

	<h2>2020 Jim Wood Memorial Winter Invitational</h2> <p>Hosted by Berkeley Aquatic Club (Berkeley Aquatic Club's 28th Annual Winter Long Course Swim Meet) Held under the sanction of USA Swimming.</p>
Meet Sanction Info:	NJ Swimming Sanction # - NJS011020SC Closed Sanctioned Meet 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.
Dates of Meet:	Friday, January 10 th , 2020 Saturday, January 11 th , 2020 Sunday, January 12 th , 2020
List of Invited Teams:	ABF, AGUA, BAD, CAT, CJAC, CSC, EEX, LCAT, LIAC, NBAC, NYSA, PDR, PWAC, SMAC, SSC (Suburban Seahawks), WEST, WAVE, WW (Weymouth Waves) If the meet doesn't fill after the above teams have sent in their entries, the meet host reserves the right to invite additional teams. Interested teams / athletes should contact the meet director.
Location(s) of Meet:	Sonny Werblin Recreation Center Rutgers University 656 Bartholomew Road Piscataway, NJ 08854
Facility Info:	<u>Sonny Werblin Recreation Center – Rutgers University</u> The pool is 8 lanes by 50 meters. The pool uses pedestal-style blocks with non-turbulent lane lines and a Colorado Timing System. The pool is 6' deep at the starting blocks and ranges from 14' in the outside lanes to 17' in the middle lanes at the bulkhead. There are two auxiliary pools known as 'patio' pools for warm-up and warm-down. The depth of the patio pool farthest from the competition pool ranges from 4' at the edge nearest the patio doors to 4'6' at the edge nearest the other patio pool. The other patio pool has a variable depth and is normally at 6' for meets. There is seating for 1000 spectators and includes 400 chair-backed seats. The remaining seating is bleacher-style. Rutgers University has instituted a new procedure for on campus parking. Visitors without permits may park in Lots 64, 65D & 67. As outlined by Rutgers Transportation Services, Guests must use the below link to register for the event. Until this process is completed, their vehicles are not registered and guests may receive a citation. Buses must drop off then park in the yellow lot on Livingston until ready for pickup. Please have the buses move in and out quickly as not to disrupt the campus bus schedule. https://rudots.nupark.com/events/Events/Register/1c307f7c-118f-4daa-bd5f-2526e19d8cef
Pool Certification Statement:	The competition course has been certified in accordance with 104.2.2C(4).
Host Team Contact:	Tristan Formon at tristan@berkeleyaquaticclub.com
Meet Director:	Allison Nash at allison@berkeleyaquaticclub.com or (973) 615-0023
Meet Referee:	Zhongxu Lu at pdl2971@hotmail.com or (332) 201-1266
Administrative Official:	Allison Nash at allison@berkeleyaquaticclub.com or (973) 615-0023

Meet Safety Marshall:	Maureen Genderson at safety_marshall@berkeleyaquaticclub.com or (973) 222-2494
Entry Coordinator:	Allison Nash at bacmeetentries@berkeleyaquaticclub.com or (973) 615-0023
Entries Open:	Immediately
Entry Deadline:	Monday, December 10 th , 2019
Swimmer's Age:	Swimmer ages for this Meet are as of Friday, January 10 th , 2020.
Meet Course:	Long Course Meters (LCM)
Entry Fees:	Senior Prelim/Final Events: \$11.00 Age Group Individual Events: \$10.00 Relay Events: \$13.00 Distance Events: \$15.00
Meet Format:	<p>This Meet will be run in accordance with current USA Swimming Rules and will be by invitation only.</p> <p>All Age Group events will be swum as timed finals. Senior individual events, with the exception of the 800 and 1500, will be a Trials and Finals format with bonus, consolation and championship finals (fastest 32 swimmers from preliminaries) being held in the evening session. The 1500 and 800 will be swum as timed finals with the fastest heat swum in the evening with Finals. The remaining heats will be swum fastest to slowest, alternating heats of women and men.</p> <p>There will be positive check-in for each of the distance events in the control room 60 minutes after the corresponding session warm-up ends.</p> <p>Teams are limited to two (2) relays per event. All relays are timed finals. All relays will be swim during the finals session. Relays will be swum second fastest heat of women, fastest heat of women, second fastest heat of men, fastest heat of men, then remaining heats fastest to slowest, combining heats where possible.</p> <p>There will be positive check-in for relays in the control room.</p>
Entry Limits:	Swimmers may compete in 3 individual events and 1 relay per day with a maximum of 7 individual entries overall.
Checks Payable To:	Blue Streak Aquatic
Mail Checks/Reports:	Berkeley Aquatic Club – 2020 <i>Jim Wood Memorial Winter Invitational</i> 629 Central Avenue New Providence, NJ 07974
Email Entry Files:	bacmeetentries@berkeleyaquaticclub.com

