



# NJ Swimming's Short Course Age 13-14 and 15-19 Silver/Bronze Championship – Region A

(Held Under The Sanction of USA Swimming)  
Hosted by Scarlet Aquatics and Morris County Swim Club  
Friday March 7<sup>th</sup> to Sunday March 9<sup>th</sup>, 2014  
At Rutgers University – Sonny Werblin Recreation Center  
656 Bartholomew Road, Piscataway, NJ 08854

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| Meet Sanction #                  | <b>NJS030714SC</b><br>In granting this 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(s) of Meet                  | Friday, March 7 <sup>th</sup> through Sunday March 9 <sup>th</sup> , 2014   |
| Teams Competing in Region A      | BAC, BB, BWTD, CAT, CBGC, CCC, DESC, EAG, FSPY, GBCY, HAC, JFAC, JG, LHY, MAY, MCSC, MCY, MEY, MYM, MALT, NJBL, NPR, PIAC, PSC, RANY, RHSC, RUT, RVYM, RY, SCAR, SAY, SCY, SDSC, SHU, SHY, SKYY, SVY, TWST, WAVE, WEY, WFY, WY  |
| Location                         | Sonny Werblin Recreation Center - 656 Bartholomew Road - Piscataway, NJ 08854   |
| Facility Info                    | The Sonny Werblin pool has two 8-lane courses with Colorado Timing. There are two auxiliary pools known as patio pools for warm-up and cool down, and ample seating for spectators. The depth at the start end in the scoreboard pool is 6' and the turn end is 6'10"; the depth at both the start end and the turn end in the dive pool ranges from 7' in lane 8 to 14' in lane 1. |
| 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.  |
| 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.  |
| Meet Director                    | Bill Deatly – <a href="mailto:eliteswimclubnj@comcast.net">eliteswimclubnj@comcast.net</a>  |
| Meet Referee(s)                  | Friday: John Ciulla - <a href="mailto:ciulla.john@gmail.com">ciulla.john@gmail.com</a><br>Saturday: Chris Barry - <a href="mailto:accebarry@verizon.net">accebarry@verizon.net</a><br>Sunday: John Butler - <a href="mailto:j.m.butler@comcast.net">j.m.butler@comcast.net</a>  |
| Meet Safety Marshall             | Brandy Deatly – <a href="mailto:brando32@comcast.net">brando32@comcast.net</a>  |
| Entry Coordinator                | Antone Balbo, Ultimate Swim Meets<br>Email: <a href="mailto:entries@ultimateswimmeets.com">entries@ultimateswimmeets.com</a><br>Mobile Phone: 973-204-0965 – Best time to call is after 6:00pm weekdays.  |

