

<u>Name of Meet</u>	NEW JERSEY SWIMMING'S SHORT COURSE 13-14 & 15-19 'SILVER/BRONZE' CHAMPIONSHIPS – Region A 2016 Hosted by Princeton Piranhas Swim Team (Held under the sanction of USA Swimming.)
<u>Meet Sanction #:</u>	<i>NJS030516SCA</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>Date(s) of Meet:</u>	Saturday and Sunday, March 5-6, 2016
<u>Location</u>	John Witherspoon Pool 217 Walnut Lane, Princeton, NJ 08540 Tel: 609-806-4310 The pool is located on the Princeton Middle School campus, and the pool entrance and parking lot are on Guyot Lane.
<u>Facility Info:</u>	The John Witherspoon Pool is an eight-lane, 25 yard, single course pool with Colorado timing system and full display board. The depth of the water at the starting blocks is 8'- 0" and the depth at the turn end is 4'-0".
<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>	Kip Hein, 609-371-2065, khein@swimppst.org
<u>Meet Referee(s):</u>	Robin Meirs, MeirsFamily@yahoo.com
<u>Administrative Official(s):</u>	Kip Hein, 609-371-2065, khein@swimppst.org
<u>Meet Safety Marshal:</u>	Julie Meirs, 609-371-2065, jmeirs@swimppst.org
<u>Entry Coordinator:</u>	Entry Coordinator, Kip Hein E-Mail: khein@swimppst.org <ul style="list-style-type: none"> • Phone: 609-371-2065 • Best time to call is between 8:00AM to 3:00 PM and weekends. Make checks payable to: Princeton Piranhas Swim Team.
<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>Internet Posting:</u>	All meet information will be posted on NJ Swimming's website of http://www.njswim.org/
<u>Entry Deadline:</u>	Entry Deadline Date: <u>Wednesday, February 24, 2016</u> 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. Email entries and proof of time reports to: khein@swimppst.org Mail the entry fee summary, signed waiver and check to : Princeton Piranhas Swim Team, 1156 Old York Rd., Hightstown, NJ 08520 It is not necessary to use overnight or express mail to send hard copy and check, which are sent in support of an e-mailed entry. NOTE: The meet host reserves the right to scratch swimmers/teams that have not paid

	their entry fees and turned in their waiver forms by the start of the meet.
<u>Entries:</u>	<ul style="list-style-type: none"> • In accordance with NJS policy, team entries must be submitted by E-mail to: khein@swimppst.org • All entries should be Hy-Tek program entries as an attached file to an e-mail. • 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. • 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 Fee 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>Teams Competing In Region B:</u>	ACE, AQRC, BWTD, CCC, CBGC, DESC, EAG, FSPY, GARY, JFAC, JG, MEY, MYM, MCSC, NPR, NJBL, RANY, SCAR, SDSC, SSCT, SCY, GMY, WAVE, WFY, PPST
<u>Meet Format Waiver:</u>	<p>The host club has the right to change the format of the meet with the approval of the administrative 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 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 frames.
<u>Amending Entries Process:</u>	<p>Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The Entry Coordinator is Kip Hein, e-mail: khein@swimppst.org</p> <p>The process shall be as follows:</p> <ol style="list-style-type: none"> 1. The Host Team will enter each team into meet database as the entries are received. 2. The entries for each team will be e-mailed to that team. 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. 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"> • The coach needs to make a list of the missing entry information: swimmer's name, USA-S number, event number and entry time. • The list of the missing swimmers and their events are then to be e-mailed to the Host Team Entry Coordinator (e-mail: khein@swimppst.org) no later than 9:00 PM on the Wednesday (March 2nd) before the start of the meet. Please do not email a Hy-Tek file. • 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 event. 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.
<u>Internet Website Posting:</u>	Meet information, Hy-Tek .HYV event file, and results will be posted on the New Jersey Swimming website: www.njswim.org
<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 show coaching card for entrance to facility. • Coaches must have a visible coach's card when entering hospitality area.
<u>Swimmer Eligibility:</u>	<p><u>Qualifying Period:</u></p> <ul style="list-style-type: none"> • The qualifying period for this meet is Jan 1, 2015 thru the entry deadline. <p><u>Registration Requirements:</u></p> <ul style="list-style-type: none"> • All swimmers must be members of USA Swimming to enter and compete in this meet. • 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. • This is a New Jersey Swimming Championship Meet; only New Jersey Swimming athletes may enter and compete in this meet.

