

Holiday Classic XXXIII

Hosted by Eastern Express
at the Werblin Recreation Center, Rutgers University

Held under the sanction of USA Swimming

Meet Sanction Info:	NJ swimming Sanction #- NJS121319SCC 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:	Friday December 13th to Sunday December 15th, 2019		
Location:	Sonny Werblin Recreation Center, Busch Campus, Rutgers University Rutgers University requires all parked vehicles to be registered with the University Parking and Transportation department. A registration link will be distributed with the Timing & Warm-Up schedule and published at www.besmarttinc.com a week before the meet		
Facility Info:	The Werblin competition pool has two 8-lane 25-yard courses, with a minimum depth for diving of 6 feet. There are two auxiliary pools, known as "patio pools" (for warm-up and warm-down), and seating for 1,000 spectators, including 400 chair-backed seats. The remaining seating is bleacher style.		
Pool Certification Statement:	The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.		
Host Team Contact:	Michael Randazzo	908-448-8476	EasternExpressSwimTeam@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Bill Tucker Frank Fitzgerald		wtucker370@gmail.com frank@rsinj.com
Admin Officials:	Ellen Mace, John Lister		besmarttinc@gmail.com
Safety Marshall:	Craig Haywood		EasternExpressSwimTeam@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	October 24, 2019 at 6:00am		
Entry Deadline:	Friday November 29th, 2019, at 6pm		
Swimmer Age	Swimmer ages for this meet are as of: December 13th, 2019		
Entry Fees:	Individual Entry: \$5.00 Prelim/Final Events: \$6.00 Distance: \$12.00		Relays: \$9.00
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> * 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 run as timed finals for 12 & Under events, and distance events. * This meet will be run as prelims/finals for 13 & Over events: 13-14: 2 final heats Open: 3 final heats. 		



Meet Format ...continued	<ul style="list-style-type: none"> * The main prelims sessions all three days will be run in odd/even pool format. See “Odd/Even” pool format section for details. * On Saturday & Sunday, either the 13-14 girls or the 13-14 boys will swim preliminaries in the afternoon age group session (the gender will alternate between the two days. This is to keep within facility capacity constraints and allow more swims. A schedule will be developed and e-mailed to participating teams when entries have been received. • There are minimum (“faster than”) time standards for this meet. Proof of time will be required for all 13-14 & Open individual events, and all events 400 yards and longer. Times must have been achieved since January 1st, 2018. (Hy-Tek proof of time reports will suffice for this purpose). * 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: 3 Individual Events 2 Relays	Meet: 9 Individual Events 6 Relays
Checks Payable To:	Express Sports Inc	
Email Entry Files To:	besmarttinc@gmail.com	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	

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Friday December 13th

Facility Opens at 7:00am

Friday Sunrise Sessions #1, #2—13 & Over 500 Freestyle Preliminaries

Warm-up: 7:15am

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#41	5:35.29	13-14 500 Freestyle	5:25:29	#42
#43	5:21.29	Open 500 Freestyle	4:57.89	#44

* Heats will swim slow to fast. Swimmers need own timers and counters.
These events will be the last individual events at finals.

Friday Morning Session #3—13 & Over Preliminaries

Odd/Even heat format will be used in this session

Warm-up: 7:15am

Meet Start: 8:20am

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#25	2:25.49	13-14 200 Butterfly	2:19.29	#26
#27	2:16.69	Open 200 Butterfly	2:05.19	#28
#29	26.79	13-14 50 Freestyle	25.79	#30
#31	25.29	Open 50 Freestyle	22.99	#32
#33	1:16.49	13-14 100 Breaststroke	1:11.59	#34
#35	1:12.09	Open 100 Breaststroke	1:04.79	#36
#37	2:23.19	13-14 200 IM	2:17.39	#38
#39	2:16.29	Open 200 IM	2:05.49	#40



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Friday December 13th...continued