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| Entry Deadline           | <p>Entries must be received by Tuesday, February 25<sup>th</sup>, 2014.<br/>All entries will be accepted up until the entry deadline. As a NJS Championship designated meet, the 4 hour per session rule does not pertain to this meet.</p> <ul style="list-style-type: none"> <li>• Email entry files and proof of time reports to <a href="mailto:entries@ultimateswimmeets.com">entries@ultimateswimmeets.com</a></li> <li>• Mail <u>signed waiver and check</u> to Ultimate Swim Meets<br/>39 Briarwood Drive, Short Hills, NJ 07078</li> <li>• <b>Make check payable to Ultimate Athletic Performance LLC.</b></li> <li>• It is not necessary to use overnight or express mail to send hard copy and check that are sent in support of an e-mailed entry.</li> <li>• Please include the text string 13OverSB-SCAR in the subject line of emails for this meet.</li> <li>• The host club reserves the right to scratch any or all entries for swimmers/teams that have not submitted the required forms and entry fee by the time of the meet.</li> </ul>  |
| Entries                  | <ul style="list-style-type: none"> <li>• In accordance with NJS policy, team entries may be submitted by e-mail to <a href="mailto:entries@ultimateswimmeets.com">entries@ultimateswimmeets.com</a></li> <li>• All entries must be Hy-Tek program entries as an attached file to an e-mail.</li> <li>• Please include the text string 13OverSB-SCAR in the subject line of emails for this meet.</li> <li>• All entries must be accompanied by a copy of the TM Meet Entries report with the <i>Proof of Time</i> option enabled in PDF format.</li> <li>• The meet entry coordinator will respond to e-mail 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.</li> <li>• A signed NJ Swimming waiver and a check must accompany or follow each entry.<br/>Mail to: Ultimate Swim Meets, 39 Briarwood Drive, Short Hills, NJ 07078</li> <li>• Accuracy of seed times is essential. Incomplete entries will not be accepted.</li> <li>• Deck entries, phone entries &amp; faxed entries will not be accepted.</li> <li>• "NT" entries are not permitted.</li> </ul>  |
| Amending Entries Process | <p>Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The Entry Coordinator is Antone Balbo, <a href="mailto:entries@ultimateswimmeets.com">entries@ultimateswimmeets.com</a></p> <p>The process shall be as follows:</p> <ol style="list-style-type: none"> <li>1. The Host Team will enter each team into meet database as the entries are received.</li> <li>2. Entries for each team will be e-mailed to that team and posted on the 13-19 Silver Bronze Champs web pages at <a href="http://www.eliteswimclub.org">www.eliteswimclub.org</a> and <a href="http://www.ultimatewimmeets.com">www.ultimatewimmeets.com</a></li> <li>3. Upon receipt of the entry list 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 if a swimmer is missing from an event, then the coach can enter the swimmer through the following process: <ul style="list-style-type: none"> <li>• The coach must to make a list of the missing entry information: swimmer's name, USA-S number, event number and entry time.</li> <li>• The list of the missing swimmers and events must be e-mailed to the Host Team Entry Coordinator at <a href="mailto:entries@ultimateswimmeets.com">entries@ultimateswimmeets.com</a> no later than 9:00PM on the Tuesday, (March 4<sup>th</sup>) before the start of the meet. Please do not send 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. Should the entry fee not be paid, then the swimmer(s) will not be permitted to swim in the amended event(s) in the meet.</li> </ul> </li> </ol> |

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| 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 either the 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 include:</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) condense sessions, 3) change session start times, and 4) eliminate relays.</p>  |
| Internet Website Posting                             | <p>Meet Information will be posted on <a href="http://www.njswim.org">www.njswim.org</a>, <a href="http://www.ultimatewimmeets.com">www.ultimatewimmeets.com</a> and <a href="http://www.eliteswimclub.org">www.eliteswimclub.org</a></p> <p><u>Pre-Meet Information posted on all websites:</u></p> <ul style="list-style-type: none"> <li>• Meet Information</li> <li>• Downloadable Hy-Tek Events list (.HYV file)</li> <li>• Team Warm-up Schedule/Assignments and Team Timing Assignments</li> </ul> <p>Real-Time Results will be available at <a href="http://www.ultimateswimmeets.com">www.ultimateswimmeets.com</a> during and after the meet.</p> <p><u>Post-Meet Information posted on all websites:</u></p> <ul style="list-style-type: none"> <li>• Downloadable Results (.CL2 file) on all websites</li> </ul> |
| Meet Requirement Statement                           | <p>In order to be eligible for the New Jersey Swimming Zone Championship Team or for NJ Swimming Athlete Reimbursement for sectional and national level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts towards those participation requirements.</p>  |
| Coaches Eligibility                                  | <p>All coaches “on the deck” must be current coach members of USA Swimming. Coaches must have coaching card visible at all times while on deck.</p>  |
| State Championships Restriction                      | <p>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 between the Silver/Bronze meet and JO’s.</p>  |
| Swimmers Unaccompanied by a USAS Certified Coach     | <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 USA Swimming member coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</p>   |
| USAS Deck Change Policy Statement                    | <p>Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas in not appropriate and is prohibited.</p>   |
| Meet Format  | <ul style="list-style-type: none"> <li>• Each event on Saturday and Sunday of this meet will be run in both pools. See Special Meet Format section (below)</li> <li>• This meet will be run in accordance with current USA Swimming Rules.</li> <li>• This meet will be run as a timed final meet.</li> <li>• This meet will be deck seeded with coaches checking in/scratching all swimmers.</li> <li>• When the seeding has been posted, swimmers will report directly to the blocks.</li> </ul>   |
| Special Meet Format (Odd Heat Pool / Even Heat Pool) | <p><u>ODD/EVEN Heat Format</u></p> <p>The expected volume of swimmers at this meet requires the meet to be run as follows:</p> <ul style="list-style-type: none"> <li>• All Saturday and Sunday events will be swum in both pools simultaneously.</li> <li>• The pools will be divided into “Odd Heat Pool-Scoreboard Pool” &amp; “Even Heat Pool-Dive Pool”. In this arrangement, Event 1 Heat 1 will swim in the scoreboard pool while Event 1 Heat 2 swims in the dive pool, virtually simultaneously.</li> <li>• Heat 1 of an event will not begin until all heats of the previous event have completed.</li> <li>• If necessary, the Meet Director will arrange for short (5-10 minute) breaks between events to give swimmers rest between events.</li> </ul>  |

