

# A

## 12 & Under Silver/Bronze Championships

### Region A

Hosted by Cougar Aquatic Team

at the Wellness & Events Center, New Jersey Institute of Technology

(Held under the sanction of USA Swimming)

Meet Sanction Info:	<b>NJ swimming Sanction #- NJS022220SCC</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>Saturday February 22<sup>nd</sup> to Sunday February 23<sup>rd</sup>, 2020</b>		
Location:	<b>NJIT Wellness &amp; Events Center</b> , 104 Lock St., Newark, NJ 07102, 973-596-5229		
Eligible Teams:	<b>BB, BGCD, BMA, CAT, EAG, JCB, JFAC, MDY, RANY, RHSC, RY, WFY</b> <b><i>Teams may be reassigned to another region once entries are received in order to balance numbers and session times. This will be communicated to participating coaches once entries have been processed.</i></b>		
Facility Info:	The NJIT Wellness and Events Center Natatorium is a new state of the art 8-lane 25 yard facility with Colorado timing and Kiefer-McNeil Lane lines. The depth at the starting end is 13 feet and the depth at the turning end is 4'6". There is ample seating for swimmers and a gallery 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:	Eric Harse		<a href="mailto:eric@cougaraquatic.com">eric@cougaraquatic.com</a>
Meet Director:	Eric Harse		<a href="mailto:eric@cougaraquatic.com">eric@cougaraquatic.com</a>
Meet Referee:	John Butler		<a href="mailto:j.m.butler@comcast.net">j.m.butler@comcast.net</a>
Admin Official:	Be Smartt Inc		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshall:	Terry Murray		<a href="mailto:teammurray@verizon.net">teammurray@verizon.net</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Immediately (Note: Teams cannot be closed out of this championship meet provided entries are received by the deadline)</b>		
Entry Deadline:	<b>Friday February 14<sup>th</sup>, 2020, at Noon</b>		
Swimmer Age	Swimmer ages for this meet are as of: <b>Saturday February 22<sup>nd</sup>, 2020</b>		
Entry Fees:	Individual Entry (except distance): \$6.00,		Relays: \$9.00.
	Distance (1000/1650): \$12.00,		
	<b><i>Note: There is an additional \$5.00 fee charged for each entry submitted via the Amended Entry Process (see above). However, entries which are amended due to a swimmer achieving a new Gold or Silver time after the original entry is submitted do not incur this additional fee.</i></b>		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> <li>This meet will be run as timed finals.</li> <li>There will be 8 &amp; Under, 10 &amp; Under, and 11-12 events.</li> <li><b>There are minimum (“faster than”) and maximum (“no faster than”) time standards for all 9 &amp; Over events. 8 &amp; Under swimmers will require proof of time but do not have faster than or slower than time standards. As a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries.</b> (See <i>Entry Times</i> section for details).</li> </ul>		



Meet Format <i>...continued</i>	<ul style="list-style-type: none"> <li>This meet will be deck seeded with coaches checking in/scratching all swimmers and relays.</li> <li>Swimmers will be marshaled from the multi-purpose room to the pool deck for their events. There will be limited space on deck.</li> </ul>	
Entry Limits:	Daily: <b>4</b> Individual Events <b>1</b> Relay Event Mini Meet: 4 Individual Events 2 Relay Events	Meet: <b>8</b> Individual Events <b>2</b> Relay Events
Checks Payable To:	<b>Cougar Aquatic Team, LLC</b>	
Email Entry Files To:	<a href="mailto:besmartinc@gmail.com">besmartinc@gmail.com</a>	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	

