

2019 HAC Spring Sprints

Hosted by Highland Aquatic Club
at the NJIT Wellness & Events Center

Held under the sanction of USA Swimming

Meet Sanction #	NJ Swimming Sanction #- NJS051819SC Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.		
Date of Meet:	Saturday, May, 18th, 2019		
Location:	NJIT Wellness & Events Center, 100 Lock St., Newark, NJ 07102, 973-596-5229		
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:	Ron Farina	973-596-5229	ronboy24@aol.com
Meet Director:	Ron Farina	973-596-5229	ronboy24@aol.com
Meet Referee:	Rob Curry		rcauce@yahoo.com
Admin Officials:	Be Smartt, Inc.		besmarttinc@gmail.com
Safety Marshall:	Ron Farina		ronboy24@aol.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Tuesday April 23rd, 2019, at 6:00am		
Entry Deadline:	Saturday, May 4th, 2019		
Swimmer Age	Swimmer ages for this meet are as of: Saturday, May 18th, 2019		
Entry Fees:	Individual Entry : \$5.00	Relay: \$9.00	
	There will be a \$10 athlete surcharge in lieu of admission.		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> • This meet will be run as timed finals. • There will be 12 & Under and 13 & Over Events • There are no time standards for this meet. • 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: 4 Individual events 1 Relay	Meet: 4 Individual Events 1 Relays	
Checks Payable To:	Highland Aquatic Club		
Email Entry Files To:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		



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Saturday May 18th

Saturday Order of Events

Facility opens at 7:00am

Morning Session #1—13-19 Events

Saturday Morning	Warm-up: 7:05am	Meet Start: 8:10am (approx.)
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Girls	Age Group and Event	Boys
#1	13-19 200 Freestyle Relay	#2
#3	13-19 100 Individual Medley	#4
#5	13-19 50 Freestyle	#6
#7	13-19 100 Breaststroke	#8
#9	13-19 100 Butterfly	#10
#11	13-19 100 Backstroke	#12
#13	13-19 100 Freestyle	#14

Midday Session #2—12 & Under Events

Saturday Midday	Warm-up: TBA	Meet Start: TBA
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Girls	Age Group and Event	Boys
#15	12 & Under 200 Freestyle Relay	#16
#17	12 & Under 100 Individual Medley	#18
#19	12 & Under 50 Freestyle	#20
#21	12 & Under 50 Butterfly	#22
#23	12 & Under 50 Breaststroke	#24
#25	12 & Under 50 Backstroke	#26
#27	12 & Under 100 Freestyle	#28

Meet Schedule

The facility will open no earlier than 7:00am on Saturday

Saturday		Warm-up	Start
Session 1	13-19 Events	7:05am	8:10am
Session 2	12 & Under Events	TBA**	TBA**

**Session start times to be determined when all entries are received.



Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> • Ribbons will be awarded for the top three swimmers in each individual event. • Ribbons will be awarded for the top 3 swimmers in each age group of combined age group individual events—12 & Under will be divided into 10 & Under, and 11-12; 13-19 will be divided into 13-14 and 15-19. • Ribbons will be awarded to the top 3 relays in each relay event.
Starts:	'Fly-over/Over-the-top' starts will be used during this meet.
Surcharge and Programs:	<ul style="list-style-type: none"> • There will be a \$10 swimmer surcharge. • Heat sheets will be available online at www.besmartinc.com and Meet Mobile
Concessions:	Food concessions will be available.
Vendor:	<ul style="list-style-type: none"> • No vendor
Entry Info:	<ul style="list-style-type: none"> • There will be no refunds after the entry deadline except for events that may be scratched from meet by the Entry Coordinator or Meet Director, or as otherwise directed by NJ Swimming. Entries will be acknowledged within 48 hours of receipt. • All entries will be accepted on a first come basis. • Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. • Team entries will be considered accepted when the host club accepts the entries. • Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. • Special Notice: All entries fees must be paid no later than Session Check-in. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.
Entry Times:	<ul style="list-style-type: none"> • New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. • All entry times must be in short course yards.
Relays:	<ul style="list-style-type: none"> • All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in. • Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. • Unattached swimmers may not swim in any relay.
Swimmer Eligibility:	<ul style="list-style-type: none"> • No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. • All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form.
Adaptive Provisions:	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).
Host Club Responsibilities:	<ul style="list-style-type: none"> • The host club will provide a single timer in each lane throughout the meet, • The host club will e-mail entry verification back to the participating clubs. • The host club will create a warm-up schedule that will be fair and equal to all teams. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. • Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website www.besmartinc.com no later than 1 week before the meet.



