

# 2020 STAC IM Tough Meet

Hosted by Streamline Aquatics Club  
at the Raritan Valley Community College

*Held under the sanction of USA Swimming*

Meet Sanction Info:	<b>NJ Swimming Sanction #- NJS011920SC</b> <b>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.</b> 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:	<b>Sunday, January 19<sup>th</sup>, 2020</b>		
Location:	<b>Raritan Valley Community College, 118 Lamington Road, Branchburg, NJ 08876</b>		
Facility Info:	Raritan Valley Community College is a six-lane pool with 7-foot wide lanes. There is no warm-up pool. There is a Colorado timing system with a six-lane scoreboard. There is a seating capacity for 500 spectators. The college's gym is <b>not</b> available during this meet for seating. The depth at the starting blocks is approximately 12 feet and the depth at the turning end is 3.5 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 regard 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:	Clare Zeszotarski	908-208-3457	<a href="mailto:administrator@njstac.org">administrator@njstac.org</a>
Meet Director:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referee:	Perry Nowak		<a href="mailto:perryenovak@optonline.net">perryenovak@optonline.net</a>
Admin Officials:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshal:	Brian Greene		<a href="mailto:bgswwim@me.com">bgswwim@me.com</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Monday December 23<sup>rd</sup>, 2019 at 6:00am</b>		
Entry Deadline:	<b>Sunday, January 5<sup>th</sup>, 2020 at 6:00pm</b>		
Swimmer Age	Swimmer age for this meet is as of: <b>Sunday, January 18<sup>th</sup>, 2020</b>		
Entry Fees:	Individual Entry: \$5.00	Relay: \$9.00	
	<b>There will be a \$10 athlete surcharge.</b>		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> <li>• This meet will be run as a timed final meet.</li> <li>• There will be 10 &amp; Under, 11-12, 12 &amp; Under, 13-14, 13 &amp; Over and 15 &amp; over events.</li> <li>• There are no time standards for this meet.</li> <li>• Teams will be responsible for marshaling their own swimmers.</li> <li>• This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own.</li> </ul>		
Entry Limits:	Daily: <b>4</b> Individual events	Meet: <b>4</b> Individual Events	
Checks Payable To:	<b>Streamline Aquatics Club</b>		
Email Entry Files To:	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>		
Checks/Waivers:	Bring to the first session of the meet where the team is competing and a non-perishable food item to be donated to the local food bank.		



# 2020 STAC IM Tough Meet

Sunday, January 19<sup>th</sup>, 2020

**Facility will not open before 7:00am**

## Sunday Morning Session #1—12 & Under

Warm-up: 7:10am

Meet Start: TBA

Girls	Age Group & Event	Boys
1	10 & Under 100 IM	2
3	11-12 100 IM	4
5	10 & Under 100 Breaststroke	6
7	11-12 100 Breaststroke	8
9	12 & Under 200 Breaststroke	10
11	10 & Under 50 Butterfly	12
13	11-12 50 Butterfly	14
15	10 & Under 100 Freestyle	16
17	11-12 100 Freestyle	18
19	10 & Under 50 Breaststroke	20
21	11-12 50 Breaststroke	22
23	10 & Under 100 Butterfly	24
25	11-12 100 Butterfly	26
27	12 & Under 200 Backstroke	28
29	10 & Under 50 Backstroke	30
31	11-12 50 Backstroke	32
33	10 & Under 50 Freestyle	34
35	11-12 50 Freestyle	36
37	12 & Under 200 IM	38

## Sunday Midday Session #2—Open

Warm-up: TBA

Meet Start: TBA

Women	Open Event	Men
39	400 IM	40



# 2020 STAC IM Tough Meet

Sunday, January 19<sup>th</sup>, 2020...continued

## Sunday Afternoon Session #3—13 & Over

Warm-up: TBA

Meet Start: TBA

Women	Age Group & Event	Men
41	13-14 100 Breaststroke	42
43	15 & Over 100 Breaststroke	44
45	13-14 100 Freestyle	46
47	15 & Over 100 Freestyle	48
49	13-14 100 Butterfly	50
51	15 & Over 100 Butterfly	52
53	13 & Over 200 Butterfly	54
55	13 & Over 100 Backstroke	56
57	13-14 200 Backstroke	58
59	15 & Over 200 Backstroke	60
61	13-14 50 Freestyle	62
63	15 & Over 50 Freestyle	64
65	13-14 200 IM	66
67	15 & Over 200 IM	68

## Meet Schedule

The facility will open no earlier than 7:00am

Sunday	Warm-up	Start
Session 1 12 & Under	7:10am	TBA**
Session 2 400 IMs	TBA (approx. 12:15pm) **	TBA**
Session 3 13 & Over	TBA (approx. 2:45pm) **	TBA**