## 2020 12 & Under Silver/Bronze Championships Region A

### Saturday February 22<sup>nd</sup>

Facility Opens at 6:55am

### Saturday Morning Session #1—10 & Under, 8 & Under Mini-Meet

Warm-up: 7:00am

Meet Start: 8:05am

Girls	Equal/Faster	Slower	Event	Slower	Equal/Faster	Boys
#1			<b>8 &amp; Under 100 Freestyle Relay</b>			#2
#3		<b>*Gold</b>	200 Medley Relay Silver/ <b>Bronze</b>	<b>*Gold</b>		#4
#5			<b>8 &amp; Under 50 Freestyle**</b>			#6
#7			<b>8 &amp; Under 25 Freestyle**</b>			#8
#9		1:34.39	100 IM <b>Bronze</b>	1:34.39		#10
#11	1:34.39	1:21.59	100 IM Silver	1:21.99	1:34.39	#12
#13			<b>8 &amp; Under 50 Breaststroke**</b>			#14
#15			<b>8 &amp; Under 25 Breaststroke**</b>			#16
#17		1:22.09	100 Freestyle <b>Bronze</b>	1:22.09		#18
#19	1:22.09	1:14.29	100 Freestyle Silver	1:12.99	1:22.09	#20
#21			<b>8 &amp; Under 50 Backstroke**</b>			#22
#23			<b>8 &amp; Under 25 Backstroke**</b>			#24
#25		43.89	50 Backstroke <b>Bronze</b>	43.89		#26
#27	43.89	38.59	50 Backstroke Silver	38.09	43.89	#28
#29			<b>8 &amp; Under 50 Butterfly**</b>			#30
#31			<b>8 &amp; Under 25 Butterfly**</b>			#32
#33		1:42.09	100 Butterfly <b>Bronze</b>	1:42.09		#34
#35	1:42.09	1:32.99	100 Butterfly Silver	1:31.99	1:42.09	#36
#37			<b>8 &amp; Under 100 IM**</b>			#38
#39		48.19	50 Breaststroke <b>Bronze</b>	48.19		#40
#41	48.19	43.99	50 Breaststroke Silver	44.59	48.19	#42
#43			<b>8 &amp; Under 100 Medley Relay</b>			#44

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

**\*\* There are no time standards for the 8 & Under events. However, since this is a NJ Swimming Championship, proof of time is still required for entries into these events.**



# 2020 12 & Under Silver/Bronze Championships Region A

Saturday February 22<sup>nd</sup>...Continued

## Saturday Midday Session #2—10 & Under 500 Freestyle

Warm-up: Immediate-10 minutes

Meet Start: Session 1+10minutes

Girls	Equal/Faster	Slower	Event	Slower	Equal/Faster	Boys
#45		7:10.99*	500 Freestyle Silver/ <b>Bronze</b>	7:10.09*		#46

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

## Saturday Afternoon Session #3—11-12

Warm-up: TBA

Meet Start: Warm-up+65 minutes

Girls	Equal/Faster	Slower	Event	Slower	Equal/Faster	Boys
#47		*Gold	200 Medley Relay Silver/ <b>Bronze</b>	*Gold		#48
#49		5:55.19	500 Freestyle Silver/ <b>Bronze</b>	5:52.49		#50
#51		35.49	50 Butterfly <b>Bronze</b>	35.49		#52
#53	35.49	30.59	50 Butterfly <b>Silver</b>	30.69	35.49	#54
#55		2:53.99	200 Backstroke <b>Bronze</b>	2:53.99		#56
#57	2:53.99	2:30.29	200 Backstroke <b>Silver</b>	2:32.09	2:53.99	#58
#59		1:29.89	100 Breaststroke <b>Bronze</b>	1:29.89		#60
#61	1:29.89	1:19.59	100 Breaststroke <b>Silver</b>	1:19.29	1:29.89	#62
#63		1:08.29	100 Freestyle <b>Bronze</b>	1:08.29		#64
#65	1:08.29	1:01.19	100 Freestyle <b>Silver</b>	1:01.19	1:08.29	#66
#67		2:59.99	200 Butterfly <b>Bronze</b>	2:59.99		#68
#69	2:59.99	2:43.99	200 Butterfly <b>Silver</b>	2:46.99	2:59.99	#70
#71		37.09	50 Backstroke <b>Bronze</b>	37.09		#72
#73	37.09	32.49	50 Backstroke <b>Silver</b>	33.49	37.09	#74
#75		2:51.79	200 IM <b>Bronze</b>	2:51.79		#76
#77	2:51.79	2:30.09	200 IM <b>Silver</b>	2:30.29	2:51.79	#78

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

## Saturday Evening Session #4—11-12 1000 Freestyle

Warm-up: Immediate: 10 minutes

Meet Start: Session 1+10minutes

Girls	Equal/Faster (500 seed time)	Slower (Actual 1000 time)	Event	Slower (Actual 1000 time)	Equal/Faster (500 seed time)	Boys
#79	6:40.99†	12:45.99†	1000 Freestyle Silver*	12:39.99†	6:40.99†	#80

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

† Entry and seeding for these events is based on the swimmer's 500 freestyle time, but swimmers must not have previously achieved a Gold time in the 1000 freestyle.



