

2023 PTAC Kickoff

Hosted by Princeton Tigers Aquatic Club

at the Princeton Middle School

Held under the sanction of USA Swimming

Meet Sanction Info:	NJ Swimming Sanction # – NJS-TF-021123SCYA 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:	Saturday February 11th, 2023		
Location:	Princeton Middle School Pool , 217 Walnut Lane, Princeton NJ 08540		
Facility Info:	The Princeton Middle School Pool is an 8-lane 25 yard pool with a Colorado timing system and full display scoreboard. The depth of the pool at the start end is 8 feet and the depth at the turn end is 4 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:	Miles Cava		miles.cava@gmail.com
Meet Director:	Ellen W Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Gary Thayer		gght466@gmail.com
Admin Officials:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshalls:	Miles Cava Evelyn Cava		miles.cava@gmail.com evelynp.yuen@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Thursday February 2nd, 2023 at 6:00am		
Entry Deadline:	Saturday February 4th, 2023, at 6:00pm		
Swimmers Age:	Swimmer ages for this meet are as of: Saturday February 11th, 2023		
Entry Fees:	Individual Entry: \$7.00 400 IM/500 Freestyle Entry: \$10.00	Relay Entry: \$10.00	
	There will be a \$10 athlete 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 12 & Under, and 13 & Over, and 10 & Under, 11-12, 13-14, and 15 & Over relays. The 12 & Under events will be listed separately as 10 & Under, 11-12. The 13 & Over events will be listed separately as 13-14, and 15 & Over.• There are no qualifying times for this meet.• 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.		
Entry Limits:	Daily: 4 Individual Events 1 Relay Event	Meet: 4 Individual Events 1 Relay Events	
Checks Payable To:	Princeton Tigers Aquatics Club		
Email Entry Files To:	besmarttinc@gmail.com . Entries must be a Hy-Tek Team manager, or equivalent entry file.		
Mail Checks/Reports	Bring to the first session of the meet where the team is competing.		



2023 PTAC Kickoff

Saturday January 14th

Facility Opens at 12:00pm

Session #1—12 & Under

Saturday MIDDAY

Warm-up: 12:15pm

Meet Start: TBA

Girls	Age Group & Event	Boys
#1	Mixed 10 & Under 200 Medley Relay	#1
#2	Mixed 11-12 200 Medley Relay	#2
<i>3 Minute Break</i>		
#3	12 & Under 200 IM	#4
#5	12 & Under 100 Freestyle	#6
#7	12 & Under 50 Backstroke	#8
#9	12 & Under 100 Breaststroke	#10
#11	12 & Under 50 Butterfly	#12
#13	12 & Under 200 Freestyle	#14
#15	12 & Under 100 Backstroke	#16
#17	12 & Under 50 Breaststroke	#18
#19	12 & Under 100 Butterfly	#20
#21	12 & Under 50 Freestyle	#22
#23	12 & Under 100 IM	#24

Session #2—13 & Over

Saturday MIDDAY

Warm-up: TBA

Meet Start: TBA

Women	Age Group & Event	Men
#25	Mixed 13-14 200 Medley Relay	#25
#26	Mixed 15 & Over 200 Medley Relay	#26
<i>3 Minute Break</i>		
#27	13 & Over 200 Freestyle	#28
#29	13 & Over 100 Backstroke	#30
#31	13 & Over 200 Breaststroke	#32
#33	13 & Over 100 Butterfly	#34
<i>10 Minute Break</i>		
#35	13 & Over 50 Freestyle	#36
#37	13 & Over 200 Backstroke	#38
#39	13 & Over 100 Breaststroke	#40
#41	13 & Over 200 Butterfly	#42
<i>10 Minute Break</i>		
#43	13 & Over 100 Freestyle	#44
#45	13 & Over 200 IM	#46
#47	13 & Over 500 Freestyle	#48
#4	13 & Over 400 IM	#50



Draft Meet Schedule*

Saturday		Warm-Up	Start
<i>Building opens at 12:00pm</i>			
Session #1	12 & Under	12:15pm	TBA*
Session #2	13 & Over	TBA*	TBA*

* **This schedule is draft only. The final schedule will be e-mailed to coaches of participating teams and posted on the meet web site.**

