

# 2018 May Warm-Up

Hosted by YMCA of Montclair Dolphins  
at the Werblin Recreation Center, Rutgers University

*Held under the sanction of USA Swimming*

Meet Sanction #	<b>NJ Swimming Sanction #- NJS051918LC</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>Saturday &amp; Sunday May 19<sup>th</sup> &amp; 20<sup>th</sup>, 2018</b>		
Location:	<b>Sonny Werblin Recreation Center, Busch Campus, Rutgers University</b>		
Facility Info:	The Sonny Werblin Recreation Center pool is an 8-lane, 50 meter pool, with pedestal starting blocks and a Colorado Timing system. The water depth in the competition pool is 6 feet at the scoreboard end and 14 feet at the dive end. There is an auxiliary pool (patio pool) for warm-up and warm-down throughout the meet, and seating for 1,000 spectators, including 400 chair-backed seats. The remaining seating is bleacher style.		
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:	Paulo Madeira		<a href="mailto:pmadeira@montclairymca.org">pmadeira@montclairymca.org</a>
Meet Director:	Ellen Mace	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referee:	Roni Sawin (Saturday) Val Gibson (Sunday)		<a href="mailto:ronisawin2@aol.com">ronisawin2@aol.com</a> <a href="mailto:vhgswimming@msn.com">vhgswimming@msn.com</a>
Admin Official:	John Lister		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshall:	Paulo Madeira		<a href="mailto:pmadeira@montclairymca.org">pmadeira@montclairymca.org</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>April 19<sup>th</sup>, 2018 at 6am</b>		
Entry Deadline:	<b>Saturday May 5<sup>th</sup>, at 6pm</b>		
Swimmer Age	Swimmer ages for this meet are as of: <b>May 19<sup>th</sup>, 2018</b>		
Entry Fees:	Individual Entry: \$5.00, Relay Entry: \$9.00		
Meet Course:	Long Course Meters (LCM).		
Meet Format:	<ul style="list-style-type: none"> <li>This meet will be run as timed final meet.</li> <li>There will be 10 &amp; Under, 11-12, 13-14, 15 &amp; Over, and open events.</li> <li><b>There are qualifying times for this meet. As long as a swimmer qualifies for at least one event per day, that swimmer may swim four events that day. Note: the mid-session 800/1500 freestyles may not be used as bonus events. Swimmers must meet the qualifying time for those events.</b></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 Individual Events</b> <b>1 Relay Event</b>	Meet: <b>8 Individual Events</b> <b>2 Relay Event</b>	
Checks Payable To:	<b>YMCA of Montclair</b>		
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 May Warm-Up

Saturday May 19<sup>th</sup>

Facility Opens at 11:45am

## Saturday Afternoon Session #1—12 & Under

*"Make 1, Swim 4"*

Warm-up: Noon

Meet Start: TBA

Girls	Equal/Faster	Age Group and Event	Equal/Faster	Boys
#1	1:48.89 1:31.39	10 & Under 100 Backstroke 11-12 100 Backstroke	1:48.89 1:31.39	#2
#3	55.09 47.09	10 & Under 50 Breaststroke 11-12 50 Breaststroke	55.09 47.09	#4
#5	1:56.19 1:31.99	10 & Under 100 Butterfly 11-12 100 Butterfly	1:56.19 1:31.99	#6
#7	40.89 35.69	10 & Under 50 Freestyle 11-12 50 Freestyle	40.89 35.69	#8
#9	3:47.29 3:15.19	10 & Under 200 IM 11-12 200 IM	3:47.29 3:15.19	#10
#11		12 & Under 200 Freestyle Relay		#12

## Saturday Late Afternoon Session #2—1500 Freestyle

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#13	20:57.89 20:45.09	14 & Under 1500 Freestyle** 15 & Over 1500 Freestyle**	20:26.29 19:36.69	#14

\*\* These events are not part of "make 1, swim 4". Swimmers must meet the qualifying time. These events will swim slow to fast, alternating genders. Swimmers must provide their own timers and counters.

