



## The Last Chance Meet 2016

### Slower Than Gold Age Group Swim Meet

Hosted by Scarlet Aquatics  
 Saturday and Sunday, February 13<sup>th</sup> & 14<sup>th</sup>, 2016  
 Lincoln Community School  
 208 Prospect Avenue (East 30th Street), Bayonne, NJ 07002  
 Held under the sanction of USA Swimming

<b>Meet Sanction #</b>	<b>NJS021316SCB</b> In granting this 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.
<b>Date of Meet</b>	<b>Saturday and Sunday, February 13<sup>th</sup> &amp; 14<sup>th</sup>, 2016</b>
<b>Location</b>	Lincoln Community School, 208 Prospect Avenue (East 30th Street), Bayonne, NJ 07002
<b>Facility Information</b>	The Lincoln Community School pool is a six lane, 25 yard pool with 7 ft. lanes utilizing Anti-Wave Lane dividers, Colorado Timing and computerized results. The starting end of the pool is 4 ft deep and the depth at the turn end is 4 ft. Diving end well area will be used for warm-up and warm-downs during the competition.
<b>Pool Certification Statement</b>	The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
<b>Audio/Visual Recording Statement</b>	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
<b>Meet Director</b>	Ahmed Abdelaal— <a href="mailto:Coach-Ahmed@bmsnj.org">Coach-Ahmed@bmsnj.org</a>
<b>Meet Referee</b>	Chris Jung: — <a href="mailto:chrisleex@aol.com">chrisleex@aol.com</a>
<b>Administrative Official</b>	Ellen Mace
<b>Meet Safety Marshall</b>	Rodolfo Morel - (201) 780-2831
<b>Entry Coordinator</b>	Ellen Mace, Email: <a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a> . Phone: 609.558.0988—Best time to call is after 6:00pm weekdays.
<b>Entry Times</b>	<ul style="list-style-type: none"> <li>• <b>NJ Swimming does not allow NT or 'No Time' entries. NT's will not be accepted.</b></li> <li>• All entry times must be in short course yards. Converted times from LCM and SCM are acceptable for this meet.</li> <li>• For the <b>10 &amp; Under, 11-12, 13-14 and 15 &amp; Over events</b>, all swimmers must be entered with times <b>slower than NJ Swimming Gold times</b>.</li> <li>• For the <b>Open 500 Free and 400IM events</b>, all <b>14 &amp; Under swimmers</b> must be entered with times <b>slower than NJ Swimming Age 13-14 Gold times</b>, and all <b>15 &amp; Over swimmers</b> must be entered with times <b>slower than NJ Swimming 15-19 Gold Times</b>.</li> </ul>
<b>Entry Fees</b>	<ul style="list-style-type: none"> <li>• Individual Event Entry Fee : \$4.00</li> <li>• Checks payable to: <b>Bayonne Mermaids-Starfish</b></li> <li>• The host club has the right to scratch teams/swimmers for lack of payment of entry fees.</li> </ul>
<b>Swimmer Eligibility</b>	<ul style="list-style-type: none"> <li>• All swimmers must be members of USA Swimming and must be included in a team's official entry to be eligible to participate in this swim meet in any events, including relays.</li> <li>• All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers are to use a UN- (New Team Alpha Code) as their team affiliation.</li> <li>• All Unattached swimmers must be listed on the team's official waiver form.</li> <li>• Swimmers may swim <b>up to three individual events each day</b>.</li> </ul>