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| Swimmer Eligibility | <p><b>Qualifying Period</b></p> <ul style="list-style-type: none"> <li>The qualifying period for this meet is January 1, 2013 through the entry deadline.</li> </ul> <p><b>Registration Requirements</b></p> <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>This is a New Jersey Swimming Championship Meet; only New Jersey Swimming athletes may enter and compete in this meet. Swimmers may compete in any event that they have not achieved a New Jersey Swimming Gold Time. See attached events and time standards.</li> </ul> <p><b>Unattached Swimmers</b></p> <ul style="list-style-type: none"> <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.</li> <li>All Unattached swimmers must be listed on the team's official waiver entry form.</li> </ul> <p><b>Age Groups Offered</b></p> <ul style="list-style-type: none"> <li>There will be Girls 13-14 and 15-19 Events and Boys 13-14 and 15-19 Events.</li> <li>Age for this meet is: Friday, March 7<sup>th</sup>, 2014</li> <li>All swimmers must have times slower than the current New Jersey Swimming Gold Time Standards.</li> <li>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 <b>MUST</b> be removed from that event(s). They will be allowed to substitute another eligible event(s) if they have any or the entry fee will be refunded if a swimmer is ineligible to compete in a substitute event. Failure to remove such a swimmer 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.</li> <li>Similarly, if a swimmer was initially entered in the Bronze division of an event, and then achieves a Silver time in said event prior to the start of this meet, then that swimmer's entry needs to be amended so that they do not compete in the Bronze division of that event. Again, failure to do so will result in the penalties stated above.</li> </ul> <p><b>Individual Limits:</b></p> <ul style="list-style-type: none"> <li>Swimmers may compete in <u>up to 6 Individual Events</u> over the course of the meet.</li> <li>New Jersey Swimming allows swimmers to compete in 3 individual events per day. Swimmers may enter as many events as they qualify for but must scratch down to 3 events for the day prior to the start of the session. If a swimmer is not scratched down to three events, then the first three entered events that are contested will be considered as the three events in which the swimmer is eligible to compete.</li> <li>Swimmers may compete in one relay per day.</li> </ul> <p><b>Bronze "Bottom Cuts"</b></p> <ul style="list-style-type: none"> <li>There are 5 Bronze events (50 free, 100 free, 100 back, 100 breast &amp; 100 fly) that have no bottom cuts.</li> <li>There are "bottom cuts" for Bronze Events of 200 yards.</li> <li>A Bronze level swimmer who does not have times faster than any of the 200 bottom cuts may choose 1 (one) 200 yard event where they do not have a bottom cut in which to participate (giving them 6 events).</li> <li>All individual events of 400 yards or longer are only open to swimmers who have Silver times in those events during the meet qualifying period (since Jan 1, 2013).</li> <li>A bronze level swimmer in the 400 IM, 500 Free, 1000 Free or 1650 Free may not pick that event as their 6th event!</li> </ul> |
| Meet Schedule       | The building will open no earlier than 4:45 PM on Friday and at 9:45 AM on Saturday and Sunday for swimmers and at 5:00 PM and 10:00AM for spectators.   |

## Meet Schedule:

| Friday, March 7 <sup>th</sup> , 2014   |   | Warm-up               | Start                 |
|--|---|-----------------------|-----------------------|
| Session 1                              | 13-19 Girls and Boys 400 IM and 1650 Free | 5:00 PM               | 5:35 PM               |
| Saturday, March 8 <sup>th</sup> , 2014 |   | Warm-up               | Start                 |
| Session 2                              | 13-14 Girls and Boys Events               | 10:00 AM              | 11:05 AM              |
| Session 3                              | 15-19 Girls and Boys Events               | TBA (Approx 3:30 PM*) | TBA (Approx 4:30 PM*) |
| Sunday, March 9 <sup>th</sup> , 2014   |   | Warm-up               | Start                 |
| Session 4                              | 13-14 Girls and Boys Events               | 10:00 AM              | 11:05 AM              |
| Session 5                              | 15-19 Girls and Boys Events               | TBA (Approx 3:00 PM*) | TBA (Approx 4:00 PM*) |

\* Exact warm-up/start times for Sessions 3 and 5 will be determined when all entries are received.