Friday Afternoon Sessions #4, #5—12 & Under Timed Finals

Warm-up: TBA

Meet Start: TBA

Girls	Equal/Faster	Age Group and Event	Equal/Faster	Boys
#1	6:06.29	11-12 500 Freestyle	6:06.29	#2
#3	34.19	10 & Under 50 Freestyle	34.19	#4
#5	37.99	11-12 50 Breaststroke	37.99	#6
#7	1:35.39	10 & Under 100 Breaststroke	1:35.39	#8
#9	2:33.99	11-12 200 Backstroke	2:33.99	#10
#11	40.09	10 & Under 50 Backstroke	40.09	#12
#13	1:14.19	11-12 100 Butterfly	1:14.19	#14
#15	6:50.39	10 & Under 500 Freestyle	6:50.39	#16
#17	1:13.99	11-12 100 IM	1:13.99	#18
#19		12 & Under 400 Freestyle Relay		#20

Friday Evening Session #6—13 & Over Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#21		13-14 200 Medley Relay**		#22
#23		Open 200 Medley Relay**		#24
Finals of Events #25-#44				
#45		13-14 400 Freestyle Relay†		#46
#47		Open 400 Freestyle Relay†		#48

† Relay heats will alternate genders

Saturday December 14th

Facility Opens at 7:00am

Saturday Morning Session #7—13 & Over Preliminaries

**One of the 13-14 Girls or Boys will swim in the afternoon Age Group session.
Odd/Even heat format will be used in this session**

Warm-up: 7:15am

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#73	1:05.89	13-14 100 Butterfly	1:02.89	#74
#75	1:01.99	Open 100 Butterfly	56.69	#76
#77	2:07.19	13-14 200 Freestyle	2:01.69	#78
#79	2:00.99	Open 200 Freestyle	1:50.69	#80
#81	1:06.49	13-14 100 Backstroke	1:04.39	#82
#83	1:02.59	Open 100 Backstroke	57.19	#84
#85	5:01.59	13/14 400 IM	4:51.29	#86
#87	4:50.39	Open 400 IM**	4:26.79	#88

** Heats swim fast to slow in prelims.



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Saturday December 14th...continued

Saturday Midday Sessions #8, #9—1000 Freestyles Timed Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#71**	11:22.19	14 & Under 1000 Freestyle	10:52.89	#72**
	11:04.19	15 & Over 1000 Freestyle	10:18.49	

**Fastest heat swims at finals, first events. Midday heats swim fast to slow.

Saturday Afternoon Sessions #10, #11—12 & Under Timed Finals

One of the 13-14 Girls or Boys will also swim in this session

Warm-up: TBA

Meet Start: TBA

Girls	Equal/Faster	Age Group and Event	Equal/Faster	Boys
#49	1:04.09	11-12 100 Freestyle	1:04.09	#50
#51	2:38.39	10 & Under 200 Freestyle	2:38.39	#52
#53	1:14.19	11-12 100 Backstroke	1:14.19	#54
#55	43.99	10 & Under 50 Breaststroke	43.99	#56
#57	2:56.89	11-12 200 Breaststroke	2:56.89	#58
#59	1:28.69	10 & Under 100 Butterfly	1:28.69	#60
#61	32.99	11-12 50 Butterfly	32.99	#62
#63	1:24.59	10 & Under 100 IM	1:24.59	#64
#65	2:35.99	11-12 200 IM	2:35.99	#66
#67		10 & Under 200 Medley Relay		#68
#69		11-12 400 Medley Relay		#70

Saturday Evening Session #12—13 & Over Finals

Warm-up: TBA

Meet Start: TBA

Fastest heats of #71, #72				
Finals of Events #73-#88				
#89		Open 800 Freestyle Relay†		#90

† Relay heats will alternate genders



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Sunday December 15th

Facility Opens at 7:00am

Sunday Morning Session #13—13 & Over Preliminaries

**One of the 13-14 Girls or Boys will swim in the afternoon Age Group session.
Odd/Even Heat format will be used in this session.**

