

New Jersey Swimming <b>2016 Long Course Silver/Bronze Championships Region B</b> Hosted by Hamilton YMCA Aquatic Club <i>Held under the sanction of USA Swimming Inc, and NJ Swimming</i>	
<b>Meet Sanction #</b>	<b>NJS071516LC</b> In granting this 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.
<b>Date of Meet</b>	Friday, Saturday and Sunday, July 15 <sup>th</sup> -17 <sup>th</sup> , 2016
<b>Location</b>	<b>Princeton University DeNunzio Pool</b> Located on Faculty Road off of Route 571 on the Princeton University campus, Princeton, NJ 08540.
<b>Facility Information</b>	DeNunzio Pool is a 50 meter, 8-lane pool with a minimum depth of 9 feet. There is ample seating for spectators.
<b>Pool Certification Statement</b>	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.
<b>Audio/Visual Recording Statement</b>	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
<b>Meet Director</b>	Ellen Mace— <a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
<b>Meet Referee</b>	Gary Thayer— <a href="mailto:gght466@gmail.com">gght466@gmail.com</a>
<b>Admin Official</b>	Ellen Mace— <a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
<b>Team Contact</b>	Sue Welsh— <a href="mailto:swelshHACY@gmail.com">swelshHACY@gmail.com</a>
<b>Safety Marshal</b>	Jim Devlin
<b>Entry Coordinator</b>	Be Smartt, Inc <ul style="list-style-type: none"> <li>▪ E-Mail address: <a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a></li> <li>▪ 609-558-0988</li> <li>▪ Best time to call is after 8:00pm and weekends.</li> </ul>
<b>Teams Attending</b>	<b>CJAC, EEX, FOBY, HACY, HCY, HQH, JFAC, SRAY, MB, METM, OCY, PAA, PPST, PTAC, RVYM, RBY, RA, SVY, STAC, SWAC, SWST, WY, WW, XCEL</b>
<b>Entry Information &amp; Deadline</b>	<ul style="list-style-type: none"> <li>▪ All entries must be Team Manager or team unify entries.</li> <li>▪ Entry Deadline Date: <b>July 8<sup>th</sup>, 2016</b></li> <li>▪ Entry Fee Summary forms; verification forms, waiver releases, and entry fees must be received no later than the check-in deadline of the first session a team swims in.</li> <li>▪ Mail above forms and fees to : Be Smartt Inc, 604 Paxson Avenue, Mercerville, NJ 08619</li> <li>▪ Email Entries and <b>proof of time reports</b> to: <a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a></li> <li>▪ If you are mailing your entries or associated forms via overnight or express mail, it is recommended that you <b>waive the signature</b>.</li> <li>▪ <b>No deck, fax or phone entries will be accepted.</b></li> </ul>
<b>Entry Amending Process</b>	<p>According to the Amending Process for NJ Swimming Championship Meets, should a swimmer be missing from the entry list or an event, the coach can e-mail the missing information to <a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a> by 6:00pm July 14<sup>th</sup>, 2016. 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 (unless the mistake was the host club's), and must be paid before the start of the meet according to the Amending Process Guidelines.</p> <p><i>Note: Entries which are amended due to a swimmer achieving a new Gold time after the original entry is submitted do not incur this additional fee.</i></p>



