



<u>Name of Meet</u>	<p><b>REVISED 01/30/12</b></p> <p><b><u>NEW JERSEY SWIMMING</u></b></p> <p><b>'11-12 SILVER &amp; BRONZE CHAMPIONSHIPS – REGION B'</b></p> <p><b><i>Sanctioned by NJ Swimming and Hosted by Sea Dragons Swim Club.</i></b></p>
<b><u>Changes 1/30/12:</u></b>	<ul style="list-style-type: none"> <li>● <b>Age up date for this meet is now March 3, 2012.</b></li> </ul>
<u>Meet Sanction #:</u>	<b>NJS030312SCB</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.
<u>Host Club:</u>	Sea Dragons Swim Club.
<u>Date of Meet:</u>	<b>Saturday, March 3 and Sunday, March 4, 2012</b>
<u>Participating New Jersey Clubs</u>	<b><u>TEAMS IN 11-12 REGION B:</u></b> <b>BAC, DESC, ESC, FSPY, MAY, MCSC, MEY, RUT, RVYM, SAY, SDSC, OTT, SHU, SVY, TWST, WY</b>
<u>Location:</u>	<b>RARITAN VALLEY COMMUNITY COLLEGE</b> (directions included) Route 28 & Lamington Road, North Branch New Jersey • 908-526-1200
<u>Facility Info:</u>	Raritan College is a six lane pool with 7 foot lanes. There is no warm-up pool. A fully automatic Colorado timing system with a one line read out board will be used. There is ample parking at Raritan College either in front of the pool or behind the pool by the outdoor track. There is a seating capacity for 500 spectators. The college's gym is <u>not</u> 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.
<u>Pool Certification Statement:</u>	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.
<u>Audio/Visual Recording Statement:</u>	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
<u>Meet Director:</u>	<b>BETH GIOVINE, <a href="mailto:seadragonbill@yahoo.com">seadragonbill@yahoo.com</a></b>
<u>Meet Referee:</u>	<b>Peter Madley-Meet Referee/Officials Coordinator <a href="mailto:pmadley@gmail.com">pmadley@gmail.com</a></b>
<u>Meet Marshal:</u>	<b>Hang Nguyen, <a href="mailto:19ntn60@comcast.net">19ntn60@comcast.net</a></b>
<u>Entry Coordinator:</u>	<b>BE Smartt, Inc., 604 Paxson Avenue, Mercerville, NJ 08619</b> <b>Phone: Ellen 609-558-0988 Fax: 609-587-7751 E-Mail: <a href="mailto:entries1@juno.com">entries1@juno.com</a></b> <ul style="list-style-type: none"> <li>• When e-mailing your entries, please put NJW2012 in the subject line.</li> <li>• Best time to call after 8:00PM and weekends</li> </ul>
<u>Entry Deadline:</u>	<ul style="list-style-type: none"> <li>• Entry Deadline Date: <b>SATURDAY, February 18th, 2012</b></li> <li>• Email Entries to: <a href="mailto:entries1@juno.com">entries1@juno.com</a></li> <li>• When e-mailing your entries, please put NJW2012 in the subject line.</li> <li>• It is not necessary to use overnight or express mail to send hard copy and check which are sent in support of an e-mailed entry.</li> </ul>
<u>Amending Entries Process</u>	Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The Entry Coordinator is BE Smartt, Inc. <a href="mailto:entries1@juno.com">entries1@juno.com</a> The process shall be as follows: <ol style="list-style-type: none"> <li>1. The Host Team will enter each team as the entries are received.</li> <li>2. The entries for each team will be e-mailed to that team.</li> <li>3. Upon receipt of the entry list for their team, the coach will be expected to proof the entries for their team. The coach must respond to the email, either indicating that the entries are accepted as is or amending as explained below.</li> <li>4. After the entry deadline has passed. Should a swimmer be missing from the entry list or if a swimmer is missing from an event, then the coach can enter the swimmer through the following process:</li> </ol>



