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| <h1>D</h1> | <h2>12 & Under Silver/Bronze Championships</h2> <h3>Region D</h3> <p>Hosted by Princeton Piranhas Swim Team at the John Witherspoon Middle School (Held under the sanction of USA Swimming)</p> | | |
| Meet Sanction # | NJ Swimming Sanction #- NJS022319SC 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 February 23rd to Sunday February 24th , 2018 | | |
| Location: | John Witherspoon Pool 217 Walnut Lane, Princeton, NJ 08540 The pool is located on the Princeton Middle School campus, and the pool entrance and parking lot are on Guyot Lane. | | |
| Eligible Teams: | BGH, CJAC, EEX, HACY, MB, MEY, NJRC, PAA, PPST, PTAC, SRAY, SWAC, TAC, WW, XCEL | | |
| Facility Info: | 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". | | |
| Pool Certification Statement: | 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. | | |
| Host Team Contact: | Kip Hein | 609-371-2065 | kheinswimppst@gmail.com |
| Meet Director: | Kip Hein | 609-371-2065 | kheinswimppst@gmail.com |
| Meet Referee: | Bach LeQuang | | blequang@gmail.com |
| | 2019 12/Under Silver Bronze Championship Region D - Official Sign up link | | |
| Admin Official: | Kip Hein | 609-371-2065 | kheinswimppst@gmail.com |
| Safety Marshall: | Julie Meirs | 609-371-2065 | teamswimppst@gmail.com |
| Entry Coordinator: | Kip Hein | 609-371-2065 | kheinswimppst@gmail.com |
| Entries Open: | Immediately (Note: Teams cannot be closed out of this championship meet provided entries are received by the deadline) | | |
| Entry Deadline: | February 12th , 2019 at 9 pm | | |
| Swimmer Age | Swimmers' age for this meet is as of: February 23, 2019 | | |
| Entry Fees: | Individual Entry (except distance): \$6.00, Distance (1000/1650): \$12.00, | Relays: \$9.00. | <i>Note: There is an additional \$5.00 fee charged for each entry submitted via the Amended Entry Process (see above). However, entries which are amended due to a swimmer achieving a new Gold or Silver time after the original entry is submitted do not incur this additional fee.</i> |
| Meet Course: | Short Course Yards (SCY) | | |
| Meet Format: | <ul style="list-style-type: none"> This meet will be run as timed finals. There will be 8 & Under, 10 & Under, and 11-12 events. There are minimum ("faster than") and maximum ("no faster than") time standards for all 9/over events. 8/unders will require proof of time, however do not have faster than or slower than time standards. As a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries. (See <i>Entry Times</i> section for details). This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When a session has been seeded, swimmers will be responsible for reporting to the blocks on their own. | | |
| Entry Limits: | Daily: 4 Individual Events 1 Relay Event (2 relays for 8 & unders) | Meet: 8 Individual Events 2 Relay Events | |
| Checks Payable To: | Princeton Piranhas Swim Team | | |
| Email Entry Files To: | kheinswimppst@gmail.com | | |
| Checks/Waivers: | Bring to the first session of the meet where the team is competing. | | |