\* *Once session times have been determined, depending on the meet entries, they will be published on the Be Smartt web site and e-mailed to coaches of all participating teams at least one week before the meet.*

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> <li>• Ribbons will be awarded for the top eight swimmers in each individual event.</li> <li>• Ribbons will be awarded for the top eight swimmers in each age group of combined age group events—12 &amp; Under: 10 &amp; Under, 11-12; 13 &amp; Over: 13-14, 15 &amp; Over</li> <li>• There will be awards for 14 &amp; Under, 15 &amp; Over in the 400 IM.</li> </ul>
Starts:	'Fly-over/Over-the-top' starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> <li>• There will be a \$10 surcharge/per swimmer.</li> <li>• Heat sheets will be available online at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> and Meet Mobile</li> </ul>
Concessions:	Food concessions will be available in the lobby.
Vendor:	A swim vendor will be at the meet.



Locker Rooms:	<ul style="list-style-type: none"> <li>• <b>If only one locker room/restroom:</b> If Athletes and Adults including Coaches &amp; 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.</li> <li>• <b>If multiple facilities:</b> There is a separate locker room/restroom for athletes <b>only!</b> All other adults including Coaches &amp; Officials need to make sure that you are only using the facility marked for you.</li> </ul>
Entry Info:	<ul style="list-style-type: none"> <li>• 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.</li> <li>• All entries will be accepted on a first come basis.</li> <li>• Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes.</li> <li>• Team entries will be considered accepted when the host club accepts the entries.</li> <li>• Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule.</li> <li>• The Meet Director reserves the right to limit entries, events or heats in order to conform USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</li> <li>• <b>Special Notice:</b> 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.</li> </ul>
Entry Times:	<ul style="list-style-type: none"> <li>• New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time.</li> <li>• All entry times must be in short course yards.</li> </ul>
400 IM:	<ul style="list-style-type: none"> <li>• The 400-yard IM will be run slowest to fastest, alternating genders. Heats may be combined without an empty lane to save time.</li> <li>• Swimmers are responsible to supply their own timer.</li> </ul>
Relays:	<ul style="list-style-type: none"> <li>• No Relay events</li> </ul>
Swimmer Eligibility:	<ul style="list-style-type: none"> <li>• No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.</li> <li>• 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.</li> <li>• <b>All swimmers 18 &amp; 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.</b></li> </ul>
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"> <li>• The host club will provide a single timer in each lane throughout the meet,</li> <li>• The host club will e-mail entry verification back to the participating clubs.</li> <li>• The host club will create a warm-up schedule that will be fair and equal to all teams.</li> <li>• The host club will create timing assignments that are fair and equitable with as many teams participating as possible.</li> <li>• Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website <a href="http://www.besmartinc.com">www.besmartinc.com</a> no later than 1 week before the meet.</li> </ul>



Participating Club Responsibilities:	<ul style="list-style-type: none"> <li>• Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: <a href="http://www.besmartinc.com">www.besmartinc.com</a> 1 week prior to the meet.</li> <li>• Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck.</li> <li>• Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</li> </ul>
Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> <li>• This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP).</li> <li>• Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.</li> <li>• 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.</li> <li>• 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.</li> <li>• Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility.</li> <li>• All Coaches must have some form of USA coaching credential verification with them at all times.</li> </ul>
Officials Conduct & Eligibility:	<ul style="list-style-type: none"> <li>• This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP).</li> <li>• Make sure all interactions with athletes are observable and interruptible.</li> <li>• Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</li> <li>• Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help.</li> <li>• All officials must wear the standard white and blue uniform.</li> <li>• Officials will be required to work the entire session and will receive free admission.</li> </ul>
Meet Format Waiver:	<ul style="list-style-type: none"> <li>• This meet will be run in accordance to current USA Swimming Rules.</li> <li>• 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"> <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> </li> <li>• Some of the changes that may be made: 1) add a session, 2) condense sessions, and 3) eliminate relays.</li> </ul>
Warm-up Procedures:	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Swimming Equipment is <b>not allowed</b> in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys.</li> <li>• All swimmers are entitled to a fair and comparable warm-up. All teams <b>must</b> receive the same opportunities for warm-up lanes, sprint lanes, and pace lanes.</li> <li>• All swimmers must enter the pool feet first 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>• There will be two 30-minute warm-ups divided by teams.</li> </ul>