Warm-up: 7:15am

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#123	58.59	13-14 100 Freestyle	55.79	#124
#125	55.69	Open 100 Freestyle	50.29	#126
#127	2:42.29	13-14 200 Breaststroke	2:36.29	#128
#129	2:35.49	Open 200 Breaststroke	2:22.89	#130
#131	2:23.19	13-14 200 Backstroke	2:17.19	#132
#133	2:17.39	Open 200 Backstroke	2:04.69	#134

Sunday Midday Sessions #14, #15—1650 Freestyle Timed Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#91	18:56.49	14 & Under 1650 Freestyle	18:03.49	#92
#121	18:25.69	Open 1650 Freestyle	17:11.39	#122

* See "Distance Events" for order of swimming.
Fastest heat of the Open 1650 freestyle will swim during the finals session.

Sunday Afternoon Sessions #16, #17—12 & Under Timed Finals

One of the 13-14 Girls or Boys will also swim in this session

Warm-up: TBA

Meet Start: TBA

Girls	Equal/Faster	Age Group and Event	Equal/Faster	Boys
#93	29.99	11-12 50 Freestyle	29.99	#94
#95	1:13.89	10 & Under 100 Freestyle	1:13.89	#96
#97	5:26.99	11-12 400 IM	5:26.99	#98
#99	39.29	10 & Under 50 Butterfly	39.29	#100
#101	2:19.89	11-12 200 Freestyle	2:19.89	#102
#103	2:57.99	10 & Under 200 IM	2:57.99	#104
#105	1:23.19	11-12 100 Breaststroke	1:23.19	#106
#107	1:24.19	10 & Under 100 Backstroke	1:24.19	#108
#109	33.99	11-12 50 Backstroke	33.99	#110
#111	2:37.59	11-12 200 Butterfly	2:37.59	#112
#113		10 & Under 200 Freestyle Relay		#114
#115		11-12 200 Freestyle Relay		#116



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Sunday December 15th...continued

Sunday Evening Session #18—13 & Over Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#117		13-14 200 Freestyle Relay**		#118
#119		Open 200 Freestyle Relay**		#120
Fastest Heats of #121, #122				
Finals of Events #123-#134				
#135		13-14 400 Medley Relay†		#136
#137		Open 400 Medley Relay†		#138

† Relay Heats will alternate genders

Meet Schedule

Friday December 13 th		Warm-up	Start
Facility Opens at 7:00am			
Sessions 1 & 2	500 Freestyle Preliminaries	7:15am	TBA**
Sessions 3	Preliminaries	TBA**	TBA**
Sessions 4 & 5	12 & Under Timed Finals	TBA**	TBA**
Session 6	Finals	TBA** (approx. 6:30pm)	TBA**
Saturday December 14 th		Warm-up	Start
Facility Opens at 7:00am			
Sessions 7	Preliminaries	7:15am	TBA**
Sessions 8 & 9	1000 Freestyles Timed Finals	TBA**	TBA**
Sessions 10 & 11	12 & Under Timed Finals	TBA**	TBA**
Session 12	Finals	TBA** (approx. 6:30pm)	TBA**
Sunday December 15 th		Warm-up	Start
Facility Opens at 7:00am			
Sessions 13	Preliminaries	TBA**	TBA**
Sessions 14 & 15	1650 Freestyles Timed Finals	TBA**	TBA**
Sessions 16 & 17	12 & Under Timed Finals	TBA**	TBA**
Session 18	Finals	TBA** (approx. 6:30pm)	TBA**

