# 2017 Meet of Xcellence

## Hosted by X-CEL Swimming

at the DeNunzio Natatorium, Princeton University

*Held under the sanction of USA Swimming*

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| Meet Sanction # | **NJ Swimming Sanction #-NJS061717LC**<br>**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.**<br>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 and Sunday, June 17th & 18th, 2017** | | |
| 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: | Coach Lucy | 609-252-0206 | headcoach@xcelswimming.org |
| Meet Director: | Ellen W Mace | 609-558-0988 | besmarttinc@gmail.com |
| Meet Referee: | Perry Novak | | perrynovak@optonline.net |
| Admin Officials: | Ellen Mace, Jason Mace | | besmarttinc@gmail.com |
| Safety Marshall: | Coach Lucy | 609-252-0206 | headcoach@xcelswimming.org |
| Entry Coordinator: | Be Smartt Inc | 609-558-0988 | besmarttinc@gmail.com |
| Entries Open: | **Friday, April 21, 2017 at 6am** | | |
| Entry Deadline: | **Saturday, June 3rd, 2017 at 6pm** | | |
| Swimmers Age: | Swimmer age for this meet is as of: **Saturday June 17th, 2017** | | |
| Entry Fees: | Individual Entry: $5.00 | | Relay: $9.00 |
| Meet Course: | Long Course Meters (LCM) | | |
| Meet Format | • This meet will be run as a timed final meet.<br>• There will be 10 & Under, 11-12, 13-14, 15 & Over, and Open events<br>• **There are qualifying (greater than) times for this meet. A swimmer who qualifies for one event may swim 3 events that day. (The 400 freestyles and 400 IM events may not be bonus events)**<br>• This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When the seeding has been posted, swimmers will report to the blocks on their own. | | |
| Entry Limits: | Daily: **3** Individual events<br>**1** Relay | Meet: **6** Individual Events<br>**2** Relays | |
| Checks Payable To: | **XCEL Swimming** | | |
| Email Entry Files To: | **besmarttinc@gmail.com** | | |
| Mail Checks/Reports | Bring to the first session of the meet where the team is competing | | |

# 2017 Meet of XCellence

Saturday-Sunday, June 17th-18th

## Saturday Order of Events

**Building Opens at 6:55am**

## Morning Session #1—12 & Under

*(Make 1, swim 3)*

| Saturday Morning | Warm-up: 7:00am | Meet Start: 8:05am |
|---|---|---|

| Girls | Equal/Faster | Age Group and Event | Equal/Faster | Boys |
|---|---|---|---|---|
| #1 | | 10 & Under 200 Medley Relay | | #2 |
| #3 | | 11-12 200 Medley Relay | | #4 |
| #5 | 3:23.79 | 10 & Under 200 Freestyle | 3:23.79 | #6 |
| #7 | 2:48.69 | 11-12 200 Freestyle | 2:48.69 | #8 |
| #9 | 2:02.39 | 10 & Under 100 Breaststroke | 2:02.39 | #10 |
| #11 | 1:43.69 | 11-12 100 Breaststroke | 1:43.69 | #12 |
| #13 | 49.89 | 10 & Under 50 Backstroke | 49.89 | #14 |
| #15 | 42.49 | 11-12 50 Backstroke | 42.49 | #16 |
| #17 | 1:56.19 | 10 & Under 100 Butterfly | 1:56.19 | #18 |
| #19 | 1:31.99 | 11-12 100 Butterfly | 1:31.99 | #20 |
| #21 | 40.89 | 10 & Under 50 Freestyle | 40.89 | #22 |
| #23 | 35.69 | 11-12 50 Freestyle | 35.69 | #24 |

## Midday: Session #2—Open 400 Freestyle

| Saturday Midday | Warm-up: TBA | Meet Start: Warm-Up+35 minutes |
|---|---|---|

| Women | Equal/Faster | Age Group and Event | Equal/Faster | Men |
|---|---|---|---|---|
| #25 | 5:36.99<br>5:25.79 | 14 & Under 400 Freestyle<br>15 & Over 400 Freestyle | 5:35.99<br>5.07.89 | #26 |

## Afternoon: Session #3—13 & Over

*(Make 1, swim 3)*

| Saturday Afternoon | Warm-ups TBA | Meet Start: Warm-Up+55 minutes |
|---|---|---|

| Women | Equal/Faster | Age Group and Event | Equal/Faster | Men |
|---|---|---|---|---|
| #27 | | 13-14 200 Medley Relay | | #28 |
| #29 | | 15 & Over 200 Medley Relay | | #30 |
| #31 | 3:01.39<br>2:54.09 | 13-14 200 IM<br>15 & Over 200 IM | 2:58.69<br>2:42.99 | #32 |
| #33 | 3:27.69<br>3:19.69 | 13-14 200 Breaststroke<br>15 & Over 200 Breaststroke | 3:23.29<br>3:08.49 | #34 |
| #35 | 1:13.49<br>1:11.49 | 13-14 100 Freestyle<br>15 & Over 100 Freestyle | 1:11.89<br>1:05.09 | #36 |
| #37 | 3:08.89<br>3:07.09 | 13-14 200 Butterfly<br>15 & Over 200 Butterfly | 3:05.09<br>2:48.49 | #38 |
| #39 | 1:24.89<br>1:21.19 | 13-14 100 Backstroke<br>15 & Over 100 Backstroke | 1:22.69<br>1:15.59 | #40 |