Order of Events

Friday Morning Senior Prelims

Warm-Up: 7:15 AM
Meet Starts: 8:20 AM

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
3	1:21.99	SENIOR	100 Breast	1:13.99	4
5	2:14.79	SENIOR	200 Free	2:06.49	6
7	1:09.29	SENIOR	100 Fly	1:03.59	8
9	2:33.69	SENIOR	200 IM	2:23.39	10

Friday Senior 800 Freestyle

Starts: Immediately following Event 10

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
1	9:39.59	*SENIOR	800 Free	9:05.49	2
	9:26.09**			8:53.69**	

**Non-NJ Swimming LSC swimmers must have achieved this faster time.

Friday Afternoon Age Group

Warm-Up: 12:45 PM
Meet Starts: 1:35 PM

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
13	2:24.09	13/14	200 Free	2:18.79	14
15	37.29	11/12	50 Back	37.39	16
17	36.49	10/U	50 Free	35.99	18
19	1:16.29	13/14	100 Back	1:13.09	20
21	5:16.09	11/12	400 Free	5:14.69	22
23	1:36.79	10/U	100 Back	1:34.29	24
25	3:04.29	13/14	200 Breast	2:58.09	26
27	40.99	11/12	50 Breast	41.09	28
29	1:47.69	10/U	100 Breast	1:45.39	30
31	2:44.89	13/14	200 IM	2:36.59	32

Friday Evening Senior Finals

Warm-Up: 5:00 PM
Session Starts: 6:05 PM

<u>WOMEN</u>	<u>HEATS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>HEATS</u>	<u>MEN</u>
1	Top Heat	*SENIOR	800 Free	Top Heat	2
3	4	SENIOR	100 Breast	4	4
5	4	SENIOR	200 Free	4	6
7	4	SENIOR	100 Fly	4	8
9	4	SENIOR	200 IM	4	10
11		SENIOR	800 Free Relay		12

Saturday Morning Senior Prelims

Warm-Up: 7:15 AM
Meet Starts: 8:20 AM

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
33	5:22.09	SENIOR	400 IM	5:00.69	34
35	29.09	SENIOR	50 Free	26.49	36
37	1:11.29	SENIOR	100 Back	1:06.09	38
39	4:38.59	SENIOR	400 Free	4:22.49	40

Saturday Afternoon Age Group

Warm-Up: 12:45 PM

Meet Starts: 1:35 PM

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
43	32.09	11/12	50 Free	31.39	44
45	31.09	13/14	50 Free	29.09	46
47	42.19	10/U	50 Fly	40.69	48
49	1:19.59	11/12	100 Fly	1:18.49	50
51	2:41.29	13/14	200 Fly	2:34.29	52
53	3:20.69	10/U	200 IM	3:17.69	54
55	1:30.49	11/12	100 Breast	1:29.79	56
57	1:06.29	13/14	100 Free	1:03.89	58
59	2:51.19	10/U	200 Free	2:51.39	60
61	2:30.39	11/12	200 Free	2:29.39	62
63	5:45.09	13/14	400 IM	5:34.29	64
65	48.99	10/U	50 Breast	48.39	66

Saturday Evening Senior Finals

Warm-Up: 5:00 PM

Session Starts: 6:05 PM

<u>Women</u>	<u>Heats</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>HEATS</u>	<u>MEN</u>
33	4	SENIOR	400 IM	4	34
35	4	SENIOR	50 Free	4	36
37	4	SENIOR	100 Back	4	38
39	4	SENIOR	400 Free	4	40
41		SENIOR	400 Medley Relay		42

Sunday Morning Senior Prelims

Warm-Up: 7:15 AM
Meet Starts: 8:20 AM

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
68	2:55.09	SENIOR	200 Breast	2:39.59	69
70	2:33.79	SENIOR	200 Back	2:20.79	71
72	1:03.09	SENIOR	100 Free	57.69	73
74	2:30.39	SENIOR	200 Fly	2:19.69	75

Sunday Senior 1500 Freestyle

Starts: Immediately following event 75

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
67	18:22.59	*SENIOR	1500 Free	17:29.59	76
	18:03.59**			17:05.59**	

* Non-NJ Swimming LSC swimmers must have achieved this faster time.