<b>Meet Format Waiver</b>	<p>The host club has the right to change the format of the meet with the approval of the administrative chairman and either the age group or senior chairman. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for changes include:</p> <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>
<b>Internet Website Posting</b>	<p>The meet website will be: <a href="http://www.besmarttinc.com">www.besmarttinc.com</a>  Pre-Meet Information posted on website.</p> <ul style="list-style-type: none"> <li>▪ Meet announcement</li> <li>▪ Hy-Tek Events list (.HYV file)</li> <li>▪ List of Teams whose entries have been received.</li> <li>▪ Updated meet session schedule.</li> <li>▪ Warm-up Schedule and Team Warm-up Assignments.</li> <li>▪ Timing assignments.</li> </ul> <p>Post-Meet Information posted on website.</p> <ul style="list-style-type: none"> <li>▪ Downloadable Results (HY3.zip file)</li> <li>▪ Printable Results</li> </ul> <p>Real-time results will also be posted on the web site.</p>
<b>Meet Requirement Statement</b>	<p>In order to be eligible for the New Jersey Swimming Zone Championship Team or for New Jersey Swimming athlete travel grants for sectional and national level meets, NJ Swimming policy stipulates certain meet participation requirements. As a New Jersey Swimming sanctioned meet, this meet counts towards these participation requirements.</p>
<b>Coaches Eligibility</b>	<ul style="list-style-type: none"> <li>▪ All coaches “on the deck” must be current coach members of USA Swimming.</li> <li>▪ Coaches must show coaching card for entrance to facility.</li> <li>▪ Coaches must have their coaching card visible at all times while on deck.</li> <li>▪ Coaches must have a visible coach’s card when entering the hospitality area.</li> </ul>
<b>Swimmer Eligibility</b>	<ul style="list-style-type: none"> <li>▪ All swimmers must be members of USA Swimming to enter and compete in this meet.</li> <li>▪ All swimmers must be included in a team’s official meet roster in the meet database to be eligible to participate in this swim meet in any event including relays.</li> <li>▪ This is a New Jersey Swimming Championship Meet; only New Jersey Swimming registered athletes may enter and compete in this meet.</li> <li>▪ All swimmers must have entry times slower than the current New Jersey Swimming Summer JO’s Gold Time Standards.</li> <li>▪ <b>Proof of time is required for all individual event entries in this meet.</b></li> <li>▪ <b>If a swimmer achieves a Gold time in an entered event subsequent to entering this 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> <li>▪ <b>The qualifying period for this meet is April 1, 2015 thru the entry deadline of the meet.</b></li> <li>▪ <b>Swimmers may not compete in a given event at both LC JOs and the LC Silver/Bronze Championship meets unless they achieved the LC JO qualifying time in that event at the LC Silver/Bronze meet, or at another Sanctioned or Approved meet attended in between the LC Silver/Bronze meet and JOs.</b></li> </ul> <p><b>Unattached Swimmers:</b></p> <ul style="list-style-type: none"> <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.</li> <li>▪ All unattached swimmers must be listed on the team’s official waiver/verification form.</li> </ul>
<b>Bronze Level Swimmer Events</b>	<ul style="list-style-type: none"> <li>▪ Swimmers with Bronze Level times may enter and compete in the 50 Free, 100 Free, 100 Back, 100 Breast and 100 Fly events.</li> <li>▪ To compete in any other event, a swimmer must have the Silver time in that event.</li> <li>▪ <b>If the meet does not fill by the time of the entry deadline, NJS may permit teams to enter bronze level swimmers in select additional 200 meter events.</b> Further information regarding this procedure will be sent to entered teams if this situation does in fact occur.</li> </ul>



<b>USA Swimming Deck Change Policy</b>	Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
<b>Meet Age</b>	<p><b>Age Groups that will be offered.</b></p> <ul style="list-style-type: none"> <li>• There will be 10 &amp; Under, 11-12, 13-14, 15 &amp; Over Events.</li> <li>• Individuals aged 20 &amp; over will not receive awards.</li> <li>• Relays with swimmers who are 20 &amp; over will not receive awards</li> </ul> <p><b>Age at Meet</b></p> <ul style="list-style-type: none"> <li>▪ Age for this meet is as of: <b>Friday, July 15<sup>th</sup>, 2016</b></li> </ul>
<b>Event Limits</b>	<ul style="list-style-type: none"> <li>• New Jersey Swimming allows swimmers to compete in a maximum of 3 individual events per day. (Provided they meet the eligibility requirements for each entered event.)</li> <li>• Swimmers may compete in two (2) relays on Friday.</li> </ul>
<b>USA-S Racing Start Certification Statement</b>	Any swimmer entered into this meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or they 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.
<b>Meet Format</b>	<ul style="list-style-type: none"> <li>▪ This meet will be run in accordance to current USA Swimming Rules.</li> <li>▪ This meet will be run as a time final meet.</li> </ul> <p><b>Seeding Procedures</b></p> <ul style="list-style-type: none"> <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>
<b>Meet Schedule</b>	<ul style="list-style-type: none"> <li>• The building will not open before 7:00am for swimmers and 7:15am for spectators.</li> <li>• This meet will have one session Friday and four sessions per day Saturday and Sunday.</li> <li>• Afternoon session starting times will be announced once entries are received and a time line is established.</li> </ul>



