freestyle	5:09.89	4:43.99	#8

**\*\* Events will swim slow to fast, alternating genders. Swimmers must provide their own timers.**

### Friday Afternoon Session #2—10 & Under Girls, 11-12 Boys

Event #	Equal/ Faster	Slower	Gender, Age Group & Event
#10		<b>Gold*</b>	Boys 11-12 200 Medley Relay
#11		<b>Gold*</b>	Girls 10 & Under 200 Medley Relay
#12	3:14.99	2:53.19	Boys 11-12 200 IM
#13	4:13.99	3:17.09	Girls 10 & Under 200 IM
#14		1:12.69	Boys 11-12 100 Freestyle
#15		1:27.99	Girls 10 & Under 100 Freestyle
#16		38.59	Boys 11-12 50 Butterfly
#17		47.09	Girls 10 & Under 50 Butterfly
#18		40.39	Boys 11-12 50 Backstroke
#19		48.89	Girls 10 & Under 50 Backstroke
#20	3:24.49	2:51.89	Boys 11-12 200 Butterfly
#21		1:59.79	Girls 10 & Under 100 Breaststroke
#22		1:38.39	Boys 11-12 100 Breaststroke
#23	7:36.79	6:05.39	Girls 10 & Under 400 Freestyle
#24	6:15.49	5:21.89	Boys 11-12 400 Freestyle

**\* In order to swim in a relay designated as a Silver/Bronze event, swimmers on that relay may not swim that stroke in which they have a Gold time in the 50 for (12 & Under), For the (13 & Over) no swimmer may swim that stroke that they have a Gold time in the 50 Freestyle, or 100 of that stroke.**



# 2023 Long Course Silver/Bronze Championships Region A

## Friday July 15<sup>th</sup>...continued

### Friday Evening Session #3—11-12 Girls, 10 & Under Boys

Event #	Equal/ Faster	Slower	Gender, Age Group & Event
#25		<b>Gold*</b>	Girls 11-12 200 Medley Relay
#26		<b>Gold*</b>	Boys 10 & Under 200 Medley Relay
#27	3:14.39	2:56.59	Girls 11-12 200 IM
#28	4:10.19	3:15.39	Boys 10 & Under 200 IM
#29		1:12.09	Girls 11-12 100 Freestyle
#30		1:30.19	Boys 10 & Under 100 Freestyle
#31		38.89	Girls 11-12 50 Butterfly
#32		45.99	Boys 10 & Under 50 Butterfly
#33		39.99	Girls 11-12 50 Backstroke
#34		49.19	Boys 10 & Under 50 Backstroke
#35	3:30.09	2:55.59	Girls 11-12 200 Butterfly
#36		1:55.99	Boys 10 & Under 100 Breaststroke
#37		1:39.69	Girls 11-12 100 Breaststroke
#38	7:29.29	5:59.49	Boys 10 & Under 400 Freestyle
#39	5:56.49	5:29.09	Girls 11-12 400 Freestyle

\* In order to swim in a relay designated as a Silver/Bronze event, swimmers on that relay may not swim that stroke in which they have a Gold time in the 50 for (12 & Under), For the (13 & Over) no swimmer may swim that stroke that they have a Gold time in the 50 Freestyle, or 100 of that stroke.

# 2023 Long Course Silver/Bronze Championships Region A

## Saturday July 15<sup>th</sup>

### Saturday Morning Session #4—15 & Over

Women	Equal/ Faster	Slower	15 & Over Event	Equal/ Faster	Slower	Men
#41		<b>Gold*</b>	200 Freestyle Relay		<b>Gold*</b>	#42
#43		1:18.09	100 Backstroke		1:10.69	#44
#45	3:24.49	2:57.39	200 Breaststroke	3:05.39	2:40.49	#46
#47		1:16.19	100 Butterfly		1:07.49	#48
#49		30.99	50 Freestyle		27.79	#50
#51	3:04.19	2:37.59	200 IM	2:41.99	2:25.09	#52
#53	22:02.19	19:29.59	1500 Freestyle	20:33.99	18:11.69	#54

\* In order to swim in a relay designated as a Silver/Bronze event, swimmers on that relay may not swim that stroke in which they have a Gold time in the 50 for (12 & Under), For the (13 & Over) no swimmer may swim that stroke that they have a Gold time in the 50 Freestyle, or 100 of that stroke.