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| Warm-up Procedures       | <ul style="list-style-type: none"> <li>• Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines.</li> <li>• All swimmers are entitled to a fair and comparable warm-up. All teams WILL get the same opportunity for general warm-up lanes, sprint lanes, and pace lanes.</li> <li>• All swimmers must enter the pool feet first, from the starting end of the pool.</li> <li>• Scarlet Aquatics and Morris County Swim Club meet marshals will monitor warm-ups.</li> <li>• During general warm-up in a lane, all swimmers will swim in a counterclockwise direction.</li> <li>• Warm-up will be split into two 30 minute sessions with assigned lanes and warm-up periods for participating teams. If swimmer volume dictates, three 25 minute warm-up periods will be assigned. Teams will be notified by email of warm-up periods and lane assignments.</li> <li>• Teams may do one way, dive sprints during their assigned warm-up period. Teams sharing a lane must wait for all teams in the lane to complete general warm-up before using the lane for dive sprints.</li> <li>• Warm-up for the 400IM/1650 Session will be 30 minutes. Lanes will not be assigned. At least one lane in the dive well will be available for warm-up/down during the session.</li> <li>• All clubs will be notified by e-mail if different warm-up procedures will be used.</li> </ul> |
| 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 slower than the New Jersey Swimming Short Course Yard Gold Time Standard.</li> <li>• All entry times must be in short course yards.</li> <li>• For all New Jersey Swimming Championship Meets, proof of time must be included with all entries. Entries without proof of time will not be accepted into any New Jersey Swimming Championship Meet. (See "Proof of Times Reporting" section below)</li> <li>• There are "bottom cut" times for all 200 Yard Events. Entry times for these events must be faster than these "bottom cut" times, except as noted in the Swimmer Eligibility section above – a swimmer without any 200 Yard event "bottom cuts" may swim 1 (one) 200 yard event of their choice.</li> <li>• There are "bottom cut" times for the 500 Free, 1000 Free, 1650 Free and 400IM, which are equal to the Silver qualifying time. Entry times for these events must be faster than the Silver qualifying times.</li> </ul>   |
| Proof of Times Reporting | The TM entries report with the <i>Include Proof of Time</i> option selected will suffice. This report should be saved as a PDF file and emailed to the entry coordinator along with the entry file.  |
| Check-In                 | All swimmers will be checked-in by their coaches. Swimmers who are not checked in will be scratched. 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 his/her 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 entire session.   |
| Starts                   | 'Fly-over'/'Over-the-top' starts will be used at the discretion of the Meet Referee.   |

