

2019 May Warm-Up

Hosted by YMCA of Montclair Dolphins
at the Werblin Recreation Center, Rutgers University
Held under the sanction of USA Swimming

Meet Sanction #	NJ Swimming Sanction #- NJS051119LC 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 11th, 2019	
Location:	Sonny Werblin Recreation Center, Busch Campus, Rutgers University Rutgers University now requires all parked vehicles to be registered with the University Parking and Transportation department. A registration link will be distributed with the Timing & Warm-Up schedule and published at www.besmarttinc.com a week before the meet.	
Facility Info:	The Sonny Werblin Recreation Center pool is an 8-lane, 50 meter pool, with pedestal starting blocks and a Colorado Timing system. The water depth in the competition pool is 6 feet at the scoreboard end and 14 feet at the dive end. There is an auxiliary pool (patio pool) for warm-up and warm-down throughout the meet, and seating for 850 spectators, including 400 chairbacked seats. The remaining seating is bleacher style.	
Pool Certification Statement:	The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.	
Host Team Contact:	Paulo Madeira	pmadeira@montclairymca.org
Meet Director:	Paulo Madeira	pmadeira@montclairymca.org
Meet Referee:	Chris Barry	accebarry@verizon.net
Admin Official:	John Lister	besmarttinc@gmail.com
Safety Marshal:	Paulo Madeira	pmadeira@montclairymca.org
Entry Coordinator:	Be Smartt Inc	609-558-0988 besmarttinc@gmail.com
Entries Open:	Tuesday April 23rd, at 6am	
Entry Deadline:	Saturday, April 27th, 2019 at 6 pm	
Swimmer Age	Swimmer age for this meet is as of: May 11th, 2019	
Entry Fees:	Individual Entry Fee: \$7.00	Relay Entry Fee: \$11.00 There will be a \$10 athlete surcharge in lieu of admission.
Meet Course:	Long Course Meters (LCM)	
Meet Format:	<ul style="list-style-type: none"> • This meet will be run as timed final meet. • There will be 10 & Under, 11-12, 13-14, and 15 & Over events. • There are qualifying (greater than) times for this meet. A swimmer who qualifies for one event may swim 4 events that day. Swimmers entering the 400 Freestyle/IM events must meet the qualifying standards. • This meet will be deck seeded with coaches checking in/scratching swimmers and relays not in attendance. When a session has been seeded, swimmers will be responsible for reporting to the blocks on their own. 	
Entry Limits:	Daily: 4 Individual Events 1 Relay Event	
Checks Payable To:	YMCA of Montclair	
Email Entry Files To:	besmarttinc@gmail.com	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	



2019 MYM May Warm-Up

Saturday, May 11th, 2019

Facility Opens at NOON

Saturday, Session #1—12 & Under

"Make 1, Swim 4"

Warm-up: 12:30pm

Meet Start: 1:25pm

Girls	Equal/Faster*	Age Group and Event	Equal/Faster*	Boys
#3		12/Under 200 Freestyle Relay		#4
#5	2:02.39	10 & Under 100 Breaststroke	2:02.39	#6
#7	1:43.69	11-12 100 Breaststroke	1:43.69	#8
#9	49.89	10 & Under 50 Backstroke	49.89	#10
#11	42.49	11-12 50 Backstroke	42.49	#12
#13	1:56.19	10 & Under 100 Butterfly	1:56.19	#14
#15	1:31.99	11-12 100 Butterfly	1:31.99	#16
#17	40.89	10 & Under 50 Freestyle	40.89	#18
#19	35.69	11-12 50 Freestyle	35.69	#20
#21	1:48.89	10 & Under 100 Backstroke	1:48.89	#22
#23	1:31.39	11-12 100 Backstroke	1:31:39	#24
#25	55.09	10 & Under 50 Breaststroke	55:09	#26
#27	47.09	11-12 50 Breaststroke	47:09	#28
#29	1:32.99	10 & Under 100 Freestyle	1:32:99	#30
#31	1:17.49	11-12 100 Freestyle	1:17:49	#32
#33	48.59	10 & Under 50 Butterfly	48:59	#34
#35	39.99	11-12 50 Butterfly	39:99	#36

* Qualifying times apply for first 6 days—see *Entry Info* section.