	<ul style="list-style-type: none"> <li>• The coach needs to make a list of the missing entry information: swimmer's name, USA-S number, event number, and entry time.</li> <li>• The list of the missing swimmers and their events are then to be e-mailed to the Host Team Entry Coordinator (e-mail: <a href="mailto:entries1@juno.com">entries1@juno.com</a>) no later than 9:00 PM on the Wednesday (February 29<sup>th</sup>) before the start of the meet. Please do not email a Hy-Tek file.</li> <li>• The entry fee for all events entered in this manner will be \$10.00 per event and payable before the start of the meet. Should the entry fee not be paid, then the swimmer(s) will not be permitted to swim in the amended events in the meet.</li> </ul>
<u>Meet Format Waiver:</u>	<p>The host club has the right to change the format of the meet with the approval of the sanctioning chairman &amp; age group or senior chairman. These changes would be made for a more efficient swim meet for the swimmers &amp; the host club. Reasons for 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 can be made: 1) add a session, 2) heat limit distance events, 3) condense sessions and 4) eliminate relays.</p>
<u>Internet Website Posting:</u>	<p><b>Swim Meet Website address: <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> &amp; <a href="http://www.njswim.org">www.njswim.org</a></b></p> <p>Pre-Meet Information posted on website.</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 Updated meet schedule.</li> <li>• List Warm-up Schedule and Team Warm-up Assignments.</li> <li>• List Timing assignments.</li> </ul> <p>Post-Meet Information posted on website.</p> <ul style="list-style-type: none"> <li>• Downloadable Results (HY3.zip file)</li> <li>• Downloadable Meet Back-up (Backup.zip File)</li> </ul>
<u>Meet Requirement Statement:</u>	<p>In order to be eligible for the SC New Jersey Zone Championship Team or for NJ Swimming Athlete Reimbursement 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.</p>
<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> <li>• All coaches “on the deck” must be current valid coach members of USA Swimming.</li> <li>• Coaches must show valid coaching card for entrance to facility.</li> <li>• Coaches must have coaching card visible at all times while on deck.</li> </ul>
<u>Swimmer Eligibility:</u>	<p><b>NOTES:</b></p> <p>Starting with the 2011-2012 winter season, the qualifying time period for winter JO's and Silver/Bronze meets is from Jan 1<sup>st</sup> of the previous year thru the entry deadline of the meet.</p> <p><del>For the 2012 Winter Silver/Bronze Championship meet series, the age up date for all of these meets will be March 16<sup>th</sup>, 2012 (first day of JOs).</del></p> <p>This is a New Jersey Championship Meet. Only swimmers registered with New Jersey Swimming may enter. Swimmers may compete in any event that they have not achieved a New Jersey Swimming GOLD TIME. (See attached events and time standards). <u>No entries for swimmers other than 11 &amp; 12 year olds will be accepted for this meet!</u> Only 11-12 events will be run.</p> <ul style="list-style-type: none"> <li>• <b>If a swimmer is entered in the meet, and then achieves a Gold time in one or more of their entered events prior to the start of the meet, that swimmer MUST be removed from that event(s).</b> Failure to do so will result in the disqualification of the swimmer (even retroactively), and the swimmer's club may be penalized and/or fined by NJ Swimming for each such infraction. They will be allowed to substitute another eligible event(s) if they have any or the entry fee will be refunded if a swimmer cannot compete in substitute event.</li> <li>• <b>Similarly, if a swimmer was initially entered in the Bronze division of an event, and then achieves a Silver time in said event prior to the start of this meet, then that swimmer's</b></li> </ul>



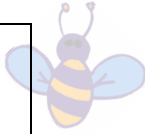
	<p><b>entry needs to be amended so that they do not compete in the Bronze division of that event.</b> Again, failure to do so will result in the penalties stated above.</p> <ul style="list-style-type: none"> <li>• All swimmers must be listed on a team's official entry form to be eligible to participate in this swim meet in any event 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 entry form.</li> <li>• Swimmers may compete in 3 individual events maximum per session, 4 individual event maximum per day, and 1 relay per day. (The 1000 and/or 1650 would be the 4<sup>th</sup> individual event per day.)</li> <li>• In order to compete in the 1000 or 1650 Freestyle events, one cannot already have a Gold time in the event, and the swimmer must have a Silver or better time in the 500 Freestyle (proof of time required). The 1000 and 1650 events will be entered and seeded using the swimmers 500 Freestyle time.</li> </ul> <p>• <b>Age for this meet is as of March 3, 2012.</b></p>
<u>State Championships Restriction:</u>	<b>Swimmers may not compete in a given event at both a Silver/Bronze Championship meet and the SC JO meet, unless they achieved the SC JO qualifying time in that event at the Silver/Bronze meet, or at another Sanctioned or Approved meet attended in between the Silver/Bronze meet and JOs.</b>
<u>Swimmers Unaccompanied by A USAS Certified Coach:</u>	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. If a swimmer is not accompanied by a USA Swimming member coach, then it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
<u>Meet Format:</u>	<ul style="list-style-type: none"> <li>• This meet will be run in accordance to current USA Swimming Rules.</li> <li>• This meet will be run as a time final meet.</li> <li>• This meet will be deck seeded with coaches checking in/scratching all swimmers.</li> <li>• This is a Silver/Bronze Championship. All individual events, except for the distance events (500, 1000, 1650 Free and 400IM), will be run with the Bronze Only event for each the girls and the boys, followed by the Silver Only version of the same stroke and distance for the girls and the boys. The distance events will run and scored as combined Silver/Bronze events.</li> </ul>

**MEET INFORMATION:** The meet will have eight sessions. The 11 year old Girls & Boys will compete in the morning, while the 12 year old Girls & Boys will compete in the afternoon. **Exact information on starting times will be e-mailed to the clubs after entry registration is completed.** This information will include 1000yd. Freestyle/1650yd. Freestyle psyche sheet, meet time line, timing assignments, warm-up procedures, relays, and the appropriate starting and warm-up times. This information will also be posted on the [www.besmartinc.com](http://www.besmartinc.com) & [www.njswim.org](http://www.njswim.org) websites.