	<p><u>Unattached Swimmers:</u></p> <ul style="list-style-type: none"> Before a transfer swimmer can represent their new USA Swimming club as an attached member, 120 days must have elapsed since they last represented another USA Swimming club in USA Swimming competition. (See rule 203.3). Swimmers are to use an UN- (New Team Alpha Code) as their team affiliation until the 120 day period has elapsed. All Unattached swimmers must be listed on the team's official waiver entry form. <p><u>Age Groups that will be offered:</u></p> <ul style="list-style-type: none"> There will be Girls 13-14 and 15-19 Events & Boys 13-14 and 15-19 Events. All swimmers must have times slower than the current New Jersey Swimming Gold Time Standards. 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 MUST 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 do so 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. 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. <p><u>Individual Limits:</u></p> <ul style="list-style-type: none"> 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 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 then be considered as the three events that the swimmer is eligible to compete in. Swimmers may compete in one relay per day. <p><u>Age at Meet:</u></p> <ul style="list-style-type: none"> Age for this meet is as of: Saturday, March 5, 2016 <p><u>Bronze "Bottom Cuts":</u></p> <ul style="list-style-type: none"> There are 5 Bronze events (50 free, 100 free, 100 back, 100 breast & 100 fly) that have no bottom cuts. There are "bottom cuts" for Bronze Events of 200 yards. 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). 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, 2015). A bronze level swimmer can't pick the 400 IM, 500 free, 1000 free or 1650 free as their 6th event!
<u>State Championships Restriction:</u>	Swimmers may not compete in a given event at both a Silver/Bronze Championship meet and the SC JO meet, unless they achieved the SC JO qualifying time in that event at the Silver/Bronze meet, or at another Sanctioned or Approved meet attended in between the Silver/Bronze meet and JOs.
<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>	Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and 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. <p><u>How seeding will be done.</u></p> <ul style="list-style-type: none"> This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to directly to the blocks.
<u>Meet Schedule:</u>	<ul style="list-style-type: none"> The building will open no earlier than 7:30 a.m. for swimmers/coaches and 7:45 a.m. for spectators/officials. This meet will have three sessions per day.

Meet Schedule

Saturday, March 5, 2016		Warm-up	Start
Session 1	13-14 & 15-19 Boys	8:00 a.m.	9:05 a.m.
Session 2	1650 yd. Freestyle	TBA	TBA
Session 3	13-14 & 15-19 Girls	TBA	TBA
Sunday, March 6, 2016		Warm-up	Start
Session 4	13-14 & 15-19 Boys	8:00 a.m.	9:05 a.m.
Session 5	1000 yd. Freestyle	TBA	TBA
Session 6	13-14 & 15-19 Girls	TBA	TBA

Warm-up & Start times for Sessions 2, 3, 5 & 6 will be provided once all entries for the meet have been received and the timeline determined.