## Meet Schedule

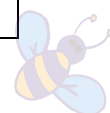
Friday, July 15 <sup>th</sup> , 2016		Warm-Up	Start
Session 1	400 Free, 400 IM, Relays	4:10pm	5:15pm
Saturday, July 16 <sup>th</sup> , 2016		Warm-Up	Start
Session 2	10 & Under Events	7:15am	8:20am
Session 3	11-12 Events	End of Session #2 *	65 minutes *
Session 4	13-14 Events	End of Session #3 *	65 minutes *
Session 5	15 & Over Events	End of Session #4 *	65 minutes *
Sunday, July 17 <sup>th</sup> , 2016		Warm-up	Start
Session 6	10 & Under Events	7:15am	8:20am
Session 7	11-12 Events	End of Session #2 *	65 minutes *
Session 8	13-14 Events	End of Session #3 *	65 minutes *
Session 9	15 & Over Events	End of Session #4 *	65 minutes *

- \* **Starting times for all sessions after the first session each day will be determined after entries are received and a time line created!**

<b>Warm-up Procedures</b>	<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> </ul> <p><b>Entry Into Pool:</b></p> <ul style="list-style-type: none"> <li>All swimmers must enter the pool from the starting end of the pool.</li> </ul> <p><b>Host Team Monitoring Warm-ups</b></p> <ul style="list-style-type: none"> <li>Hamilton Aquatic Club Meet Marshalls will monitor all warm-ups.</li> <li>All general warm-up lanes will swim in a counterclockwise direction.</li> </ul> <p><b>Warm-up Schedules</b></p> <ul style="list-style-type: none"> <li>The warm-up sessions will be two 30-minute warm-ups divided by teams.</li> </ul>
<b>Entry Times</b>	<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 slower than the New Jersey Swimming Summer JO's Gold Time.</li> <li>All entry times must be in long course meters.</li> <li>Converted times from SCY and SCM are acceptable for this meet and for New Jersey Swimming LC JOs.</li> <li>For all New Jersey Swimming Championship Meets, proof of time must be included with all entries. Entries without proof of time will not be accepted into any New Jersey Swimming Championship Meet. (See "Proof of Times Reporting" section below)</li> </ul>
<b>Proof of Times Reporting</b>	The TM entries report with the <i>Include Proof of Time</i> option selected will suffice. This report should be saved as a PDF file and the file emailed to the entry coordinator along with the entry file.
<b>Starts</b>	<ul style="list-style-type: none"> <li>"Fly-over/Over-the-top" starts will be used. If there is a need to slow down the meet and at the discretion of the meet referee, swimmers will be allowed to get out of the pool prior to the start of the next heat.</li> </ul>
<b>Check-In:</b>	<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 names. Swimmers that are being scratched will have their names circled with "SCR" next to the circle. Swimmers scratching a single event will have a line through his/her name and the event number circled with "SCR" next to the circle.</li> <li>Failure to follow the check-in procedure may result in the swimmer(s) being scratched from the session.</li> <li>All distance events will have a positive check-in sheet that will be posted in the control room.</li> </ul>
<b>Distance Events (800 &amp; 1500m Free)</b>	<ul style="list-style-type: none"> <li>The 800 and 1500m Freestyles will be run fastest to slowest.</li> <li>The 800 and 1500m Freestyles will alternate women and men. Genders may be combined in the slowest heats in order save time and there may not be a lane separating the genders.</li> </ul>
<b>Heat Limited Events</b>	<ul style="list-style-type: none"> <li>There are no heat-limited events in a NJS Championship meet.</li> </ul>
<b>Relays</b>	<ul style="list-style-type: none"> <li>All relays <b>must have the correct four names listed in the correct order</b> for the relay to be</li> </ul>