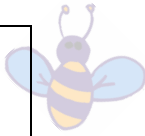
Saturday, March 3		Warm-up	Start
Session 1	11 Year Old Girls & Boys	7:00 a.m.	8:05 a.m.
Session 2	11 Year Old Girls & Boys 1000 yd. Free	End of Session #1	10 minutes*
Session 3	12 Year Old Girls & Boys	End of Session #2	65 minutes*
Session 4	12 Year Old Girls & Boys 1000 yd. Free	End of Session #3	10 minutes*
Sunday, March 4		Warm-up	Start
Session 5	11 Year Old Girls & Boys	7:00 a.m.	8:05 a.m.
Session 6	11 Year Old Girls & Boys 1650 yd. Free	End of Session #5	10 minutes*
Session 7	12 Year Old Girls & Boys	End of Session #6	65 minutes*
Session 8	12 Year Old Girls & Boys 1650 yd. Free	End of Session #7	10 minutes*

**\* NOTE: Clubs will be notified as to exact starting times. There will be a 60 minute warm-up for sessions 1, 3, 5 & 7. There will be a 10 minute warm-up for sessions 2, 4, 6 & 8.**

<u>Warm-up Procedures:</u>	<p>New Jersey Swimming Warm-up and Safety Guidelines:</p> <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> </ul>
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	<p><u>Entry Into Pool:</u></p> <ul style="list-style-type: none"> <li>All swimmers must enter the pool from the starting end of the pool.</li> </ul> <p><u>Host Team Monitoring Warm-up:</u></p> <ul style="list-style-type: none"> <li>New Jersey Swimming officials will monitor warm-ups.</li> <li>All general warm-up lanes will swim in a counterclockwise direction.</li> </ul> <p><u>Split Warm-ups:</u></p> <ul style="list-style-type: none"> <li>Warm-up will be split into two 25 minute sessions divided by teams. This will be general warm-up only – NO DIVING!</li> <li>After the two 25 min. warm-up sessions, all lanes will be available to all swimmers for 10 minutes of one way sprints.</li> </ul>
<u>Entry Times:</u>	<ul style="list-style-type: none"> <li>In all events other than the 1000 and 1650 Freestyle events, seed times must be <b>SLOWER</b> than the New Jersey Gold Time Standards.</li> <li>For the 1000 and 1650 freestyle events, swimmers are to be entered with their 500 Free times. These times must be provable and faster than the Silver time standard in the 500 Free.</li> <li><b>Entries with “NO TIMES” will not be accepted!</b></li> <li>Meet Committee will be selected to handle protests including false entry times.</li> <li>All entry times must be in short course yards.</li> </ul>
<u>Check-In:</u>	<p>All check-in sheets must be turned into the scoring table 30 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 his/her 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.</p>
<u>Starts:</u>	<p>The host club will determine if ‘Fly-over’/‘Over-the-top’ starts will be used after a time line has been produced. This information will be posted in the pre-meet information.</p>
<u>Distance Events:</u>	<p>The 500 Free, 1000 Free, 1650 Free and 400IM events will run and scored as combined Silver/Bronze events.</p>
<u>1000 &amp; 1650 Events:</u>	<ul style="list-style-type: none"> <li>The 1000 and 1650 yd. Freestyle events are limited to athletes with a provable Gold or Silver time in the 500 Free, who do not yet have the 1000 or 1650 Gold time respectively. Athletes will be seeded with their 500 Free time.</li> <li>The 1000 yd. Freestyle and 1650 yd. Freestyle events will be run fastest to slowest.</li> <li>Swimmers are to provide their own timer and person to count in these events.</li> </ul>
<u>Heat Limited Events:</u>	<p>The 500, 1000 and 1650 yd. Freestyles and the 400 yd. Ind. Medley may be limited for meet management. If there is a need to limit any of these events, swimmers below the cut will be given a chance to enter another event on that day! Refunds will be given to any swimmer that is not allowed to swim these events.</p>
Relays:	<p><b>Only swimmers that DO NOT have ‘GOLD’ times in that stroke and distance can swim on relays. Any swimmer found to have had a Gold time in that stroke and distance prior to the meet will be removed from the event, the team will be disqualified and the information will be turned over to New Jersey Swimming.</b></p> <ul style="list-style-type: none"> <li>All relays MUST HAVE THE CORRECT FOUR NAMES LISTED AND THE CORRECT order for that relay to be eligible.</li> <li>Coaches must turn in relay cards prior to that relay swimming listing correct swimmers names and correct order.</li> <li>Relays are mixed (boys &amp; girls), any combination. Relays will be pre-seeded.</li> <li>The Meet Referee and/or the meet jury will handle any protest of relay swimmers during the meet. New Jersey Swimming will handle any protest of relay swimmers after the meet.</li> </ul>
<u>Scoring:</u>	<p>Team Scoring will not be kept.</p>
<u>Awards:</u>	<ul style="list-style-type: none"> <li>Medals will be awarded for the top three relay teams in each relay event.</li> <li>Medals will be awarded for the top six 11 year old and top six 12 year old swimmers in the Bronze division of an individual event.</li> <li>Medals will be awarded for the top six 11 year old and top six 12 year old swimmers in the Silver division of an individual event.</li> <li>The distance events (500, 1000, 1650 &amp; 400IM) are being run as combined Silver/Bronze events. As</li> </ul>