# 2020 12 & Under Silver/Bronze Championships Region A

Sunday February 22<sup>nd</sup>

Facility Opens at 6:55am

## Sunday Morning Session #5—10 & Under

Warm-up: 7:00am

Meet Start: 8:05am

Girls	Equal/Faster	Slower	Event	Slower	Equal/Faster	Boys
#81		<b>*Gold</b>	200 Freestyle Relay Silver/ <b>Bronze</b>	<b>*Gold</b>		#82
#83		2:58.29	200 Freestyle <b>Bronze</b>	2:58.29		#84
#85	2:58.29	2:41.99	200 Freestyle <b>Silver</b>	2:39.09	2:58.29	#86
#87		1:36.19	100 Backstroke <b>Bronze</b>	1:36.19		#88
#89	1:36.19	1:22.99	100 Backstroke <b>Silver</b>	1:22.99	1:36.19	#90
#91		42.99	50 Butterfly <b>Bronze</b>	42.99		#92
#93	42.99	37.89	50 Butterfly <b>Silver</b>	37.29	42.99	#94
#95		1:48.99	100 Breaststroke <b>Bronze</b>	1:48.99		#96
#97	1:48.99	1:35.59	100 Breaststroke <b>Silver</b>	1:35.59	1:48.99	#98
#99		36.19	50 Freestyle <b>Bronze</b>	36.19		#100
#101	36.19	32.99	50 Freestyle <b>Silver</b>	32.39	36.19	#102
#103		3:19.39	200 IM <b>Bronze</b>	3:19.39		#104
#105	3:19.39	3:01.79	200 IM <b>Silver</b>	3:00.79	3:19.39	#106

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



# 2020 12 & Under Silver/Bronze Championships Region A

Sunday February 23<sup>rd</sup>...Continued

## Sunday Afternoon Session #6—11-12

Warm-up: TBA

Meet Start: Warm-up+65 minutes

Girls	Equal/Faster	Slower	Event	Slower	Equal/Faster	Boys
#107		<b>*Gold</b>	200 Freestyle Relay Silver/ <b>Bronze</b>	<b>*Gold</b>		#108
#109		5:28.99	400 IM Silver/ <b>Bronze</b>	5:28.99		#110
#111		41.99	50 Breaststroke <b>Bronze</b>	41.99		#112
#113	41.99	37.19	50 Breaststroke <b>Silver</b>	37.39	41.99	#114
#115		2:31.79	200 Freestyle <b>Bronze</b>	2:31.79		#116
#117	2:31.79	2:13.49	200 Freestyle <b>Silver</b>	2:12.99	2:31.79	#118
#119		1:21.89	100 Backstroke <b>Bronze</b>	1:21.89		#120
#121	1:21.89	1:10.19	100 Backstroke <b>Silver</b>	1:10.19	1:21.89	#122
#123		1:20.29	100 IM <b>Bronze</b>	1:20.29		#124
#125	1:20.29	1:09.39	100 IM <b>Silver</b>	1:10.09	1:20.29	#126
#127		3:17.99	200 Breaststroke <b>Bronze</b>	3:17.99		#128
#129	3:17.99	2:52.09	200 Breaststroke <b>Silver</b>	2:52.99	3:17.99	#130
#131		31.39	50 Freestyle <b>Bronze</b>	31.39		#132
#133	31.39	28.29	50 Freestyle <b>Silver</b>	27.79	31.39	#134
#135		1:21.99	100 Butterfly <b>Bronze</b>	1:21.99		#136
#137	1:21.99	1:09.89	100 Butterfly <b>Silver</b>	1:11.59	1:21.99	#138

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

## Sunday Evening Session #7—11-12 1650 Freestyle

Warm-up: Immediate-10 minutes

Meet Start: Session 1+10minutes

Girls	Equal/Faster (500 seed time)	Slower (Actual 1650 time)	Event	Slower (Actual 1650 time)	Equal/Faster (500 seed time)	Boys
#139	6:40.99†	21:05.99†	1650 Freestyle Silver*	21:05.99†	6:40.99†	#140

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

† Entry and seeding for these events is based on the swimmer's 500 freestyle time, but swimmers must not have previously achieved a Gold time in the 1650 freestyle.