	<p>eligible.</p> <ul style="list-style-type: none"> <li>Coaches must turn in relay cards prior to each relay competition listing correct swimmers' names and correct order.</li> <li>In the 15 &amp; over relays, if a team uses a swimmer who is 20 years or older, that relay will not receive an award.</li> <li>As this is a Silver/Bronze level Meet, <b>only swimmers with SLOWER THAN: GOLD TIME STANDARD prior to this 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 a Gold or better time in the 100m distance of that stroke: <b>backstroke, breaststroke, or butterfly!</b> The Meet Referee and/or the Meet Committee will handle any protest of relay swimmers during the meet. New Jersey Swimming will handle any protest of relay swimmers after the meet. (See the NJS Policy Manual for possible fines and sanctions for violation of this policy.)</li> </ul>
<b>Scoring</b>	<ul style="list-style-type: none"> <li>Team Scoring will not be kept.</li> </ul>
<b>Awards</b>	<ul style="list-style-type: none"> <li>Medals will be awarded to the top 8 swimmers the Silver division events.</li> <li>Ribbons will be awarded to the top 8 swimmers in the Bronze division events.</li> <li>Relays will be awarded for 1st thru 3rd places.</li> <li>A swimmer seeded with a Bronze Time will not receive an award if a 'GOLD' time is achieved.</li> <li>Neither Swimmers who are 20 years old or older nor relays containing swimmers 20 years old and older will receive awards.</li> </ul>
<b>Entry Fees</b>	<ul style="list-style-type: none"> <li>Individual non-800/1500 Entry Fee: \$6.00</li> <li>Individual 800/1500 Entry Fee: \$11.00</li> <li>Relay Entry Fee: \$9.00</li> <li>Make checks payable to: <b>Hamilton Aquatic Club</b></li> </ul>
<b>Admission and Programs:</b>	<ul style="list-style-type: none"> <li>Admission will be \$10.00 per session.</li> <li>Heat sheets will be available online at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> and through Meet Mobile at no charge.</li> </ul>
<b>Entries</b>	<ul style="list-style-type: none"> <li>In accordance with NJS policy, team entries may be submitted by e-mail to <a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>. All entries must be Hy-Tek program entries as an attached file to an e-mail.</li> <li><b>All entries must be accompanied by a proof of times report. The TM Meet Entries Report with the Proof of Time option selected will suffice. This report should be saved as a RTF/PDF file and e-mailed to the entry coordinator along with the entry file.</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.</b></li> <li>The meet entry coordinator will respond to e-mails entries within 48 hours. If you do not receive an e-mail response within 48 hours, assume that your email has not been received. It then becomes the sender's responsibility to make sure that the host club's meet entry coordinator receives the e-mail. If you do not receive an e-mail response, you must contact the entry coordinator by email or phone.</li> <li>An Entry Fee Summary with a signed NJ Swimming waiver and a check must accompany or follow each entry.</li> <li>Incomplete entries will not be accepted. Deck entries will not be accepted.</li> </ul>
<b>Results</b>	<ul style="list-style-type: none"> <li>Results will be e-mailed to all participating teams after the meet. , and will be posted on the New Jersey Swimming website: <a href="http://www.njswim.org">www.njswim.org</a></li> </ul>
<b>Host Club Responsibilities</b>	<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 have stopwatches available for volunteers helping to time.</li> <li>The host club will create a warm-up schedule that will be fair and equal to all teams. This warm-up schedule will be e-mailed to all participating clubs no later than 1 week before the meet. The warm-up schedule will also be posted on the meet web site.</li> <li>The host club will create timing assignments that are fair and equitable with as many teams participating as possible. These timing assignments will be e-mailed to all participating clubs no later than 1 week before the meet and posted on the meet web site.</li> <li>A hospitality room will be maintained for coaches and officials. It is located behind the control room on the pool deck.</li> </ul>