# 2023 Long Course Silver/Bronze Championships Region A

Saturday July 15<sup>th</sup>...continued

## Saturday Midday Session #5—13-14

Women	Equal/ Faster	Slower	13-14 Event	Equal/ Faster	Slower	Men
#55		<b>Gold*</b>	200 Freestyle Relay		<b>Gold*</b>	#56
#57		1:18.99	100 Backstroke		1:14.69	#58
#59	3:27.99	3:00.49	200 Breaststroke	3:14.79	2:48.79	#60
#61		1:20.19	100 Butterfly		1:11.99	#62
#63		31.39	50 Freestyle		28.99	#64
#65	3:00.99	2:40.79	200 IM	2:47.99	2:31.69	#66
#67	11:41.99	10:20.99	800 Freestyle	11:13.99	9:56.29	#68

\* In order to swim in a relay designated as a Silver/Bronze event, swimmers on that relay may not swim that stroke in which they have a Gold time in the 50 for (12 & Under), For the (13 & Over) no swimmer may swim that stroke that they have a Gold time in the 50 Freestyle, or 100 of that stroke.

## Saturday Afternoon Session #6—10 & Under Girls, 11-12 Boys

Event #	Equal/ Faster	Slower	Gender, Age Group & Event
#70		<b>Gold*</b>	Boys 11-12 200 Freestyle Relay
#71		<b>Gold*</b>	Girls 10 & Under 200 Freestyle Relay
#72	3:01.49	2:32.19	Boys 11-12 200 Freestyle
#73	3:49.79	2:56.29	Girls 10 & Under 200 Freestyle
#74		1:25.39	Boys 11-12 100 Backstroke
#75		1:39.99	Girls 10 & Under 100 Backstroke
#76	3:48.69	3:12.59	Boys 11-12 200 Breaststroke
#77		39.89	Girls 10 & Under 50 Freestyle
#78		33:39	Boys 11-12 50 Freestyle
#79		53.99	Girls 10 & Under 50 Breaststroke
#80		45.19	Boys 11-12 50 Breaststroke
#82		1:26.29	Boys 11-12 100 Butterfly
#83		1:52.99	Girls 10 & Under 100 Butterfly
#84	3:23.49	2:50.99	Boys 11-12 200 Backstroke
#86	7:09.89	6:08.49	Boys 11-12 400 IM

\* In order to swim in a relay designated as a Silver/Bronze event, swimmers on that relay may not swim that stroke in which they have a Gold time in the 50 for (12 & Under), For the (13 & Over) no swimmer may swim that stroke that they have a Gold time in the 50 Freestyle, or 100 of that stroke.



# 2023 Long Course Silver/Bronze Championships Region A

## Sunday July 16<sup>th</sup>

### Sunday Morning Session #7—15 & Over

Women	Equal/ Faster	Slower	15 & Over Event	Equal/ Faster	Slower	Men
#87		<b>Gold*</b>	200 Medley Relay		<b>Gold*</b>	#88
#89	2:41.39	2:20.09	200 Freestyle	2:22.39	2:09.29	#90
#91	2:58.99	2:34.79	200 Backstroke	2:45.39	2:22.69	#92
#93		1:31.19	100 Breaststroke		1:20.99	#94
#95	3:11.29	2:33.89	200 Butterfly	2:56.29	2:21.49	#96
#97		1:06.49	100 Freestyle		59.79	#98
#99	11:28.39	10:08.99	800 Freestyle	10:50.09	9:35.09	#100

\* In order to swim in a relay designated as a Silver/Bronze event, swimmers on that relay may not swim that stroke in which they have a Gold time in the 50 for (12 & Under), For the (13 & Over) no swimmer may swim that stroke that they have a Gold time in the 50 Freestyle, or 100 of that stroke.

### Sunday Midday Session #8—13-14

Women	Equal/ Faster	Slower	13-14 Event	Equal/ Faster	Slower	Men
#101		<b>Gold*</b>	200 Medley Relay		<b>Gold*</b>	#102
#103	2:37.79	2:23.19	200 Freestyle	2:27.29	2:14.79	#104
#105	3:02.69	2:38.09	200 Backstroke	2:53.09	2:29.59	#106
#107		1:32.39	100 Breaststroke		1:22.59	#108
#109	3:16.99	2:38.59	200 Butterfly	3:04.89	2:28.59	#110
#111		1:07.59	100 Freestyle		1:02.79	#112
#113	22:23.09	19:48.09	1500 Freestyle	21:27.39	18:58.99	#114

\* In order to swim in a relay designated as a Silver/Bronze event, swimmers on that relay may not swim that stroke in which they have a Gold time in the 50 for (12 & Under), For the (13 & Over) no swimmer may swim that stroke that they have a Gold time in the 50 Freestyle, or 100 of that stroke.