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> Ribbons will be awarded to the fastest three 10 & Under, and fastest three 11-12 swimmers in each individual 12 & Under event. Ribbons will be awarded to the fastest three 13-14, and fastest three 15 & Over swimmers in each individual 13 & Over event. Medals will be awarded to the fastest three relay teams in relay events.
Starts:	“Fly-over/Over-the-top” starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> Spectators will be allowed into the natatorium subject to capacity constraints. Psych sheets and heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Concessions:	None.
Vendor:	None.
Locker Rooms:	<ul style="list-style-type: none"> If only one locker room/restroom: If Athletes and Adults including Coaches & Officials must use the same facility, make sure you are not alone with an athlete in the locker room, including using the restroom. Be proactive and tell the meet director immediately if this happens, even when no fault of your own. If multiple facilities: There is a separate locker room/restroom for athletes only! All other adults including Coaches & Officials need to make sure that you are only using the facility marked for you.
Entry Information:	<ul style="list-style-type: none"> 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. All entries will be accepted on a first come basis. Bring the signed waiver and entry fee check to the first session of the meet where the team competes. Team entries will be considered accepted when the host club accepts the entries. Entries will be taken until the meet fills. The host club must stay within USA Swimming’s four hour per session rule. 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. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.
Entry Times:	<ul style="list-style-type: none"> New Jersey Swimming does not allow ‘NT’ or ‘No Time’ to be used as an entry time. All entry times must be in short course yards. Converted times are acceptable.
Distance Events:	<ul style="list-style-type: none"> Swimmers must provide a person to count for the 500 freestyle events.
Relays:	<ul style="list-style-type: none"> All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in. 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 60 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. All swimmers 18 & Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.
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 one timer 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.besmartinc.com) 1 week prior to the meet. Participating club parents must stay off the pool deck except for timing assignments. Participating clubs should help with officiating whenever possible. Officials should contact the meet referee (<i>See Page 1</i>) with their availability.
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 2.0). 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 2.0). 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:	<p>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 with the approval of the sanctioning chair and either the age group or senior chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include:</p> <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 period. <p>Some of the changes that may be made include: 1) add a session, 2) limiting heats in distance events, 3) condense sessions, and 4) eliminate relays.</p>



Warm-up Procedures:	<ul style="list-style-type: none"> • 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. • 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 are entitled to a fair and comparable warm-up. All teams must receive the same opportunities for warm-up lanes, sprint lanes, and pace lanes. • 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. • There will be three 20-minute warm-ups each session.
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 & www.njswim.org</p> <p>Post-Meet Information posted on website.</p> <ul style="list-style-type: none"> • Downloadable Results (Zipped .CL2 & .HY3 files) for TM • Printable meet results (.PDF file)
Results:	<ul style="list-style-type: none"> • Results will be e-mailed to teams participating in the meet. • Results will be posted on the meet website and on the NJ swimming Website www.njswimming.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, locker rooms, or behind the blocks.
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 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:	<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 (eg: kinesio tape) on any part of the body • 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>The host team has taken enhanced health and safety measures for all participants. All persons participating must follow all posted instructions while at the Princeton Middle School 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 Princeton Middle School Pool are voluntarily assuming all risks related to exposure to COVID-19</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>Hotel:</p>	<ul style="list-style-type: none"> • Holiday Inn, 100 Independence Way. 609-520-1200 Ask for special rate • Staybridge Suites, 4375 Route 1. 609-951-0009 Ask for sports group rate • Residence Inn by Marriott, 4225 Route 1. 732-329-9600 Rates include breakfast • Princeton Courtyard by Marriott, Route 1 & Mapleton Rd. 609-726-9100 Rates include breakfast
<p>Medical Information:</p>	<ul style="list-style-type: none"> • The Princeton Middle School Pool is staffed by certified lifeguards and all operational personnel are trained in CPR and First Aid. • There is an AED on site.
<p>Directions:</p>	<p>Google Maps: https://goo.gl/maps/jMRxjY9o6nxFHSbX9 (This location is approximately 235 Guyot Ave, which is where the pool entrance and parking lot entrance are located)</p>





NEW JERSEY
SWIMMING

2023 PTAC Kickoff

Saturday February 11th

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 Public Schools, Princeton Tigers Aquatics 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 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 Princeton Tigers Aquatics Club 2023 Kickoff Meet on February 11th, 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.



The 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:

Entry Fee Summary:

_____ Timed Final individual event entries @ \$7.00 =	\$ _____
_____ 400 IM/500 Freestyle individual event entries @ \$10.00 =	\$ _____
_____ Relay event entries @ \$10.00 =	\$ _____
_____ Athletes @ \$10.00 surcharge =	\$ _____
Total:	\$ _____

Make checks payable to: **Princeton Tigers Aquatics Club.**