	<p>such, a single set of medals will be awarded to the top six finishers in each of these events.</p> <ul style="list-style-type: none"><li>• A swimmer competing in a Bronze only event cannot receive an award if they achieve a 'GOLD' time in that event. (Note that since the distance events are designated as combined Silver/Bronze events, a swimmer in these events who is entered with a Bronze time and achieves a Gold time is still eligible for an award.)</li></ul>
<u>Entry Fees:</u>	<p>In accordance with New Jersey Swimming rules, entry fees are \$5.00 for each individual event and \$8.00 for relays. Entry fees must accompany official entries. <u>Make checks payable to: SDSC.</u></p> <p><u>Note:</u> The fee for all entries via the Amended Entry Process (see above) is \$10.00 per event. (Note that entries which are amended due to a swimmer achieving a new Gold or Silver time after the original entry is submitted do not incur any additional fee.)</p>
<u>Admissions and Programs:</u>	<p>There will be a \$7.00 per session admission fee. Program for the entire meet will cost \$12.00.</p>
<u>Entries:</u>	<ul style="list-style-type: none"><li>• In accordance with NJS policy, team entries may be submitted by E-mail to: <a href="mailto:entries1@juno.com">entries1@juno.com</a> (When e-mailing your entries, please put SDSC2012 in the subject line.)</li><li>• All entries must be Hy-Tek program entries as an attached file to an e-mail.</li><li>• The meet entry coordinator will respond to e-mails entries within 48 hours. 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. If you do not receive an e-mail response, you must contact the entry coordinator by email or phone.</li><li>• An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each entry.</li><li>• Accuracy of seed times is essential. Incomplete entries will not be accepted.</li><li>• Deck entries will not be accepted. No phone or faxed entries will be accepted.</li></ul>
<u>Results:</u>	<ul style="list-style-type: none"><li>• All Teams will be asked on the meet Summary whether they want results mailed or e-mailed.</li><li>• Results can be found at <a href="http://www.besmartinc.com">www.besmartinc.com</a></li></ul>
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none"><li>• The host club will provide a single timer in each lane through out the meet.</li><li>• The host club will have stopwatches available for volunteers helping to time.</li><li>• The host club will e-mail all club entries 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. This warm-up schedule 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><li>• The host club will create timing assignments that are fair and equitable with as many teams participating as possible. These 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>
<u>Participating Club Responsibilities:</u>	<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.</li><li>• Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</li></ul>
<u>Concessions:</u>	<p>Snacks, water, and soft drinks will be available.</p>
<u>Vendor:</u>	<p>A swim vendor will be in attendance.</p>
<u>Hotels:</u>	<p><u>Host Hotel:</u> Somerset Holiday Inn, Davidson Avenue, Somerset, NJ 1.732.584.4612, ask for special swim meet rates.</p> <p>The Crowne Plaza, Davidson Avenue, Somerset, NJ 1.732.716.1175</p> <p>The Courtyard by Marriott on Davidson Avenue</p> <p>The Doubletree Executive Somerset on Atrium Drive</p>



<p><u>Directions to Raritan Valley CC</u></p>	<p>FROM the <b><u>NORTH</u></b></p> <p><b>From INTERSTATE 287 SOUTH</b> - (From Morristown Area): Take Interstate 287 SOUTH to Interstate 78 WEST. Proceed on 78 WEST 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. 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 Interstate 78 WEST. Proceed on 78 WEST 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. 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 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 5 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>Alternative From ROUTE 206 SOUTH</b> - (From Chester/Peapack) Proceed south on Route 206. Make a right turn onto Burnt Mills Road (county road 620). (A&amp;P Supermarket will be on left side of intersection). Continue straight on Burnt Mills Road for Approximately 4 miles. When you come to the end make a left onto Lamington Road (county road 665). Take Lamington Road for approximately 1 mile. 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>FROM the <b><u>SOUTH</u></b></p> <p><b>From INTERSTATE 287 NORTH</b> - (From Edison Area): Take Interstate 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 GARDEN STATE PARKWAY NORTH</b> - (From the Shore area): Take Exit 127 to Interstate 287 NORTH. Proceed on 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 the Somerville Circle. At the Somerville Circle exit onto Route 28 WEST (county road 614). Proceed on Route 28 WEST (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>
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**NEW JERSEY SWIMMING 11/12 SILVER & BRONZE CHAMPIONSHIPS – Region B**  
**SATURDAY, MARCH 3, 2012 ORDER OF EVENTS**