## Meet Schedule

Saturday		Warm-up	Start
Facility Opens at 6 55am			
Session 1	10 & Under, 8 & Under Mini-Meet	7:00am	8:05am
Session 2	10 & Under 500 Freestyle	TBA (10 minute warm-up)	TBA
Session 3	11-12 Main Session	TBA	TBA
Session 4	11-12 1000 Freestyle	TBA (10 minute warm-up)	TBA
Sunday		Warm-up	Start
Facility Opens at 6:55am			
Session 5	10 & Under	7:00	8:05
Session 6	11-12 Main Session	TBA	TBA
Session 7	11-12 1650 Freestyle	TBA	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:	<ul style="list-style-type: none"> <li>There will be no team scoring.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place and ribbons 4<sup>th</sup> through 8<sup>th</sup> place in each individual event.</li> <li>Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place in each relay event.</li> <li>Medals will be awarded to the top three teams in each relay event.</li> <li>The 500 freestyle and the 11-12 400 IM events are combined Silver/Bronze events and will be awarded as such with medals awarded to 1<sup>st</sup> through 3<sup>rd</sup> place and ribbons 4<sup>th</sup> through 8<sup>th</sup> place in each individual event.</li> <li>A swimmer competing in the Bronze division of an event who achieves a Gold time will not receive an award. (This does not apply to the combined Silver/Bronze events).</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>'Fly-over/Over-the-top' starts will be used during this meet.</li> </ul>
Admissions and Programs:	<ul style="list-style-type: none"> <li>Admission will be \$10.00 per session.</li> <li>Heat sheets will be available at no charge on the Be Smartt web site and Meet Mobile (subscription required).</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>A food concession will be available:                             <ul style="list-style-type: none"> <li>—Saturday, the venue will be offering concessions in the facility.</li> <li>—Sunday, the host team will have limited concessions with packaged goods only.</li> </ul> </li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>A swim vendor and a <b>t-shirt vendor will be at the meet on Sunday only.</b></li> </ul>
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 prior to the entry deadline from teams assigned to the meet.</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><b>All entries must be accompanied by e-mailed proof of time (see below). Entries without proof of time will not be accepted.</b></li> <li><b>Special Notice:</b> All entry fees must be paid no later than Session Check-in. If a team fails to</li> </ul>



	<p>make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.</p>
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. Converted times are permitted. All entry times must meet the time standards for this meet as approved by NJ Swimming.</li> <li>• <b>All entry times must be proved upon meet entry. See "Proof of Times Reporting" below.</b></li> <li>• <b>All entry times must be achieved during the meet qualifying period of January 1<sup>st</sup>, 2019 through the entry date of the meet.</b></li> </ul>
Entry Amendment Procedures:	<p>Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The process shall be as follows:</p> <ol style="list-style-type: none"> <li>1. The meet coordinator will enter each team as the entries are received.</li> <li>2. An entry report for each team will be e-mailed to that team.</li> <li>3. Upon receipt of the entry report 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 missing from an event, then the coach can enter the swimmer through the following process: <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(s), and entry time(s).</li> <li>• The list of the missing swimmers and their events are then to be e-mailed to the Entry Coordinator no later than 9:00pm on the Wednesday 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 the regular entry fee for the event, plus an additional \$5.00 late fee per entry. This money is payable before the start of the meet. If this fee not be paid, then the swimmer(s) will not be permitted to swim in the amended events in the meet. <b>Entries which are amended due to a swimmer achieving a new Gold or Silver time after the original entry is submitted do not incur this additional fee.</b></li> </ul> </li> </ol>
Distance Events	<ul style="list-style-type: none"> <li>• The 11-12 1000 and 1650 yard freestyle events are limited to athletes with a provable Gold or Silver time in the 500 Free, or those with a Silver time in the 1000 or 1650 Free, but who do not yet have the 1000 or 1650 Gold time respectively. Athletes will be seeded with their 500 Free time. If a swimmer has a provable silver time in the 1000 or 1650 free, but not in the 500 free, the swimmer may be entered in the 1000/1650 free at the 500 free qualifying time.</li> <li>• The 10 &amp; Under 500 yard freestyle and the 11-12 1000 yard Freestyle and 1650 yard Freestyle events will be run fastest to slowest, alternating genders.</li> <li>• Swimmers in the 10 &amp; Under 500 Freestyle, the 11-12 1000 Freestyle, and the 11-12 1650 Freestyle events are responsible for providing their own timers and counters.</li> <li>• In all events of 400 yds or more, heats may be combined at the discretion of the meet referee.</li> <li>• The 500 Freestyle and 400 IM events will be run and scored as combined Silver/Bronze events.</li> </ul>
Relays	<p><b>Only swimmers that do not have Gold times in that stroke and distance can swim on relays. A relay team with any swimmer found to have had a Gold time in that stroke and distance prior to the meet will be disqualified (even after the conclusion of the meet) and the information will be turned over to New Jersey Swimming for possible further disciplinary actions and fines.</b> (See NJS Policy &amp; Procedures Manual for explanation)</p> <ul style="list-style-type: none"> <li>• All relays must have the correct four names listed in the correct order for that relay to be eligible. Coaches must turn in completed relay cards, prior to the relay swimming</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. (See NJ Swimming Policy &amp; Procedures Manual)</li> </ul>





