

# THE JEFF LOWE SUMMER FUN MEET

Hosted by **HAMILTON Y AQUATIC CLUB** @ PRINCETON UNIVERSITY, DeNunzio Pool

**Tuesday, July 18<sup>th</sup>, 2017**

Doors open at 10:30AM Warm-up @ 10:30AM;

Check-in by 10:45AM

Start at 11:30AM

**FACILITY:** Princeton University is an 8 lane **50 meter** pool located on Faculty Road with Colorado timing.

**MEET DIRECTOR:** Ellen W. Mace ([besmarttinc@gmail.com](mailto:besmarttinc@gmail.com))

**ELIGIBILITY:** Swimmers must be members in good standing of a NJ YMCA and be 12 years old by July 31<sup>st</sup>, 2017

**ENTRY FEES:** \$5.00 per individual event and \$8.00 per relay event; deck entries \$10.00. There will also be a \$10.00 surcharge per swimmer

**ENTRIES:** Team Manager entries should be emailed to [entries1@juno.com](mailto:entries1@juno.com) no later than **Tuesday July 11<sup>th</sup>, 2017**. Entries can be in yards, short course meters or long course meters. Payment should be made to **HAC** and mailed to **BE Smartt, Inc., 604 Paxson Avenue, Mercerville, NJ 08619**. Deck entries **may** be accepted; the fee will be \$10.00/per event. The TM events file is posted at [www.besmarttinc.com](http://www.besmarttinc.com)

**MEET FORMAT:** This YMCA meet is designed to give YMCA swimmers an opportunity to qualify for the upcoming YMCA nationals. No awards will be given. The 2017 USA Swimming Technical Rules shall govern this meet. All events are open. However, swimmers must be 12 years old by July 31<sup>st</sup>, 2017 in order to compete. The Meet Director reserves the right to amend the events, or limit heats. HACY has the right to enter non-qualifying swimmers into the meet.

**CHECK IN:** The entire meet will be deck seeded and time permitting **deck entries may be accepted**. All coaches must turn in check-in sheets by 10:45AM. **Scratches should have names circled with the word "SCR" next to the name. Scratches from events should have the event number circled and the "SCR". All other swimmers should have a line through their name signifying the swimmer will swim in all events entered.** Any swimmer who has not checked in will be scratched from the session.

**ADMISSIONS:** There will be no admission fee; heat sheets will be available online at [www.besmarttinc.com](http://www.besmarttinc.com) (free access) and at meet mobile (fee site)

**RESULTS:** A zip file will be posted immediately following the meet at [www.besmarttinc.com](http://www.besmarttinc.com).

**OFFICIALS:** Gary Thayer, Meet Referee: [gght466@gmail.com](mailto:gght466@gmail.com)

**CONDUCT:** Proper conduct at all times will be enforced by coaches, parents, marshals, and the meet directors.

**TIMERS:** Participating clubs will be asked to provide timers with stopwatches; we will have **three** timers on a lane.

**DIRECTIONS:** Take Route 1 South, to Route 571 (Washington Road) make a right, then another right at the first light. The parking lot will be on your left past DeNunzio Pool.

**QUESTIONS:** Contact Ellen, 609.558.0988, [besmarttinc@gmail.com](mailto:besmarttinc@gmail.com) or Sue Welsh, 609.468.9286, [swelshhacy@gmail.com](mailto:swelshhacy@gmail.com)



## EVENTS AND NOTES:

### Time Standards Report: Equal to or faster than

Event 1	Girls 200 Medley Relay	2:06.99
Event 2	Boys 200 Medley Relay	1:54.99
Event 3	Girls 50 Free	28.49
Event 4	Boys 50 Free	25.79
Event 5	Women 100 Back	1:09.59
Event 5	Men 100 Back	1:03.99
Event 7	Women 200 Fly	2:31.59
Event 7	Men 200 Fly	2:17.69
Event 9	Women 100 Breast	1:18.99
Event 9	Men 100 Breast	1:12.39
Event 11	Women 200 IM	2:31.79
Event 11	Men 200 IM	2:19.69
Event 13	Women 200 Free	2:13.99
Event 13	Men 200 Free	2:02.99
Event 15	Women 50 Fly	
Event 15	Men 50 Fly	
Event 17	Women 200 Breast	2:51.49
Event 17	Men 200 Breast	2:37.99
Event 19	Women 50 Back	
Event 19	Men 50 Back	
Event 21	Women 100 Free	1:01.69
Event 21	Men 100 Free	56.69
Event 23	Women 100 Fly	1:07.59
Event 23	Men 100 Fly	1:01.19
Event 25	Women 50 Breast	
Event 25	Men 50 Breast	
Event 27	Women 200 Back	2:28.99
Event 27	Men 200 Back	2:18.99
Event 29	Girls 200 Free Relay	1:53.99
Event 30	Boys 200 Free Relay	1:43.79
Event 31	Women 400 Free	4:36.99
Event 31	Men 400 Free	4:17.99
Event 33	Women 400 IM	5:18.99
Event 33	Men 400 IM	4:54.99
Event 35	Women 800 Free	9:26.99
Event 35	Men 800 Free	8:51.99
Event 37	Women 1500 Free	18:14.99
Event 37	Men 1500 Free	17:11.49

1. All events will run SLOW to FAST.
2. Entries can be in yards, short course meters, or long course meters.
3. Swimmers may enter as many events as desired.
4. HAC reserves the right to combine any event into a **mixed gender event**.
5. Depending on the number of athletes participating, HAC reserves the right to invoke entry limits, revise the order of events, delete certain events and otherwise revise the meet to address any time/facility constraints.
6. \* Relays will be deck entered based on available time and facility setup