Sunday Afternoon Age Group

Warm-Up: 12:45 PM
Meet Starts: 1:35 PM

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
79	1:10.09	11/12	100 Free	1:08.19	80
81	4:58.09	13/14	400 Free	4:51.09	82
83	44.09	10/U	50 Back	43.99	84
85	35.19	11/12	50 Fly	34.79	86
87	1:13.39	13/14	100 Fly	1:09.69	88
89	1:22.19	10/U	100 Free	1:19.99	90
91	1:21.69	11/12	100 Back	1:21.49	92
93	2:43.19	13/14	200 Back	2:37.69	94
95	1:38.09	10/U	100 Fly	1:36.59	96

97	2:52.69	11/12	200 IM	2:51.69	98
99	1:25.89	13/14	100 Breast	1:21.49	100

Sunday Evening Senior Finals

Warm-Up: 5:00 PM
Start: 6:05 PM

<u>WOMEN</u>	<u>HEATS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>HEATS</u>	<u>MEN</u>
67	Fastest heat	*SENIOR	1500 Free	Fastest Heat	76
70	4	SENIOR	200 Back	4	71
72	4	SENIOR	100 Free	4	73
74	4	SENIOR	200 Fly	4	75
77		SENIOR	400 Free Relay		78

**Meet Schedule and Session Times
(TENTATIVE)**

Friday January 10 th , 2020	Warm-Up	Start
Senior Prelims	7:15 AM - 8:15 AM	8:20 AM
Senior 800 Freestyle		11:35 AM
Age Group	12:45 PM – 1:30 PM	1:35 PM
Senior Finals	5:30 PM	6:35 PM

Saturday, January 11 th , 2020	Warm-Up	Start
Senior Prelims	7:15 AM - 8:15 AM	8:20 AM
Age Group	12:45 PM – 1:30 PM	1:35 PM
Senior Finals	5:00 PM	6:05 PM

Sunday, January 12 th , 2020	Warm-Up	Start
Senior Prelims	7:15 AM - 8:15 AM	8:20 AM
Senior 1500 Freestyle		10:30 AM
Age Group	12:45 PM – 1:30 PM	1:35 PM
Senior Finals	5:00 PM	6:05 PM

The Doors will Open at 7:00 AM Each Day.

Scoring:	This Meet will not be scored.
Awards:	Medals will be presented to the top 3 finishers in individual events and to the top 3 teams in Relay Events.
Starts:	Fly over or over the top starts will NOT be used. Swimmers should exit the pool at the conclusion of their swim.
Admissions and	Admission will be \$10.00 per morning or afternoon session and \$5 for Finals. Programs will

Programs:	not be available but psych sheets, heat sheets and results will be available for free on both Meet Mobile and Live Results.
Concessions:	Rutgers University will provide a varied menu of hot and cold refreshments until 5 PM each evening throughout the competition.
Vendor(s)	A swimming merchandise vendor will be located at the opposite end of the concourse from the spectator entrance.
Locker Rooms:	<p>Parents, Coaches, and Officials are NOT permitted in the athlete locker rooms, located downstairs, at any time.</p> <p>Restrooms located in the balcony area are for non-athletes, including Coaches & Officials ONLY! Please make sure that you are only using the facility marked for you.</p>
Entry Information:	<p>All entries must be electronic entries, importable into Meet Manager as an attached file to an email.</p> <p>Email entry files to bacmeetentries@berkeleyaquaticclub.com and use “2020 Jim Wood Memorial Winter Invitational” as the subject.</p> <p>The meet entry coordinator will respond to emails within 48 hours. If you do not receive an email response within 48 hours, assume that your email has not been received. It is the e-mailer’s responsibility to make sure that the entry coordinator receives the email. If you do not receive an email response, you must contact the entry coordinator by phone.</p> <p>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.</p> <p>New Jersey Swimming does not allow “NT” or “No Time” to be used as an entry time.</p> <p>Entries must be submitted in LCM times only but may be converted from SCY or SCM.</p> <p>No phone or faxed entries will be accepted.</p> <p>Incomplete Entries will not be accepted.</p> <p>Deck Entries will not be accepted.</p> <p>An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each entry and must be submitted before the start of the meet. The host club reserves the right to scratch swimmers/teams that have not paid their entry fees and turned in their waiver forms by this time.</p>
Distance Events:	<p>Both the second and third heats of the 800 and 1500 freestyle events will be swum in a session that immediately follows morning prelims. These heats will swim fastest to slowest alternating gender. The top seeded heat will swim at night with finals.</p> <p>PLEASE NOTE: Standards for both the 800 and 1500 Freestyle are different for Non-NJS LSC swimmers. (See 'Order of Events')</p> <p>Athletes in these events are responsible to provide a counter if desired.</p>
Heat Limited Events:	The 800 and 1500 are limited to three (3) heats (24 swimmers), unless time permits more heats to be swum. That decision will be made the day of the meet, after scratches. Psych Sheets will be posted on www.berkeleyaquaticclub.com . If the Meet Director suspects that the number of heats will be limited, they will contact all clubs with swimmers entered in the distance events by e-mail, not later than the Tuesday before the Meet. In the event that

