



**NEW JERSEY
SWIMMING**

**NJ Swimming Long Course Zone Application
Entry Deadline – 5pm July 27, 2013**

August 7-10 ** Richmond, VA **

All eligible swimmers must achieve the Long Course Zone Qualifying Time for each event the swimmer enters, not including relay only times. A swimmer may submit an application without having achieved the Qualifying Time with the understanding that the application will only be accepted if there are one or fewer qualified entrants to represent New Jersey. Applicants will be selected to fill vacant slots in order of verifiable entry time, fastest applicant first.

To be eligible, you must be a NJ Swimming / USA registered swimmer, and have participated in individual events in a **minimum of two NJ sanctioned swim meets in the current Long Course season (May 1 to Long Course Junior Olympics)**. In addition, any 13 & Older swimmer who has achieved a USA Swimming Junior National, USA Swimming Spring championships (using the 18/U qualifying times), US Open, USA Swimming Nationals, or a Trial Class Meet qualifying time in an individual event is not eligible to compete at zones. Any swimmer 12 & younger who has achieved a qualifying time for one of the above listed meets but has not completed at any of those meets, may still participate at zones. Note- Sectional swimmers can apply and compete.

HOTEL: All hotel reservations are done thru the website – www.epntravel.net

Option 1: Courtyard Richmond Airport

Hotel Link: <http://www.marriott.com/hotels/travel/ricap-courtyard-richmond-airport/>
Distance to Ukrop Park: 13.1 miles Room Type: 2 Double beds Rate: \$109.00

Option 2: Richmond Marriott

Hotel Link: <http://www.marriott.com/hotels/travel/ricdt-richmond-marriott/>
Distance to Ukrop Park: 8.8 miles Room Type: 2 Double beds Rate: \$134.00

Option 3: Courtyard Richmond West

Hotel Link: <http://www.marriott.com/hotels/travel/ricwe-courtyard-richmond-west/>
Distance to Ukrop Park: 16.7 miles Room Type: 2 Queen beds Rate: \$90.00
Room Type: 1 King bed with a pullout Rate: \$90.00

Option 4: Hampton Inn Richmond - Midlothian Turnpike

Hotel Link: <http://hamptoninn.hilton.com/en/hp/hotels/index.jhtml?ctyhocn=RICMDHX>
Distance to Ukrop Park: 6.3 miles Room Type: 1 King bed with a pullout Rate: \$109.00

COST: \$125.00 application fee, (which must accompany your application. All fees are due and payable to **NEW JERSEY SWIMMING, INC** with application.

An adult must accompany a swimmer during the entire meet. Additional rules will be explained upon qualifying for the team.

PRACTICE TIMES: TBA

Please mail your application and \$125.00 payable to NJ Swimming
On or before July 19, 2013—applications will be accepted at JO's until 5:00pm on July 27, 2013
New Jersey Swimming, Inc, 1933 Rt 35 Ste 105 PMB 349 Wall, NJ 07719

Equipment order form will be available soon.

***Please Note: Equipment order forms will now go DIRECTLY to the vendor. Any applicants who did not attend 2013 Sping Zones will be required to purchase: 1 Aquablade, 3 T-shirts, and 2 swim caps.**



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Swimmers Full Name: _____ Birth date: _____

Street Address: _____ Male [] Female []

City: _____ St: ___ Zip: _____ Age (as of 08/7/13) _____

All necessary phone numbers: home _____ work _____
Cell _____

E-Mail: _____

Parent/Guardian accompanying swimmer: _____

Emergency Contact: _____ Phone: _____

Health Insurance Company (name, policy & phone numbers): _____

USA TEAM _____ USA Coach _____

List the two sanctioned New Jersey Meets you have been a participant in within the current Long Course season

1. _____ 2. _____

List each individual event for which you have achieved the qualifying time. Maximum of 3 events per day, 6 total individual events, remember if you made a time outside NJ Swimming please submit full meet results to the NJ Swim Office on or before July 25th

Table with 3 columns: Event description, Time & Meet Consideration, and 6 numbered rows for event entry.

Table for Relay Consideration with columns: Times for Relay Consideration, Fly, Back, Breast, Free, and rows for 50 meters and 100 meters.

Include with your application [] Fee \$125.00 payable to NJ Swimming Inc. [] Medical Release Form
[] Code Of conduct Form [] Payment



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Name _____
Age Group _____

MEDICAL RELEASE FORM

Swimmers Full Name: _____ Birth date: _____

Emergency Contact: _____ Phone: _____

Health Insurance Company (name, policy & phone numbers): _____

The chaperones, coaches and manger of *New Jersey Swimming* may act in my behalf in the event of an accident to my child. I expect that I will be contacted, but if I cannot be reached, these individuals may take such actions as is deemed necessary in line with medical advise.

_____ I am indicating here below of any special medical problems, including any required medication(s) of my child, which should be made known to the doctor or nurse.

_____ I am indicating here below of any special food allergies, requirements for my child, which should be known:

_____ My child has no medical problems that you need to be aware of

_____ My child has no food allergies/requirements that you need to be aware of

It is important that all medical information be given to avoid problems of this type during the Trip. THIS FORM IS NOT VALID UNLESS IT IS SIGNED BY A PARENT OR GUARDIAN OF THE SWIMMER LISTED ABOVE. This form must be signed and properly filled out before the swimmer departs on the trip.

(date)

(signature of Parent/Guardian)

(home phone)

(work/cell phone)

If the swimmer's parents will be at the meet, please provide the phone number and name of the hotel where you can be reached: _____



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Name _____ Age Group _____

New Jersey Swimming Zone Team Code of Conduct

As a member of the Long Course New Jersey Zone Team I agree to the following:

- 1. I will attend all team meeting and functions to the best of my ability
2. I will observe the reasonable curfew set for me
3. I will wear the appropriate team uniforms
4. I will conform to all team rules and procedures as announced by team staff.
5. I will compete in ALL events to my best ability.
6. I will be a good representative of New Jersey Swimming

As a member of the Long Course New Jersey Swimming Zone Team, I am aware that the following are PROHIBITED:

- 1. Use of alcoholic beverages.
2. Possession or use of illegal drugs.
3. Use or possession of tobacco products.
4. Inappropriate or destructive behavior.

Persons present while any of the prohibitive activities occur must leave immediately or be considered a participant. You must immediately contact your chaperone or any New Jersey Swimming Staff and notify them of the prohibitive behavior.

Conduct: New Jersey Swimming athletes are guests of the Richmond, VA. Proper conduct is expected at all times. This includes the pool, the hotel, restaurants, and all places that New Jersey Swimmers might frequent. Misconduct includes, but is not limited to violations of safety guidelines, disrespect to meet management and officials, Jersey swimming staff, and fellow athletes. Theft, vandalism, possession of stolen property or possession of controlled substances is prohibited. ANY SWIMMER VIOLATING TEAM RULES OR CONDUCT RULES WILL BE SCRATCHED AND BARRED FROM THE REST OF COMPETITION, or POSSIBLY FUTURE COMPETITION. SWIMMERS VIOLATING THE CODE OF CONDUCT MAY BE RECOMMENDED FOR Disciplinary ACTION OR ANY COMBINATION OF THE ABOVE.

I have read the CODE OF CONDUCT and rules above, and accept the conditions as outlined:

(Athlete's signature)

(Parent/Guardian Signature)