<u>Warm-up Procedures:</u>	<p>Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines.</p> <p><u>Entry Into Pool:</u></p> <ul style="list-style-type: none"> All swimmers must enter the pool feet first from the starting end of the pool. <p><u>Host Team Monitoring Warm-ups.</u></p> <ul style="list-style-type: none"> The warm-ups will be monitored by the Princeton Piranhas Swim Team meet safety marshals. All general warm-up lanes will swim in a counterclockwise direction. No equipment of any kind will be allowed during warm-ups. <p><u>Warm-up Schedules.</u></p> <ul style="list-style-type: none"> The warm-up sessions will be divided fairly and equitably by teams. There will be specific assigned lanes for each team.
<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 slower than the New Jersey Swimming Short Course Yards Gold Time Standards. 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) 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 Bronze level swimmer without any 200 yard event bottom cut may swim 1 (one) 200 yard event of their choice. There are "bottom cut" times for the 500 free, 1000 free, 1650 free & 400 IM which equal the Silver qualifying times. Entry times for these events must be faster than the Silver qualifying times. All entry times must be in short course yards. NJ Swimming does not allow deck entries.
<u>Proof of Times Reporting:</u>	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 the file emailed to the entry coordinator along with the entry file.
<u>Check-In:</u>	<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 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 meet time line will determine if 'Fly-over'/'Over-the-top' starts will be used at the discretion of the meet referee.
<u>Distance Events:</u>	<ul style="list-style-type: none"> All distance events in Sessions 2 & 5 will be swum fastest to slowest. Swimmers for the 1000 yard Freestyle & the 1650 yd Freestyle must provide their own timers & counter. Host Clubs & assigned team timers will time 400 yd IM events. Swimmers will be responsible for providing their own timers and counters for the 500 yd. Freestyle. The Girls 13-14 & Girls 15-19 1000 yd free and 1650 yd free may be swum as a single combined event but will be scored as separate age groups. The Boys 13-14 & Boys 15-19 1000 yd free and 1650 yd free may be swum as a single

	<p>combined event but will be scored as separate age groups.</p> <ul style="list-style-type: none"> • If necessary to save time, the slowest heats of the Girls and Boys 1000 & 1650 events may be combined, and the genders may NOT necessarily be separated by a lane.
<u>Heat Limited Events:</u>	<ul style="list-style-type: none"> • <u>None anticipated at this time</u>, although if the time-line requires it, the 1000 yd free and the 1650 yd free may be heat limited.
<u>Relays:</u>	<ul style="list-style-type: none"> • All relays MUST HAVE THE CORRECT FOUR NAMES LISTED AND THE CORRECT order for that relay to be eligible. • Coaches must turn in relay cards prior to that relay swimming, listing correct swimmers names and correct order. • 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. • Where a relay leg distance is not normally contested for the age group and a Gold time doesn't exist (i.e., 13 & 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. • 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. • 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.
<u>Scoring:</u>	<ul style="list-style-type: none"> • Team Scoring will not be kept.
<u>Awards:</u>	<ul style="list-style-type: none"> • Medals will be awarded for the top 6 swimmers in both the Bronze and Silver categories in each individual event that is of 200 yards or less. • For the Silver Only individual events (400 IM & 500, 1000, 1650 Free), medals will be awarded to the top 6 swimmers overall. • Relay awards for 1st thru 3rd places • A swimmer seeded with a Bronze Time will not receive an award if a 'GOLD' time is achieved.
<u>Entry Fees:</u>	<ul style="list-style-type: none"> • Individual Non-1000/1650 Event Entry Fee: \$5.00 • Individual 1000/1650 Event Entry Fee: \$11.00 • Relay Entry Fee: \$8.00 <p style="text-align: center;">Make checks payable to: Princeton Piranhas Swim Team</p> <ul style="list-style-type: none"> • Host club has the right to scratch teams/swimmers for lack of payment of entry fees. • There will be refunds only for swimmers who no longer qualify for individual events.
<u>Admissions and Programs:</u>	<ul style="list-style-type: none"> • Admission will be \$5.00 per session. • Cost of Heat Sheet will be \$5.00 per session and will be available approximately at session start.
<u>Results:</u>	<ul style="list-style-type: none"> • All participating teams will be sent results via email.
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none"> • The host club will have stopwatches available for volunteers helping to time. • The host club will provide one timer in each lane for the entire meet with exception to the distance events noted. • The host club will e-mail all club entries and exception reports 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 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 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 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