****Session start times to be determined when all entries are received.**



Scoring:	<ul style="list-style-type: none"> • Team scoring will be kept. • 16 place scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays.
Awards:	<ul style="list-style-type: none"> • Medals will be awarded to the top 3 swimmers in each individual event. • Medals will be awarded to the top 3 relay teams in each relay event.
Starts:	<ul style="list-style-type: none"> • 'Fly-over/Over-the-top' starts will be used during this meet during preliminary and timed finals sessions.
Admissions and Programs:	<ul style="list-style-type: none"> • Admission will be \$10.00 per session. • Heat sheets will be posted online at www.besmarttinc.com at no cost and will be made available through Meet Mobile. • Multi-day, multi-session passes will be available. • There will be no admission refunds should events be curtailed/canceled due to circumstances beyond the control of the host team.
Concessions:	<ul style="list-style-type: none"> • Rutgers will be operating a food and refreshments stand in the hallway.
Vendor:	<ul style="list-style-type: none"> • Metro Swim Shop & Jolyn will be in attendance.
Locker Rooms:	<ul style="list-style-type: none"> • If only one locker room/restroom: If Athletes and Adults including Coaches & Officials must use the same facility, make sure you are not alone with an athlete in the locker room, including using the restroom. Be proactive and tell the meet director immediately if this happens, even when no fault of your own. • If multiple facilities: There is a separate locker room/restroom for athletes only! All other adults including Coaches & Officials need to make sure that you are only using the facility marked for you.
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 on a first come basis. • 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. • Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. • Swimmers from closed out teams with Winter Junior National Cuts (times better than http://bit.ly/JnHC8) may apply to swim as individuals at the meet, by e-mailing the Entry Coordinator within one week of the meet closing. • 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 permitted.
Prelims/Finals Event order	<ul style="list-style-type: none"> • The 500 Freestyle events will swim in the Friday sunrise session but will be the last individual events on Friday.
Odd/Even Heat Format:	<p>In order to conform with facility limitations and provide the maximum opportunity for competition, the main preliminaries session will be run as follows:</p> <ul style="list-style-type: none"> • The pools will be divided into "Odd Heat Pool-Scoreboard Pool" & "Even Heat Pool-Dive Pool". In this arrangement, Event 1 Heat 1 will swim in the scoreboard pool while Event 1 Heat 2 swims in the dive pool, virtually simultaneously. • Heat 1 of an event will not begin until all heats of the previous event have completed. • If necessary, the Meet Director will arrange for short (5-10 minute) breaks between events to give swimmers rest between events.