Check-In:	<ul style="list-style-type: none"> <li>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.</li> <li>Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</li> </ul>
No Show Procedure:	<ul style="list-style-type: none"> <li>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.</li> </ul>
Internet Website Posting:	<p>Internet location for all meet information: <a href="http://www.besmartinc.com">http://www.besmartinc.com</a></p> <p><b>Pre-Meet Information posted on website:</b></p> <ul style="list-style-type: none"> <li>Meet Information will be posted on the website.</li> <li>Downloadable Hy-Tek Events list (.HYV file) will be posted on the website.</li> <li>List Teams whose entries have been received.</li> <li>List “heat limited” events psych sheet.</li> <li>List Updated meet schedule.</li> <li>List Warm-up Schedule and Team Warm-up Assignments.</li> <li>List Timing assignments.</li> </ul> <p><b>Post-Meet Information posted on website:</b></p> <ul style="list-style-type: none"> <li>Downloadable Results (Zipped .CL2 &amp; .HY3 files) for TM</li> <li>Printable meet results (.PDF file)</li> </ul>
Results:	<ul style="list-style-type: none"> <li>Meet result files for TM will be emailed to all participating teams.</li> <li>Meet results will be posted on the meet website and on the New Jersey Swimming Website: <a href="http://www.njswim.org">www.njswim.org</a></li> </ul>
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)	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><b>Swimwear must conform to USA Swimming Rules:</b></p> <ul style="list-style-type: none"> <li>Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition. <b>“Tech suits” are not permitted at this meet for 12 &amp; under swimmers.</b> “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; <a href="http://www.njswim.org">www.njswim.org</a>.</li> <li>Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body</li> <li>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.</li> </ul>



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:	<ul style="list-style-type: none"> <li>• <b>Sierra Suites (closest to pool), 3141 Route 22 East, Branchburg NJ 08876. 908-704-2191</b></li> <li>• Comfort Inn South Plainfield, US Hwy 287 &amp; Stelton Rd, South Plainfield NJ. 732-561-4488</li> <li>• Doubletree Hotel, 200 Atrium Drive Somerset NJ. 732-469-2600</li> </ul>
Directions:	<p><b>Google Maps:</b> <a href="https://goo.gl/maps/uqdayTqdhZweRpCf6">https://goo.gl/maps/uqdayTqdhZweRpCf6</a></p> <p><b>Parking:</b> <i>There is ample parking either in front of the pool, or behind the pool by the outdoor track.</i></p> <p><b>From the North:</b></p> <p><b>From I-287 South:</b> (From Morristown Area): Take I-287-S to I-78 West. Proceed on I-78 W for approx. 3 miles to Exit 26 (Lamington/North Branch). At traffic light at off ramp make a left onto Rattlesnake (county road 665) which turns into Lamington Road.</p> <p><b>Lamington Road:</b> Take Lamington Road for 2.3 miles. The side entrance to Raritan Valley Community College will be on the left. You may enter the side entrance to the college. To enter college from main entrance, continue straight on Lamington Road. At traffic light make a left onto Easton Turnpike (county road 614). At the next traffic light (Orr Drive) make a left into the main entrance to the College.</p> <p><b>From Garden State Parkway South:</b> (From North Jersey): Take Exit 142 for I-78 West. Proceed on I-78 W for approx. 26 miles to Exit 26 (Lamington/North Branch). At traffic light at off ramp make a left onto Rattlesnake (County Road 665) which turns into Lamington Road. See above “Lamington Road”.</p> <p><b>From Route 206 South:</b> (From Chester/Peapack) Proceed south on Route 206. Make a right turn onto Lamington road in Bedminster (Texaco gas station). Proceed on Lamington Road for approximately 3 - 4 miles. Just past the Lamington General Store antique shop make a left onto Lamington road (County road 665). Take Lamington Road for approximately 2.6 miles. See above “Lamington Road”.</p> <p><b>From the South:</b></p> <p><b>From I-287 North:</b> (From Edison Area): Take I-287 N to the Route 22 West exit. After approx. 7 miles (just before the 5th light), exit at Raritan Valley College Drive (Orr Drive). At the end of Orr Drive is a traffic light. Proceed straight to enter the College.</p> <p><b>From Garden State Parkway North:</b> (From the Shore area): Take Exit 127 to I-287 North. Proceed on I-287 NORTH to the Route 22 West exit. After approx. 7 miles (just before the 5th light), exit at Raritan Valley College Drive (Orr Drive). At the end of Orr Drive is a traffic light. Proceed straight to enter the College.</p> <p><b>From Route 206 North:</b> (From Princeton Area): Take Route 206 North to Somerville Circle. At Somerville Circle exit onto Route 28 West (County road 614). Proceed on Route 28 W (County road 614) for approx. 4 miles. Entrance to the College will be on your right at a traffic light with Orr Drive on your left.</p>





NEW JERSEY SWIMMING

2020 STAC IM Tough
Hosted by Streamline Aquatics Club
Sunday January 19th



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, Raritan Valley Community College, Streamline Aquatic Club (STAC), 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 STAC IM Tough Meet, Sunday, January 19th, 2020 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:

Table with 3 columns: Entry Fee Summary, Description, and Amount. Rows include Individual event entries @ \$5.00, Athletes @ \$10.00, and Total.

Make checks payable to: Streamline Aquatics Club