Saturday Afternoon Session #2—13 & Over 400s

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster*	Age Group and Event	Equal/Faster*	Men
#37	5:28.99	13-14 400 Freestyle	5:27.39	#38
	5:17.79	15 & Over 400 Freestyle	4:59.89	
#39	6:23.49	13-14 400 IM	6:17.49	#40
	6:11.59	15 & Over 400 IM	5:54.09	

* Qualifying times apply for first 6 days—see *Entry Info* section.



2019 MYM May Warm-Up

Saturday May 11th...continued

Saturday Evening Session #3—13 & Over

"Make 1, Swim 4"

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster*	Age Group and Event	Equal/Faster*	Men
#41		13-14 200 Freestyle Relay		#42
#43		15 & Over 200 Freestyle Relay		#44
#45	2:35.09 2:29.19	13-14 200 Freestyle 15 & Over 200 Freestyle	2:32.99 2:18.39	#46
#47	1:23.39 1:18.99	13-14 100 Butterfly 15 & Over 100 Butterfly	1:20.29 1:14.29	#48
#49	3:23.69 3:15.69	13-14 200 Breaststroke 15 & Over 200 Breaststroke	3:19.29 3:04.49	#50
#51	1:22.89 1:19.19	13-14 100 Backstroke 15 & Over 100 Backstroke	1:20.69 1:13.59	#52
#53	32.99 32.09	13-14 50 Freestyle 15 & Over 50 Freestyle	31.89 28.99	#54
#55	3:04.89 2:59.09	13-14 200 Butterfly 15 & Over 200 Butterfly	3:01.09 2:44.49	#56
#57	1:33.59 1:30.19	13-14 100 Breaststroke 15 & Over 100 Breaststroke	1:31.29 1:25.29	#58
#59	2:59.39 2:50.09	13-14 200 Backstroke 15 & Over 200 Backstroke	2:55.29 2:41.99	#60
#61	1:11.49 1:09.49	13-14 100 Freestyle 15 & Over 100 Freestyle	1:09.89 1:03.09	#62
#63	2:57.39 2:50.09	13-14 200 IM 15 & Over 200 IM	2:54.69 2:38.99	#64

* Qualifying times apply for first 6 days—see *Entry Info* section.

Meet Schedule

These times are tentative. A definitive schedule will be published on the meet web site and e-mailed to the coaches of participating teams.

Saturday May 11 th		Warm-up	Start
Facility Opens at 11:45am			
Session 1	12 & Under	12:30PM	TBA**
Session 2	13 & Over 400s	TBA**	TBA**
Session 3	13 & Over	TBA**	TBA**

** The schedule for all sessions after the first will be established when all entries have been received and a timeline developed. This will be published on the meet website and e-mailed to the coaches of participating teams at least one week before the meet.



Scoring:	Team Scoring will not be kept.
Awards:	No awards.
Starts:	“Fly-over/Over-the-top” starts will be used during this meet.
Surcharge and Programs:	There will be a \$10 surcharge per swimmer and will include online heat sheets via www.besmarttinc.com and or Meet Mobile.
Concessions:	Refreshments may be available in the lobby.
Vendor:	A swim vendor will be at the meet.
Entry Information:	<ul style="list-style-type: none"> • For the first six days starting from the date that the meet is open for entries, qualifying time standards will apply to entries, with make one cut, swim four events (the 400 freestyle/IM may not be used as a bonus event—swimmers must have achieved the cut time to enter). • If the meet or any session within the meet still have room on the seventh day, the time standards will be lifted. • 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. • Bring the signed waiver and entry fee check to the first session of the meet where the team competes. • Entry Fee Summary forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. • Team entries will be considered accepted when the host club accepts the entries. • 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. Converted times are acceptable.
Distance Events:	<ul style="list-style-type: none"> • None
Heat Limited Events:	<ul style="list-style-type: none"> • None
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).