	Berkeley Aquatic Club limits the number of heats of the distance events and some swimmers who have previously entered are not allowed to swim, entry fees will be refunded at the control room after the distance event is seeded and heat sheets are posted.
Relays:	All relays must have the correct four names listed on the relay card in the correct order for that relay to be eligible. Coaches must turn in relay cards no later than 30 minutes prior to the event. All swimmers must be listed in the team's official entry file in order to participate in the meet, including Relay-Only Swimmers . The order of swimmers and the names may be changed by notifying the timer in the relay lane or the computer desk, but this must be done prior to the start of the heat. No changes will be made after the relay is started.
Swimmer Eligibility:	No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. All swimmers must be included in a team's official meet roster in the meet database to be eligible to participate in this swim meet in any event including relays. Unattached Swimmers. All transfer swimmer(s) must swim unattached for 120 consecutive days from their last attached open competition. Swimmers must use a New Team Alpha Code UN or U as their team affiliation. All unattached swimmers must be listed on the team's official waiver/verification form. All swimmers 18 & Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.
Adaptive Provisions:	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).
Host Club Responsibilities:	The host club will provide ALL timers. A hospitality room will be maintained for coaches, officials and multi-session BAC volunteers. It will be located behind the control room just off of the pool deck.
Participating Club Responsibilities:	Participating clubs are encouraged to provide as many certified officials as possible. Officials must present up to date and complete officials' credentials each session. Please contact the meet referee to volunteer. Participating club's parents are not permitted on the pool deck except to officiate. All athletes, coaches, volunteers and spectators are expected to follow all posted facility guidelines as well as any instructions as communicated by Facility or Meet Management at either location throughout this three-day event. Seating for both swimmers/coaches and spectators is open and available on a first-come, first-served basis. The saving of seats by spectators, swimmers or teams is strictly prohibited. <u>Guidelines for Sonny Werblin Recreation Center at Rutgers University:</u> For this Meet (when not on deck for competition purposes), swimmers shall have available

	<p>seating below the railing in the full bleacher section. Spectators shall be seated in the individual seats and/or facility-provided chairs on the available landing inside the natatorium. Outside chairs, other than those required for guests with disabilities, are strictly prohibited by facility management.</p> <p>Sitting or standing on stairs or in aisles leading to exits is strictly prohibited by the Fire Marshall.</p> <p>Entering the facility through doors other than the single set (just off of the primary parking lot) notated with 'Admissions' signs is strictly prohibited. Spectators attempting to enter through any other facility doors will be redirected.</p>
Officials Conduct & Eligibility:	<p>This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP).</p> <p>Make sure all interactions with athletes are observable and interruptible.</p> <p>Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</p> <p>Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help.</p> <p>All officials must wear the standard white and blue uniform.</p> <p>Officials will be required to work the entire session.</p>
Coaches Conduct & Eligibility:	<p>This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP).</p> <p>Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.</p> <p>As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping.</p> <p>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.</p> <p>Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility.</p> <p>All Coaches must have some form of USA coaching credential verification with them at all times.with them at all times.</p>
Meet Format Waiver:	<p>The host club has the right to change the format of the meet with the approval of the sanctioning chairman and either the age group or senior chairman. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include:</p> <ul style="list-style-type: none"> - To allow more swimmers the opportunity 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 and, 3) condense sessions.</p>
Warm-Up Procedures:	<p>The sanctioning, and/or age group, and/or senior chairman must approve all new warm-up schedules.</p>