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| Distance Events     | <p><u>500 Freestyle/1000 Freestyle</u></p> <ul style="list-style-type: none"> <li>• The 500/1000 Freestyle events will be part of the main session and host clubs &amp; assigned team timers will time these events.</li> <li>• The 500 Freestyle events will be swum <u>slowest to fastest</u>.</li> <li>• Swimmers in the 500/1000 Yard Freestyle are to provide their own counter if one is desired.</li> <li>• The 1000 Freestyle will be swum <u>fastest to slowest, alternating Girls and Boys heats</u>. This means that the fastest heat of the girls will swim in the main pool, while at essentially the same time the fastest heat of the boys will swim in the dive pool. Then the second fastest heats of both genders. Then the third fastest heats, etc.</li> <li>• Heats of the Girls/Boys 1000 Freestyle may be combined. If necessary, genders will NOT be separated by a lane during competition.</li> </ul> <p><u>400 IM and 1650 Freestyle</u></p> <ul style="list-style-type: none"> <li>• The 400 IM and 1650 Freestyle events will be in a separate distance session on Friday evening. <u>Swimmers must provide a timer</u> and counter (if a counter is desired for the 1650).</li> <li>• The 400 IM and 1650 will be swum <u>entirely within the Dive Pool</u>, and will swim <u>fastest to slowest, alternating Girls and Boys heats</u>. All heats of the 400 IM will be completed before the first heat of the 1650 Freestyle.</li> <li>• Heats of the Girls/Boys 400IM and heats of the Girls/Boys 1650 Freestyle may be combined. If necessary, genders will NOT be separated by a lane during competition.</li> <li>• The 13-14 and 15-19 400 Yard IM and 1650 Yard Freestyle will be swum as single multi-age combined events, but will be scored as separate age groups.</li> </ul>                  |
| Heat Limited Events | <ul style="list-style-type: none"> <li>• None anticipated at this time, although if the time-line requires it, the 400 Yard IM, 1000 Yard Free and the 1650 Yard Free may be heat limited.</li> </ul>   |
| Relays              | <ul style="list-style-type: none"> <li>• All relays MUST HAVE THE CORRECT FOUR NAMES LISTED AND THE CORRECT order for that relay to be eligible.</li> <li>• Coaches must turn in relay cards prior to that relay swimming, listing correct swimmers names and correct order.</li> <li>• In order to swim in a relay designated as a Silver/Bronze event, no swimmer on that relay may have a previous Gold time in the stroke and distance that the swimmer will swim in that relay. For example, a swimmer with a previous gold time in the 50 free cannot swim the freestyle leg of a 200 yd medley relay.</li> <li>• Where a relay leg distance is not normally contested for the age group and a Gold time doesn't exist (i.e., 13 &amp; Over 50 Backstroke, 50 Breaststroke, 50 Butterfly), no swimmer on that relay may have a previous Gold time in the 100 Yard distance of the stroke that the swimmer will swim in that relay. For example, a swimmer with a previous gold time in the 100 Butterfly cannot swim the Butterfly leg of a 200 Yard Medley Relay.</li> <li>• If a team doesn't have enough eligible swimmers to complete in a relay, then that relay must be scratched and may not be swum with an ineligible swimmer.</li> <li>• Any relay team in violation of this requirement will be disqualified and the information will be turned over to New Jersey Swimming for possible penalties and fines. (See the NJS Policy Manual for list of fines.) 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.</li> <li>• If the meet timeline will exceed facility requirements relays may be cancelled. If Relays are cancelled relay splash fees will be promptly refunded.</li> </ul> |
| Scoring             | Team Scoring will not be kept.  |
| Awards              | <ul style="list-style-type: none"> <li>• Medals will be awarded for the top 6 swimmers in both the Bronze and Silver divisions in each individual event of 200 yards or less.</li> <li>• For the Silver Only individual events (400 IM &amp; 500, 1000, 1650 Free), medals will be awarded to the top 6 swimmers overall in each age group (13-14 and 15-19.)</li> <li>• Relay awards will be for 1<sup>st</sup> thru 3<sup>rd</sup> places</li> <li>• A swimmer seeded with a Bronze Time <u>will not</u> receive an award if a 'GOLD' time is achieved.</li> </ul>  |