# 2023 Long Course Silver/Bronze Championships Region A

## Sunday July 16<sup>th</sup>...continued

### Sunday Afternoon Session #9—11-12 Girls, 10 & Under

Event #	Equal/ Faster	Slower	Gender, Age Group & Event
#115		<b>Gold*</b>	Girls 11-12 200 Freestyle Relay
#116		<b>Gold*</b>	Boys 10 & Under 200 Freestyle Relay
#117	2:53.19	2:36.19	Girls 11-12 200 Freestyle
#118	3:37.49	2:50.79	Boys 10 & Under 200 Freestyle
#119		1:25.19	Girls 11-12 100 Backstroke
#120		1:41.99	Boys 10 & Under 100 Backstroke
#121	3:39.99	3:19.39	Girls 11-12 200 Breaststroke
#122		39.49	Boys 10 & Under 50 Freestyle
#123		32.99	Girls 11-12 50 Freestyle
#124		53.29	Boys 10 & Under 50 Breaststroke
#125		47.59	Girls 11-12 50 Breaststroke
#127		1:31.99	Girls 11-12 100 Butterfly
#128		1:50.79	Boys 10 & Under 100 Butterfly
#129	3:13.89	2:55.29	Girls 11-12 200 Backstroke
#131	7:16.69	6:16.89	Girls 11-12 400 IM

**\* In order to swim in a relay designated as a Silver/Bronze event, swimmers on that relay may not swim that stroke in which they have a Gold time in the 50 for (12 & Under), For the (13 & Over) no swimmer may swim that stroke that they have a Gold time in the 50 Freestyle, or 100 of that stroke.**



## Tentative Meet Schedule

*This schedule is tentative pending receipt of entries.*

*Depending on the entries, sessions may be combined or split.*

*The complete schedule with session warm-up, and start times will be established when all entries have been received and a timeline developed, published on the meet website, and e-mailed to the coaches of participating teams.*

Friday		
Session 1	Morning	13 & Over 400s
Session 2	Midday	10 & Under Girls, 11-12 Boys
Session 3	Afternoon	11-12 Girls, 10 & Under Boys
Saturday		
Session 4	Morning	15 & Over
Session 5	Midday	13-14
Session 6	Afternoon	10 & Under Girls, 11-12 Boys
Sunday		
Session 7	Morning	15 & Over
Session 8	Midday	13-14
Session 9	Afternoon	11-12 Girls, 10 & Under Boys