2019 12 & Under Silver/Bronze Championships Region D

Saturday February 23rd

Facility Opens at TBA

Saturday Morning Session #1—10 & Under

Warm-up: TBA

Meet Start: TBA

| Girls | Equal/Faster | Slower | Event | Slower | Equal/Faster | Boys |
|-------|--------------|---------|-----------------------------------|---------|--------------|------|
| #1 | | *Gold | 200 Medley Relay Silver/Bronze | *Gold | | #2 |
| #3 | | 1:34.39 | 100 IM Bronze | 1:34.39 | | #4 |
| #5 | 1:34.39 | 1:21.59 | 100 IM Silver | 1:21.99 | 1:34.39 | #6 |
| #7 | | 1:22.09 | 100 Freestyle Bronze | 1:22.09 | | #8 |
| #9 | 1:22.09 | 1:14.29 | 100 Freestyle Silver | 1:12.99 | 1:22.09 | #10 |
| #11 | | 43.89 | 50 Backstroke Bronze | 43.89 | | #12 |
| #13 | 43.89 | 38.59 | 50 Backstroke Silver | 38.09 | 43.89 | #14 |
| #15 | | 1:42.09 | 100 Butterfly Bronze | 1:42.09 | | #16 |
| #17 | 1:42.09 | 1:32.99 | 100 Butterfly Silver | 1:31.99 | 1:42.09 | #18 |
| #19 | | 48.19 | 50 Breaststroke Bronze | 48.19 | | #20 |
| #21 | 48.19 | 43.99 | 50 Breaststroke Silver | 44.59 | 48.19 | #22 |

* In order to swim in a relay designated as a Silver/Bronze event, no swimmer on that relay may have had a previous Gold time in the stroke and distance that the swimmer will swim in that relay.

Saturday Midday Session #2—10 & Under 500 Freestyle

Warm-up: TBA

Meet Start: Session TBA

| Girls | Equal/Faster | Slower | Event | Slower | Equal/Faster | Boys |
|-------|--------------|----------|--------------------------------|----------|--------------|------|
| #23 | | 7:10.99* | 500 Freestyle Silver/Bronze | 7:10.09* | | #24 |

* These events will be run fastest to slowest alternating girls and boys.

Saturday Midday Session #3—8 & Under Mini-Meet**

Warm-up: TBA

Meet Start: TBA

| Girls | Event | Boys |
|-------|------------------|------|
| #25 | 100 Free Relay | #26 |
| #27 | 50 Freestyle | #28 |
| #29 | 25 Freestyle | #30 |
| #31 | 50 Breaststroke | #32 |
| #33 | 25 Breaststroke | #34 |
| #35 | 50 Backstroke | #36 |
| #37 | 25 Backstroke | #38 |
| #39 | 50 Butterfly | #40 |
| #41 | 25 Butterfly | #42 |
| #43 | 100 IM | #44 |
| #45 | 100 Medley Relay | #46 |

** There are no time standards for this session. However, since this is a NJ Swimming Championship, proof of time is still required for entry into these events.

2019 12 & Under Silver/Bronze Championships Region D

Saturday February 23rd

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Saturday Afternoon Session #4—11-12

Warm-up: TBA

Meet Start: TBA

| Girls | Equal/Faster | Slower | Event | Slower | Equal/Faster | Boys |
|-------|--------------|---------|-----------------------------------|---------|--------------|------|
| #47 | | *Gold | 200 Medley Relay Silver/Bronze | *Gold | | #48 |
| #49 | | 5:55.19 | 500 Freestyle Silver/Bronze | 5:52.49 | | #50 |
| #51 | | 35.49 | 50 Butterfly Bronze | 35.49 | | #52 |
| #53 | 35.49 | 30.59 | 50 Butterfly Silver | 30.69 | 35.49 | #54 |
| #55 | | 2:53.99 | 200 Backstroke Bronze | 2:53.99 | | #56 |
| #57 | 2:53.99 | 2:30.29 | 200 Backstroke Silver | 2:32.09 | 2:53.99 | #58 |
| #59 | | 1:29.89 | 100 Breaststroke Bronze | 1:29.89 | | #60 |
| #61 | 1:29.89 | 1:19.59 | 100 Breaststroke Silver | 1:19.29 | 1:29.89 | #62 |
| #63 | | 1:08.29 | 100 Freestyle Bronze | 1:08.29 | | #64 |
| #65 | 1:08.29 | 1:01.19 | 100 Freestyle Silver | 1:01.19 | 1:08.29 | #66 |
| #67 | | 2:59.99 | 200 Butterfly Bronze | 2:59.99 | | #68 |
| #69 | 2:59.99 | 2:43.99 | 200 Butterfly Silver | 2:46.99 | 2:59.99 | #70 |
| #71 | | 37.09 | 50 Backstroke Bronze | 37.09 | | #72 |
| #73 | 37.09 | 32.49 | 50 Backstroke Silver | 33.49 | 37.09 | #74 |
| #75 | | 2:51.79 | 200 IM Bronze | 2:51.79 | | #76 |
| #77 | 2:51.79 | 2:30.09 | 200 IM Silver | 2:30.29 | 2:51.79 | #78 |

