

Name of Meet	<h1 style="margin: 0;">WINTER CUP</h1> <h2 style="margin: 0;">BOYS &amp; GIRLS CLUB OF CLIFTON</h2> <h3 style="margin: 0;">“SEAHAWKS”</h3> <p style="margin: 0;"><b>Sunday, January 11, 2009</b></p> <p style="margin: 0;"><b>Amended 12-04-08</b></p>
Meet Sanction #:	NJ Swimming Sanction #: NJS#011109SC
Host Club:	<b>BOYS &amp; GIRLS CLUB OF CLIFTON SEAHAWKS SWIM TEAM</b>
Date of Meet:	Sunday, January 11, 2009
Location:	<b>Clifton Boys and Girls Club, 181 Colfax Ave., Clifton, NJ 07013.</b> This facility is a 6 lane pool with a warm down pool, bleacher style seating, gym for marshalling and a Colorado Timing System.
Meet Director:	<b>Richard Mariso- E-mail:</b> richard.mariso@citigroup.com
Meet Referee:	Ed Miller
Meet Marshall:	Rina Witrow
Emergency Weather Number:	<b>Weather Emergency:</b> In case of extreme weather conditions, call the Boys and Girls Club of Clifton’s Aquatic office at (973) 773-2697 ext. 31 for recorded message or visit our website at www.bgclifton.org or www.cliftonseahawks.org.
Entry Coordinator:	Chris Kramer, 102 Hemlock Street, Clifton, NJ 07012 email: chrisk@cliftonseahawks.org Phone Number: 973-773-6293
Entry Deadline:	<ul style="list-style-type: none"> <li>• All entries will be accepted on a first come basis.</li> <li>• Team entries will not be considered as <u>accepted</u> unless the waiver and entry fees have been received.</li> <li>• Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule.</li> <li>• <b>Entry Deadline Date: Friday, January 2nd, 2009.</b></li> <li>• Mail to: <b>Chris Kramer, 102 Hemlock Street, Clifton, NJ 07012</b></li> <li>• If you are not e-mailing your entries, then overnight or express mail is recommended, <b><i>but waive the signature.</i></b></li> </ul>
Meet Format Waiver:	<p>The host club has the right to change the format of the meet with the approval of the sanctioning chairman and age group or senior chairman. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes would be:</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) to condense sessions and 4) eliminate relays.</p>
Internet Website Posting:	<p>Clifton Boys and Girls Club Website address: www.cliftonseahawks.org/wintercup2009. New Jersey Swimming Website address: www.njswim.org.</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 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 (H3Y.zip file)</li> <li>Downloadable Meet Back-up (Backup.zip File)</li> </ul>
<u>Meet Requirement Statement:</u>	This meet qualifies as "one" of the three required short course meets to be eligible for the New Jersey SC Zone Championship Team or for New Jersey National Championship Reimbursement.
<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> <li>All coaches "on the deck" must be members of USA Swimming.</li> <li>Coaches must have coaching card visible at all times while on deck.</li> </ul>
<u>Swimmer Eligibility:</u>	<ul style="list-style-type: none"> <li>All swimmers must be members of USA Swimming to enter and compete in this meet.</li> <li>All swimmers must be listed on a team's official entry form to be eligible to participate in this swim meet in any events including relays.</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> <li>There will be 10 &amp; Under, 11-12, 13-14, and 15 &amp; Over Events.</li> <li>All swimmers must have times slower than the current New Jersey Gold Time Standards.</li> <li>New Jersey Swimming only allows swimmers to enter and compete in 3 individual events per day.</li> <li>Age for this meet is: <b>Sunday, January 11, 2009</b></li> </ul>
<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. Swimmers will report to the marshalling area in the gym for organizing heats and lanes and escorted to the pool.</li> </ul>
<u>Meet Schedule:</u>	The building opening time is 6:45 a.m. This meet will have two sessions.

**Meet Schedule:**

<b>Sunday, January 11, 2009</b>	<b>Warm-up</b>	<b>Start</b>
Session 1	10 & Under and 15 & Over Girls & Boys	6:55 a.m.
Session 2	11-12 and 13-14 Girls & Boys	12:55 p.m.
		8:00 a.m.
		2:00 p.m.

