

2022 NJRC Last One Best One Invitational

Hosted by New Jersey Race Club
at Rock Sports Club

Held under the sanction of USA Swimming

Meet Sanction #	NJ Swimming Sanction # – NJS032722SCY 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. 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:	Sunday March 27th, 2022		
Location:	Rock Sports Club , 3092 Shafto Rd Building 3, Tinton Falls, NJ 07753		
Facility Info:	The Rock Sports Club Pool is a 6-lane pool consisting of six 25-yard lanes, with Colorado Timing, using 2 buttons per lane. The depth of the pool at the start end is 6.5 feet; the depth at the turn end is 6.5 feet.		
Pool Certification Statement:	The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement, and refers to the pre-certification of the pool length measurement in regards to National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C(4) does not impact the validity of the times achieved in this pool. Times swum at this meet will in fact be entered in SWIMS and are eligible for qualifying for any other USA Swimming sanctioned competition.		
Host Team Contact:	Andreas Rostenberg	732-299-4772	andreasnjrc@yahoo.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Gary Thayer		gght466@gmail.com
Admin Officials:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshall:	Kyle Williams		kyle.williams3@hotmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	March 11, 2022 at 6:00am		
Entry Deadline:	Tuesday March 22nd, at 6:00pm		
Swimmer Age	Swimmer ages for this meet are as of: Sunday March 27th, 2022		
Entry Fees:	Individual Event: \$5	Relay Event: \$9	There will be a \$10 swimmer surcharge.
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> • This meet will be run as a timed final meet. • There will be 10 & Under, and 11-12 events. Both genders will swim together, except for relays, but will be broken out for results. • There are no qualifying times for this meet. • No deck entries will be accepted. • Swimmers will wear masks at all times except when in the water. • All other participants will wear masks and maintain safe social distance at all times. 		
Entry Limits:	Daily: 4 Individual Events 1 Relay Event	Meet: 4 Individual Events 1 Relay Event	
Checks Payable To:	New Jersey Race Club		
Email Entry Files To:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is participating.		



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Sunday March 27th, 2022

Facility Opens at 6:45am

Sunday Morning Session #1—11-12

Warm-up: 7:00am

Meet Start: 8:00am

Girls	11-12 Event	Boys
#1	200 Freestyle Relay	#2
<i>Individual events are mixed</i>		
#3	100 IM	#3
#4	50 Breaststroke	#4
#5	100 Freestyle	#5
#6	50 Butterfly	#6
#7	100 Breaststroke	#7
#8	50 Backstroke	#8
#9	200 Freestyle	#9
#10	100 Butterfly	#10
#11	50 Freestyle	#11
#12	100 Backstroke	#12
#13	500 Freestyle	#13

Sunday Midday Session #2—10 & Under

Warm-up: TBA

Meet Start: TBA

Girls	10 & Under Event	Boys
#15	200 Freestyle Relay	#16
<i>Individual events are mixed</i>		
#17	100 IM	#17
#18	50 Breaststroke	#18
#19	25 Backstroke	#19
#20	100 Freestyle	#20
#21	50 Butterfly	#21
#22	25 Freestyle	#22
#23	100 Breaststroke	#23
#24	50 Backstroke	#24
#25	25 Breaststroke	#25
#26	200 IM	#26
#27	25 Butterfly	#27
#28	50 Freestyle	#28
#29	100 Backstroke	#29
#30	500 Freestyle	#30



Tentative Meet Schedule**

Sunday March 27 th		Warm-up	Start
Facility Opens 6:45am			
Session #1	11-12	7:00am	8:00am
Session #2	10 & Under	TBA**	TBA**

**Session start times to be determined when all entries are received. The final schedule will be distributed to coaches and published at www.besmarttinc.com.

