



2019 Summer Luau

Hosted by Scarlet Aquatics
 at the DeNunzio Natatorium, Princeton University
 Held under the sanction of USA Swimming

| | | | |
|-------------------------------|---|---|--|
| Meet Sanction # | NJ Swimming Sanction #- NJS070619LC 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-Sunday July 6th and 7th, 2019 | | |
| Location: | DeNunzio Natatorium (directions included), Faculty Road, Princeton University. | | |
| Facility Info: | The DeNunzio pool is a 50-meter 8-lane pool with a minimum depth for diving of 9 feet. There is ample seating for spectators. | | |
| 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 on 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: | Bill Deatly | | eliteswimclubnj@comcast.net |
| Meet Director: | Ellen Mace | 609-558-0988 | besmarttinc@gmail.com |
| Meet Referees: | John Ciulla, Gary Thayer | | ciulla.john@gmail.com gght466@gmail.com |
| Admin Official: | Ellen Mace | | besmarttinc@gmail.com |
| Safety Marshall: | Brandy Deatly | | eliteswimclubnj@comcast.net |
| Entry Coordinator: | Be Smartt Inc | 609-558-0988 | besmarttinc@gmail.com |
| Entries Open: | Thursday June 6th, 2019 at 6am | | |
| Entry Deadline: | Saturday June 22nd, 2019 at 6pm | | |
| Swimmer Age | Swimmer ages for this meet are as of: July 6th, 2019 | | |
| Entry Fees: | Individual Entry: \$7.00, Relay: \$11.00 | | |
| Meet Course: | Long Course Meters (LCM). | | |
| Meet Format: | <ul style="list-style-type: none"> • This meet will be run as timed final meet. • There will be 10 & under, 11-12, and 13 & Over events. • 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. • 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: 8 Individual Events 2 Relay Events | |
| Checks Payable To: | Ultimate Athletic Performance LLC | | |
| Email Entry Files To: | besmarttinc@gmail.com | | |
| Checks/Waivers: | Bring to the first session of the meet where the team is competing. | | |



2019 Summer Luau

Saturday July 6th
Facility Opens at 6:55am

Saturday Morning Session #1—13 & Over *"Make 1, Swim 4"*

Warm-up: 7:00am

Meet Start: TBA

| Women | Equal/Faster | 13 & Over Events | Equal/Faster | Men |
|-------|--------------------|--|--------------------|-----|
| #1 | 6:23.49 6:11.59 | 13-14 400 IM 15 & Over 400 IM | 6:17.49 5:54.09 | #2 |
| #3 | 32.99 32.09 | 13-14 50 Freestyle 15 & Over 50 Freestyle | 31.89 28.99 | #4 |
| #5 | 1:33.59 1:30.19 | 13-14 100 Breaststroke 15 & Over 100 Breaststroke | 1:31.29 1:25.29 | #6 |
| #7 | 2:35.09 2:29.19 | 13-14 200 Freestyle 15 & Over 200 Freestyle | 2:32.99 2:18.39 | #8 |
| #9 | 1:23.39 1:18.99 | 13-14 100 Butterfly 15 & Over 100 Butterfly | 1:20.29 1:14.29 | #10 |
| #11 | 2:59.39 2:50.09 | 13-14 200 Backstroke 15 & Over 200 Backstroke | 2:55.29 2:41.99 | #12 |
| #13 | | 13 & Over 200 Freestyle Relay | | #14 |

Saturday Midday Session #2—10 & Under *"Make 1, Swim 4"*

Warm-up: TBA

Meet Start: TBA

| Girls | Equal/Faster | 10 & Under Events | Equal/Faster | Boys |
|-------|--------------|---------------------|--------------|------|
| #15 | 3:47.29 | 200 IM | 3:47.29 | #16 |
| #17 | 1:32.99 | 100 Freestyle | 1:32.99 | #18 |
| #19 | 49.89 | 50 Backstroke | 49.89 | #20 |
| #21 | 48.59 | 50 Butterfly | 48.59 | #22 |
| #23 | 2:02.39 | 100 Breaststroke | 2:02.39 | #24 |
| #25 | | 200 Freestyle Relay | | #26 |

Saturday Afternoon Session #3—11-12 *"Make 1, Swim 4"*

Warm-up: TBA

Meet Start: TBA

| Girls | Equal/Faster | 11-12 Events | Equal/Faster | Boys |
|-------|--------------|---------------------|--------------|------|
| #27 | 3:15.19 | 200 IM | 3:15.19 | #28 |
| #29 | 1:43.69 | 100 Breaststroke | 1:43.69 | #30 |
| #31 | 42.49 | 50 Backstroke | 42.49 | #32 |
| #33 | 39.99 | 50 Butterfly | 39.99 | #34 |
| #35 | 1:17.49 | 100 Freestyle | 1:17.49 | #36 |
| #37 | 3:44.39 | 200 Breaststroke | 3:44.39 | #38 |
| #39 | | 200 Freestyle Relay | | #40 |



2019 Summer Luau

Sunday July 7th

Facility Opens at 6:55am

Sunday Morning Session #4—13 & Over

"Make 1, Swim 4"

