

<u>Name of Meet</u>	<h1>Winter Cup</h1> <h2>BOYS & GIRLS CLUB OF CLIFTON</h2> <h3>“SEAHAWKS”</h3> <p>Saturday, January 24, 2015 and Sunday, January 25, 2015 (Held under the sanction of USA Swimming.)</p>
<u>Meet Sanction #:</u>	<i>NJS012415SC</i> 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.
<u>Host Club:</u>	BOYS & GIRLS CLUB OF CLIFTON SEAHAWKS SWIM TEAM
<u>Date of Meet:</u>	Saturday and Sunday, January 24 – January 25
<u>Location:</u>	Clifton Boys and Girls Club 181 Colfax Ave., Clifton, NJ 07013
<u>Facility Info:</u>	This facility is a 6 lane pool with a warm down pool, bleacher style seating, gym for marshalling and a Colorado Timing System. The diving block end of the pool is 12 feet deep and the turn end of the pool is 4 feet deep.
<u>Pool Certification Statement:</u>	The competition course has not been certified in accordance with 104.2.2C(4). This rule requires that pools where World and National records are established need to be certified as to their compliance with pool length requirements of that rule. Times from this meet will be included in SWIMS so long as the swim is one of the standard events recognized by USA Swimming.
<u>Audio/Visual Recording Statement:</u>	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
<u>Meet Director:</u>	Richard Mariso - richard.mariso@citigroup.com
<u>Meet Referee:</u>	Ed Miller III - caefmilleriii@msn.com
<u>Meet Safety Marshall:</u>	Rina Witrow
<u>Emergency Weather Number:</u>	Weather Emergency: In case of extreme weather conditions, call the Boys and Girls Club of Clifton’s Aquatic office at (973) 773-2697 ext. 131 for recorded message or visit our website at www.cliftonseahawks.org .
<u>Entry Coordinator:</u>	Chris Kramer, 24 N. Brookside Drive, Rockaway, NJ 07866 email: chrisk@cliftonseahawks.org Phone Number: 973-722-3385
<u>Entry Deadline:</u>	<ul style="list-style-type: none"> • All entries will be accepted on a first come basis. • Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. • Entry Deadline Date: Saturday, January 10, 2015 • Email entry files to: chrisk@cliftonseahawks.org • Mail hard copy entry summary, signed waiver and check to: Chris Kramer, 24 N. Brookside Drive, Rockaway, NJ 07866 • 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. • 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.
<u>Meet Format</u>	The host club has the right to change the format of the meet with the approval of the

<u>Waiver:</u>	<p>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"> • 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. <p>Some of the changes that can be made: 1) add a session, 2) heat limit distance events, 3) condense sessions and 4) eliminate relays.</p>
<u>Internet Website Posting:</u>	<p>Clifton Boys and Girls Club Website address: http://www.cliftonseahawks.org/wintercup2015</p> <p>New Jersey Swimming Website address: www.njswim.org</p> <p>Pre-Meet Information posted on website:</p> <ul style="list-style-type: none"> • Meet Information • Downloadable Hy-Tek Events list (.HYV file) • Warm-up Schedule and Team Warm-up Assignments • Timing assignments <p>Post-Meet Information posted on website:</p> <ul style="list-style-type: none"> • Downloadable Results (.H3Y zip file) • Printable meet results (.PDF file)
<u>Meet Requirement Statement:</u>	In order to be eligible for the New Jersey 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 towards those participation requirements.
<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> • 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.
<u>Swimmer Eligibility:</u>	<ul style="list-style-type: none"> • All swimmers must be members of USA Swimming to enter and compete in this meet. • 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. • There will be 8 & under, 10 & under, 11-12 and Open events for this meet. • New Jersey Swimming only allows swimmers to compete in 3 individual events per day. • Age for this meet is: Saturday, January 24, 2015
<u>USA-S Racing Start Certification Statement:</u>	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.
<u>USA-S Deck Change Policy Statement:</u>	Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
<u>Meet Format:</u>	<ul style="list-style-type: none"> • This meet will be run in accordance to current USA Swimming Rules. • This meet will be run as a time final meet. • 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.
<u>Session #1 (500 Freestyle and 400IM Events):</u>	<ul style="list-style-type: none"> • The 500 Freestyle/400 IM session will be limited the first 3 hours of entries received. • These events will be run fastest-to-slowest. • Swimmers must supply a timer for the 400 IM events. • Swimmers must supply a timer and a counter (if desired) for the 500 Free events. • Heats of Girls and Boys may be combined, and in such a case, there might not be a lane separating the genders. This is in order to allow the maximum number of swimmers to compete.
<u>Meet Schedule:</u>	The building opening time on Saturday at 7:45am, and on Sunday morning at 6:45 a.m. This meet will be two days and a total of 5 sessions.