<p>Host Club Responsibilities:</p>	<ul style="list-style-type: none"> • The host club will provide a single timer in each lane throughout the meet, except for the midday distance sessions where swimmers will provide their own timers and lap counters. • The host club will have stopwatches available for volunteers helping to time. • 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.besmarttinc.com) no later than 1 week before the meet.
<p>Participating Club Responsibilities:</p>	<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.besmarttinc.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.
<p>Coaches Eligibility:</p>	<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.
<p>Officials:</p>	<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 and NJS Swimming certification is required for all officials and the Meet Referee may check cards. • All officials must wear the standard white shirt and blue pants or shorts. • Officials will be required to work the entire session and will receive free admission.
<p>Meet Format Waiver:</p>	<p>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 sanctioning chair and either the age group or senior chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include:</p> <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 period. <p>Some of the changes that may be made include: 1) add a session, 2) limiting heats in distance events, 3) condense sessions, and 4) eliminate relays.</p>
<p>Warm-up Procedures:</p>	<ul style="list-style-type: none"> • 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. • 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 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.
<p>Check-In:</p>	<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:	<ul style="list-style-type: none"> 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.
Internet Website Posting:	<p>Internet location for all meet information: http://www.besmarttinc.com & www.njswim.org</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 "heat limited" events psych sheet. 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"> Results will be e-mailed to teams participating in the meet. Results will be posted on the meet website (www.besmarttinc.com) and on the NJ swimming Website www.njswimming.org
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.
Tech Suit/Swimwear Policy:	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
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"> Fairbridge Hotel & Conference Center, Davidson Avenue, 732-356-1700 The Somerset Marriott, 732-716-1175, ask for Tamara Williams The Courtyard by Marriott on Davidson Avenue The Doubletree Executive Somerset on Atrium Drive



Directions to Sonny Werblin Recreation Center:

Google Maps: <https://goo.gl/maps/LMEr1Wng4p22>

Garden State Parkway Southbound: Turn off at Exit 129 and take the New Jersey Turnpike South. Exit the Turnpike at Exit 9, follow NJ Turnpike directions below.

Garden State Parkway Northbound: Turn off at Exit 105 and follow signs for Route 18 North. After approximately 24 miles, you will pass the entrance for the New Jersey Turnpike. Continue on Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.

Interstate 287: Turn off at Exit 9 Bound Brook/Highland Park. Proceed East on River Road towards Highland Park. Continue on River Road and you will pass under the overpass for Route 18. Turn left at the next traffic light onto North. Take the next exit on Route 18 North, Campus Road. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.

New Jersey Turnpike: Exit the Turnpike at Exit 9, bear right after the tollbooths and follow signs for Route 18 North—New Brunswick. Stay to the left to continue on Route 18 North. Proceed along Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.

US Route 1: Turn off at exit marked Route 18 North—New Brunswick. Proceed along Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.

Rutgers will have posted signs indicating which of the parking lots are for the swim meet. Please use one of these lots. Rutgers campus police may ticket automobiles that are parked in lots other than those designated for the swim meet!

Directions:





NEW JERSEY SWIMMING

2019 MYM May Warm-Up

Saturday May 11th, 2019



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, Rutgers The State University, YMCA of Montclair, Be Smartt Inc and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

Meet Verification

I hereby certify that all entered swimmers, and coaches listed on this waiver form for the **MYM May Warm-Up, Saturday, May 11th, 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:	_____ Timed Final individual event entries @ \$7.00 =	\$ _____
	_____ Relay event entries @ \$11.00 =	\$ _____
	Total:	\$ _____

Make checks payable to: **YMCA of Montclair**