* In order to swim in a relay designated as a Silver/Bronze event, no swimmer on that relay may have had a previous Gold time in the stroke and distance that the swimmer will swim in that relay.

Saturday Evening Session #5—11-12 1000 Freestyle

Warm-up: TBA

Meet Start: TBA

| Girls | Equal/Faster (500 seed time) | Slower (Actual 1000 time) | Event | Slower (Actual 1000 time) | Equal/Faster (500 seed time) | Boys |
|-------|---------------------------------|------------------------------|---------------------------|------------------------------|---------------------------------|------|
| #79 | 6:40.99† | 12:45.99† | 1000 Freestyle Silver* | 12:39.99† | 6:40.99† | #80 |

* These events will be run fastest to slowest alternating girls and boys.

† Entry and seeding for these events is based on the swimmer's 500 freestyle time, but swimmers must not have previously achieved a Gold time in the 1000 freestyle.

2019 12 & Under Silver/Bronze Championships Region D

Sunday, February 24th

Facility Opens at TBA

Sunday Morning Session #6—10 & Under

Warm-up: TBA

Meet Start: TBA

| Girls | Equal/Faster | Slower | Event | Slower | Equal/Faster | Boys |
|-------|--------------|--------------|--|--------------|--------------|------|
| #81 | | *Gold | 200 Freestyle Relay Silver/ Bronze | *Gold | | #82 |
| #83 | | 2:58.29 | 200 Freestyle Bronze | 2:58.29 | | #84 |
| #85 | 2:58.29 | 2:41.99 | 200 Freestyle Silver | 2:39.09 | 2:58.29 | #86 |
| #87 | | 1:36.19 | 100 Backstroke Bronze | 1:36.19 | | #88 |
| #89 | 1:36.19 | 1:22.99 | 100 Backstroke Silver | 1:22.99 | 1:36.19 | #90 |
| #91 | | 42.99 | 50 Butterfly Bronze | 42.99 | | #92 |
| #93 | 42.99 | 37.89 | 50 Butterfly Silver | 37.29 | 42.99 | #94 |
| #95 | | 1:48.99 | 100 Breaststroke Bronze | 1:48.99 | | #96 |
| #97 | 1:48.99 | 1:35.59 | 100 Breaststroke Silver | 1:35.59 | 1:48.99 | #98 |
| #99 | | 36.19 | 50 Freestyle Bronze | 36.19 | | #100 |
| #101 | 36.19 | 32.99 | 50 Freestyle Silver | 32.39 | 36.19 | #102 |
| #103 | | 3:19.39 | 200 IM Bronze | 3:19.39 | | #104 |
| #105 | 3:19.39 | 3:01.79 | 200 IM Silver | 3:00.79 | 3:19.39 | #106 |

* In order to swim in a relay designated as a Silver/Bronze event, no swimmer on that relay may have had a previous Gold time in the stroke and distance that the swimmer will swim in that relay.