	<p>for club officials on the meet summary.</p> <ul style="list-style-type: none"> • Participating club swimmers will be responsible for providing timers and counters as noted in the distance session.
<u>Concessions:</u>	Refreshments will be available in the hallway outside.
<u>Vendor:</u>	A swim host vendor will be in attendance.
<u>Our Preferred Hotel:</u>	<ul style="list-style-type: none"> • Holiday Inn, 100 Independence Way, 1-609-520-1200 • Staybridge Suites, 4375 Route 1, 1-609-951-0009 • Residence Inn by Marriott, 4225 Route 1, 1-732-329-9600 • Princeton Courtyard by Marriott, Route 1 and Mapleton Road, 1-609-716-9100
<u>Directions:</u>	<p>From Route 1 south: Taking Rt. 1 towards Princeton to Alexander Rd exit. Turn left and follow Alexander Rd. to the third traffic light and turn Right onto Faulty Rd. Take Faculty Rd. to the second light and turn left onto Harrison Street. Continue on Harrison past Nassau street. Once you cross Nassau turn left at the second light onto Franklin Ave. Take the next right onto Ewing Str. Proceed down Ewing Str. to Guyot Ave., and turn right. Park in the first parking lot on your right. The parking lot is directly across from the pool. Follow the side walk to the right of the pool and enter the main set of doors.</p> <p>From Route 1 north: Taking Harrison street up into Princeton. You will be on the north side of town. Continue on Harrison past Nassau street. Once you cross Nassau turn left at the second light onto Franklin Ave. Take the next right onto Ewing Str. Proceed down Ewing Str. to Guyot Ave., and turn right. Park in the first parking lot on your right. The parking lot is directly across from the pool. Follow the side walk to the right of the pool and enter the main set of doors.</p> <p>From 206 north: Take Rt. 206 south towards Princeton. As you come down the mountain into Princeton you will turn left and follow the signs for Valley Rd. Once you are on Valley Rd. proceed down Valley Rd. and turn right onto Walnut Lane. Proceed down Walnut Ln. and turn left onto Guyot Ave. Park in the first parking lot on your left. The parking lot is directly across from the pool. Follow the side walk to the right of the pool and enter the main set of doors.</p>

NEW JERSEY SWIMMING 13-14 & 15-19 'SILVER/BRONZE' REGION A CHAMPIONSHIPS
SATURDAY AND SUNDAY, MARCH 5-6, 2016

SATURDAY - ORDER OF EVENTS

SESSION #1 – 13-14 & 15-19 Boys: Warm Up: 8:00 a.m. (Split Warm-ups: divided by teams.)
Session Start Time: 9:05 a.m.

<u>Event #</u>	<u>Silver Time Standard:</u>	<u>Gold Time Standard:</u>	<u>Age Group Event</u>	<u>"Faster Than Qualifying Time"</u>
#1	N/A	N/A	Boys 13-14 – 200 yd. Medley Relay *	N/A
#2	N/A	N/A	Boys 15-19 – 200 yd. Medley Relay *	N/A
#3	1:11.59	1:01.89	Boys 13-14 – 100 yd. Backstroke	N/A
#4	1:05.19	59.59	Boys 15-19 – 100 yd. Backstroke	N/A
#5	2:34.49	2:14.59	Boys 13-14 – 200 yd. Ind. Medley	2:46.90
#6	2:20.29	2:07.99	Boys 15-19 – 200 yd. Ind. Medley	2:36.10
#7	1:20.39	1:09.79	Boys 13-14 – 100 yd. Breaststroke	N/A
#8	1:14.99	1:07.49	Boys 15-19 – 100 yd. Breaststroke	N/A
#9	1:01.49	53.89	Boys 13-14 – 100 yd. Freestyle	N/A
#10	55.39	50.99	Boys 15-19 – 100 yd. Freestyle	N/A
#11	2:40.59	2:21.89	Boys 13-14 – 200 yd. Butterfly	2:55.90
#12	2:25.59	2:12.99	Boys 15-19 – 200 yd. Butterfly	2:41.00
#13	6:03.19	5:19.19	Boys 13-14 – 500 yd. Freestyle	6:03.20
#14	5:31.69	5:08.99	Boys 15-19 – 500 yd. Freestyle	5:31.70