<p><b>Entries / Entry Deadline</b></p>	<ul style="list-style-type: none"> <li>• Entries <b>must be received by Saturday, January 30<sup>th</sup>, 2016.</b></li> <li>• All entries must be Hy-Tek program entries as an attached file to an e-mail.</li> <li>• Email entry files to <a href="mailto:entries1@juno.com">entries1@juno.com</a></li> <li>• Please reference <b>Last Chance Meet</b> in the e-mail subject line.</li> <li>• All entries will be accepted on a first come basis. Meet entries will be taken until the meet/sessions fill. The host club must stay within the 4-hour session rule.</li> <li>• Team entries will be considered as accepted when the meet entry coordinator is in receipt of the entry file.</li> <li>• The meet entry coordinator will respond to e-mail entries within 48 hours. <b>If you do not receive an e-mail response within 48 hours, assume that your email has not been received. It then becomes the e-mailer's responsibility to make sure that the host club's meet entry coordinator receives the e-mail.</b> If you do not receive an e-mail response, you must contact the entry coordinator by email or phone.</li> <li>• An Entry Fee Summary <b>with a signed NJ Swimming waiver and a check</b> must accompany or follow each entry. It is not necessary to use overnight or express mail to send hard copy and check that are sent in support of an e-mailed entry.</li> <li>• Mail to: <b>Be Smartt, Inc., 604 Paxson Avenue, Mercerville, NJ, 08619</b></li> <li>• Check Payable to : <b>Bayonne Mermaids-Starfish</b></li> <li>• Incomplete entries will not be accepted.</li> <li>• Deck entries, phone entries &amp; faxed entries will not be accepted.</li> </ul>
<p><b>Meet Age</b></p>	<ul style="list-style-type: none"> <li>• This meet will have 10 &amp; Under, 11-12, 13 &amp; Over and Open Events.</li> <li>• Age for this meet is as of <b>Saturday, February 13<sup>th</sup>, 2016.</b></li> </ul>
<p><b>Meet Format Waiver</b></p>	<p>The host club has the right to change the format of the meet with the approval of the sanctioning chairman and either the Age Group or Senior Chairman. 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"> <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> <p>Some of the changes that may be made: 1) add a session, 2) heat limit distance events, and 3) condense sessions.</p>
<p><b>Internet Website Posting</b></p>	<p>Meet Information will be posted on <a href="http://www.njswim.org">www.njswim.org</a> and <a href="http://www.besmarttinc.com">www.besmarttinc.com</a></p> <p><b>Pre-Meet Information posted:</b></p> <ul style="list-style-type: none"> <li>• Meet Information</li> <li>• Downloadable Hy-Tek Events list (.HYV file)</li> <li>• Team Warm-up Schedule/Assignments and Team Timing Assignments</li> <li>• Heat Limited events (if necessary)</li> </ul> <p><b>Post-Meet Information posted:</b></p> <ul style="list-style-type: none"> <li>• Downloadable Results (.CL2 file)</li> </ul>
<p><b>Meet Requirement Statement</b></p>	<p>In order to be eligible for the New Jersey 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 towards those participation requirements.</p>
<p><b>Coaches Eligibility</b></p>	<p>All coaches "on the deck" must be current coach members of USA Swimming. Coaches must have coaching card visible at all times while on deck and to gain admittance to the facility.</p>
<p><b>USA-S Racing Start Certification Statement</b></p>	<p>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 USA Swimming member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p>
<p><b>USA-S Deck Change Policy Statement</b></p>	<p>Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</p>



<b>Meet Format</b>	<ul style="list-style-type: none"> <li>• This meet will be run in accordance with current USA Swimming Rules.</li> <li>• This meet will be run as a timed final meet.</li> <li>• This meet will be deck seeded with coaches checking in/scratching all swimmers.</li> <li>• Once seeding has been completed, heat sheets will be posted in the gym and near the spectator entrance to the pool.</li> <li>• Swimmers in the 12 &amp; Under sessions will report to the marshalling area in the gym for organizing heats and lanes, and will be escorted to the pool.</li> <li>• Swimmers in the 13 &amp; Over and 500 Free/400IM sessions will report directly to the blocks.</li> </ul>
<b>Meet Schedule</b>	<ul style="list-style-type: none"> <li>• The building will open at 7:45 AM</li> <li>• There will be three sessions on Saturday and three sessions on Sunday.</li> </ul>