**SESSION #1 – 11 Yr. Old Girls & Boys:**

**Warm –Up: 7:00 a.m. (Two 25 min sessions followed by 10min All Lanes One-Way Sprint)**

**Session Starts: 8:05 a.m.**

Event	Division	FASTER THAN	SLOWER THAN	SLOWER THAN
Event 1 Mixed 11 200 Medley Relay	SILVER/BRONZE		*GOLD	
Event 2 Girls 11 500 Free	SILVER/BRONZE		6:00.29	
Event 3 Boys 11 500 Free	SILVER/BRONZE		6:03.29	
Event 4 Girls 11 50 Fly	BRONZE			35.49
Event 5 Boys 11 50 Fly	BRONZE			35.49
Event 6 Girls 11 50 Fly	SILVER	35.50	30.89	
Event 7 Boys 11 50 Fly	SILVER	35.50	31.69	
Event 8 Girls 11 200 Back	BRONZE			2:53.99
Event 9 Boys 11 200 Back	BRONZE			2:53.99
Event 10 Girls 11 200 Back	SILVER	2:54.00	2:32.69	
Event 11 Boys 11 200 Back	SILVER	2:54.00	2:34.99	
Event 12 Girls 11 100 Breast	BRONZE			1:29.89
Event 13 Boys 11 100 Breast	BRONZE			1:29.89
Event 14 Girls 11 100 Breast	SILVER	1:29.90	1:20.29	
Event 15 Boys 11 100 Breast	SILVER	1:29.90	1:21.09	
Event 16 Girls 11 100 Free	BRONZE			1:08.29
Event 17 Boys 11 100 Free	BRONZE			1:08.29
Event 18 Girls 11 100 Free	SILVER	1:08.30	1:01.09	
Event 19 Boys 11 100 Free	SILVER	1:08.30	1:00.89	
Event 20 Girls 11 200 Fly	BRONZE			2:59.99
Event 21 Boys 11 200 Fly	BRONZE			2:59.99
Event 22 Girls 11 200 Fly	SILVER	3:00.00	2:46.99	
Event 23 Boys 11 200 Fly	SILVER	3:00.00	2:46.99	
Event 24 Girls 11 50 Back	BRONZE			37.09
Event 25 Boys 11 50 Back	BRONZE			37.09
Event 26 Girls 11 50 Back	SILVER	37.10	32.39	
Event 27 Boys 11 50 Back	SILVER	37.10	32.79	
Event 28 Girls 11 200 IM	BRONZE			2:51.79
Event 29 Boys 11 200 IM	BRONZE			2:51.79
Event 30 Girls 11 200 IM	SILVER	2:51.80	2:30.89	
Event 31 Boys 11 200 IM	SILVER	2:51.80	2:32.69	

**\* In order to swim in a relay designated as a Silver/Bronze event, no swimmer on that relay may have a previous Gold time in the stroke and distance that the swimmer will swim in that relay.**

**SESSION #2 - 11 Yr. Old Girls & Boys 1000 yd. Freestyle:**

**Warm –Up: TBA (at the conclusion of session #1 – 10 minute warm-up)**

Event	Division	FASTER THAN	SLOWER THAN	SLOWER THAN
Event 32 Girls 11 1000 Free ***	SILVER/BRONZE	6:41.00*	13:00.49**	
Event 33 Boys 11 1000 Free ***	SILVER/BRONZE	6:41.00*	13:00.49**	