<b>Participating Club Responsibilities</b>	<ul style="list-style-type: none"> <li>▪ Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs 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 waiver/verification form.</li> </ul>
<b>Concessions</b>	<ul style="list-style-type: none"> <li>▪ Refreshments will be available throughout the meet.</li> </ul>
<b>Vendor</b>	<ul style="list-style-type: none"> <li>▪ A swim vendor will be in attendance.</li> </ul>
<b>Hotels</b>	<ul style="list-style-type: none"> <li>• Holiday Inn, 100 Independence Way; 1.609.520.1200; ask for special rate.</li> <li>• Staybridge Suites, 4375 Route 1; 1.609.951.0009; ask for sports group rate.</li> <li>• Residence Inn by Marriott, 4225 Route 1; 1.732.329.9600; Includes breakfast.</li> <li>• Princeton Courtyard by Marriott, Route 1 and Mapleton Road; 1.609.716.9100; includes breakfast.</li> </ul>
<b>Directions</b>	<ul style="list-style-type: none"> <li>▪ <b>From the New Jersey Turnpike, North or South.</b> Take Exit 8 towards Princeton. Take Route 33 West to Route 571. Continue on Route 571, crossing Route 1 and continuing to the first light (at Faculty Road). Make a right; the pool and the parking lot will be on your left about ¼ miles from the light.</li> <li>▪ <b>From US Route 1, North or South.</b> Take the Princeton-Hightstown Road exit toward Princeton. Follow the above directions. Continue to the first light (at Faculty Road). Make a right; the pool and the parking lot will be on your left about ¼ miles from the light.</li> </ul>



## Order of Events

### Friday July 15<sup>th</sup>—Session #1—400 Free, 400 IM, Relays

Event #	Event	Slower Than	Equal/Faster Than
1	Women 15 & Over 200 Freestyle Relay	<b>**Gold</b>	
2	Men 15 & Over 200 Freestyle Relay	<b>**Gold</b>	
3	Girls 13-14 200 Freestyle Relay	<b>**Gold</b>	
4	Boys 13-14 200 Freestyle Relay	<b>**Gold</b>	
5	Girls 11-12 200 Freestyle Relay	<b>**Gold</b>	
6	Boys 11-12 200 Freestyle Relay	<b>**Gold</b>	
7	Girls 10 & Under 200 Freestyle Relay	<b>**Gold</b>	
8	Boys 10 & Under 200 Freestyle Relay	<b>**Gold</b>	
9	Women 15 & Over 400 Freestyle	4:46.99	5:17.99
10	Men 15 & Over 400 Freestyle	4:25.99	4:59.89
11	Girls 13-14 400 Freestyle	4:58.09	5:28.99
12	Boys 13-14 400 Freestyle	4:45.19	5:27.39
13	Girls 11-12 400 Freestyle	5:22.19	6:00.09
14	Boys 11-12 400 Freestyle	5:18.29	6:00.09
15	Girls 10 & Under 400 Freestyle	6:18.99	6:55.79
16	Boys 10 & Under 400 Freestyle	6:23.99	6:55.79
17	Women 15 & Over 200 Medley Relay	<b>**Gold</b>	
18	Men 15 & Over 200 Medley Relay	<b>**Gold</b>	
19	Girls 13-14 200 Medley Relay	<b>**Gold</b>	
20	Boys 13-14 200 Medley Relay	<b>**Gold</b>	
21	Girls 11-12 200 Medley Relay	<b>**Gold</b>	
22	Boys 11-12 200 Medley Relay	<b>**Gold</b>	
23	Girls 10 & Under 200 Medley Relay	<b>**Gold</b>	
24	Boys 10 & Under 200 Medley Relay	<b>**Gold</b>	
25	Women 15 & Over 400 IM	5:24.39	6:11.59
26	Men 15 & Over 400 IM	5:03.69	5:54.09
27	Girls 13-14 400 IM	5:44.29	6:23.49
28	Boys 13-14 400 IM	5:26.99	6:17.49
29	Girls 11-12 400 IM	6:14.39	6:59.79
30	Boys 11-12 400 IM	6:19.19	6:59.79