<u>Warm-up Procedures:</u>	<p>All teams must be given a minimum of thirty minutes of warm-ups</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> <li>All swimmers are entitled to a fair and comparable warm-up. All teams <b>MUST</b> get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes.</li> <li>All swimmers must enter the pool from the starting end of the pool.</li> <li>Uniformed and designated meet marshals will monitor warm-ups.</li> <li>All general warm-up lanes will swim in a counterclockwise direction.</li> <li>The warm-up sessions will be two 30-minute warm-ups divided by teams. There will be designated sprint lanes/pace lanes during the last 10 minutes. Teams will be notified by email and posting on websites of warm-up lanes at least 72 hours prior to meet start.</li> </ul>
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	<ul style="list-style-type: none"> <li>• Warm-Up for the AM session will be split by age group to keep 10 &amp; Under out of lanes with 15-18.</li> </ul>
<u>Entry Times:</u>	<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 slower than the New Jersey Gold Time.</li> <li>• All entry times must be in short course yards.</li> </ul>
<u>Check-In:</u>	<ul style="list-style-type: none"> <li>• 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. <b>Failure to positively check-in a swimmer will result in that swimmer not participating in that event</b></li> </ul>
<u>Starts:</u>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<u>Scoring:</u>	Team Scoring will not be kept.
<u>Awards:</u>	<ul style="list-style-type: none"> <li>• Medals will be awarded for the top 3 individuals in each event.</li> <li>• Ribbons will be given for 4<sup>th</sup> through 8<sup>th</sup> place individuals in each event.</li> </ul>
<u>Entry Fees:</u>	<ul style="list-style-type: none"> <li>• Individual Entry Fee: \$3.00</li> <li>• Make checks payable to: <b>BOYS AND GIRLS CLUB OF CLIFTON</b></li> <li>• There will be refunds only for swimmers who no longer qualify for individual events.</li> </ul>
<u>Admissions and Programs:</u>	<ul style="list-style-type: none"> <li>• Admission will be \$5.00 per session.</li> <li>• Cost of Program will be \$5.00 for the entire meet.</li> </ul>
<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:chrisk@cliftonseahawks.org">chrisk@cliftonseahawks.org</a>.</li> <li>• All entries must be Hy-Tek program entries either on a 3 1/2" diskette or 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 or mail in your entries.</li> <li>• An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each mailed 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 are asked on the meet Summary whether they want results mailed or e-mailed.</li> <li>• Results will be posted at: <a href="http://www.cliftonseahawks.org/wintercup2009">www.cliftonseahawks.org/wintercup2009</a> and <a href="http://www.njswim.org">www.njswim.org</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.cliftonseahawks.org/wintercup2009">www.cliftonseahawks.org/wintercup2009</a> and <a href="http://www.njswim.org">www.njswim.org</a> no later than 72 hours before the meet.</li> </ul> <p>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.cliftonseahawks.org/wintercup2009">www.cliftonseahawks.org/wintercup2009</a> and <a href="http://www.njswim.org">www.njswim.org</a> no later than</p>

	72 hours before the meet.
<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.cliftonseahawks.org/wintercup2009">www.cliftonseahawks.org/wintercup2009</a> and <a href="http://www.njswim.org">www.njswim.org</a> 72-hours 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>	Food and refreshments will be available throughout the meet.
<u>Vendor:</u>	Ultimate Swim Shop will be available during the meet.
<u>Directions:</u>	<p><b>A. FROM THE WEST- TAKE ROUTE 46 EAST</b> Exit Broad Street-Paterson/ Bloomfield (Clifton)- (Exit <b>before</b> entrance to Parkway North) Proceed through light at end of exit onto Colfax Avenue- Pass Clifton High School and City Hall entrance on right- Turn right into Boys &amp; Girls Club parking lot (immediately past Orchard Street)</p> <p><b>B. FROM THE EAST- TAKE ROUTE 46 WEST</b> Exit Broad Street Clifton- Turn right onto Broad Street- Bear right onto jug handle- Proceed through light onto Colfax Avenue- Pass Clifton High School &amp; City Hall entrance at right- Turn right into Boys &amp; Girls Club parking lot (immediately past Orchard Street)</p> <p><b>C. FROM THE SOUTH- TAKE PARKWAY NORTH</b> Exit 154 onto RT 46 E- Make first right (Paulison Avenue)- Go to traffic light- Make left onto Paulison- Proceed to 1<sup>st</sup> traffic light- Make right onto Clifton Ave.- Proceed to 1<sup>st</sup> traffic light- Make right onto Colfax-Club is on immediate left side before railroad tracks (181 Colfax Avenue)</p> <p><b>D. FROM THE NORTH - TAKE PARKWAY SOUTH</b> Exit 154 onto RT 46 W- Take 1<sup>st</sup> exit off RT 46 W. (Van Houten Avenue exit)-At stop sign, make a right onto Van Houten Avenue. Proceed through first light. At second light, make a left. At next light, make a right onto Colfax Avenue. Pass Clifton High School and City Hall entrance (on right) – Turn right into Boys &amp; Girls Club parking lot (immediately past Orchard Street (181 Colfax Avenue)</p> <p><b>E. VIA ROUTE 3 WEST (FROM NY)</b> Follow RT 3 W- Exit at Broad Street (Clifton)- Turn Left at light onto Allwood Road (end of exit)- Turn right at light onto Broad Street- Turn right at 2<sup>nd</sup> light onto Colfax Avenue- Pass Clifton High School and City Hall entrance (on right)- Turn right into Boys &amp; Girls Club parking lot (immediately past Orchard Street)</p>