## Saturday Evening Session #3—13 & Over

*"Make 1, Swim 4"*

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#15	2:57.39 2:50.09	13-14 200 IM 15 & Over 200 IM	2:54.69 2:38.99	#16
#17	1:33.59 1:30.19	13-14 100 Breaststroke 15 & Over 100 Breaststroke	1:31.29 1:25.29	#18
#19	1:11.49 1:09.49	13-14 100 Freestyle 15 & Over 100 Freestyle	1:09.89 1:03.09	#20
#21	1:23.39 1:18.99	13-14 100 Butterfly 15 & Over 100 Butterfly	1:20.29 1:14.29	#22
#23	2:59.39 2:50.09	13-14 200 Backstroke 15 & Over 200 Backstroke	2:55.29 2:41.99	#24
#25		13 & Over 200 Freestyle Relay		#26



# 2018 May Warm-Up

Sunday May 20<sup>th</sup>

Facility Opens at 11:45am

## Sunday Afternoon Session #4—12 & Under

*"Make 1, Swim 4"*

Warm-up: Noon

Meet Start: TBA

Girls	Equal/Faster	Age Group and Event	Equal/Faster	Boys
#27	1:32.99 1:17.49	10 & Under 100 Freestyle 11-12 100 Freestyle	1:32.99 1:17.49	#28
#29	49.89 42.49	10 & Under 50 Backstroke 11-12 50 Backstroke	49.89 42.49	#30
#31	2:02.39 1:43.69	10 & Under 100 Breaststroke 11-12 100 Breaststroke	2:02.39 1:43.69	#32
#33	48.59 39.99	10 & Under 50 Butterfly 11-12 50 Butterfly	48.59 39.99	#34
#35	3:23.79 2:48.69	10 & Under 200 Freestyle 11-12 200 Freestyle	3:23.79 2:48.69	#36
#37		12 & Under 200 Medley Relay		#38

## Sunday Late Afternoon Session #5—800 Freestyle

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#39	11:08.79 10:58.99	14 & Under 800 Freestyle** 15 & Over 800 Freestyle**	10:48.79 10:22.29	#40

\*\* These events are not part of "make 1, swim 4". Swimmers must meet the qualifying time. These events will swim slow to fast, alternating genders. Swimmers must provide their own timers and counters.

## Sunday Evening Session #6—13 & Over

*"Make 1, Swim 4"*

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#41	3:23.69 3:15.69	13-14 200 Breaststroke 15 & Over 200 Breaststroke	3:19.29 3:04.49	#42
#43	32.99 32.09	13-14 50 Freestyle 15 & Over 50 Freestyle	31.89 28.99	#44
#45	3:04.89 2:59.09	13-14 200 Butterfly 15 & Over 200 Butterfly	3:01.09 2:44.49	#46
#47	1:22.89 1:19.19	13-14 100 Backstroke 15 & Over 100 Backstroke	1:20.69 1:13.59	#48
#49	2:35.09 2:29.19	13-14 200 Freestyle 15 & Over 200 Freestyle	2:32.99 2:18.39	#50
#51		13 & Over 200 Medley Relay		#52



## Meet Schedule

Saturday May 19 <sup>th</sup>		Warm-up	Start
Facility Opens at 11:45am			
Session 1	12 & Under	Noon	TBA**
Session 2	Open 1500 Freestyle	TBA**	TBA**
Session 3	13 & Over	TBA**	TBA**
Sunday May 20 <sup>th</sup>		Warm-up	Start
Facility Opens at 11:45am			
Session 4	12 & Under	Noon	TBA**
Session 5	Open 800 Freestyle	TBA**	TBA**
Session 6	13 & Over	TBA**	TBA**

\*\* The schedule for all sessions after the first will be established when all entries have been received and a timeline developed. This will be published on the meet website and e-mailed to the coaches of participating teams at least one week before the meet.