	<p>Warm-Ups will be run under New Jersey Swimming Warm-up and Safety Guidelines:</p> <p>https://www.teamunify.com/eznjlsjc/UserFiles/File/NJ%20Swimming/Goverance/NJ%20Swimming%20Safety%20and%20Warm-up%20Documents/NJ%20Swim%20Warm-up%20%26%20Safety%20Manual.pdf</p> <p>All swimmers are entitled to a fair and comparable warm-up. All teams MUST get the same opportunities for general warm-up lanes, sprint and pace lanes.</p> <p>Entry/Exit Into and Out of the Pool: All swimmers must enter the pool from the starting end of the pool. All swimmers must enter feet first. Swimmers must exit the pool at the start/turn ends, not on the side of the pool.</p> <p>New Jersey Swimming Officials will monitor Warm-Ups.</p> <p>Uniformed and designated Meet Marshals will also monitor warm-ups. All general warm-up lanes will swim in a counterclockwise direction. Warm-ups will include general warm-up lanes, sprint lanes and pace lanes.</p> <p>PLEASE NOTE: Swimmers are prohibited from using and ‘gear’, ‘equipment’ or swimming aids during any warm-up or warm-down without formal approval from the Meet Referee in either the competition pool or the warm-up/warm-down pools.</p> <p>Warm-Up Schedule: There will be a one-hour general warm-up session for the Senior and Finals Sessions and a 45-minute general warm-up for the age group Session. Each Session will begin 5 minutes after the conclusion of the corresponding warm-up. During the last 15 minutes of each warm-up period, the outer lanes will become Pace lanes and the next two inner lanes will become Sprint lanes. At the discretion of the Meet Referee, additional lanes may also become Sprint lanes. All other lanes will remain general warm-up available to all teams without Sprint of Pace. All general warm-up lanes will swim in a counterclockwise direction. 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.</p> <p>There will not be a separate warm-up for the preliminary distance events. A designated lane will be available in the warm-up/warm-down pools during the regular AM session of competition for athletes competing in both Friday’s 800 Freestyle and Sunday’s 1500 Freestyle events.</p> <p>If the morning session ends early, the afternoon warm-up period may begin early but will not end early.</p> <p>The secondary warm-up/warm-down pools will only be available for use during the actual Meet Session and will not be available during the scheduled warm-up periods.</p>
Check-In:	<p>All check-in sheets are to be turned into the control room 30 minutes before the start of each session.</p> <p>Swimmers that are swimming are to have a line through their name.</p> <p>Swimmers that are being scratched are to have their names circled with a “SCR” next to the circle. Swimmers scratching a single event are to have a line through his/her name and the event number circled with “SCR” next to the circle. (Please use a simple line, not a scribble, so that the name can still be read.)</p> <p>As previously noted, there will be positive check-in for each of the distance events in the control room 60 minutes after the corresponding session warm-up ends.</p> <p>Failure to follow these procedures may result in the swimmer(s) being scratched from the session.</p>
No-Show Policy:	<p>No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event for preliminary sessions and timed final events. However,</p>

	<p>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.</p>
Scratching from Finals:	<p>In effect for this Meet shall be the New Jersey Swimming Scratch Procedure as specified in Section C (Meet Operations)/Item 10 (Scratches/Positive Check-In) of the NJ Swimming Policies & Procedures Manual which can be found at</p> <p>https://www.teamunify.com/eznjslsc/UserFiles/File/NJ%20Swimming/Goverance/NJ%20Swimming%20Policies%20and%20Procedurers/NJ%20Policies%2020170215.pdf</p>
Internet Website Posting:	<p>The Meet Announcement, Hy-Tek Event List (.HYV file), and Meet Results will be posted on New Jersey Swimming website. (https://www.teamunify.com/Home.jsp?_tabid_=0&team=eznjslsc)</p> <p>The following will be posted on the Berkeley Aquatic Club Website (www.berkeleyaquaticclub.com):</p> <p>Before the meet, we will post: Meet Announcement Downloadable Hy-Tek Events list (.HYV file) Psych Sheets Updated Meet Schedule Warm-Up Schedule and Team Warm-Up Assignments Timing Assignments</p> <p>After the meet, we will post: Downloadable Results (.CL2 file) Printable Results (.PDF file)</p>
USA-S Racing Start Certification Statement:	<p>Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</p>
Audio/Visual Recording Statement:	<p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. In addition, volunteers and spectators cannot use any of the above on deck. Please refrain from the use of Flash Photography at the start of each race.</p>
USA-S Deck Change Policy Statement:	<p>Deck Changes are prohibited.</p>
Minor Athlete Abuse Prevention Policy (“MAAPP”):	<p>All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</p>
USA-S Drone Policy Statement:	<p>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.</p>
Tech Suit/Swimwear Policy	<p>Swimwear must conform to USA Swimming Rules:</p> <ul style="list-style-type: none"> • 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 • Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (e.g., kinesio tape) on any part of the body • Pursuant to USA Swimming Rule 205.10.1, it is permissible for the swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or