**\* In order to swim in a medley relay designated as a Silver/Bronze event, no swimmer on that relay may have a previous Gold time in the 100 meter stroke (Back, Breast or Fly) that the swimmer will swim in that relay.**



## Order of Events—Continued

### Saturday July 16<sup>th</sup>—Session #2—10 & Under

Event #	Event	Slower Than	Equal/Faster Than
31	Girls 200 Freestyle	2:53.59	3:23.79
32	Boys 200 Freestyle	2:54.29	3:23.79
33	Girls 100 Backstroke	1:29.79	
34	Boys 100 Backstroke	1:29.99	
35	Girls 50 Freestyle	35.19	
36	Boys 50 Freestyle	35.29	
37	Girls 50 Breaststroke	48.39	
38	Boys 50 Breaststroke	49.59	
39	Girls 100 Butterfly	1:38.49	
40	Boys 100 Butterfly	1:40.29	

### Session #3—11-12

Event #	Event	Slower Than	Equal/Faster Than
41	Girls 200 Freestyle	2:28.39	2:48.69
42	Boys 200 Freestyle	2:28.19	2:48.69
43	Girls 100 Backstroke	1:18.19	
44	Boys 100 Backstroke	1:18.19	
45	Girls 200 Breaststroke	3:16.19	3:44.39
46	Boys 200 Breaststroke	3:19.59	3:44.39
47	Girls 50 Freestyle	30.99	
48	Boys 50 Freestyle	30.79	
49	Girls 50 Breaststroke	41.29	
50	Boys 50 Breaststroke	42.39	
51	Girls 100 Butterfly	1:18.49	
52	Boys 100 Butterfly	1:18.79	
53	Girls 200 Backstroke	2:49.39	3:20.79
54	Boys 200 Backstroke	2:49.59	3:20.79





## Order of Events—Continued

### Saturday July 16<sup>th</sup>—Session #4—13-14

Event #	Event	Slower Than	Equal/Faster Than
55	Girls 100 Backstroke	1:13.59	
56	Boys 100 Backstroke	1:10.39	
57	Girls 200 Breaststroke	3:04.39	3:23.69
58	Boys 200 Breaststroke	2:53.99	3:19.29
59	Girls 100 Butterfly	1:12.79	
60	Boys 100 Butterfly	1:08.99	
61	Girls 50 Freestyle	29.69	
62	Boys 50 Freestyle	27.99	
63	Girls 200 Individual Medley	2:39.79	2:57.39
64	Boys 200 Individual Medley	2:30.39	2:54.69
65	Girls 800 Freestyle	10:32.69	11:08.79
66	Boys 800 Freestyle	10:06.29	10:48.79

### Session #5—15 & Over

Event #	Event	Slower Than	Equal/Faster Than
67	Women 100 Backstroke	1:10.39	
68	Men 100 Backstroke	1:04.69	
69	Women 200 Breaststroke	2:57.79	3:15.69
70	Men 200 Breaststroke	2:41.89	3:04.49
71	Women 100 Butterfly	1:08.39	
72	Men 100 Butterfly	1:01.99	
73	Women 50 Freestyle	28.59	
74	Men 50 Freestyle	25.89	
75	Women 200 Individual Medley	2:31.89	2:50.09
76	Men 200 Individual Medley	2:18.79	2:38.99
77	Women 1500 Freestyle	19:22.19	20:45.09
78	Men 1500 Freestyle	18:23.89	19:36.69