## Meet Schedule

<b>Saturday, February 13<sup>th</sup>, 2016</b>		<b>Warm-up</b>	<b>Start</b>
Session 1	10 & Under and 11-12 Girls and Boys	8:00am	9:05am
Session 2	Open 400 IM	TBD—Approx 12:30pm	TBD—Approx 1:00pm
Session 3	13 & Over Girls and Boys	TBD—Approx 2:30pm	TBD—Approx 3:30pm
<b>Sunday, February 14<sup>th</sup>, 2016</b>		<b>Warm-up</b>	<b>Start</b>
Session 4	10 & Under and 11-12 Girls and Boys	8:00am	9:05am
Session 5	Open 500 Freestyle	TBD—Approx 12:30pm	TBD—Approx 1:00pm
Session 6	13 & Over Girls and Boys	TBD—Approx 2:30pm	TBD—Approx 3:30pm

- **Warm-up and start times for the later sessions each day will be determined when all entries have been received.**

<b>Admission and Programs</b>	<ul style="list-style-type: none"> <li>• Admission will be \$5.00 per session and Heat Sheets will be \$5.00 per session.</li> </ul>
<b>Warm-up Procedures</b>	<ul style="list-style-type: none"> <li>• Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines.</li> <li>• All swimmers are entitled to a fair and comparable warm-up. All teams <b>will</b> get the same opportunity for warm-up lanes.</li> <li>• All swimmers must enter the pool 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> <li>• Warm-up for the main sessions will be split into two 30 minute sessions with assigned lanes and warm-up periods for participating teams. If swimmer volume requires a third warm-up, three 25 minute sessions will be used.</li> <li>• Warm-up for the 500/400IM will be a 30 minute open warm-up with no lane assignments. If swimmer volume requires a second warm-up, two 25 minute sessions will be used.</li> <li>• Teams may do one way, dive sprints during their assigned warm-up period. Teams sharing a lane must wait for all teams in the lane to complete general warm-up before using the lane for dive sprints.</li> <li>• All clubs will be notified by e-mail if different warm-up procedures will be used.</li> </ul>
<b>Check-In</b>	<ul style="list-style-type: none"> <li>• All swimmers will be checked-in by their coaches. Those not checked in will be scratched.</li> <li>• All check-in sheets must be turned into the scoring table 35 minutes before the start of the 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 his/her name and the event circled with “SCR” next to the circle. Failure to follow this procedure may result in the swimmer(s) being scratched from the entire session.</li> </ul>