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| Entry Fees                          | <ul style="list-style-type: none"> <li>Individual Non-1000/1650 Event Entry Fee: \$5.00</li> <li>Individual 1000/1650 Event Entry Fee: \$11.00</li> <li>Relay Entry Fee: \$8.00</li> </ul> <p style="text-align: center;"><b>Make checks payable to: Ultimate Athletic Performance LLC</b></p> <ul style="list-style-type: none"> <li>Host club has the right to scratch teams/swimmers for lack of payment of entry fees.</li> <li>There will be refunds only for swimmers who no longer qualify for individual events.</li> </ul>  |
| Admission and Programs              | <ul style="list-style-type: none"> <li>Admission on Friday evening will be \$4.00 and will include a heat sheet (after seeding).</li> <li>Admission will be \$8.00 per session on Saturday and Sunday.</li> <li>Cost of Heat Sheet (available approximately at session start) will be \$5.00 per session.</li> </ul>   |
| Results                             | <ul style="list-style-type: none"> <li>All participating teams will be sent results via email.</li> <li>Real-time Results will be posted on the Ultimate Swim Meets website during the meet.</li> </ul>  |
| Host Club Responsibilities          | <ul style="list-style-type: none"> <li>The host club will provide a single timer in each lane throughout 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 and exception reports back to the participating clubs.</li> <li>The host club will create a warm-up schedule and timing assignments that will be fair and equal to all teams. These assignments will be e-mailed to all participating clubs one week prior to 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 one week 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. Please list the club contact for club officials on the meet summary.</li> </ul>   |
| Concessions                         | Rutgers University will provide a concession stand in the lobby during the meet.   |
| Vendor                              | Ultimate Swim Shop will be the on-site swim vendor for the meet.   |
| Hotels                              | <ul style="list-style-type: none"> <li>Brunswick Hilton, Three Center Drive, East Brunswick, NJ 732-828-2001</li> <li>Embassy Suites, 212 Centennial Ave, Piscataway, NJ 732-980-0500</li> <li>Holiday Inn-Somerset, 195 Davidson Avenue, Somerset, NJ 732-356-1700</li> <li>Marriot Courtyard Somerset, 250 Davidson Avenue, Somerset, NJ 732-271-4555</li> <li>Fairfield Inn and Suites Somerset, 315 Davidson Avenue, Somerset, NJ 08873 732-627-8483</li> <li>Residence Inn Somerset, 37 World's Fair Drive, Somerset, NJ 08873, 732-627-0881</li> </ul>   |
| Directions                          | <p>From the NJ Turnpike, North or South<br/>Follow Turnpike to Exit 9-New Brunswick. **Follow signs for Route 18 North-New Brunswick. Proceed along Route 18 North, crossing the Raritan River on the John Lynch Bridge, approximately 3.7 miles. Continue to Busch Campus exit, bear right on exit ramp and proceed on the entrance road to the traffic circle. Bear right at first turn off, go to first intersection and turn left to lot 64.</p> <p>From the Garden State Parkway Traveling South<br/>Follow Parkway South to Exit 129-New Jersey Turnpike. Travel south on the New Jersey Turnpike to Exit 9-New Brunswick. Follow directions from ** above.</p> <p>From the Garden State Parkway Traveling North<br/>Parkway North to Exit 105- Route 18. Take Route 18 North and follow directions from ** above.</p> <p>From Route 287 Traveling North or South<br/>Take Route 287 to Exit 9 (River Road, Bound Brook, Highland Park, 514 Spur). Follow River Road (514 Spur South) approximately 2 miles to Hoes Lane, turn left. After ½ mile bear right just past the golf course entrance. At the traffic circle, take the 3rd exit (Bartholomew Rd.). At stop sign, turn left to lot 64.</p> <p>From US Highway 1, North or South<br/>Take the exit for Route 18 North - New Brunswick and proceed from ** above.</p> |

**NJ Swimming's Short Course 13-14 and 15-19  
Silver/Bronze Championships – Region-A  
Friday March 7<sup>th</sup> to Sunday March 9<sup>th</sup>, 2014**

**Friday Order of Events**

**Session #1 – 13-19 400IM/1650 Free**

**Warm-Up: 5:00PM**

**Start: 5:35 PM**

| Girls Events |           |             |                               | 13-19 Girls and Boys<br>400 IM and 1650<br>Freestyle | Boys Events                   |             |           |         |
|--------------|-----------|-------------|-------------------------------|--|-------------------------------|-------------|-----------|---------|
| Event #      | Gold Time | Silver Time | "Faster Than" Qualifying Time |  | "Faster Than" Qualifying Time | Silver Time | Gold Time | Event # |
| #1A          | 5:02.49   | 5:39.69     | 5:39.70                       | 13-14 400 Yard IM                                    | 5:34.30                       | 5:34.29     | 4:51.49   | #2A     |
| #1B          | 4:50.09   | 5:28.99     | 5:29.00                       | 15-19 400 Yard IM                                    | 5:13.20                       | 5:13.19     | 4:31.19   | #2B     |
| #3A          | 19:21.69  | 20:21.69    | 20:21.70                      | 13-14 1650 Yard Freestyle                            | 19:50.30                      | 19:50.29    | 18:50.29  | #4A     |
| #3B          | 18:45.59  | 20:08.99    | 20:09.00                      | 15-19 1650 Yard Freestyle                            | 19:01.00                      | 19:00.99    | 18:00.99  | #4B     |