## Order of Events—Continued

### Sunday July 17<sup>th</sup>—Session #6—10 & Under

Event #	Event	Slower Than	Equal/Faster Than
79	Girls 200 Individual Medley	3:17.89	3:47.29
80	Boys 200 Individual Medley	3:16.29	3:47.29
81	Girls 100 Freestyle	1:18.79	
82	Boys 100 Freestyle	1:18.99	
83	Girls 50 Butterfly	40.49	
84	Boys 50 Butterfly	41.09	
85	Girls 50 Backstroke	41.89	
86	Boys 50 Backstroke	42.09	
87	Girls 100 Breaststroke	1:44.49	
88	Boys 100 Breaststroke	1:46.89	

### Session #7—11-12

Event #	Event	Slower Than	Equal/Faster Than
89	Girls 200 Individual Medley	2:49.59	3:15.19
90	Boys 200 Individual Medley	2:49.39	3:15.19
91	Girls 100 Freestyle	1:08.39	
92	Boys 100 Freestyle	1:08.09	
93	Girls 50 Butterfly	33.99	
94	Boys 50 Butterfly	34.39	
95	Girls 50 Backstroke	36.29	
96	Boys 50 Backstroke	36.69	
97	Girls 200 Butterfly	3:11.69	3:22.49
98	Boys 200 Butterfly	3:12.69	3:22.49
99	Girls 100 Breaststroke	1:30.29	
100	Boys 100 Breaststroke	1:30.79	



## Order of Events—Continued

### Sunday July 17<sup>th</sup>—Session #8—13-14

Event #	Event	Slower Than	Equal/Faster Than
101	Girls 200 Freestyle	2:20.39	2:35.09
102	Boys 200 Freestyle	2:13.59	2:32.99
103	Girls 200 Backstroke	2:38.09	2:59.39
104	Boys 200 Backstroke	2:32.49	2:55.29
105	Girls 100 Breaststroke	1:25.79	
106	Boys 100 Breaststroke	1:19.79	
107	Girls 200 Butterfly	2:47.79	3:04.89
108	Boys 200 Butterfly	2:39.99	3:01.09
109	Girls 100 Freestyle	1:03.89	
110	Boys 100 Freestyle	1:00.89	
111	Girls 1500 Freestyle	19:56.79	20:57.89
112	Boys 1500 Freestyle	19:37.39	20:26.29

### Session #9—15 & Over

Event #	Event	Slower Than	Equal/Faster Than
113	Women 200 Freestyle	2:14.49	2:29.19
114	Men 200 Freestyle	2:02.89	2:18.39
115	Women 200 Backstroke	2:30.99	2:50.09
116	Men 200 Backstroke	2:21.59	2:41.99
117	Women 100 Breaststroke	1:21.99	
118	Men 100 Breaststroke	1:12.69	
119	Women 200 Butterfly	2:35.99	2:59.09
120	Men 200 Butterfly	2:23.59	2:44.49
121	Women 100 Freestyle	1:01.99	
122	Men 100 Freestyle	56.19	
123	Women 800 Freestyle	9:51.79	10:58.99
124	Men 800 Freestyle	9:26.79	10:22.29





NEW JERSEY SWIMMING

# NJ Swimming 2016 LC Silver/Bronze Championships Region B Friday-Sunday July 15<sup>th</sup>-17<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.

### Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form, for the NJ Swimming 2016 Long Course Silver/Bronze Championships Region B meet on July 15<sup>th</sup>- 17<sup>th</sup>, 2016 are registered members of USA Swimming. All USA Swimming numbers are correctly listed and unless otherwise noted, are not required to swim unattached (UN) due to the 120 day transfer. 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:	_____	Non-800/1500m Individual event entries @ \$6.00 =	\$ _____
	_____	800/1500m Individual event entries @ \$11.00 =	\$ _____
	_____	Relay entries @ \$9.00 =	\$ _____
		Total:	\$ _____

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

### 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.

### List all Unattached Swimmers:

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_