Warm-up: 7:00am

Meet Start: 8:05am

| Women | Equal/Faster | 13 & Over Events | Equal/Faster | Men |
|-------|--------------------|--|--------------------|-----|
| #41 | 5:28.99 5:17.79 | 13-14 400 Freestyle 15 & Over 400 Freestyle | 5:27.39 4:59.89 | #42 |
| #43 | 3:23.69 3:15.69 | 13-14 200 Breaststroke 15 & Over 200 Breaststroke | 3:19.29 3:04.49 | #44 |
| #45 | 1:11.49 1:09.49 | 13-14 100 Freestyle 15 & Over 100 Freestyle | 1:09.89 1:03.09 | #46 |
| #47 | 2:57.39 2:50.09 | 13-14 200 IM 15 & Over 200 IM | 2:54.69 2:38.99 | #48 |
| #49 | 1:22.89 1:19.19 | 13-14 100 Backstroke 15 & Over 100 Backstroke | 1:20.69 1:13.59 | #50 |
| #51 | 3:04.89 2:59.09 | 13-14 200 Butterfly 15 & Over 200 Butterfly | 3:01.09 2:44.49 | #52 |
| #53 | | 13 & Over 200 Medley Relay | | #54 |

Sunday Midday Session #5—10 & Under

"Make 1, Swim 4"

Warm-up: TBA

Meet Start: TBA

| Girls | Equal/Faster | 10 & Under Events | Equal/Faster | Boys |
|-------|--------------|-------------------|--------------|------|
| #55 | 3:23.79 | 200 Freestyle | 3:23.79 | #56 |
| #57 | 1:48.89 | 100 Backstroke | 1:48.89 | #58 |
| #59 | 55.09 | 50 Breaststroke | 55.09 | #60 |
| #61 | 40.89 | 50 Freestyle | 40.89 | #62 |
| #63 | 1:56.19 | 100 Butterfly | 1:56.19 | #64 |
| #65 | | 200 Medley Relay | | #66 |

Sunday Afternoon Session #6—11-12

"Make 1, Swim 4"

Warm-up: TBA

Meet Start: TBA

| Girls | Equal/Faster | 11-12 Events | Equal/Faster | Boys |
|-------|--------------|------------------|--------------|------|
| #67 | 2:48.69 | 200 Freestyle | 2:48.69 | #68 |
| #69 | 1:31.39 | 100 Backstroke | 1:31.39 | #70 |
| #71 | 3:22.49 | 200 Butterfly | 3:22.49 | #72 |
| #73 | 47.09 | 50 Breaststroke | 47.09 | #74 |
| #75 | 35.69 | 50 Freestyle | 35.69 | #76 |
| #77 | 1:31.99 | 100 Butterfly | 1:31.99 | #78 |
| #79 | 3:20.79 | 200 Backstroke | 3:20.79 | #80 |
| #81 | | 200 Medley Relay | | #82 |



Meet Schedule

| Saturday July 6 th | | Warm-up | Start |
|-------------------------------|------------|---------|-------|
| Facility Opens at 6:55am | | | |
| Session 1 | 13 & Over | 7:00am | TBA** |
| Session 2 | 10 & Under | TBA** | TBA** |
| Session 3 | 11-12 | TBA** | TBA** |
| Sunday July 7 th | | Warm-up | Start |
| Facility Opens at 6:55am | | | |
| Session 4 | 13 & Over | 7:00am | TBA** |
| Session 5 | 10 & Under | TBA** | TBA** |
| Session 6 | 11-12 | 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.

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| Scoring: | <ul style="list-style-type: none"> Team scoring will not be kept. |
| Awards: | <ul style="list-style-type: none"> There will be awards for heat winners. |
| Starts: | <ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet. |
| Admissions and Programs: | <ul style="list-style-type: none"> There will be \$10.00 admission fee/per session. Heat sheets will be online at www.besmartinc.com (free) and Meet Mobile (subscription required) |
| Concessions: | <ul style="list-style-type: none"> Food and drink will be available in the Jadwin Gymnasium, next door to the DeNunzio Natatorium or outside. |
| Vendor: | <ul style="list-style-type: none"> Ultimate Swim Shop will be in attendance. |
| 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. 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. 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 the four hour per session rule. Special Notice: 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. |
| 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 long course meters. Converted times are permitted. |
| Heat Limited Events: | <ul style="list-style-type: none"> The 400 Freestyle and 400 IM may be limited based on the number of entries received. In the event that swimmers are closed out of these events, they will be offered the opportunity to choose a different event or receive a refund. The coaches of the affected swimmers will be notified by e-mail once all entries have been received. |
| 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 for age group relays. 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 |



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| Swimmer Eligibility: | <ul style="list-style-type: none"> 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. |
| 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 a single timer in each lane throughout the meet, except for distance events where swimmers will provide their own timers and lap counters. 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: | <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. Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck. Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary. |
| Coaches Eligibility: | <ul style="list-style-type: none"> 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: | <ul style="list-style-type: none"> Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards. 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 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"> 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. 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. |



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| | <ul style="list-style-type: none"> • 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> <p>Pre-Meet Information posted on website:</p> <ul style="list-style-type: none"> • 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. <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"> • 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. |
| 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. “Tech suits” are not permitted at this meet for 12 & under swimmers. “Tech Suits” are defined, as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. A list of restricted suits can be found on the NJ Swimming Website; www.njswim.org |
| Meet Requirement Statement: | <ul style="list-style-type: none"> • 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"> • 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 |



Directions:

Princeton University DeNunzio pool is conveniently located approximately one mile west of Route 1. Turn West onto Route 571 (Washington Avenue). Cross the bridge over Carnegie Lake. At the first light, turn right onto Faculty Road. The pool, followed by the parking lot will be on your left.





NEW JERSEY SWIMMING

2019 Summer Luau

Saturday-Sunday July 6th & 7th



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 University, Scarlet Aquatic Club, Elite Swim Club, Ultimate Athletic Performance LLC, 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 **SCAR Summer Luau, July 6th & 7th, 2019** 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.

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 = \$_____

_____ Relay event entries @ \$11.00 = \$_____

Total: \$_____

Make checks payable to: **Ultimate Athletic Performance, LLC**