

2016 Fall Festival of X-Cellence

Hosted by X-Cel Swimming and Whitewaters Swimming

at the DeNunzio Natatorium, Princeton University

Held under the sanction of USA Swimming

Meet Sanction #	NJS102916SC Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the 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 of Meet:	Saturday, October 29th to Sunday, October 30th, 2016		
Location:	DeNunzio Natatorium (directions included), Faculty Road, Princeton University.		
Facility Info:	The DeNunzio pool is a 50-meter 8-lane pool with a minimum depth for diving of 9 feet. Two 8 lane by 25 yard courses will be used. (Main pool: 9' at dive end, 12' at turn; Dive pool: 12' at dive end, 17' at turn). There is ample seating for spectators.		
Pool Certification Statement:	The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement, and refers to the pre-certification of the pool length measurement in regards to National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C(4) does not impact on the validity of the times achieved in this pool. Times swum at this meet will in fact be entered in SWIMS and are eligible for qualifying for any other USA Swimming sanctioned competition.		
Host Team Contact:	Coach Lucy	609-252-0206	headcoach@xcelswimming.org
Meet Director:	Ellen W Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Bach LeQuang		blequang@gmail.com
Administration Official:	Ellen Mace, Jason Mace, John Lister		besmarttinc@gmail.com
Safety Marshall:	Bobby DeSandre		CoachBobbyD@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Tuesday, September 13th, 2016		
Entry Deadline:	Saturday, October 15th, 2016		
Swimmers Age:	Swimmer ages for this meet are as of: Saturday, October 30th, 2016		
Entry Fees:	Individual Entry: \$4.00	Relay: \$8.00	
Meet Course:	Short Course Yards (SCY)		
Meet Format	<ul style="list-style-type: none">• This meet will be run as a timed final meet.• There will be 10 & Under, 11-12, 12-under, 13-14 & 15-19 events• There are qualifying times for this meet. As long as a swimmer qualifies for at least one event per day, that swimmer may swim up to three events that day. Swimmers must meet the qualifying times for the 400 IM and 500 Freestyle events in order to swim them.• This meet will be run using two pools. Pools will be divided by age group/gender once all entries are received and a time-line established. This information will be sent via e-mail to participating teams and posted on the meet website www.besmarttinc.com.• This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When the seeding has been posted, swimmers will report to the blocks on their own.		
Entry Limits:	Daily: 3 Individual events 1 Relay	Meet: 6 Individual Events 2 Relays	
Checks Payable To:	XCEL Swimming		
Email Entry Files To:	besmarttinc@gmail.com		
Mail Checks/Reports	Bring to the first session of the meet where the team is competing		

2016 Fall Festival of X-Cellence

Saturday-Sunday, October 29th-30th

Saturday Order of Events

Time Standards: Make one time per day, swim three events that day!

Morning: Sessions #1 & #2—12 & Under

Saturday Morning Schedule		Warm-ups: 7:00am		Meet Start: 8:05am
Qualifying Time	Girls	Age Group and Event	Boys	Qualifying Time
	#1	11-12 200 Freestyle Relay	#2	
	#3	10 & Under 200 Freestyle Relay	#4	
2:33.79	#5	11-12 200 Freestyle	#6	2:33.79
3:25.09	#7	10 & Under 200 IM	#8	3:25.09
3:08.49	#9	12 & Under 200 Backstroke	#10	3:08.49
1:36.19	#11	10 & Under 100 Backstroke	#12	1:36.19
1:30.99	#13	11-12 100 Breaststroke	#14	1:30.99
49.99	#15	10 & Under 50 Breaststroke	#16	49.99
1:33.99	#17	11-12 100 Butterfly	#18	1:33.99
44.89	#19	10 & Under 50 Butterfly	#20	44.89
33.09	#21	11-12 50 Freestyle	#22	33.99
1:27.99	#23	10 & Under 100 Freestyle	#24	1:27.99
6:06.19	#25	11-12 400 IM *		
		10 & Under 500 Freestyle *	#26	7:39.49
		11-12 500 Freestyle *		6:40.99

* Events #25, #26 are limited to a maximum of 4 heats each. Swimmers are responsible for providing their own counters for #26. Swimmers must make the qualifying time for these events.