Swimmer Eligibility:	<ul style="list-style-type: none"> <li>• <b>This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet.</b> Swimmers may not compete in any event in which they have received a New Jersey Swimming <b>Gold Time</b> since January 1<sup>st</sup>, 2019.</li> <li>• No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.</li> <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. The swimmer will be allowed to substitute another eligible event or the entry fee will be refunded if the swimmer cannot/does not wish to compete in a 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 the event prior to the start of this meet, then that swimmer’s entry must be amended so they compete in the Silver division of the event.</b> Again, failure to do so may result in the penalties stated above.</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> </ul>
State Championships Restriction:	<ul style="list-style-type: none"> <li>• <b>Swimmers may not compete in a given event at both a Silver/Bronze Championship meet and the SC JO meet, unless they achieve 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></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, except for distance events where swimmers will provide their own timers and lap counters.</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.besmarttinc.com">www.besmarttinc.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.besmarttinc.com">www.besmarttinc.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) heat limit distance events 3) condense sessions, and 4) 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. Teams will be assigned lanes according to the size of their entries, to achieve a fair and comparable warm-up for all swimmers.</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 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> </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:	<p>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.</p>



Internet Website Posting:	<p>Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.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 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.
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 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>Hotel Indigo Newark Downtown</b> 810 Broad St, Newark, NJ 0710—973-242-0065</li> <li>• <b>Courtyard Newark Downtown</b> 858 Broad St, Newark, NJ 07102—973-848-0070</li> <li>• <b>Best Western Robert Treat Hotel</b> 50 Park Pl, Newark, NJ 07102—973-622-1000</li> <li>• <b>Hilton Newark Penn Station</b> 1 Gateway Ctr Raymond Blvd, Newark, NJ 07102—973-622-5000</li> </ul>



Directions:

**Google Maps:** <https://goo.gl/maps/MkutvRAdCyzMcr549>

**Garden State Parkway (GSP):**

- Take exit 145 toward The Oranges/Newark/Harrison
- Merge onto Route 280 East
- 280 East to NJIY 1<sup>st</sup> street exit, turn right
- Bear left (at Wendy's) on to Warren street
- Left on to Lock street

Wellness and Events Center and pool entrance on right





NEW JERSEY SWIMMING

# 2020 12 & Under Silver Bronze Championships

Region A Hosted by Cougar Aquatic Team

Saturday-Sunday February 22<sup>nd</sup>-23<sup>rd</sup>

## Waiver

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, NJ Swimming, Cougar Aquatic Team LLC, New Jersey Institute of Technology, 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 **Cougar Aquatic Team 12 & Silver Bronze Championship Meet** on **February 22<sup>nd</sup>-23<sup>rd</sup>, 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:

## Entry Fee Summary:

_____ Timed Final individual event entries @ \$6.00 =	\$ _____
_____ 1650 Timed-Final individual event entries @ \$12.00 =	\$ _____
_____ Relay event entries @ \$9.00 =	\$ _____
Total:	\$ _____

Make checks payable to: **Cougar Aquatic Team LLC.**