Meet Schedule:

Saturday, January 24, 2015		Warm-up	Start
Session 1	Open Girls & Boys 500 Freestyles & 400 IM	8:00 a.m.	9:05 a.m.
Session 2	Open Girls & Boys	Approx 12:00 p.m.	Approx 1:05 p.m.

Sunday, January 25, 2015		Warm-up	Start
Session 3	10 & Under Girls & Boys	7:00 a.m.	8:05 a.m.
Session 4	11-12 Girls & Boys	Approx 11:00 a.m.	Approx 12:05 p.m.
Session 5	Open Girls & Boys	Approx 3:00 p.m.	Approx 4:05 p.m.

<u>Warm-up Procedures:</u>	<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. • All swimmers are entitled to a fair and comparable warm-up. All teams MUST get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes. • All swimmers must enter the pool from the starting end of the pool. • Uniformed and designated meet marshals will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction. • The warm-ups for all sessions will be two 30-minute warm-up periods 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 1 week prior to meet start.
<u>Entry Times:</u>	<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.
<u>Check-In:</u>	<ul style="list-style-type: none"> • 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. Failure to follow this procedure may result in the swimmer(s) being scratched from the session.
<u>Starts:</u>	<ul style="list-style-type: none"> • 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.
<u>Scoring:</u>	Team Scoring will not be kept.
<u>Awards:</u>	<ul style="list-style-type: none"> • Medals will be awarded for the top 3 individuals in each event.
<u>Entry Fees:</u>	<ul style="list-style-type: none"> • Individual Entry Fee: \$4.00 • Make checks payable to: BOYS AND GIRLS CLUB OF CLIFTON
<u>Admissions and Programs:</u>	<ul style="list-style-type: none"> • Admission will be \$6.00 per session. • Cost of Program will be \$6.00 for the entire meet.
<u>Entries:</u>	<ul style="list-style-type: none"> • In accordance with NJS policy, team entries may be submitted by E-mail to: chrisk@cliftonseahawks.org. • All entries must be Hy-Tek program entries as an attached file to an e-mail. • 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. • An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each entry. • Accuracy of seed times is essential. Incomplete entries will not be accepted. • Deck entries will not be accepted. No phone or faxed entries will be accepted.
<u>Results:</u>	<ul style="list-style-type: none"> • The TM results file will be emailed to all participating teams.