Midday: Sessions #3 & #4—13-19 400 IMs

Saturday Midday Schedule		Warm-ups: TBA		Meet Start: TBA
Qualifying Time	Women	Age Group and Event	Men	Qualifying Time
5:39.69	#27	13-14 400 IM **	#28	5:34.29
5:28.99		15-19 400 IM **		5:13.19

** Notes: Heats may be limited. Events will swim slowest to fastest. Swimmers must provide their own timers. Swimmers must make the qualifying time for these events.

Saturday Afternoon: Sessions #5 & #6—13-19

Saturday Afternoon Schedule		Warm-ups: TBA		Meet Start: TBA
Qualifying Time	Women	Age Group and Event	Men	Qualifying Time
	#29	13-14 200 Freestyle Relay	#30	
	#31	15-19 200 Freestyle Relay	#32	
28.99	#33	13-14 50 Freestyle	#34	27.99
28.19	#35	15-19 50 Freestyle	#36	25.39
1:22.49	#37	13-14 100 Breaststroke	#38	1:20.39
1:19.39	#39	15-19 100 Breaststroke	#40	1:14.99
2:39.39	#41	13-14 200 Backstroke	#42	2:35.69
2:30.99	#43	15-19 200 Backstroke	#44	2:23.69
1:13.79	#45	13-14 100 Butterfly	#46	1:10.99
1:09.89	#47	15-19 100 Butterfly	#48	1:05.59
2:16.79	#49	13-14 200 Freestyle	#50	2:14.89
2:11.49	#51	15-19 200 Freestyle	#52	2:01.79

Sunday Order of Events

Time Standards: Make one time per day, swim three events that day!

Morning: Sessions #7 & #8—12 & Under

Sunday Morning Schedule		Warm-ups: 7:00am		Meet Start: 8:05am
Qualifying Time	Girls	Age Group and Event	Boys	Qualifying Time
	#53	10 & Under 200 Medley Relay	#54	
	#55	11-12 200 Medley Relay	#56	
38.59	#57	10 & Under 50 Freestyle	#58	38.59
2:59.99	#59	11-12 200 IM	#60	2:59.99
1:35.99	#61	10 & Under 100 IM	#62	1:35.99
1:22.99	#63	11-12 100 Backstroke	#64	1:22.99
45.99	#65	10 & Under 50 Backstroke	#66	45.99
3:29.29	#67	12 & Under 200 Breaststroke	#68	3:29.29
1:48.99	#69	10 & Under 100 Breaststroke	#70	1:48.99
1:11.09	#71	11-12 100 Freestyle	#72	1:11.09
1:44.09	#73	10 & Under 100 Butterfly	#74	1:44.09
3:04.99	#75	12 & Under 200 Butterfly	#76	3:04.99
3:07.99	#77	10 & Under 200 Freestyle	#78	3:07.99
7:39.49	#79	10 & Under 500 Freestyle *		
6:40.99		11-12 500 Freestyle *		
		11-12 400 IM*	#80	6:06.19

* Events #79, #80 are limited to a maximum of 4 heats each. Swimmers are responsible for providing their own counters for #79. Swimmers must make the qualifying time for these events.

Midday: Sessions #9 & #10—13-19 500 Freestyles

Sunday Midday Schedule		Warm-ups: TBA		Meet Start: TBA
Qualifying Time	Women	Age Group and Event	Men	Qualifying Time
6:04.99	#81	13-14 500 Freestyle **	#82	6:03.19
5:52.19		15-19 500 Freestyle **		5:31.69

** Notes: Heats may be limited. Events will swim slowest to fastest. Swimmers must provide their own timers and counters. Swimmers must make the qualifying time for these events.