Scoring:	<ul style="list-style-type: none"> None.
Awards:	<ul style="list-style-type: none"> None.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts may be used. Coaches and swimmers will be informed after each session is seeded.
Admissions and Programs:	<ul style="list-style-type: none"> Online heat sheets will be available on www.besmarttinc.com and Meet Mobile.
Spectator Considerations	<ul style="list-style-type: none"> Spectators are welcome to come into the gym to workout and watch the meet events on one of the gyms TVs. One day passes to the Rock Sports Club gym are \$10.00.
Concessions:	<ul style="list-style-type: none"> Refreshments and snacks will be on sale in the lobby.
Vendor:	<ul style="list-style-type: none"> Swim NJ is in the lobby.
Locker Rooms:	<ul style="list-style-type: none"> Locker room use will be restricted to emergency use only. In accordance with NJ Department of Health protocols, they will not be available for changing or showering.
Entry Info:	<ul style="list-style-type: none"> There will be no refunds after the entry deadline (Clean entry file, February 26th) except for events that may be scratched from meet by the Entry Coordinator or Meet Director Entries will be acknowledged within 48 hours of receipt. All invited teams will be guaranteed entry into this meet, provided their entry conforms to the meet requirements, and provided that entry procedure is followed. Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes.
Entry Times:	<ul style="list-style-type: none"> No NT entries will be accepted. All entry times must be in short course yards. Converted times are acceptable.
Relays:	<ul style="list-style-type: none"> Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. Unattached swimmers may not swim in any relay.
Swimmer Eligibility:	<ul style="list-style-type: none"> No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. 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.
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"> The host club will provide two timers in each lane throughout the meet The host club will have stopwatches available for volunteers helping to time.



Participating Club Responsibilities:	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website (www.besmarttinc.com) 1 week prior to the meet. • Because of COVID restrictions, only participating club parents who are timing will be allowed into the building. Parents Participating club parents who are timing must be prepared to stay the whole session. Parent timers may not use phones/cameras while on the deck. • Participating clubs should help with officiating whenever possible. Club officials should contact the meet referees to volunteer.
Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP). • Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions. • 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. • 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. • Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. • All Coaches must have some form of USA coaching credential verification with them at all times.
Officials Conduct & Eligibility:	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP). • Make sure all interactions with athletes are observable and interruptible. • Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards. • Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. • All officials must wear the standard white and blue uniform. • Officials will be required to work the entire session and will receive free admission.
Meet Format Waiver:	<ul style="list-style-type: none"> • This meet will be run in accordance to current USA Swimming Rules. • The host club has the right to change the format of the meet. 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"> • To allow more swimmers to swim. • To conform to facility capacity limits or for facility safety concerns. • To condense the meet into smaller time frame. • Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.
Warm-up Procedures:	<ul style="list-style-type: none"> • Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines • Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. • All swimmers must enter the pool feet first from the starting end of the pool. • New Jersey Swimming officials will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction.
Check-In:	<ul style="list-style-type: none"> • 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. • Failure to follow this procedure may result in the swimmer(s) being scratched from the session.



No Show Procedure:	<ul style="list-style-type: none"> 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.
Internet Website Posting:	<p>Internet location for all meet information: http://www.besmarttinc.com.</p> <ul style="list-style-type: none"> Heat Sheets and real-time results will be available during the meet. Downloadable Results (Zipped .CL2 & .HY3 files) for TM will be provided post meet. Printable meet results (.PDF files) will be provided post meet.
Results:	<ul style="list-style-type: none"> Meet result files for TM will be emailed to all participating teams. Meet results will be posted on the meet website and on the New Jersey Swimming Website: www.njswim.org
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.
Minor Athlete Abuse Prevention Policy (MAAPP)	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"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy:	<p>Swimwear must conform to USA Swimming Rules:</p> <ul style="list-style-type: none"> Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition. "Tech suits" are not permitted at this meet for 12 & under swimmers. "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; www.njswim.org. Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (e.g.: kinesio tape) on any part of the body Pursuant to USA Swimming Rule 205.10.1, it is permissible for the swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.
COVID-19 Assumption of Risk Disclaimer	<p>The host team has taken enhanced health and safety measures for all participants. All persons participating must follow all posted instructions while at the Rock Sport Club 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 Rock Sport Club are voluntarily assuming all risks related to exposure to COVID-19.</p>
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.
Directions:	Google Maps: https://g.page/rocksportsclub?share





NEW JERSEY
SWIMMING

2022 NJRC Last One Best One Invitational

Sunday March 27th

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, Rock Sports Club, New Jersey Race Club Swim Team, 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 against 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 **NJRC Last One Best One Invitational** meet on **March 27th, 2022** 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.