Sunday Afternoon Session #7—11-12

Warm-up: TBA

Meet Start: TBA

| Girls | Equal/Faster | Slower | Event | Slower | Equal/Faster | Boys |
|-------|--------------|--------------|--|--------------|--------------|------|
| #107 | | *Gold | 200 Freestyle Relay Silver/ Bronze | *Gold | | #108 |
| #109 | | 5:28.99 | 400 IM Silver/ Bronze | 5:28.99 | | #110 |
| #111 | | 41.99 | 50 Breaststroke Bronze | 41.99 | | #112 |
| #113 | 41.99 | 37.19 | 50 Breaststroke Silver | 37.39 | 41.99 | #114 |
| #115 | | 2:31.79 | 200 Freestyle Bronze | 2:31.79 | | #116 |
| #117 | 2:31.79 | 2:13.49 | 200 Freestyle Silver | 2:12.99 | 2:31.79 | #118 |
| #119 | | 1:21.89 | 100 Backstroke Bronze | 1:21.89 | | #120 |
| #121 | 1:21.89 | 1:10.19 | 100 Backstroke Silver | 1:10.19 | 1:21.89 | #122 |
| #123 | | 1:20.29 | 100 IM Bronze | 1:20.29 | | #124 |
| #125 | 1:20.29 | 1:09.39 | 100 IM Silver | 1:10.09 | 1:20.29 | #126 |
| #127 | | 3:17.99 | 200 Breaststroke Bronze | 3:17.99 | | #128 |
| #129 | 3:17.99 | 2:52.09 | 200 Breaststroke Silver | 2:52.99 | 3:17.99 | #130 |
| #131 | | 31.39 | 50 Freestyle Bronze | 31.39 | | #132 |
| #133 | 31.39 | 28.29 | 50 Freestyle Silver | 27.79 | 31.39 | #134 |
| #135 | | 1:21.99 | 100 Butterfly Bronze | 1:21.99 | | #136 |
| #137 | 1:21.99 | 1:09.89 | 100 Butterfly Silver | 1:11.59 | 1:21.99 | #138 |

* In order to swim in a relay designated as a Silver/Bronze event, no swimmer on that relay may have had a previous Gold time in the stroke and distance that the swimmer will swim in that relay.

2019 12 & Under Silver/Bronze Championships Region D

Sunday February 24th

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Sunday Evening Session #8—11-12 1650 Freestyle

Warm-up: TBA

Meet Start: TBA

| Girls | Equal/Faster (500 seed time) | Slower (Actual 1650 time) | Event | Slower (Actual 1650 time) | Equal/Faster (500 seed time) | Boys |
|-------|---------------------------------|------------------------------|---------------------------|------------------------------|---------------------------------|------|
| #139 | 6:40.99† | 21:05.99† | 1650 Freestyle Silver* | 21:05.99† | 6:40.99† | #140 |

* These events will be run fastest to slowest alternating girls and boys.

† Entry and seeding for these events is based on the swimmer's 500 freestyle time, but swimmers must not have previously achieved a Gold time in the 1650 freestyle.

Meet Schedule

| Saturday, February 23 rd | | Warm-up | Start |
|-------------------------------------|--------------------------|---------|-------|
| Facility Opens TBA | | | |
| Session 1 | 10 & Under Main Session | TBA | TBA |
| Session 2 | 10 & Under 500 Freestyle | TBA | TBA |
| Session 3 | 8 & Under Mini-Meet | TBA | TBA |
| Session 4 | 11-12 Main Session | TBA | TBA |
| Session 5 | 11-12 1000 Freestyle | TBA | TBA |
| Sunday, February 24 th | | Warm-up | Start |
| Facility Opens TBA | | | |
| Session 6 | 10 & Under Main Session | TBA | TBA |
| Session 7 | 11-12 Main Session | TBA | TBA |
| Session 8 | 11-12 1650 Freestyle | TBA | TBA |

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| Scoring: | <ul style="list-style-type: none"> There will be no team scoring. |
| Awards: | <ul style="list-style-type: none"> Medals will be awarded to 1st through 3rd place and ribbons 4th through 8th place in each individual event. Medals will be awarded to 1st through 3rd place in each relay event. The 10 & Under 500 freestyle and the 11-12 400IM events are combined Silver/Bronze events and will be awarded as such with medals awarded to 1st through 3rd place and ribbons 4th through 8th place in each individual event. A swimmer competing in the Bronze division of an event who achieves a Gold time will not receive an award. (This does not apply to the combined Silver/Bronze events). |
| Starts: | <ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet. |
| Admissions and Programs: | <ul style="list-style-type: none"> Admission will be \$10.00 per session. Heat sheets will be available on Meet Mobile (subscription required). |
| Concessions: | <ul style="list-style-type: none"> Refreshments will be available in the outside hallway. |
| Vendor: | <ul style="list-style-type: none"> A swim host vendor will be in attendance. |