# Winter Cup Sunday, January 11, 2009

## POSITIVE CHECK-IN REQUIRED

### Session 1

Women	No Faster Than	Age Group	Start 8AM Morning Session	No Faster Than	Men
1	2:16.40	15/O	200 IM	2:07.00	2
3	1:21.90	10/U	100 IM	1:23.20	4
5	1:12.50	15/O	100 Breaststroke	1:05.80	6
7	31.90	10/U	50 Freestyle	32.60	8
9	25.60	15/O	50 Freestyle	23.10	10
11	37.10	10/U	50 Butterfly	38.20	12
13	1:01.80	15/O	100 Butterfly	56.40	14
15	1:12.30	10/U	100 Freestyle	1:12.90	16
17	55.60	15/O	100 Freestyle	50.40	18
19	38.00	10/U	50 Backstroke	38.60	20
21	1:04.00	15/O	100 Backstroke	58.80	22
23	43.00	10/U	50 Breaststroke	44.20	24

### Session 2

Women	No Faster Than	Age Group	Start 2 PM Afternoon Session	No Faster Than	Men
25	2:23.30	13-14	200 IM	2:19.00	26
27	1:11.60	11-12	100 IM	1:12.40	28
29	1:06.90	13-14	100 Backstroke	1:04.50	30
31	28.50	11-12	50 Freestyle	28.60	32
33	57.90	13-14	100 Freestyle	54.90	34
35	32.10	11-12	50 Butterfly	32.50	36
37	1:06.40	13-14	100 Butterfly	1:04.00	38
39	37.60	11-12	50 Breaststroke	38.30	40
41	26.70	13-14	50 Freestyle	25.20	42
43	1:02.10	11-12	100 Freestyle	1:02.50	44
45	1:15.30	13-14	100 Breaststroke	1:12.80	46
47	33.40	11-12	50 Backstroke	34.00	48

**WINTER CUP**  
**BOYS & GIRLS CLUB OF CLIFTON**  
**“SEAHAWKS”**  
**Sunday, January 11, 2009**

Team \_\_\_\_\_ USA-Swimming Club Code \_\_\_\_\_

Coaches:           Head \_\_\_\_\_

                          Deck \_\_\_\_\_

If you wish to receive results by E-mail please write address here: \_\_\_\_\_

Club Mailing Address: \_\_\_\_\_  
(For results) \_\_\_\_\_  
To mail final results, if not \_\_\_\_\_  
picking up disk or receiving \_\_\_\_\_  
by E-mail \_\_\_\_\_

Contact: Regarding Entries \_\_\_\_\_ Phone \_\_\_\_\_

Contact: Timers/Officials \_\_\_\_\_ Phone \_\_\_\_\_

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ENTRY SUMMARY  
Number of entries \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

**PLEASE MAKE CHECKS PAYABLE TO: BOYS & GIRLS CLUB OF CLIFTON**

**WAIVER**

In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/our heirs, administrators, administrators and assigns, waive and release any and all claims against USA Swimming , New Jersey Swimming, Boys & Girls Club of Clifton, Seahawks and their staff for any injuries and/or expenses incurred by me/us at the swim meet. I/we am/are a bona-fide amateur athlete(s), USA-Swimming registered and eligible to compete in all the events that I/we have entered.

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

\_\_\_\_\_  
Signature of Club Official  
Coach and/or Parent or Guardian

# New Jersey Swimming Inc.

Official Meet Verification Form

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

Club E-Mail Address: \_\_\_\_\_

Head Coaches Name: \_\_\_\_\_

Club Address: \_\_\_\_\_



**NEW JERSEY  
SWIMMING**

I hereby certify that all swimmers and coaches listed on the entry or hard copy with disk entries, for the **Winter Cup Meet January 11, 2009** are registered members of New Jersey Swimming/ United States 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:**

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

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

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

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