Sunday Afternoon: Sessions #11 & #12—13-19

Sunday Afternoon Schedule		Warm-ups: TBA		Meet Start: TBA
Qualifying Time	Women	Age Group and Event	Men	Qualifying Time
	#83	13-14 200 Medley Relay	#84	
	#85	15-19 200 Medley Relay	#86	
2:36.89	#87	13-14 200 IM	#88	2:34.49
2:30.29	#89	15-19 200 IM	#90	2:20.29
1:13.59	#91	13-14 100 Backstroke	#92	1:11.59
1:10.19	#93	15-19 100 Backstroke	#94	1:05.19
2:59.89	#95	13-14 200 Breaststroke	#96	2:55.89
2:52.69	#97	15-19 200 Breaststroke	#98	2:42.59
1:02.89	#99	13-14 100 Freestyle	#100	1:01.49
1:01.09	#101	15-19 100 Freestyle	#102	55.39
2:43.99	#103	13-14 200 Butterfly	#104	2:40.59
2:38.79	#105	15-19 200 Butterfly	#106	2:25.59

Meet Schedule

The Facility will open at 6:55am daily

Saturday, October 29 th		Warm-up	Start
Sessions 1 & 2	12 & Under Events	7:00am	8:05am
Sessions 3 & 4	13-19 400 IMs	TBA (approx 12:15pm)	TBA
Sessions 5 & 6	13-19 Events	TBA (approx 2:30pm)	TBA
Sunday, October 30 th		Warm-up	Start
Session 7 & 8	12 & Under Events	7:00am	8:05am
Session 9 & 10	13-19 500 Freestyles	TBA (approx 12:15pm)	TBA
Session 11 & 12	13-19 Events	TBA (approx 2:30pm)	TBA

Schedules for sessions after the first each day will be developed once entries have been received. The timeline will be e-mailed to coaches of participating teams and posted on the meet web site.

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> Medals will be awarded for the top three swimmers in each individual event. Medals will be awarded for the top 3 swimmers in each age group of combined age group events (12 & Under 500 Freestyle, 13-19 500 Freestyle, and 13-19 400 IM) Medals will be awarded to the top 3 relays in each relay event.
Starts:	"Fly-over/Over-the-top" starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> Admission will be \$10 per session, and will include online heat sheets on www.besmartinc.com and Meet Mobile.
Concessions:	<ul style="list-style-type: none"> Food and drink will be available in the Jadwin Gymnasium, next door to the DeNunzio Natatorium.
Vendor:	<ul style="list-style-type: none"> A swim vendor will be at the meet.
Entry Information:	<ul style="list-style-type: none"> There will be no refunds after the entry deadline except for events that may be scratched from meet by the Entry Coordinator or Meet Director, or as otherwise directed by NJ Swimming. Entries will be acknowledged within 48 hours of receipt. All entries will be accepted on a first come basis. Bring the signed waiver and entry fee check to the first session of the meet where the team competes. Entry Fee Summary forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. Team entries will be considered accepted when the host club accepts the entries. Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. Special Notice: All entries fees must be paid no later than Session Check-in. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.
Entry Times:	<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. Converted times are acceptable.
Relays:	<ul style="list-style-type: none"> All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in. Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. Unattached swimmers may not swim in any relay.
Distance Events:	<ul style="list-style-type: none"> The 400 yard IM and 500 yard Freestyle events will be run slowest to fastest. Swimmers in the 13-19 events are responsible to supply their own timer. All 500 yard freestyle swimmers are responsible to provide a person to count. (The 12 & Under 500 Freestyle events are part of the larger session. Host team timers are required to stay and time these events).

Heat Limited Events:	<ul style="list-style-type: none"> The 13 & Over 400 yard IM and 500 yard Freestyle may be limited to the fastest 8 heats per event, depending on the timeline developed after entries are received. The 12 & Under 400 yard IM and 500 yard Freestyle will be limited to the fastest 4 heats per event. Swimmers whose seed times place them below the heat limitation will have the option to pick another event or remain in the event and possibly compete because of day-of-meet scratches. Swimmers who do not switch events and do not compete in the heat-limited event will have their entry fee refunded within one week of the meet. Psych sheets will be posted on the meet web site no later than one week before the meet start.
Host Club Responsibilities:	<ul style="list-style-type: none"> The host club will provide a single timer in each lane throughout the meet, except for the 13-19 distance events where swimmers will provide their own timers and lap counters. The host club will have stopwatches available for volunteers helping to time. The host club will e-mail entry verification back to the participating clubs. The host club will create a warm-up schedule that will be fair and equal to all teams. The host club will create timing assignments that are fair and equitable with as many teams participating as possible. Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website (www.besmarttinc.com) no later than 1 week before the meet.
Participating Club Responsibilities:	<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 website (www.besmarttinc.com) 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.
Meet Format Waiver:	<p>This meet will be run in accordance to current USA Swimming Rules. The host club has the right to change the format of the meet with the approval of the sanctioning chair and either the age group or senior chair. 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 period. <p>Some of the changes that may be made include: 1) add a session, 2) limiting heats in distance events, 3) condense sessions, and 4) eliminate relays.</p>
Swimmer Eligibility:	<ul style="list-style-type: none"> No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. 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.
Coaches Eligibility:	<ul style="list-style-type: none"> All coaches "on the deck" must be currently registered coach members of USA Swimming. Coaches must show coaching card for entrance to facility. <p>All coaches must have coaching cards visible at all times while on deck.</p>
Meet Requirement Statement:	<p>In order to be eligible for the NJ 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 toward those participation requirements.</p>
Check-In:	<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 their 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.