All Information must be filled and submitted to the Host club with a check at the start of the meet.

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:

_____ Timed Final individual event entries @ \$5.00 =	\$ _____
_____ Relay event entries @ \$9.00 =	\$ _____
_____ Swimmer surcharge @ \$10.00 =	\$ _____
Total:	\$ _____

Make checks payable to: **New Jersey Race Club**



2022 NJRC Last One Best One Invitational, Rock Sports Club Pool—COVID 19 Protocol

- In applying for this sanctioned event, New Jersey Race Club Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, NJ Swimming, the State of New Jersey and the Monmouth County Department of Health.
- **COVID Contact Person** The Manager/Deck Supervisor on duty will serve as the immediate COVID contact person.
 - **Main Covid Contact Person:** Andreas Rostenberg, 732-299-4772, andreasnjrc@yahoo.com
 - **Covid Ambassador:** Kyle Williams, kyle.williams3@hotmail.com

Personal Protective Equipment (PPE)

- All staff will be required to wear masks when not on stand and where social distancing may not be possible.
- The first aid room will hold extra PPE for emergencies.
- Staff will be required to wear masks and gloves when helping patrons or providing aid.

COVID-19 Awareness Training

- All staff members will be trained on the New Jersey Department of Health guidelines to keep themselves and the patrons safe. COVID- 19 awareness training will continue throughout the season as more information and courses are provided.

Police Notification Policy

- In the event of non-compliance to social distancing guidelines, management will be trained to give a warning. If the patron is still non-compliant the police will be called. There will be no tolerance for non-compliance.
- **Tinton Falls Police: 732-542-4423**

Screening and Documenting Staff

- Temperatures will be taken of all staff members prior to entering the facility. No staff member will be allowed to work with a temperature reading of 100.4 degrees or higher.
- Any staff with symptoms of COVID- 19 will be encouraged to stay home and will require a note from a physician to return to work. Symptoms related to COVID-19 include:
 - *Cough*
 - *Shortness of breath or difficulty breathing*
 - *Fatigue*
 - *Muscle or body aches*
 - *Headache*
 - *New loss of taste or smell*
 - *Congestion or runny nose*
 - *Nausea or vomiting*
 - *Diarrhea*

Admittance and Access to the Facility

- There will be a separate entrance and exit so that there is no cross path between entering and exiting patrons.
- Face masks will be required upon entering and exiting of the facility and patrons will be reminded to remain a minimum of 6 feet apart. Patrons will be encouraged to maintain social distancing as they enter the facility.
- Face masks will not be required in the water.
- Each patron will receive a temperature check with a digital thermometer upon entry and any patron with a temperature of 100.4°F or higher will not be permitted into the facility.
- Parents will not be allowed into the facility.
- Swimmers will sit in designated chairs, must wear a mask while not swimming, and maintain 6 feet social distancing protocol.

Infection Control Strategies

Communication with Local Health Authority

- Rock Sports Club Staff will contact the local health department **immediately** by phone (732-431-7456) if there is a suspected case of COVID-19. When reporting the staff will give pool location and where the patient resides.
- If the local health department cannot be reached, the New Jersey Department of Health will be contacted (800-367-6543, after hours emergency number 609-392-2020)
- If the Rock Sports Club Pool experiences a confirmed case of COVID-19, management will work with the Local Health Authority to determine if the facility should be shut down temporarily.

Restrooms and Shower Access

- The health and safety of swimmers and staff remains our highest priority.
- Locker/Bathroom use will only be for emergency use of the restroom.