**Saturday Order of Events**

**Session #2 – 13-14 Girls and Boys**

**Warm-Up: 10:00 AM**

**Start: 11:20 AM**

| Girls Events |           |             |                               | 13-14 Girls and Boys<br>Events | Boys Events                   |             |           |         |
|--------------|-----------|-------------|-------------------------------|--------------------------------|-------------------------------|-------------|-----------|---------|
| Event #      | Gold Time | Silver Time | "Faster Than" Qualifying Time |                                | "Faster Than" Qualifying Time | Silver Time | Gold Time | Event # |
| #5           | N/A       | N/A         | N/A                           | 200 Yard Medley Relay*         | N/A                           | N/A         | N/A       | #6      |
| #7           | 5:35.59   | 6:04.99     | 6:05.00                       | 500 Yard Freestyle             | 6:03.20                       | 6:03.19     | 5:20.19   | #8      |
| #9           | 1:05.29   | 1:13.59     | N/A                           | 100 Yard Backstroke            | N/A                           | 1:11.59     | 1:02.49   | #10     |
| #11          | 2:21.69   | 2:36.89     | 2:47.50                       | 200 Yard Individual Medley     | 2:46.90                       | 2:34.49     | 2:14.19   | #12     |
| #13          | 1:14.49   | 1:22.49     | N/A                           | 100 Yard Breaststroke          | N/A                           | 1:20.39     | 1:09.79   | #14     |
| #15          | 57.09     | 1:02.89     | N/A                           | 100 Yard Freestyle             | N/A                           | 1:01.49     | 53.29     | #16     |
| #17          | 2:27.79   | 2:43.99     | 2:56.10                       | 200 Yard Butterfly             | 2:55.90                       | 2:40.59     | 2:22.69   | #18     |

**Session #3 – 15-19 Girls and Boys**

**Warm-Up: TBA (Approx. 3:30 PM)**

**Start: TBA (Approx. 4:30 PM)**

| Girls Events |           |             |                               | 15-19 Girls and Boys<br>Events | Boys Events                   |             |           |         |
|--------------|-----------|-------------|-------------------------------|--------------------------------|-------------------------------|-------------|-----------|---------|
| Event #      | Gold Time | Silver Time | "Faster Than" Qualifying Time |                                | "Faster Than" Qualifying Time | Silver Time | Gold Time | Event # |
| #19          | N/A       | N/A         | N/A                           | 200 Yard Medley Relay*         | N/A                           | N/A         | N/A       | #20     |
| #21          | 5:18.69   | 5:52.19     | 5:52.20                       | 500 Yard Freestyle             | 5:31.70                       | 5:31.69     | 4:58.59   | #22     |
| #23          | 1:02.39   | 1:10.19     | N/A                           | 100 Yard Backstroke            | N/A                           | 1:05.19     | 56.79     | #24     |
| #25          | 2:15.59   | 2:30.29     | 2:42.60                       | 200 Yard Individual Medley     | 2:36.10                       | 2:20.29     | 2:04.59   | #26     |
| #27          | 1:11.29   | 1:19.39     | N/A                           | 100 Yard Breaststroke          | N/A                           | 1:14.99     | 1:04.59   | #28     |
| #29          | 54.79     | 1:01.09     | N/A                           | 100 Yard Freestyle             | N/A                           | 55.39       | 49.19     | #30     |
| #31          | 2:17.39   | 2:38.79     | 2:53.10                       | 200 Yard Butterfly             | 2:41.00                       | 2:25.59     | 2:07.69   | #32     |

\* For the 200 Medley relays, Back, Breast and Fly swimmers may not have a previous Gold time in the 100 yard distance of the stroke they are to swim on the relay, and the Freestyler may not have a Gold time in the 50 Free.



**NJ Swimming's Short Course 13-14 and 15-19  
Silver/Bronze Championships – Region-A  
Friday March 7<sup>th</sup> to Sunday March 9<sup>th</sup>, 2014**