	<p>other privacy reasons.</p> <p>Questions regarding suits should be directed to the Meet Referee prior to the start of the Session.</p>
<p>Meet Requirement Statement:</p>	<p>The Jim Wood Memorial Winter Invitational hosted by Berkeley Aquatic Club is a Closed/Sanctioned meet, as defined in the NJ Swimming Policies & Procedures Manual. As such, participation in this meet DOES NOT count toward participation requirements for NJ Swimming Zone Team eligibility nor for NJ Swimming Athlete Travel Grants for sectional and national level meets. However, times achieved in this meet are eligible for inclusion in SWIMS.</p> <p>Note: The times achieved at this meet may be used to qualify for the summer LC Zone Meet but participation in this meet does not count toward the sanctioned summer Meet participation requirement for the NJ Swimming summer LC Zone Team.</p>

Directions to Sonny Werblin Recreation Center

Address: 656 Bartholomew Rd, Piscataway
Campus: Busch Campus

Garden State Parkway Southbound

Turn off at Exit 129 for the New Jersey Turnpike and head south. Turn off at Exit 9, bear right after the tollbooths and follow signs for “Route 18 North – New Brunswick.” Stay to the left to continue on Route 18 North. Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Continue on Route 18 North. Proceed up Route 18 to the Campus Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left.

Garden State Parkway Northbound

Turn off at Exit 105 and follow signs for Route 18 North. After approximately 24 miles, you will pass the entrance for the New Jersey Turnpike. Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Continue on Route 18 North. Proceed up Route 18 to the Campus Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left.

Interstate 287

Turn off at Exit 9 “Bound Brook/Highland Park.” Proceed East on River Road toward Highland Park. Continue on River Road and you will pass under the overpass for Route 18. Make the next left onto Route 18 North. Proceed up Route 18 to the Campus Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left.

New Jersey Turnpike

Turn off at Exit 9, bear right after the tollbooths and follow signs for “Route 18 North – New Brunswick.” Stay to the left to continue on Route 18 North. Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Continue on Route 18 North. Proceed up Route 18 to the Campus Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left.

US Route 1

Turn off at exit marked “Route 18 North-New Brunswick.” Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Continue on Route 18 North. Proceed up Route 18 to the Campus Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left.

Hotels

(Nearest to Rutgers University)

Embassy Suites
121 Centennial Ave.
Piscataway, NJ 08854
(732) 980-0500

Radisson Hotel
21 Kingsbridge Rd.
Piscataway, NJ
(732) 980-0400

Courtyard Somerset by Marriott
250 Davidson Ave
Somerset, NJ 08873
(732) 271-4555

Holiday Inn-Somerset
195 Davidson Avenue
Somerset, NJ
(732) 356-1700

Doubletree Hotel
200 Atrium Drive
Somerset, NJ
(732) 469-2600

Hyatt Regency
Two Albany Street
New Brunswick, NJ
08901
(732) 873-1234

La Quinta Hotel
60 Cottontail Lane
Somerset, NJ
(732) 560-9880

HHotel Somerset Bridgewater
110 Davidson Avenue
Somerset, NJ 08873
(732) 560-0500



**NEW JERSEY
SWIMMING**

2020 Jim Wood Memorial Winter Invitational

hosted by Berkeley Aquatic Club

Friday, January 10th, Saturday, January 11th and Sunday, January 12th, 2020

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, Berkeley Aquatic Club, Blue Streak Aquatic 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 2020 Jim Wood Memorial Winter Invitational hosted by Berkeley Aquatic Club, 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): _____

Entry Fee Summary: _____	number of Prelim/Final Events x \$11 =	\$ _____
_____	number of Timed Final Events x \$10 =	\$ _____
_____	number of Distance Events x \$15 =	\$ _____
_____	number of Relay Events x \$13 =	\$ _____
	Total =	\$ _____

Make checks payable to: **Blue Streak Aquatic**