**\* Entry and seeding for these events is based on the swimmer's 500 Free time.**

**\*\* Swimmers may not already have a GOLD time for the event.**

**\*\*\* These events will be run fastest to slowest alternating girls and boys.**



**SESSION #3 - 12 Yr. Old Girls & Boys:**

**Warm –Up:** TBA (Two 25 min sessions followed by 10min All Lanes One-Way Sprint)

**Session Starts:** 65 Minutes after start of Warm-ups

Event	Division	FASTER THAN	SLOWER THAN	SLOWER THAN
Event 34 Mixed 12 200 Medley Relay	<b>SILVER/BRONZE</b>		<b>*GOLD</b>	
Event 35 Girls 12 500 Free	<b>SILVER/BRONZE</b>		6:00.29	
Event 36 Boys 12 500 Free	<b>SILVER/BRONZE</b>		6:03.29	
Event 37 Girls 12 50 Fly	<b>BRONZE</b>			35.49
Event 38 Boys 12 50 Fly	<b>BRONZE</b>			35.49
Event 39 Girls 12 50 Fly	<b>SILVER</b>	35.50	30.89	
Event 40 Boys 12 50 Fly	<b>SILVER</b>	35.50	31.69	
Event 41 Girls 12 200 Back	<b>BRONZE</b>			2:53.99
Event 42 Boys 12 200 Back	<b>BRONZE</b>			2:53.99
Event 43 Girls 12 200 Back	<b>SILVER</b>	2:54.00	2:32.69	
Event 44 Boys 12 200 Back	<b>SILVER</b>	2:54.00	2:34.99	
Event 45 Girls 12 100 Breast	<b>BRONZE</b>			1:29.89
Event 46 Boys 12 100 Breast	<b>BRONZE</b>			1:29.89
Event 47 Girls 12 100 Breast	<b>SILVER</b>	1:29.90	1:20.29	
Event 48 Boys 12 100 Breast	<b>SILVER</b>	1:29.90	1:21.09	
Event 49 Girls 12 100 Free	<b>BRONZE</b>			1:08.29
Event 50 Boys 12 100 Free	<b>BRONZE</b>			1:08.29
Event 51 Girls 12 100 Free	<b>SILVER</b>	1:08.30	1:01.09	
Event 52 Boys 12 100 Free	<b>SILVER</b>	1:08.30	1:00.89	
Event 53 Girls 12 200 Fly	<b>BRONZE</b>			2:59.99
Event 54 Boys 12 200 Fly	<b>BRONZE</b>			2:59.99
Event 55 Girls 12 200 Fly	<b>SILVER</b>	3:00.00	2:46.99	
Event 56 Boys 12 200 Fly	<b>SILVER</b>	3:00.00	2:46.99	
Event 57 Girls 12 50 Back	<b>BRONZE</b>			37.09
Event 58 Boys 12 50 Back	<b>BRONZE</b>			37.09
Event 59 Girls 12 50 Back	<b>SILVER</b>	37.10	32.39	
Event 60 Boys 12 50 Back	<b>SILVER</b>	37.10	32.79	
Event 61 Girls 12 200 IM	<b>BRONZE</b>			2:51.79
Event 62 Boys 12 200 IM	<b>BRONZE</b>			2:51.79
Event 63 Girls 12 200 IM	<b>SILVER</b>	2:51.80	2:30.89	
Event 64 Boys 12 200 IM	<b>SILVER</b>	2:51.80	2:32.69	

**\* In order to swim in a relay designated as a Silver/Bronze event, no swimmer on that relay may have a previous Gold time in the stroke and distance that the swimmer will swim in that relay.**

**SESSION #4 - 12 Year Old Girls & Boys 1000 yd. Freestyle:**

**Warm –Up:** TBA (at the conclusion of session #3 – 10 minute warm-up)

Event	Division	FASTER THAN	SLOWER THAN	SLOWER THAN
Event 65 Girls 12 1000 Free ***	<b>SILVER/BRONZE</b>	6:41.00*	13:00.49**	
Event 66 Boys 12 1000 Free ***	<b>SILVER/BRONZE</b>	6:41.00*	13:00.49**	