Warm-up Procedures:	<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. • Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. • All swimmers are entitled to a fair and comparable warm-up. All teams must receive the same opportunities for warm-up lanes, sprint lanes, and pace lanes. • All swimmers must enter the pool feet first from the starting end of the pool. • New Jersey Swimming officials will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction. • There will be two 30-minute warm-ups divided by teams for 13 & Over, and two 25-minute warm-ups divided by teams for 12 & Under sessions. • For the 13-19 500 freestyle and 400 IM events, there will be one 30-minute warm-up session. This warm-up may be in one of the pools while the other pool is still in session.
Internet Website Posting:	<p>Internet location for all meet information: http://www.besmarttinc.com & www.njswim.org</p> <p>Pre-Meet Information posted on website.</p> <ul style="list-style-type: none"> • Meet Information will be posted on the website. • Downloadable Hy-Tek Events list (.HYV file) will be posted on the website. • List Teams whose entries have been received. • List "heat limited" events psych sheet. • List Updated meet schedule. • List Warm-up Schedule and Team Warm-up Assignments. • List Timing assignments. <p>Post-Meet Information posted on website.</p> <ul style="list-style-type: none"> • Downloadable Results (Zipped .CL2 & .HY3 files) for TM • Printable meet results (.PDF file)
Results:	<ul style="list-style-type: none"> • Results will be e-mailed to teams participating in the meet. • Results will be posted on the meet website and on the NJ swimming Website www.njswimming.org
USA-S Racing Start Certification Statement:	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.
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.
USA-S Deck Change Policy Statement:	Deck Changes are prohibited.
Hotel:	<ul style="list-style-type: none"> • Holiday Inn, 100 Independence Way. 609-520-1200 Ask for special rate • Staybridge Suites, 4375 Route 1. 609-951-0009 Ask for sports group rate • Residence Inn by Marriott, 4225 Route 1. 732-329-9600 Rates include breakfast • Princeton Courtyard by Marriott, Route 1 & Mapleton Rd. 609-726-9100 Rates include breakfast
Directions:	Princeton University DeNunzio pool is conveniently located approximately one mile west of Route 1. Turn West onto Route 571 (Washington Avenue). Cross the bridge over Carnegie Lake. At the first light, turn right onto Faculty Road. The pool, followed by the parking lot will be on your left.



NEW JERSEY
SWIMMING

2016 Fall Festival of X-Cellence

Saturday-Sunday October 28th-30th

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 USA Swimming, NJ Swimming, Princeton University, X-Cell Swimming, Whitewaters Swimming, Be Smartt Inc 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 on the waiver form, for the X-Cel/Whitewaters Swimming Fall Festival of X-Cellence meet on **October 29th-30th, 2016** 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.

Club Name/Club Code _____

Signature of Coach and/or Parent/Guardian _____

Telephone _____ E-Mail Address _____

Name(s) of Coach(es): _____

Name/E-Mail/Phone Number of person to contact regarding this entry:

NAME/E-Mail/Phone Number of person to contact regarding timers/officials:

Entry Fee Summary:	_____	Individual event entries @ \$4.00 =	\$_____
	_____	Relay event entries @ \$8.00 =	\$_____
		Total:	\$_____

Make checks payable to: **X-Cel Swimming**

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 _____

Unattached Swimmer _____, Unattached Swimmer _____