<b>Distance Events</b>	<ul style="list-style-type: none"> <li>• 400 IM/500 freestyle events will be swum <b>fastest to slowest, alternating Girls and Boys.</b></li> <li>• Swimmers must supply a timer (and, if desired, a counter) for the <b>500 Free Events.</b></li> <li>• Swimmers must supply a timer for the <b>400 IM Events.</b></li> <li>• Heats of Girls and Boys may be combined and genders may not be separated by a lane, in order to allow the maximum number of swimmers to compete.</li> </ul>
<b>Heat Limited Events</b>	The 500 Free and 400IM sessions will be limited to approximately <b>90 minutes of heats each.</b> If more than 90 minutes of entries are received, the top 18 swimmers of each age group (14 & Under/15 & Over) and gender will be guaranteed swims, with additional entries accepted alternating by Age and Gender. Those swimmers projected to fall below the cut line will be notified at least 1 week prior to the meet. Such notified swimmers are welcome to check in on meet day in anticipation of scratches. If they do not swim, their entry fees will be refunded.
<b>Starts</b>	'Fly-over'/'Over-the-top' starts will be used at the discretion of the Meet Referee.
<b>Awards</b>	Medals will be awarded to the top three swimmers in each event.
<b>Results</b>	Results will be e-mailed to all participating clubs after the meet.
<b>Scoring</b>	Individual/Team Scoring will not be kept.
<b>Host Club Responsibilities</b>	<ul style="list-style-type: none"> <li>• The host club will provide a single timer in each lane throughout the meet.</li> <li>• The host club will have stopwatches available for volunteers helping to time.</li> <li>• The host club will create a warm-up schedule that will be fair and equal to all teams. This warm-up schedule will be e-mailed to all participating clubs one week before the meet.</li> <li>• The host club will create timing assignments that are fair and equitable with as many teams participating as possible.</li> </ul>
<b>Participating Club Responsibilities</b>	<ul style="list-style-type: none"> <li>• Participating clubs must help with timing. Timing assignments will be e-mailed to clubs one week prior to the meet and posted on the Besmarrt Swim Meets website.</li> <li>• Participating club parents must stay within designated areas away from the pool deck except for timing assignments.</li> <li>• Participating clubs should help with officiating whenever possible.</li> </ul>
<b>Concessions</b>	Food and drink will be available at a concession stand adjacent to the pool.
<b>Vendor</b>	Ultimate Swim Shop will be on site as the swim equipment vendor for the meet.
<b>Directions</b>	<b>Directions to Lincoln Community School - 208 Prospect Ave (East 30th St), Bayonne, NJ 07002</b> From N.J. Turnpike: Take Exit 14A (Bayonne) and follow signs for Avenue E. Proceed along Avenue E to East 30th Street. Make left and proceed over railroad overpass. Lincoln Community School is on the right. Entrance to pool is through schoolyard on East 30th Street. In addition to on-street parking, parking is available at the garage on Avenue E and 30th St. Additional parking is available at the Light Rail Train Station on East 32nd St. and Prospect Ave.
<b>Area Hotels</b>	<ul style="list-style-type: none"> <li>• Best Western Newark Airport West, 101 International Way, Newark, NJ 973-621-6200</li> <li>• Hilton Newark Airport, 1170 Spring St., Elizabeth, NJ 908-351-3900</li> <li>• Days Inn Newark Airport, 450 US Rte 1 South, Newark, NJ 973-242-0900</li> <li>• Hampton Inn Newark Airport, 1128-38 Spring St, Elizabeth, NJ 908-355-0500</li> </ul>



# The Last Chance Meet 2016

## Slower Than Gold Age Group Swim Meet

### Saturday Order of Events

#### Session 1—Saturday 12 & Under

Warm-Up: 8:00am

Session Starts: 9:05am

Women's Event #	Slower Than	Event Description	Slower Than	Men's Event #
#1	2:12.69	11-12 200 Yard Freestyle	2:11.99	#2
#3	2:35.59	10&U 200 Yard Freestyle	2:35.59	#4
#5	1:08.89	11-12 100 Yard Backstroke	1:09.39	#6
#7	36.79	10&U 50 Yard Backstroke	37.29	#8
#9	36.19	11-12 50 Yard Breaststroke	36.49	#10
#11	1:31.89	10&U 100 Yard Breaststroke	1:34.49	#12
#13	1:09.39	11-12 100 Yard Butterfly	1:10.69	#14
#15	35.59	10&U 50 Yard Butterfly	36.19	#16
#17	27.89	11-12 50 Yard Freestyle	27.79	#18
#19	31.39	10&U 50 Yard Freestyle	31.29	#20
#21	1:09.79	11-12 100 Yard Individual Medley	1:08.99	#22
#23	2:55.39	10&U 200 Yard Individual Medley	2:58.79	#24

#### Session 2—Open 400 IM

Warm-Up: TBD—Approx 12:30pm

Session Starts: TBD—Approx 1:00pm

Women's Event #	Slower Than	Event Description	Slower Than	Men's Event #
#25	5:04.09 (14&U)	Open 400 IM	4:48.29 (14&U)	#26
	5:03.99 (15&O)		4:41.99 (15&O)	

Swimmers of the 400 IM Events must provide a timer.