**\* Entry and seeding for these events is based on the swimmer’s 500 Free time.**

**\*\* Swimmers may not already have a GOLD time for the event.**

**\*\*\* These events will be run fastest to slowest alternating girls and boys.**

**NEW JERSEY SWIMMING 11-12 SILVER & BRONZE CHAMPIONSHIPS – Region B**  
**SUNDAY, MARCH 4, 2012 ORDER OF EVENTS**



**SESSION #5 – 11 Year Old Girls & Boys:**

**Warm –Up: 7:00 a.m. (Two 25 min sessions followed by 10min All Lanes One-Way Sprint)**

**Session Starts: 8:05 a.m.**

Event	Division	FASTER THAN	SLOWER THAN	SLOWER THAN
Event 67 Mixed 11 200 Free Relay	<b>SILVER/BRONZE</b>		<b>*GOLD</b>	
Event 68 Girls 11 400 IM	<b>SILVER/BRONZE</b>		5:35.89	
Event 69 Boys 11 400 IM	<b>SILVER/BRONZE</b>		5:39.89	
Event 70 Girls 11 50 Breast	<b>BRONZE</b>			41.99
Event 71 Boys 11 50 Breast	<b>BRONZE</b>			41.99
Event 72 Girls 11 50 Breast	<b>SILVER</b>	42.00	36.79	
Event 73 Boys 11 50 Breast	<b>SILVER</b>	42.00	37.09	
Event 74 Girls 11 200 Free	<b>BRONZE</b>			2:31.79
Event 75 Boys 11 200 Free	<b>BRONZE</b>			2:31.79
Event 76 Girls 11 200 Free	<b>SILVER</b>	2:31.80	2:13.49	
Event 77 Boys 11 200 Free	<b>SILVER</b>	2:31.80	2:13.59	
Event 78 Girls 11 100 Back	<b>BRONZE</b>			1:21.89
Event 79 Boys 11 100 Back	<b>BRONZE</b>			1:21.89
Event 80 Girls 11 100 Back	<b>SILVER</b>	1:21.90	1:09.89	
Event 81 Boys 11 100 Back	<b>SILVER</b>	1:21.90	1:10.79	
Event 82 Girls 11 100 IM	<b>BRONZE</b>			1:20.29
Event 83 Boys 11 100 IM	<b>BRONZE</b>			1:20.29
Event 84 Girls 11 100 IM	<b>SILVER</b>	1:20.30	1:09.99	
Event 85 Boys 11 100 IM	<b>SILVER</b>	1:20.30	1:09.99	
Event 86 Girls 11 200 Breast	<b>BRONZE</b>			3:17.99
Event 87 Boys 11 200 Breast	<b>BRONZE</b>			3:17.99
Event 88 Girls 11 200 Breast	<b>SILVER</b>	3:18.00	2:53.19	
Event 89 Boys 11 200 Breast	<b>SILVER</b>	3:18.00	2:57.69	
Event 90 Girls 11 50 Free	<b>BRONZE</b>			31.39
Event 91 Boys 11 50 Free	<b>BRONZE</b>			31.39
Event 92 Girls 11 50 Free	<b>SILVER</b>	31.40	27.89	
Event 93 Boys 11 50 Free	<b>SILVER</b>	31.40	27.79	
Event 94 Girls 11 100 Fly	<b>BRONZE</b>			1:21.99
Event 95 Boys 11 100 Fly	<b>BRONZE</b>			1:21.99
Event 96 Girls 11 100 Fly	<b>SILVER</b>	1:22.00	1:10.59	
Event 97 Boys 11 100 Fly	<b>SILVER</b>	1:22.00	1:12.49	

**\* In order to swim in a relay designated as a Silver/Bronze event, no swimmer on that relay may have a previous Gold time in the stroke and distance that the swimmer will swim in that relay.**

**SESSION #6 – 11 Year Old Girls & Boys 1650 yd. Freestyle:**

**Warm –Up: TBA (at the conclusion of session #5 – 10 minute warm-up)**

Event	Division	FASTER THAN	SLOWER THAN	SLOWER THAN
Event 98 Girls 11 1650 Freestyle ***	<b>SILVER/BRONZE</b>	6:41.00*	21:21.49**	
Event 99 Boys 11 1650 Freestyle ***	<b>SILVER/BRONZE</b>	6:41.00*	21:21.49**	

**\* Entry and seeding for these events is based on the swimmer's 500 Free time.**

**\*\* Swimmers may not already have a GOLD time for the event.**

**\*\*\* These events will be run fastest to slowest alternating girls and boys.**



**SESSION #7 – 12 Year Old Girls & Boys:**

**Warm –Up:** TBA (Two 25 min sessions followed by 10min All Lanes One-Way Sprint)

**Session Starts:** 65 minutes after start of warm-ups

Event	Division	FASTER THAN	SLOWER THAN	SLOWER THAN
Event 100 Mixed 12 200 Free Relay	<b>SILVER/BRONZE</b>		<b>*GOLD</b>	
Event 101 Girls 12 400 IM	<b>SILVER/BRONZE</b>		5:35.89	
Event 102 Boys 12 400 IM	<b>SILVER/BRONZE</b>		5:39.89	
Event 103 Girls 12 50 Breast	<b>BRONZE</b>			41.99
Event 104 Boys 12 50 Breast	<b>BRONZE</b>			41.99
Event 105 Girls 12 50 Breast	<b>SILVER</b>	42.00	36.79	
Event 106 Boys 12 50 Breast	<b>SILVER</b>	42.00	37.09	
Event 107 Girls 12 200 Free	<b>BRONZE</b>			2:31.79
Event 108 Boys 12 200 Free	<b>BRONZE</b>			2:31.79
Event 109 Girls 12 200 Free	<b>SILVER</b>	2:31.80	2:13.49	
Event 110 Boys 12 200 Free	<b>SILVER</b>	2:31.80	2:13.59	
Event 111 Girls 12 100 Back	<b>BRONZE</b>			1:21.89
Event 112 Boys 12 100 Back	<b>BRONZE</b>			1:21.89
Event 113 Girls 12 100 Back	<b>SILVER</b>	1:21.90	1:09.89	
Event 114 Boys 12 100 Back	<b>SILVER</b>	1:21.90	1:10.79	
Event 115 Girls 12 100 IM	<b>BRONZE</b>			1:20.29
Event 116 Boys 12 100 IM	<b>BRONZE</b>			1:20.29
Event 117 Girls 12 100 IM	<b>SILVER</b>	1:20.30	1:09.99	
Event 118 Boys 12 100 IM	<b>SILVER</b>	1:20.30	1:09.99	
Event 119 Girls 12 200 Breast	<b>BRONZE</b>			3:17.99
Event 120 Boys 12 200 Breast	<b>BRONZE</b>			3:17.99
Event 121 Girls 12 200 Breast	<b>SILVER</b>	3:18.00	2:53.19	
Event 122 Boys 12 200 Breast	<b>SILVER</b>	3:18.00	2:57.69	
Event 123 Girls 12 50 Free	<b>BRONZE</b>			31.39
Event 124 Boys 12 50 Free	<b>BRONZE</b>			31.39
Event 125 Girls 12 50 Free	<b>SILVER</b>	31.40	27.89	
Event 126 Boys 12 50 Free	<b>SILVER</b>	31.40	27.79	
Event 127 Girls 12 100 Fly	<b>BRONZE</b>			1:21.99
Event 128 Boys 12 100 Fly	<b>BRONZE</b>			1:21.99
Event 129 Girls 12 100 Fly	<b>SILVER</b>	1:22.00	1:10.59	
Event 130 Boys 12 100 Fly	<b>SILVER</b>	1:22.00	1:12.49	