SESSION #2 – 1650 yd. Freestyle:
Warm Up: TBA Start Time: TBA

<u>Event #</u>	<u>Silver Time Standard:</u>	<u>Gold Time Standard:</u>	<u>Age Group Event</u>	<u>"Faster Than Qualifying Time"</u>
#15	19:50.29	19:00.19	Boys 13-14 - 1650 yd. Freestyle	19:50.30
#16	19:00.99	18:58.89	Boys 15-19 - 1650 yd. Freestyle	19:01.00
#17	20:21.69	19:30.69	Girls 13-14 - 1650 yd. Freestyle	20:21.70
#18	20:08.99	19:30.09	Girls 15-19 - 1650 yd. Freestyle	20:09.00

SESSION #3 – 13-14 & 15-19 Girls
Warm Up: TBA Start Time: TBA

<u>Event #</u>	<u>Silver Time Standard:</u>	<u>Gold Time Standard:</u>	<u>Age Group Event</u>	<u>"Faster Than Qualifying Time"</u>
#19	N/A	N/A	Girls 13-14 – 200 yd. Medley Relay *	N/A
#20	N/A	N/A	Girls 15-19 – 200 yd. Medley Relay *	N/A
#21	1:13.59	1:05.49	Girls 13-14 – 100 yd. Backstroke	N/A
#22	1:10.19	1:03.69	Girls 15-19 – 100 yd. Backstroke	N/A
#23	2:36.89	2:22.09	Girls 13-14 – 200 yd. Ind. Medley	2:47.50
#24	2:30.29	2:19.99	Girls 15-19 – 200 yd. Ind. Medley	2:42.60
#25	1:22.49	1:14.69	Girls 13-14 – 100 yd. Breaststroke	N/A
#26	1:19.39	1:14.59	Girls 15-19 – 100 yd. Breaststroke	N/A
#27	1:02.89	57.29	Girls 13-14 – 100 yd. Freestyle	N/A
#28	1:01.09	56.49	Girls 15-19 – 100 yd. Freestyle	N/A
#29	2:43.99	2:28.99	Girls 13-14 – 200 yd. Butterfly	2:56.10
#30	2:38.79	2:22.99	Girls 15-19 – 200 yd. Butterfly	2:53.10
#31	6:04.99	5:37.59	Girls 13-14 – 500 yd. Freestyle	6:05.00
#32	5:52.19	5:30.99	Girls 15-19 – 500 yd. Freestyle	5:52.20

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

NEW JERSEY SWIMMING 13-14 & 15-19 'SILVER/BRONZE' REGION A CHAMPIONSHIPS
SATURDAY AND SUNDAY, MARCH 5-6, 2016

SUNDAY - ORDER OF EVENTS

SESSION #4 – 13-14 & 15-19 Boys: Warm Up:8:00 a.m. (Split Warm-ups: divided by teams.)

Session Start Time: 9:05 a.m.