	<ul style="list-style-type: none"> Results will be posted at: www.cliftonseahawks.org/wintercup2015 and www.njswim.org
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none"> The host club will provide a single timer in each lane through out the meet. The host club will have stopwatches available for volunteers helping to time. The host club will e-mail all club entries back to the participating clubs. 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 websites www.cliftonseahawks.org/wintercup2015 and www.njswim.org no later than 1 week before the meet. 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 websites www.cliftonseahawks.org/wintercup2015 and www.njswim.org no later than 1 week before the meet.
<u>Participating Club Responsibilities:</u>	<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 websites www.cliftonseahawks.org/wintercup2015 and www.njswim.org 1 week prior to the meet. Participating club parents must stay off the pool deck except for timing assignments. Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.
<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>A. FROM THE WEST- TAKE ROUTE 46 EAST Exit Broad Street-Paterson/ Bloomfield (Clifton)- (Exit before 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 & Girls Club parking lot (immediately past Orchard Street)</p> <p>B. FROM THE EAST- TAKE ROUTE 46 WEST Exit Broad Street Clifton- Turn right onto Broad Street- Bear right onto jug handle- Proceed through light onto Colfax Avenue- Pass Clifton High School & City Hall entrance at right- Turn right into Boys & Girls Club parking lot (immediately past Orchard Street)</p> <p>C. FROM THE SOUTH- TAKE PARKWAY NORTH Exit 154 onto RT 46 E- Make first right (Paulison Avenue)- Go to traffic light- Make left onto Paulison- Proceed to 1st traffic light- Make right onto Clifton Ave.- Proceed to 1st traffic light- Make right onto Colfax-Club is on immediate left side before railroad tracks (181 Colfax Avenue)</p> <p>D. FROM THE NORTH - TAKE PARKWAY SOUTH Exit 154 onto RT 46 W- Take 1st 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 & Girls Club parking lot (immediately past Orchard Street (181 Colfax Avenue)</p> <p>E. VIA ROUTE 3 WEST (FROM NY) 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 2nd light onto Colfax Avenue- Pass Clifton High School and City Hall entrance (on right)- Turn right into Boys & Girls Club parking lot (immediately past Orchard Street)</p>

Winter Cup 2015
POSITIVE CHECK-IN REQUIRED

Saturday, January 24, 2015

Session 1

Girls	Age Group	Start 9:05 AM	Boys
1	Open	Open 500 Free	2
3	Open	Open 400 IM	4

Session 2

Girls	Age Group	Start 1:05 PM (approx)	Boys
5	Open	Open 100 Back	6
7	Open	Open 200 Free	8
9	Open	Open 100 Fly	10
11	Open	Open 200 Breast	12

Sunday, January 25, 2015

Session 3

Girls	Age Group	Start 8:05 AM	Boys
13	10 & under	100 IM	14
15	8 & under	25 Free	16
17	10 & under	50 Free	18
19	8 & under	25 Fly	20
21	10 & under	50 Fly	22
23	8 & under	25 Back	24
25	10 & under	50 Back	26
27	8 & under	25 Breast	28
29	10 & under	50 Breast	30

Session 4

Girls	Age Group	Start 12:05 PM (approx)	Boys
31	11 - 12	100 IM	32
33	11 - 12	50 Free	34
35	11 - 12	50 Back	36
37	11 - 12	100 Fly	38
39	11 - 12	50 Breast	40
41	11 - 12	50 Fly	42

Session 5

Girls	Age Group	Start 4:05 PM (approx)	Boys
43	Open	Open 200 IM	44
45	Open	Open 100 Free	46
47	Open	Open 200 Fly	48
49	Open	Open 50 Free	50
51	Open	Open 100 Breast	52
53	Open	Open 200 Back	54

Winter Cup
BOYS & GIRLS CLUB OF CLIFTON
“SEAHAWKS”

Saturday and Sunday, January 24 – January 25, 2015

Team _____ USA Swimming Club Code _____

Coaches: Head _____

Deck _____

E-mail to receive results: _____

Club Mailing Address: _____

Contact: Regarding Entries _____ Phone _____

Contact: Timers/Officials _____ Phone _____

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ENTRY SUMMARY

Number of entries _____ x \$4.00 = \$ _____

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 USA-Swimming registered athletes 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 Coach's Name: _____

Club Address: _____



**NEW JERSEY
SWIMMING**

I hereby certify that all entered swimmers and coaches listed on the waiver form for the **Winter Cup Meet January 24 & January 25, 2015** are registered members of USA Swimming. All USA 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 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.

LIST ALL UNATTACHED SWIMMERS:

Unattached Swimmer _____, Unattached Swimmer _____

Unattached Swimmer _____, Unattached Swimmer _____

Unattached Swimmer _____, Unattached Swimmer _____

Unattached Swimmer _____, Unattached Swimmer _____