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| Entry Info: | <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 prior to the entry deadline from teams assigned to the meet. • Entry 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. • All entries must be accompanied by e-mailed proof of time (see below). Entries without proof of time will not be accepted • Special Notice: All entry 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 permitted. All entry times must meet the time standards for this meet as approved by NJ Swimming. • All entry times must be proved upon meet entry. See "Proof of Times Reporting" below. • All entry times must be achieved during the meet qualifying period of January 1st, 2018 through the entry date of the meet. |
| Entry Amendment Procedures: | <p>Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The process shall be as follows:</p> <ol style="list-style-type: none"> 1. The meet coordinator will enter each team as the entries are received. 2. An entry report for each team will be e-mailed to that team. 3. Upon receipt of the entry report 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 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(s), and entry time(s). • The list of the missing swimmers and their events are then to be e-mailed to the Entry Coordinator no later than 9:00pm on the Wednesday 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 entry. This money is payable before the start of the meet. If this fee not be paid, then the swimmer(s) will not be permitted to swim in the amended events in the meet. Entries which are amended due to a swimmer achieving a new Gold or Silver time after the original entry is submitted do not incur this additional fee. |
| Relays | <p>Only swimmers that do not have Gold times in that stroke and distance can swim on relays. A relay team with any swimmer found to have had a Gold time in that stroke and distance prior to the meet will be disqualified (even after the conclusion of the meet) and the information will be turned over to New Jersey Swimming for possible further disciplinary actions and fines. (See NJS Policy & Procedures Manual for explanation)</p> <ul style="list-style-type: none"> • All relays must have the correct four names listed in the correct order for that relay to be eligible. Coaches must turn in completed relay cards, prior to the relay swimming • 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. (See NJ Swimming Policy & Procedures Manual) |
| Distance Events | <ul style="list-style-type: none"> • The 11-12 1000 and 1650 yard freestyle events are limited to athletes with a provable Gold or Silver time in the 500 Free, or those with a Silver time in the 1000 or 1650 Free, but who do not yet have the 1000 or 1650 Gold time respectively. Athletes will be seeded with their 500 Free time. • The 10 & Under 500 yard freestyle and the 11-12 1000 yard Freestyle and 1650 yard Freestyle events will be run fastest to slowest, alternating genders. • Swimmers in the 10 & Under 500 Freestyle, the 11-12 1000 Freestyle, and the 11-12 1650 |

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| | <p>Freestyle events are responsible for providing their own timers and counters.</p> <ul style="list-style-type: none"> • In all events of 400 yards or more, heats may be combined at the discretion of the meet referee. • The 500 Freestyle and 400 IM events will be run and scored as combined Silver/Bronze events. |
| Swimmer Eligibility: | <ul style="list-style-type: none"> • This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet. Swimmers may not compete in any event in which they have received a New Jersey Swimming Gold Time since January 1st, 2017. • No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. • 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). 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. The swimmer will be allowed to substitute another eligible event or the entry fee will be refunded if the swimmer cannot/does not wish to compete in a substitute event. • Similarly, if a swimmer was initially entered in the Bronze division of an event, and then achieves a Silver time in the event prior to the start of this meet, then that swimmer's entry must be amended so they compete in the Silver division of the event. Again, failure to do so may result in the penalties stated above. • 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. |
| Adaptive Provisions: | <p>USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ Swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).</p> |
| State Championships Restriction: | <ul style="list-style-type: none"> • 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 in between the Silver/Bronze meet and JOs. |
| 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 distance events where swimmers will provide their own timers and lap counters. • 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.njswim.org 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.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. |

