2022 February Extra

Hosted by Scarlet Aquatics
at the Werblin Recreation Center, Rutgers University
Held under the sanction of USA Swimming

Meet Sanction #	**NJ Swimming Sanction # – NJS020622SCY** **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.		
Dates of Meet:	**Sunday February 6th, 2022**		
Location:	**Sonny Werblin Recreation Center, Busch Campus, Rutgers University** **Rutgers University requires all parked vehicles to be registered with the University Parking and Transportation department. A registration link will be distributed to participating coaches and officials a week before the meet.**		
Facility Info:	The Werblin competition pool has two 8-lane 25 yard courses, with a minimum depth for diving of 6 feet. The meet will use the "Olympic A" course with warm-down lanes in the "Olympic B" course. The patio pools will not be used for this meet.		
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:	Thomas Speedling	732-742-4600	scarletaquatics@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Rob Curry		rcsauce@yahoo.com
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshall:	Colleen Kurtz		scarletaquatics@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	**Immediately**		
Entry Deadline:	**Thursday February 3rd, 2022 at 6:00pm**		
Swimmer Age	Swimmer ages for this meet are as of: **February 6th, 2022**		
Entry Fees:	Individual Entry: $5.00 **There will be an athlete surcharge of $10.**		
Meet Course:	Short Course Yards (SCY).		
Meet Format:	• This meet will be run as timed final meet. • There will be 10 & Under, 11-12, 13-14, and 15 & Over events. • There are no time standards 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	Meet: **4** Individual Events	
Checks Payable To:	**Scarlet Aquatic Club**		
Email Entry Files To:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		

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Facility Opens at 12:00pm

Sunday Afternoon Session #1—12 & Under

Warm-up: 12:15am **Meet Start: TBA**

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

Sunday Evening #2—13 & Over

Warm-up: TBA **Meet Start: TBA**

Women	Age Group and Event	Men
#25	13-14 100 Freestyle	#26
#27	15 & Over 100 Freestyle	#28
#29	13-14 100 Backstroke	#30
#31	15 & Over 100 Backstroke	#32
#33	13-14 200 IM	#34
#35	15 & Over 200 IM	#36
#37	13-14 100 Butterfly	#38
#39	15 & Over 100 Butterfly	#40
#41	13-14 100 Breaststroke	#42
#43	15 & Over 100 Breaststroke	#44
#45	13-14 50 Freestyle	#46
#47	15 & Over 50 Freestyle	#48

Tentative Meet Schedule**

Sunday February 6th		Warm-up	Start
Facility Opens at 12:00pm			
Session 1	12 & Under	12:15pm	TBA**
Session 2	13 & Over	TBA**	TBA**

** ***The complete schedule 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 after entries close.***

Scoring:	• Team scoring will not be kept.
Awards:	• None.
Starts:	• 'Fly-over/Over-the-top' starts will be used during this meet.
Surcharge and Programs:	• There will be a $10.00 swimmer surcharge. • Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Spectator Considerations	• As per USA Swimming Safe Sport Protocols, Parents or legal guardians will have access to their child and an opportunity to observe their child if the facility protocols allow for spectators. • **In accordance with Rutgers University policies, spectators will not be allowed into the facility.** • **The event will be live streamed.**
Concessions:	• None.
Vendor:	• None.
Locker Rooms:	• **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:	• 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 until the meet is full. • **Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes.** • Team entries will be considered accepted when the host club accepts the entries. • **Special Notice**: All entry 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.
Entry Times:	• New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. • All entry times must be in yards. Converted times are permitted.
Swimmer Eligibility:	• No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming 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. • **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:	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).
Host Club Responsibilities:	• The host club will provide timers in each lane throughout the meet. • The host club will e-mail entry verification back to the participating clubs. • The host club will create a warm-up schedule that will be fair and equal to all teams. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. • Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website www.besmarttinc.com no later than 1 week before the meet.
Participating Club Responsibilities:	• Participating clubs should help with officiating whenever possible. Officials should contact the meet referee (see page 1) with the sessions where they are available to assist.
Coaches Conduct & Eligibility:	• 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 needing, 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:	• 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:	• 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 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:
	  • 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:	• 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. • 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:	• 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 Policy:	• 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:	Internet location for all meet information: http://www.besmarttinc.com **Pre-Meet Information posted on website:** • Meet Information will be posted on the website. • Downloadable Hy-Tek Events list (.HYV file) will be posted on the website. • List Teams whose entries have been received. • List "heat limited" events psych sheet. • List Updated meet schedule. • List Warm-up Schedule and Team Warm-up Assignments. • List Timing assignments. **Post-Meet Information posted on website:** • Downloadable Results (Zipped .CL2 & .HY3 files) for TM • Printable meet results (.PDF file),
Results:	• 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 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 "), 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:	**Swimwear must conform to USA Swimming Rules.** • 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.
COVID-19 Assumption of Risk Disclaimer	**The host team has taken enhanced health and safety measures for all participants. All persons participating must follow all posted instructions while at the Werblin Recreation Center 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 Werblin Recreation Center Pool voluntarily assume all risks related to exposure to COVID-19.**
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:	• The Doubletree Executive Somerset on Atrium Drive • The Crowne Plaza, 732-716-1175 • The Courtyard by Marriott on Davidson Avenue
Directions:	***Google Maps: https://goo.gl/maps/KiPCdDs6bP54JpmP7*** **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!**

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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, Scarlet Aquatics, 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 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 2021 Scarlet Winter Invitational meet on **February 6th, 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.

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 @ $5.00 =	$_____
	_____	Swimmer surcharge @ $10.00/swimmer =	$_____
		Total:	$_____

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

2022 Scarlet February Extra, Werblin Recreation Center—COVID 19 Protocol

- In applying for this sanctioned event, Scarlet Aquatics 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 Middlesex County Department of Health.
- **COVID Contact Person** The Manager/Head Lifeguard on duty will serve as the immediate COVID contact person.
  - **Main Covid Contact Person**: Thomas Speedling, 732-742-4600, scarletaquatics@gmail.com
  - **Covid Ambassador**: Colleen Kurtz, scarletaquatics@gmail.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 and COVID 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.
- **Rutgers Police: 732-932-7211**

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:
  - *Fever or chills*
  - *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

- 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. They will be able to view the meet and their children via video streaming.
- Swimmers will sit on the bleachers and must wear a mask while not swimming and maintain 6 feet social distancing protocol.

Infection Control Strategies

Communication with Local Health Authority

- Scarlet Aquatics Staff will contact the local health department **immediately** by phone (732-745-8490) 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 Newark Academy 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.