#### Session 3 – Saturday 13 & Over

Warm-Up: TBD—Approx 2:30pm

Session Starts: TBD—Approx 3:30pm

Women's Event #	Slower Than	Event Description	Slower Than	Men's Event #
#27	2:04.99	13-14 200 Yard Freestyle	1:57.99	#28
	2:02.59	15 & Over 200 Yard Freestyle	1:53.19	
#29	1:04.59	13-14 100 Yard Butterfly	1:00.79	#30
	1:02.79	15 & Over 100 Yard Butterfly	57.09	
#31	2:42.89	13-14 200 Yard Breaststroke	2:33.59	#32
	2:39.59	15 & Over 200 Yard Breaststroke	2:26.89	
#33	57.29	13-14 100 Yard Freestyle	53.89	#34
	56.49	15 & Over 100 Yard Freestyle	50.99	
#35	2:22.09	13-14 200 Yard Individual Medley	2:14.59	#36
	2:19.99	15 & Over 200 Yard Individual Medley	2:07.99	



# The Last Chance Meet 2016

## Slower Than Gold Age Group Swim Meet

### Sunday Order of Events

#### Session 4—Sunday 12 & Under

Warm-Up: 8:00am

Session Starts: 9:05am

Women's Event #	Slower Than	Event Description	Slower Than	Men's Event #
#37	1:09.89	10&U 100 Yard Freestyle	1:10.29	#38
#39	32.19	11-12 50 Yard Backstroke	32.19	#40
#41	1:19.79	10&U 100 Yard Backstroke	1:20.69	#42
#43	1:19.09	11-12 100 Yard Breaststroke	1:19.69	#44
#45	42.09	10&U 50 Yard Breaststroke	42.89	#46
#47	30.89	11-12 50 Yard Butterfly	30.89	#48
#49	1:25.49	10&U 100 Yard Butterfly	1:26.49	#50
#51	1:00.69	11-12 100 Yard Freestyle	1:00.49	#52
#53	1:19.89	10&U 100 Yard Individual Medley	1:19.99	#54
#55	2:30.49	11-12 200 Yard Individual Medley	2:30.29	#56

#### Session 5—Open 500 Freestyle

Warm-Up: TBD—Approx 12:30pm

Session Starts: TBD—Approx 1:00pm

Women's Event #	Slower Than	Event Description	Slower Than	Men's Event #
#57	5:37.59 (14&U)	Open 500 Freestyle	5:19.19 (14&U)	#58
	5:30.99 (15&O)		5:08.99 (15&O)	

Swimmers of the 500 Freestyle Events must provide a timer and (if desired) a counter.

#### Session 6—Sunday 13 & Over

Warm-Up: TBD—Approx 2:30pm

Session Starts: TBD—Approx 3:30pm

Women's Event #	Slower Than	Event Description	Slower Than	Men's Event #
#59	1:05.49	13-14 100 Yard Backstroke	1:01.89	#60
	1:03.69	15 & Over 100 Yard Backstroke	59.59	
#61	26.59	13-14 50 Yard Freestyle	24.79	#62
	25.99	15 & Over 50 Yard Freestyle	23.69	
#63	2:28.99	13-14 200 Yard Butterfly	2:21.89	#64
	2:22.99	15 & Over 200 Yard Butterfly	2:12.99	
#65	2:20.29	13-14 200 Yard Backstroke	2:13.09	#66
	2:21.59	15 & Over 200 Yard Backstroke	2:11.19	
#67	1:14.69	13-14 100 Yard Breaststroke	1:09.79	#68
	1:14.59	15 & Over 100 Yard Breaststroke	1:07.49	





NEW JERSEY SWIMMING

# The Last Chance Meet 2016

Saturday & Sunday, February 13<sup>th</sup>-14<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, Scarlet Aquatics, the Bayonne Mermaids Starfish Swim Team, Bayonne Board of Education, the City of Bayonne, BeSmartt, 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 Scarlet Aquatics Last Chance Meet on **February 13<sup>th</sup>-14<sup>th</sup>, 2016** are registered members of USA Swimming. All USA Swimming numbers are correctly listed and unless otherwise noted, are not required to swim unattached (UN) due to the 120 day transfer. Also I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

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: \_\_\_\_\_ Individual event entries @ \$4.00 = \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

Make checks payable to: **Bayonne Mermaids-Starfish Swim Team**

## 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.

## List all Unattached Swimmers:

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_