# 2017 Meet of XCellence

Saturday-Sunday, June 17th-18th

## Sunday Order of Events

**Building Opens at 6:55am**

## Morning Session #4—12 & Under

*(Make 1, swim 3)*

| Sunday Morning | Warm-up: 7:00am | Meet Start: 8:05am |
|---|---|---|

| Girls | Equal/Faster | Age Group and Event | Equal/Faster | Boys |
|---|---|---|---|---|
| #41 | | 10 & Under 200 Freestyle Relay | | #42 |
| #43 | | 11-12 200 Freestyle Relay | | #44 |
| #45 | 3:47.29 | 10 & Under 200 IM | 3:47.29 | #46 |
| #47 | 3:15.19 | 11-12 200 IM | 3:15.19 | #48 |
| #49 | 55:09 | 10 & Under 50 Breaststroke | 55.09 | #50 |
| #51 | 47.09 | 11-12 50 Breaststroke | 47.09 | #52 |
| #53 | 1:48.89 | 10 & Under 100 Backstroke | 1:48.89 | #54 |
| #55 | 1:31.39 | 11-12 100 Backstroke | 1:31.39 | #56 |
| #57 | 48.59 | 10 & Under 50 Butterfly | 48.59 | #58 |
| #59 | 39.99 | 11-12 50 Butterfly | 39.99 | #60 |
| #61 | 1:32.99 | 10 & Under 100 Freestyle | 1:32.99 | #62 |
| #63 | 1:17.49 | 11-12 100 Freestyle | 1:17.49 | #64 |

## Midday: Session #5—Open 400 IMs

| Sunday Midday | Warm-up: TBA | Meet Start: Warm-Up+35 minutes |
|---|---|---|

| Women | Equal/Faster | Age Group and Event | Equal/Faster | Men |
|---|---|---|---|---|
| #65 | 6:31.49<br>6:19.59 | 14 & Under 400 IM<br>15 & Over 400 IM | 6:25.49<br>6:02.09 | #66 |

## Afternoon: Session #6—13 & Over

*(Make 1, swim 3)*

| Sunday Afternoon | Warm-ups TBA | Meet Start: Warm-Up+55 minutes |
|---|---|---|

| Women | Equal/Faster | Age Group and Event | Equal/Faster | Men |
|---|---|---|---|---|
| #67 | | 13-14 200 Freestyle Relay | | #68 |
| #69 | | 15 & Over 200 Freestyle Relay | | #70 |
| #71 | 3:03.39<br>2:54.09 | 13-14 200 Backstroke<br>15 & Over 200 Backstroke | 2:59.29<br>2:45.99 | #72 |
| #73 | 33.99<br>33:09 | 13-14 50 Freestyle<br>15 & Over 50 Freestyle | 32.89<br>29.99 | #74 |
| #75 | 1:35.59<br>1:32.19 | 13-14 100 Breaststroke<br>15 & Over 100 Breaststroke | 1:33.29<br>1:27.29 | #76 |
| #77 | 2:39.09<br>2:33.19 | 13-14 200 Freestyle<br>15 & Over 200 Freestyle | 2:36.99<br>2:22.39 | #78 |
| #79 | 1:25.39<br>1:20.99 | 13-14 100 Butterfly<br>15 & Over 100 Butterfly | 1:22.29<br>1:16.29 | #80 |

# Meet Schedule

| **Saturday, June 17th** | | **Warm-up** | **Start** |
|---|---|---|---|
| | ***Building opens at 6:55am*** | | |
| Session 1 | 12 & Under | 7:00am | 8:05am |
| Session 2 | Open 400 Freestyle | TBA* | Warm-Up + 35 minutes |
| Session 3 | 13 & Over | TBA * | Warm-Up + 65 minutes |
| **Sunday, June 18th** | | **Warm-up** | **Start** |
| | ***Building opens at 6:55am*** | | |
| Session 4 | 12 & Under | 7:00am | 8:05am |
| Session 5 | Open 400 IMs | TBA* | Warm-Up + 35 minutes |
| Session 6 | 13 & Over | TBA * | Warm-Up + 65 minutes |

* *Schedules for sessions after the first each day will be developed once entries have been received. The timeline will be e-mailed to coaches of participating teams and posted on the meet web site.*