Scoring:	<ul style="list-style-type: none"> <li>There will be no team scoring.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place and ribbons 4<sup>th</sup> through 8<sup>th</sup> place in each individual event.</li> <li>Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place in each relay event.</li> <li>Swimmers 20 years and older will not receive awards</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>'Fly-over/Over-the-top' starts will be used during this meet.</li> </ul>
Programs:	<ul style="list-style-type: none"> <li>Heat sheets will be online at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> (free) and Meet Mobile (subscription required)</li> </ul>
Admission:	<ul style="list-style-type: none"> <li>Spectators will be allowed into the natatorium subject to capacity constraints.</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>None.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>Ultimate Swim Shop will be in attendance.</li> </ul>
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 prior to the entry deadline from teams assigned to the meet.</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><b>All entries must be accompanied by e-mailed proof of time (see below). Entries without proof of time will not be accepted.</b></li> <li><b>Special Notice:</b> All entry 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 meet the time standards for this meet as approved by NJ Swimming.</li> <li>• All entry times must be in long course meters. Converted times are permitted. Times may be converted from Short Course times using the Hy-Tek Team Manager conversion protocol:</li> <li>• In Team Manager, go to set-up, then conversions. Make sure that: The Yards to SC Meters is set to 1.11, Freestyle Turns = 0.8, Backstroke Turns = 0.6, Breaststroke Turns = 1, Butterfly Turns = 0.7, Individual Medley Turns = 0.8, Freestyle: (500 y to 400 m and 1000 y to 800 m) = .875; (1650 y to 1500 m) = 1.006</li> <li>• <b>Do not set the straight conversion factor to any percent factor!</b></li> <li>• <b>All entry times must be proved upon meet entry. See "Proof of Times Reporting" below.</b></li> <li>• <b>Where the TM proof of time option is not available, separate report(s), detailing where times were achieved must be sent with the entry e-mail. Mailed paper reports are not acceptable. References to published times in SWIMS are acceptable.</b></li> <li>• <b>All entry times must be achieved during the meet qualifying period of April 1<sup>st</sup>, 2022 through the entry date of the meet.</b></li> <li>• <b>If a swimmer achieves a Gold time in an entered event subsequent to entering the meet, they must be removed from the event at this meet.</b> They may either replace the newly—achieved Gold event with a non-Gold event, or receive a refund for the event entry fee. Failure to follow this policy will result in the disqualification of the swimmer (even retroactively), and the swimmer's club may be penalized and/or fined by NJ Swimming for each such infraction.</li> </ul>
Entry Amendment Procedures:	<p>Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The process shall be as follows:</p> <ol style="list-style-type: none"> <li>1. The meet coordinator will enter each team as the entries are received.</li> <li>2. An entry report for each team will be e-mailed to that team.</li> <li>3. Upon receipt of the entry report for their team, the coach will be expected to proof the entries for their team. The coach must respond to the email, either indicating that the entries are accepted as is or amending as explained below.</li> <li>4. After the entry deadline has passed, should a swimmer be missing from the entry list or missing from an event, then the coach can enter the swimmer through the following process: <ul style="list-style-type: none"> <li>• The coach needs to make a list of the missing entry information: swimmer's name, USA-S number, event number(s), and entry time(s).</li> <li>• The list of the missing swimmers and their events are then to be e-mailed to the Entry Coordinator no later than 9:00pm on the Wednesday before the start of the meet. Please do not email a Hy-Tek file.</li> <li>• <b>The entry fee for all events entered in this manner will be the regular entry fee for the event, plus an additional \$5.00 late fee per entry. This money is payable before the start of the meet. If this fee not be paid, then the swimmer(s) will not be permitted to swim in the amended events in the meet. <i>Entries which are amended due to a swimmer achieving a new Gold or Silver time after the original entry is submitted do not incur this additional fee.</i></b></li> </ul> </li> </ol>
Distance Events:	<ul style="list-style-type: none"> <li>• The 800 and 1500 meter freestyle events will run fastest to slowest, alternating genders.</li> <li>• Genders may be combined in the slowest heats to save time and there may not be a lane separating the genders.</li> <li>• Swimmers must provide their own counters.</li> </ul>
400s	<ul style="list-style-type: none"> <li>• Events will swim slow to fast, alternating genders.</li> <li>• Swimmers need to provide their own timers.</li> </ul>
Heat Limited Events:	<ul style="list-style-type: none"> <li>• None.</li> </ul>





Relays	<p><b>Only swimmers that do not have Gold times prior to the meet may swim on relays.</b> 12 &amp; Under swimmers <b>may not</b> swim that stroke on the 200 Medley Relay if they have a Gold or better time in the 50m distance of that stroke. 13-14 and 15 &amp; Over Medley Relay swimmers <b>may not</b> swim that stroke on the 200m Medley Relay if that swimmer has Gold of better time in the 100m distance of that stroke: backstroke, breaststroke, or butterfly.</p> <p><b>A relay team with any swimmer found to have had a Gold time in that stroke and distance prior to the meet will be disqualified (even after the conclusion of the meet) and the information will be turned over to New Jersey Swimming for possible further disciplinary actions and fines.</b> (See NJS Policy &amp; Procedures Manual for explanation)</p> <ul style="list-style-type: none"> <li>• All relays must have the correct four names listed in the correct order for that relay to be eligible. Coaches must turn in completed relay cards, prior to the relay swimming</li> <li>• The Meet Referee and/or the meet jury will handle any protest of relay swimmers during the meet. New Jersey Swimming will handle any protest of relay swimmers after the meet. (See NJ Swimming Policy &amp; Procedures Manual)</li> <li>• Relays with swimmers 20 years and older will not receive awards.</li> </ul>
Bottom Cuts in events 200 meters & longer	<ul style="list-style-type: none"> <li>• <b>All events, 200 meters and longer have bottom (“faster than”) qualifying times.</b></li> <li>• <b>Swimmers must have met the qualifying times for all individual events to be able to enter. There are no “bonus” events this year.</b></li> </ul>
Swimmer Eligibility:	<ul style="list-style-type: none"> <li>• <b>This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet.</b></li> <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>
State Championships Restriction:	<ul style="list-style-type: none"> <li>• <b>Swimmers may not compete in a given event at both a Silver/Bronze Championship meet and the LC JO meet, unless they achieve the LC JO qualifying time in that event at the Silver/Bronze meet, or at another Sanctioned or Approved meet attended in between the Silver/Bronze meet and JOs.</b></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 the 13 &amp; Over 400 session Friday morning where 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 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.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. Parent timers may not use phones/cameras while on the deck.</li> <li>• Participating clubs should help with officiating whenever possible. Officials should contact the meet referee (<i>See Page 1</i>) with their availability.</li> </ul>



Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> <li>• This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP 2.0).</li> <li>• Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.</li> <li>• As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping.</li> <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 Conduct & Eligibility:	<ul style="list-style-type: none"> <li>• This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP 2.0).</li> <li>• Make sure all interactions with athletes are observable and interruptible.</li> <li>• Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</li> <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>• 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. Teams will be assigned lanes according to the size of their entries, to achieve a fair and comparable warm-up for all swimmers.</li> <li>• Swimming Equipment is <b>not allowed</b> in the competition pool or patio pools during all warm-up and warm-down sessions. This includes kick boards, hand paddles, and pull buoys.</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>• The patio pools will be used for warm up &amp; warm down, at the discretion of the host team and or facility management. Teams should not be running practice sessions without prior approval.</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 Policy:	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 the day/Meet. 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:	Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.com</a> <b>Pre-Meet Information posted on website:</b> <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> <b>Post-Meet Information posted on website:</b> <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 or behind the starting block area.
USA-S Deck Change Policy Statement:	Deck changes are prohibited.
Locker Rooms:	Parents are <b>not</b> permitted in the athlete locker rooms at any time.
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.
Photography:	Photography is not permitted anywhere on deck.
Minor Athlete Abuse Prevention Policy (MAAPP 2.0)	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy:	<b>Swimwear must conform to USA Swimming Rules.</b> <ul style="list-style-type: none"> <li>• 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 suits that have 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>.</li> <li>• Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body.</li> </ul> Pursuant to USA Swimming Rule 205.10.1, it is permissible for a swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.



<p>COVID-19 Assumption of Risk Disclaimer</p>	<p><b>The host team has taken enhanced health and safety measures for all participants. All persons participating must follow all posted instructions while at the DeNunzio pool. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. All persons visiting the DeNunzio Pool voluntarily assume all risks related to exposure to COVID-19.</b></p>
<p>Meet Requirement Statement:</p>	<p>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.</p>
<p>Hotels:</p>	<ul style="list-style-type: none"> <li>• Holiday Inn, 100 Independence Way. 609-520-1200 Ask for special rate</li> <li>• Staybridge Suites, 4375 Route 1. 609-951-0009 Ask for sports group rate</li> <li>• Residence Inn by Marriott, 4225 Route 1. 732-329-9600 Rates include breakfast</li> <li>• Princeton Courtyard by Marriott, Route 1 &amp; Mapleton Rd. 609-726-9100 Rates include breakfast</li> </ul>
<p>Directions:</p>	<p><b>Google Maps: <a href="https://goo.gl/maps/vdBqocBuD6ZrmoYp7">https://goo.gl/maps/vdBqocBuD6ZrmoYp7</a></b></p>





NEW JERSEY  
SWIMMING

## 2023 LC Silver/Bronze Championships

Region B Hosted by Hamilton YMCA Aquatic Club

Friday-Sunday July 14<sup>th</sup>-16<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, Princeton University, Hamilton 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.

### Covid-19 Waiver

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

### Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form for the 2023 Long Course Silver/Bronze Championship Region B meet on July 14<sup>th</sup>-16<sup>th</sup>, 2023 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.





# Information below must be submitted to the club hosting the meet before the start of the meet along with payment.

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:

\_\_\_\_\_

<b>Entry Fee Summary:</b>	_____ Timed Final individual event entries @ \$15.00 =	\$_____
	_____ Relay event entries @ \$25.00 =	\$_____
	_____ Swimmer surcharge @ \$15.00/swimmer =	\$_____
	Total:	\$_____

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