**Sunday Order of Events**

**Session #4 – 13-14 Girls and Boys**

**Warm-Up: 10:00 AM**

**Start: 11:20 AM**

| Girls Events |           |             |                               | 13-14 Girls and Boys Events | Boys Events                   |             |           |         |
|--------------|-----------|-------------|-------------------------------|-----------------------------|-------------------------------|-------------|-----------|---------|
| Event #      | Gold Time | Silver Time | "Faster Than" Qualifying Time |                             | "Faster Than" Qualifying Time | Silver Time | Gold Time | Event # |
| #33          | N/A       | N/A         | N/A                           | 200 Freestyle Relay**       | N/A                           | N/A         | N/A       | #34     |
| #35          | 11:37.29  | 12:22.29    | 12:22.30                      | 1000 Yard Freestyle         | 11:59.50                      | 11:59.49    | 11:14.49  | #36     |
| #37          | 2:19.09   | 2:39.39     | 2:48.10                       | 200 Yard Backstroke         | 2:47.90                       | 2:35.69     | 2:14.69   | #38     |
| #39          | 26.29     | 28.99       | N/A                           | 50 Yard Freestyle           | N/A                           | 27.99       | 24.19     | #40     |
| #41          | 2:42.49   | 2:59.89     | 3:12.10                       | 200 Yard Breaststroke       | 3:11.90                       | 2:55.89     | 2:34.39   | #42     |
| #43          | 1:04.39   | 1:13.79     | N/A                           | 100 Yard Butterfly          | N/A                           | 1:10.99     | 1:01.19   | #44     |
| #45          | 2:03.79   | 2:16.79     | 2:24.40                       | 200 Yard Freestyle          | 2:23.90                       | 2:14.89     | 1:57.59   | #46     |

**Session #5 – 15-19 Girls and Boys**

**Warm-Up: TBA (Approx. 3:00 PM)**

**Start: TBA (Approx. 4:00 PM)**

| Girls Events |           |             |                               | 15-19 Girls and Boys Events | Boys Events                   |             |           |         |
|--------------|-----------|-------------|-------------------------------|-----------------------------|-------------------------------|-------------|-----------|---------|
| Event #      | Gold Time | Silver Time | "Faster Than" Qualifying Time |                             | "Faster Than" Qualifying Time | Silver Time | Gold Time | Event # |
| #47          | N/A       | N/A         | N/A                           | 200 Freestyle Relay**       | N/A                           | N/A         | N/A       | #48     |
| #49          | 11:12.09  | 12:11.09    | 12:11.10                      | 1000 Yard Freestyle         | 11:29.20                      | 11:29.19    | 10:27.29  | #52     |
| #51          | 2:14.19   | 2:30.99     | 2:44.10                       | 200 Yard Backstroke         | 2:38.10                       | 2:23.69     | 2:05.19   | #50     |
| #53          | 25.39     | 28.19       | N/A                           | 50 Yard Freestyle           | N/A                           | 25.39       | 22.89     | #54     |
| #55          | 2:34.79   | 2:52.69     | 3:09.90                       | 200 Yard Breaststroke       | 3:01.90                       | 2:42.59     | 2:23.09   | #56     |
| #57          | 1:00.59   | 1:09.89     | N/A                           | 100 Yard Butterfly          | N/A                           | 1:05.59     | 55.19     | #58     |
| #59          | 1:57.99   | 2:11.49     | 2:20.20                       | 200 Yard Freestyle          | 2:13.00                       | 2:01.79     | 1:49.29   | #60     |

**\*\* For the 200 Freestyle relays, swimmers may not have a Gold time in the 50 yard Freestyle prior to the start of the meet.**

## NJ Swimming's Short Course 13-14 and 15-19 Silver/Bronze Championships – Region-A Friday March 7<sup>th</sup> to Sunday March 9<sup>th</sup>, 2014

### 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 the USA Swimming, NJ Swimming, Rutgers University, Scarlet Aquatics, Morris County Swim Club, Ultimate Athletic Performance, Ultimate Swim Meets, Ultimate Swim Shop 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 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.

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

Signature of Coach, and/or Parent/Guardian \_\_\_\_\_

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

Telephone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Name(s) of Coach(es): \_\_\_\_\_

\_\_\_\_\_  
Name and Phone Number/Email Address of Person to Contact Regarding This Entry

\_\_\_\_\_  
Name and E-Mail Address of Person to Receive Final Results

\*\*\*\*\*

|                   |       |   |          |
|-------------------|-------|---|----------|
| Entry Fee Summary | _____ | Individual Non-1000/1650 Event Entries @ \$5.00 = | \$ _____ |
|                   | _____ | Individual 1000/1650 Event Entries @ \$11.00 =    | \$ _____ |
|                   | _____ | Relay Entries @ \$8.00 =                          | \$ _____ |
|                   |       | Total Entry Fees =                                | \$ _____ |

**Make Checks Payable To: Ultimate Athletic Performance LLC**

Article 302.4 of the United States 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 _____ |