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| Scoring: | Team Scoring will not be kept. |
| Awards: | • Medals will be awarded to the fastest 3 relays in each relay event<br>• Medals will be awarded for the top 3 swimmers in each age group: 10 & under, 11-12, 13-14, and 15/over. |
| Starts: | "Fly-over/Over-the-top" starts will be used during this meet. |
| Admissions and Programs: | • Admission will be $10 per session, and will include online heat sheets on www.besmarttinc.com (no fee) and Meet Mobile. |
| Concessions: | • Food and drink will be available in the Jadwin Gymnasium, next door to the DeNunzio Natatorium. |
| Vendor: | • A swim vendor will be at the meet. |
| Entry Information: | • 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.<br>• All entries will be accepted on a first come basis.<br>• **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.**<br>• Team entries will be considered accepted when the host club accepts the entries.<br>• Entries will be taken until the meet fills. The host club must stay within the four hour per session rule.<br>• **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: | • New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time.<br>• All entry times must be in long course meters. Converted times are acceptable. |
| Relays: | • All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in.<br>• Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.<br>• Unattached swimmers may not swim in any relay. |
| Distance Events: | • All distance events will be run slowest to fastest, alternating genders.<br>• Swimmers in these events are responsible to supply their own timer.<br>• Genders may be combined in heats of the distance events without a lane separating the genders. |

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| Heat Limited Events: | • The 400 freestyle/IM events may be limited so that the middle distance sessions each day are no more than two hours, excluding warm-ups, depending on the timeline developed after entries are received.<br>• Swimmers whose seed times place them below the heat limitation will have the option to pick another event or remain in the event and possibly compete because of day-of-meet scratches.<br>• Swimmers who do not switch events and do not compete in the heat-limited event will have their entry fee refunded within one week of the meet. Psych sheets will be posted on the meet web site no later than one week before the meet start. |
| Host Club Responsibilities: | • The host club will provide a single timer in each lane throughout the meet, except for the distance events where swimmers will provide their own timers and lap counters.<br>• The host club will have stopwatches available for volunteers helping to time.<br>• The host club will e-mail entry verification back to the participating clubs.<br>• The host club will create a warm-up schedule that will be fair and equal to all teams.<br>• The host club will create timing assignments that are fair and equitable with as many teams participating as possible.<br>• 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 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.<br>• Participating club parents must stay off the pool deck except for timing assignments.<br>• Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.<br>• Officials: • Swimming officials from participating teams should contact the meet referee, Perry Novak, perrynovak@optonline.net 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 may check 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: | This meet will be run in accordance to current USA Swimming Rules.<br>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:<br>• To allow more swimmers to swim.<br>• To conform to facility capacity limits or for facility safety concerns.<br>• To condense the meet into smaller time period.<br>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. |
| Swimmer Eligibility: | • No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.<br>• 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. |
| Coaches Eligibility: | • 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.<br>• Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility.<br>• All Coaches must have some form of USA coaching credential verification with them at all times. |

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| Officials: | • Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help.<br>• Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.<br>• All officials must wear the standard white and blue uniform except for Saturday, when a Hawaiian shirt is preferred.<br>• Officials will be required to work the entire session and will receive free admission. |
| 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. |
| 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.<br>• Failure to follow this procedure may result in the swimmer(s) being scratched from the session. |
| No Show Procedure: | • 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. |
| Warm-up Procedures: | • 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.<br>• Swimming Equipment is **not allowed** in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys.<br>• 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.<br>• All swimmers must enter the pool feet first from the starting end of the pool.<br>• New Jersey Swimming officials will monitor warm-ups.<br>• All general warm-up lanes will swim in a counterclockwise direction.<br>• There will be two 30-minute warm-ups divided by teams for 13 & Over, and two 25-minute warm-ups divided by teams for 12 & Under sessions.<br>• For the 400 freestyle/400 IM sessions, there will be one 30-minute warm-up session. |
| Internet Website Posting: | Internet location for all meet information: http://www.besmarttinc.com & www.njswim.org<br>**Pre-Meet Information posted on website.**<br>• Meet Information will be posted on the website.<br>• Downloadable Hy-Tek Events list (.HYV file) will be posted on the website.<br>• List Teams whose entries have been received.<br>• List "heat limited" events psych sheet.<br>• List Updated meet schedule.<br>• List Warm-up Schedule and Team Warm-up Assignments.<br>• List Timing assignments.<br>**Post-Meet Information posted on website.**<br>• Downloadable Results (Zipped .CL2 & .HY3 files) for TM<br>Printable meet results (.PDF file) |
| Results: | • Results will be e-mailed to teams participating in the meet.<br>• Results will be posted on the meet website www.besmarttinc.com and on the NJ swimming Website www.njswimming.org |

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| 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. |
| Hotel: | • Holiday Inn, 100 Independence Way. 609-520-1200 Ask for special rate<br>• Staybridge Suites, 4375 Route 1. 609-951-0009 Ask for sports group rate<br>• Residence Inn by Marriott, 4225 Route 1. 732-329-9600 Rates include breakfast<br>• 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. |

# 2017 XCEL Meet of Xcellence

Saturday & Sunday June 17th & 18th

## 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, X-Cel Swimming, 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 this waiver form, 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 rule. 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:**

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|---|---|---|---|
| **Entry Fee Summary**: | _____ | Individual event entries @ $5.00 = | $_____ |
| | _____ | Relay event entries @ $9.00 = | $_____ |
| | | Total: | $_____ |

Make checks payable to: **X-Cel Swimming**

## 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 _____