<u>Event #</u>	<u>Silver Time Standard:</u>	<u>Gold Time Standard:</u>	<u>Age Group Event</u>	<u>“Faster Than Qualifying Time”</u>
#33	N/A	N/A	Boys 13-14 – 200 yd. Freestyle Relay*	N/A
#34	N/A	N/A	Boys 15-19 – 200 yd. Freestyle Relay*	N/A
#35	5:34.29	4:48.29	Boys 13-14 – 400 yd. Ind. Medley	5:34.30
#36	5:13.19	4:41.99	Boys 15-19 – 400 yd. Ind. Medley	5:13.20
#37	27.99	24.79	Boys 13-14 – 50 yd. Freestyle	N/A
#38	25.39	23.69	Boys 15-19 – 50 yd. Freestyle	N/A
#39	1:10.99	1:00.79	Boys 13-14 – 100 yd. Butterfly	N/A
#40	1:05.59	57.09	Boys 15-19 – 100 yd. Butterfly	N/A
#41	2:55.89	2:33.59	Boys 13-14 – 200 yd. Breaststroke	3:11.90
#42	2:42.59	2:26.99	Boys 15-19 – 200 yd. Breaststroke	3:01.90
#43	2:35.69	2:13.09	Boys 13-14 – 200 yd. Backstroke	2:47.90
#44	2:23.69	2:11.19	Boys 15-19 – 200 yd. Backstroke	2:38.10
#45	2:14.89	1:57.99	Boys 13-14 – 200 yd. Freestyle	2:23.90
#46	2:01.79	1:53.19	Boys 15-19 – 200 yd. Freestyle	2:13.00

SESSION #5 – 1000 yd. Freestyle:

Warm Up: TBA Start Time: TBA

<u>Event #</u>	<u>Silver Time Standard:</u>	<u>Gold Time Standard:</u>	<u>Age Group Event</u>	<u>“Faster Than Qualifying Time”</u>
#47	11:59.49	11:18.49	Boys 13-14 - 1000 yd. Freestyle	11:59.50
#48	11:29.19	11:19.19	Boys 15-19 - 1000 yd. Freestyle	11:29.20
#49	12:22.29	11:43.29	Girls 13-14 - 1000 yd. Freestyle	12:22.30
#50	12:11.09	11:51.09	Girls 15-19 - 1000 yd. Freestyle	12:11.10

SESSION #6 – 13-14 & 15-19 Girls

Warm Up: TBA Start Time: TBA

<u>Event #</u>	<u>Silver Time Standard:</u>	<u>Gold Time Standard:</u>	<u>Age Group Event</u>	<u>“Faster Than Qualifying Time”</u>
#51	N/A	N/A	Girls 13-14 – 200 yd. Freestyle Relay *	N/A
#52	N/A	N/A	Girls 15-19 – 200 yd. Freestyle Relay *	N/A
#53	5:39.69	5:04.09	Girls 13-14 – 400 yd. Ind. Medley	5:39.70
#54	5:28.99	5:03.99	Girls 15-19 – 400 yd. Ind. Medley	5:29.00
#55	28.99	26.59	Girls 13-14 – 50 yd. Freestyle	N/A
#56	28.19	25.99	Girls 15-19 – 50 yd. Freestyle	N/A
#57	1:13.79	1:04.59	Girls 13-14 – 100 yd. Butterfly	N/A
#58	1:09.89	1:02.79	Girls 15-19 – 100 yd. Butterfly	N/A
#59	2:59.89	2:42.89	Girls 13-14 – 200 yd. Breaststroke	3:12.10
#60	2:52.69	2:39.59	Girls 15-19 – 200 yd. Breaststroke	3:09.90
#61	2:39.39	2:20.29	Girls 13-14 – 200 yd. Backstroke	2:48.10
#62	2:30.99	2:21.59	Girls 15-19 – 200 yd. Backstroke	2:44.10
#63	2:16.79	2:04.99	Girls 13-14 – 200 yd. Freestyle	2:24.40
#64	2:11.49	2:02.59	Girls 15-19 – 200 yd. Freestyle	2:20.20

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

13-14 & 15-19 'Silver/Bronze' Region A Championships - March 5-6, 2016

Princeton Piranhas Swim Team

WAIVER

In consideration of 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, New Jersey Swimming, **Princeton Regional School District, Princeton Piranhas Swim Team**, 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 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/ 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.

CLUB NAME CLUB CODE: _____

SIGNATURE of COACH and/or PARENT/GUARDIAN: _____

ADDRESS: _____

TELEPHONE: _____ **e-mail ADDRESS:** _____

NAME(S) of COACH(ES): _____

NAME and PHONE NUMBER/E-MAIL 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: Princeton Piranhas Swim Team

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 _____