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| Coaches Eligibility: | <ul style="list-style-type: none"> All coaches “on the deck” must be currently registered coach members of USA Swimming. Verification can be in the form of a current USA Swimming membership card or Coaches Pass available thru the USA swimming Deck Pass App. Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. All Coaches must have some form of USA coaching credential verification with them at all times. |
| Officials: | <ul style="list-style-type: none"> Swimming officials from participating teams should contact the meet referee, Bach LeQuang blequang@gmail.com with the sessions when they are able to help. 2019 12/Under Silver Bronze Championship Region D - Official Sign up link Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards. All officials must wear the standard white and blue uniform. Officials will be required to work the entire session and will receive free admission. |
| Meet Format Waiver: | <ul style="list-style-type: none"> 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 Administrative Vice Chair and either the Age Group or Senior Vice Chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include: <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. Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays. |
| Warm-up Procedures: | <ul style="list-style-type: none"> Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Teams will be assigned lanes according to the size of their entries, to achieve a fair and comparable warm-up for all swimmers. Swimming Equipment is not allowed in the competition pool during any warm-up sessions. This includes kick boards, hand paddles, and pull buoys. 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. |
| 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. |
| No Show Procedure: | No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer’s maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer. |
| Internet Website Posting: | <ul style="list-style-type: none"> Meet information, Hy-Tek .HYV Event file and results will be posted on the New Jersey Swimming website. www.njswim.org |
| Results: | <ul style="list-style-type: none"> Meet result files for TM will be emailed to all participating teams. Meet results will be posted on the meet website and on the New Jersey Swimming Website: www.njswim.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 |

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| | 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. |
| USA-S Drone Policy Statement: | Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. |
| Tech Suit/Swimwear Policy: | Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or Approved competition. “Tech suits” are not permitted at this meet for 12 & under swimmers. “Tech Suits “are defined, as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. A list of restricted suit can be found on the NJ Swimming Website; www.njswim.org |
| Meet Requirement Statement: | 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. |
| Hotels: | <ul style="list-style-type: none"> • Holiday Inn, 100 Independence Way, 1-609-520-1200 • Staybridge Suites, 4375 Route1, 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 |
| Directions: | <p>From Route 1: Taking Rt. 1 towards Princeton to Rt. 571 into Princeton. You will come up through the main campus and pass through 4 lights. You will turn at the 5th light which is Nassau Street. Rt. 571 will go off to you left, you will make a right turn onto Nassau Street. At the next traffic light turn left onto Chestnut Street. Proceed to the first stop sign. You go straight and Chestnut turns into Walnut Lane. You will go past Princeton High School on your left; the pool is at the middle school on your Right. Just after you pass the middle school you will turn right onto Guyot Lane. 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> <p>From 206 north: Take Rt. 206 south into Princeton to Nassau Street. Turn left onto Nassau street and continue to Chestnut Street. At the traffic light turn left onto Chestnut Street. Proceed to the first stop sign. You go straight and Chestnut turns into Walnut Lane. You will go past Princeton High School on your left; the pool is at the middle school on your right. Just after you pass the middle school you will turn right onto Guyot Lane. 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

2019 12 & Under Silver Bronze Championships

Region D Hosted by Princeton Piranhas Swim Team

Saturday & Sunday February 23rd & 24th

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 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 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 this waiver form for the **2019 12 & Under Silver Bronze Championships Region D on February 23-24, 2019**, are registered members of USA Swimming. All USA Swimming members are correctly entered according to; 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.

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 non-1000/1650 event entries @ \$6.00 = | \$ _____ |
| | _____ 1000/1650 event entries @ \$12.00 - | \$ _____ |
| | _____ Relay event entries @ \$9.00 = | \$ _____ |
| | Total: | \$ _____ |

Make checks payable to: **Princeton Piranhas Swim Team**