Scoring:	<ul style="list-style-type: none"> <li>Team scoring will not be kept.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>There will be no 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>
Admissions and Programs:	<ul style="list-style-type: none"> <li>Admission will be \$10.00 per session. Heat sheets will be online at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> (free) and Meet Mobile (subscription required)</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>Rutgers will be operating a food and refreshments stand in the hallway.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>A swim vendor will be at the meet.</li> </ul>
Entry Information:	<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><b>Bring the signed waiver and entry fee check to the first session of the meet where the team competes.</b></li> <li><b>Entry Fee Summary forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes.</b></li> <li>Team entries will be considered accepted when the host club accepts the entries.</li> <li>Entries will be taken until the meet fills. The host club must stay within the four hour 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 long course meters. Converted times are permitted.</li> </ul>
Distance Events:	<ul style="list-style-type: none"> <li>All 800/1500m freestyle events will be swum slowest to fastest, alternating genders. The slowest heats may be combined with no lane separating the genders.</li> <li>These events are <b>not</b> "make 1, swim 4". Swimmers must meet the event qualifying times.</li> <li>Swimmers need to provide their own timers and counters.</li> </ul>
Heat Limited Events:	<ul style="list-style-type: none"> <li>None.</li> </ul>
Relays:	<ul style="list-style-type: none"> <li>Relay scratches should be turned in at general session 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> </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:	<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 distance events 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. 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 your 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. 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 during all warm-up 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> </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 suits that have 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:	<ul style="list-style-type: none"> <li>• The Crowne Plaza, 732-716-1175</li> <li>• The Courtyard by Marriott on Davidson Avenue</li> <li>• The Doubletree Executive Somerset on Atrium Drive</li> </ul>
Directions:	<p><b><i>Directions to Sonny Werblin Recreation Center:</i></b></p> <p><b>Address:</b> 656 Bartholomew Rd, Piscataway NJ 08854</p> <p><b>Garden State Parkway Southbound</b> Turn off at Exit 129 and take the New Jersey Turnpike South. Exit the Turnpike at Exit 9, follow NJ Turnpike directions below.</p> <p><b>Garden State Parkway Northbound</b> Turn off at Exit 105 and follow signs for Route 18 North. After approximately 24 miles, you will pass the entrance for the New Jersey Turnpike. Continue on Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p><b>Interstate 287</b> Turn off at Exit 9 Bound Brook/Highland Park. Proceed East on River Road towards Highland Park. Continue on River Road and you will pass under the overpass for Route 18. Turn left at the next traffic light onto North. Take the next exit on Route 18 North, Campus Road. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p><b>New Jersey Turnpike</b> Exit the Turnpike at Exit 9, bear right after the tollbooths and follow signs for Route 18 North—New Brunswick. Stay to the left to continue on Route 18 North. Proceed along Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p><b>US Route 1</b> Turn off at exit marked Route 18 North—New Brunswick. Proceed along Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p><b>Rutgers will have posted signs indicating which of the parking lots are for the swim meet. Please use one of these lots. Rutgers campus police may ticket automobiles that are parked in lots other than those designated for the swim meet!</b></p>

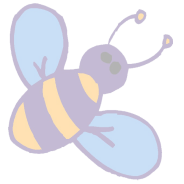




NEW JERSEY SWIMMING

# 2018 May Warm-Up

Saturday-Sunday May 19<sup>th</sup>-20<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, Rutgers University, YMCA of Montclair, 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 **MYM May Warm-Up meet, May 19<sup>th</sup>-20<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.

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:

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<b>Entry Fee Summary:</b>	_____ Timed Final individual event entries @ \$5.00 =	\$_____
	_____ 800/1500 Freestyle timed final individual entries @ \$11.00 =	\$_____
	_____ Relay event entries @ \$9.00 =	\$_____
	Total:	\$_____

Make checks payable to: **YMCA of Montclair**