**\* In order to swim in a relay designated as a Silver/Bronze event, no swimmer on that relay may have a previous Gold time in the stroke and distance that the swimmer will swim in that relay.**

**SESSION #8 – 12 Year Old Girls & Boys 1650 yd. Freestyle:**

**Warm –Up:** TBA (at the conclusion of session #7 – 10 minute warm-up)

Event	Division	FASTER THAN	SLOWER THAN	SLOWER THAN
Event 131 Girls 12 1650 Freestyle ***	<b>SILVER/BRONZE</b>	6:41.00*	21:21.49**	
Event 132 Boys 12 1650 Freestyle ***	<b>SILVER/BRONZE</b>	6:41.00*	21:21.49**	

**\* Entry and seeding for these events is based on the swimmer's 500 Free time.**

**\*\* Swimmers may not already have a GOLD time for the event.**

**\*\*\* These events will be run fastest to slowest alternating girls and boys.**



**NEW JERSEY SWIMMING**  
**'11-12 SILVER & BRONZE CHAMPIONSHIPS – REGION B'**  
**March 3<sup>rd</sup> and 4<sup>th</sup>, 2012**

**ENTRY SUMMARY**

**TEAM:** \_\_\_\_\_ **USA CLUB CODE:** \_\_\_\_\_

**NAME(S) COACH(ES):** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**CLUB MAILING ADDRESS:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**ENTRY CONTACT PERSON:** \_\_\_\_\_

Phone No. \_\_\_\_\_ Fax No. \_\_\_\_\_ E-Mail \_\_\_\_\_

**TIMERS/OFFICIALS CONTACT PERSON:** \_\_\_\_\_

Phone No. \_\_\_\_\_ Fax No. \_\_\_\_\_ E-Mail \_\_\_\_\_

**ENTRY FEE SUMMARY:**

Number of Individual Entries: \_\_\_\_\_ X \$5.00 = \$ \_\_\_\_\_

Number of Relay Entries: \_\_\_\_\_ X \$8.00 = \$ \_\_\_\_\_

TOTAL ENTRY FEES = \$ \_\_\_\_\_

**Please make checks payable to: SDSC.**

**WAIVER**

In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/our heirs, administrators and assignors, waive and release any and all claims against USA SWIMMING, NJ SWIMMING, Raritan Valley CC, BE SMARTT, Inc., and Sea Dragon Swim Club 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 am/are USA SWIMMING registered athletes and eligible to compete in all of the events I/we have entered.

**Signature:** \_\_\_\_\_  
 (Club Official, Coach, and/or Parent or Guardian)

**Date:** \_\_\_\_\_

# New Jersey Swimming Inc.

## Meet Verification Form



Club Name \_\_\_\_\_ Club Code \_\_\_\_\_

Coach's Name \_\_\_\_\_ Phone # \_\_\_\_\_

E-mail Address \_\_\_\_\_

Postal Address \_\_\_\_\_



## NEW JERSEY SWIMMING

I hereby certify that all swimmers and coaches listed on the entry or hard copy with disk entries, for the **2012 11-12 Silver/Bronze Championship Meet** to be held on **March 3 & 4, 2012** are registered members of New Jersey Swimming/ United States Swimming. I realize that any swimmer found to have a gold time in that stroke and distance in a relay prior to or at the meet will be removed from the event, the relay team will be disqualified and the information will be turned over to New Jersey Swimming. All United States 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.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Signature cannot be photocopied)

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 United States 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 HERE

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

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

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

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