Participating Club Responsibilities:	<ul style="list-style-type: none"> Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.besmartinc.com 1 week prior to the meet. Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck. Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.
Coaches Eligibility:	<ul style="list-style-type: none"> All coaches “on the deck” must be currently registered coach members of USA Swimming. Verification may be in the form of a current USA Swimming membership card or Coaches Pass available thru the USA swimming Deck Pass App. Coaches must show their USA swimming coaching card or Coach’s Pass for entrance to facility. All Coaches must have some form of USA coaching credential verification with them at all times.
Officials:	<ul style="list-style-type: none"> Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. Current USA Swimming membership is required for all officials and the Meet Referee will check your cards. All officials must wear the standard white and blue uniform. Officials will be required to work the entire session.
Meet Format Waiver:	<ul style="list-style-type: none"> This meet will be run in accordance to current USA Swimming Rules. The host club has the right to change the format of the meet with the approval of the Administrative vice chair and either the Age Group or Senior vice chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include: <ul style="list-style-type: none"> To allow more swimmers to swim. To conform to facility capacity limits or for facility safety concerns. To condense the meet into smaller time frame. Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.
Warm-up Procedures:	<ul style="list-style-type: none"> Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes. Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. All swimmers 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. All swimmers must enter the pool feet first from the starting end of the pool. New Jersey Swimming officials will monitor warm-ups. All general warm-up lanes will swim in a counterclockwise direction. There will be two 30-minute warm-ups divided by teams.
Check-In:	<ul style="list-style-type: none"> All check-in sheets must be turned into the scoring table 35 minutes before the start of each session. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched will have their names circled with a “SCR” next to the circle. Swimmers scratching a single event will have a line through their name and the event number circled with “SCR” next to the circle. Failure to follow this procedure may result in the swimmer(s) being scratched from the session.
No Show Procedure:	<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: http://www.besmarttinc.com</p> <p>Pre-Meet Information posted on website:</p> <ul style="list-style-type: none"> • Meet Information will be posted on the website. • Downloadable Hy-Tek Events list (.HYV file) will be posted on the website. • List Teams whose entries have been received. • List Updated meet schedule. • List Warm-up Schedule and Team Warm-up Assignments. • List Timing assignments. <p>Post-Meet Information posted on website:</p> <ul style="list-style-type: none"> • Downloadable Results (Zipped .CL2 & .HY3 files) for TM • Printable meet results (.PDF file) 	
Results:	<ul style="list-style-type: none"> • Meet result files for TM will be emailed to all participating teams. • Meet results will be posted at www.besmarttinc.com and on the New Jersey Swimming Website: www.njswim.org 	
USA-S Racing Start Certification Statement:	<p>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.</p>	
Audio/Visual Recording Statement:	<p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p>	
USA-S Deck Change Policy Statement:	<p>Deck changes are prohibited.</p>	
USA-S Drone Policy Statement:	<p>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.</p>	
Tech Suit/Swimwear Policy:	<p>Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition. “Tech suits” are not permitted at this meet for 12 & under swimmers. “Tech Suits” are defined as suits that have bonded seams, kinetic tape, or meshed seams. A list of restricted suits may be found on the NJ Swimming Website; www.njswim.org</p>	
USA-S Racing Start Certification Statement:	<p>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.</p>	
Meet Requirement Statement:	<p>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.</p>	
Hotels:	<p>Hotel Indigo Newark Downtown 810 Broad Street Newark, NJ 0710</p> <p>Courtyard Newark Downtown 858 Broad Street Newark, NJ 07102</p>	<p>Best Western Robert Treat Hotel 50 Park Place, Newark Newark, NJ 07102</p> <p>Hilton Newark Penn Station 1 Gateway Center Raymond Blvd Newark, NJ 07102</p>
Directions:	<p>Directions to NJIT Wellness & Events Center: Google Maps: https://goo.gl/maps/xNPwJESdzfA8MKmdA</p> <p>Garden State Parkway (GSP):</p> <ol style="list-style-type: none"> 1. Take exit 145 toward The Oranges/Newark/Harrison 2. Merge onto Route 280 East 3. 280 East to NJIY 1st street exit turn right 4. Bear left (@ wendys) on to Warren street 5. Left on to Lock street 6. Wellness and Events Center and pool entrance on right 	





NEW JERSEY SWIMMING

2019 HAC Spring Sprints

Saturday, May 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, Highland Aquatic Club, NJIT, 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 below for the **2019 HAC Spring Sprints at NJIT on Saturday, May 18th, 2019** are registered members of USA Swimming. All USA Swimming members are correctly entered according to; Article 302.4 of the USA Swimming Rules and Regulations. False Registration: An LSC may impose a fine of up to \$100 per event against a member coach or a member club's representative signing a document which indicates a swimmer is registered with USA Swimming for a meet when that swimmer is not properly registered or eligible to compete for that club. This will be enforced by the LSC and the LSC will be entitled to the fines imposed.

Also I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

Club Name/Club Code _____

Signature of Coach and/or Parent/Guardian _____

Telephone _____ E-Mail Address _____

Name(s) of Coach(es): _____

Name/E-Mail/Phone Number of person to contact regarding this entry:

Name/E-Mail/Phone Number of person to contact regarding timers/officials:

Entry Fee Summary:	_____	Individual event entries @ \$5.00 =	\$ _____
	_____	Relay event entries @ \$9.00 =	\$ _____
		Total:	\$ _____

Make checks payable to: **Highland Aquatic Club**