Distance Events (1000 & 1650)	<ul style="list-style-type: none"> • The 1000 and 1650 freestyle events are timed finals. • The 1000 and 1650 freestyles will be swum fastest to slowest as a separate session after the AM prelims on Saturday and Sunday. • The 1650 freestyle events will be swum separately as 14 & Under, Open, and will be seeded fast to slow. Heats of the 14 & Under and Open will alternate, and swimmers in the slowest heats may be combined. • The fastest heats (top 8 swimmers) of the 1000 and Open 1650 will compete during the evening finals session. • Heats of Women & Men may be combined to conserve time and space. • Swimmers must provide their own timers and counters. • Proof of time is required for entry into these events. • 14 & Under Distance Standards: There are different qualifying standards in the 1000 Freestyle for all athletes 14-years and younger. These events will be contested and scored as Open; no 14 & Under Finals Heat or separate awards.
400 IM Events	<ul style="list-style-type: none"> • Preliminary heats for the 400 IM will be at the end of the preliminaries session on Saturday. • The 13-14 events will be seeded slow to fast. • The Open events will be seeded fast to slow.
Heat-Limited Events	<ul style="list-style-type: none"> • Once all entries have been received and processed, the entry coordinator will determine whether it will be necessary to heat-limit any distance event (400 IM, and 500 and longer freestyle events). • Psych sheets will be posted on all the meet websites no later than the Monday prior to the start of the meet. • Every effort will be made to allow as many athletes to compete in these events as possible. • Additional swimmers will be added if there are scratches in the event and/or there is extra space on the timeline. Refunds will be processed after the meet only for swimmers not given the opportunity to participate in the event, not for those following normal scratch procedures. • Approximately one week before the meet, all coaches with swimmers in an oversubscribed distance event will be e-mailed and asked to declare any scratches that they know of in advance.
Relays:	<ul style="list-style-type: none"> • Relay scratches should be turned in at general session check-in. • Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. • All 13-14 and Open relays will swim during the evening finals session. • 13-14 & Open 400 and 800 relays will alternate by genders and swim slow to fast. • Teams will be limited to three (A, B, and C) relay entries per event.
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. • 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:	<ul style="list-style-type: none"> • 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>Host Club Responsibilities:</p>	<ul style="list-style-type: none"> • The host club will provide a single timer in each lane throughout the meet, except for distance events and the 500 freestyle preliminaries sessions 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.besmartinc.com no later than 1 week before the meet.
<p>Participating Club Responsibilities:</p>	<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.besmartinc.com 1 week prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck. • Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.
<p>Coaches Conduct & Eligibility:</p>	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP). • Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions. • 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. • 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.
<p>Officials Conduct & Eligibility:</p>	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP). • Make sure all interactions with athletes are observable and interruptible. • Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards. • Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. • All officials must wear the standard white and blue uniform. • Officials will be required to work the entire session and will receive free admission.
<p>Meet Format Waiver:</p>	<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. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes. • Swimming Equipment is not allowed in any pool for the duration of the meet. 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. • For the 500 freestyles preliminaries, there will be one 30 minute warm-up divided by teams. • For the main preliminaries sessions, there will be two 30 minute warm-ups, or three 25 minute warm-ups, divided by teams, this will be determined after entries have been received. • For the 12 & Under timed finals sessions, warm-ups may be 2 * 25 minutes or 3 * 20 minutes. This will be determined after entries have been received. • Warm-up for the 1000 and 1650 may begin in the patio pool and continue in the competition pool (time permitting), until the start of the distance session.
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 for Prelims and Timed Finals:	<ul style="list-style-type: none"> • 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 finals events. 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.
Scratch Rule:	<ul style="list-style-type: none"> • The meet will follow USA Swimming rule 207.11.6.D and rule 207.11.6.E for scratches from finals. • A swimmer who fails to scratch from finals within the deadlines outlined in rule 207.11.6.E and then fails to swim the event at finals will be barred from further competition for the remainder of the meet. • In addition, the club of a swimmer who qualifies for finals or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in accordance to the above procedures may be fined \$50 for each occurrence.
Internet Website Posting:	<p>Internet location for all meet information: http://www.besmarttinc.com</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"> • 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:	<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:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the blocks.
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.
Minor Athlete Abuse Prevention Policy (<i>MAAPP</i>)	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.
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 suits that have bonded seams, kinetic tape, or meshed seams. A list of restricted suits 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.
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"> • The Crowne Plaza, 732-716-1175 • The Courtyard by Marriott on Davidson Avenue • The Doubletree Executive Somerset on Atrium Drive



Directions to Sonny Werblin Recreation Center:

Google Maps: <https://goo.gl/maps/LMEr1Wng4p22>

Address: 656 Bartholomew Rd, Piscataway NJ 08854

Garden State Parkway Southbound Turn off at Exit 129 and take the New Jersey Turnpike South. Exit the Turnpike at Exit 9, follow NJ Turnpike directions below.

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. Continue on Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.

Interstate 287 Turn off at Exit 9 Bound Brook/Highland Park. Proceed East on River Road towards Highland Park. Continue on River Road and you will pass under the overpass for Route 18. Turn left at the next traffic light onto North. Take the next exit on Route 18 North, Campus Road. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.

Directions:

New Jersey Turnpike Exit the Turnpike 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. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.

US Route 1 Turn off at exit marked Route 18 North—New Brunswick. Proceed along Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.

Rutgers will have posted signs indicating which of the parking lots are for the swim meet. Please use one of these lots. Rutgers campus police may ticket automobiles that are parked in lots other than those designated for the swim meet!

Rutgers University requires all parked vehicles to be registered with the University Parking and Transportation department. A registration link will be distributed with the Timing & Warm-Up schedule and published at www.besmartinc.com a week before the meet





NEW JERSEY SWIMMING

Holiday Classic XXXIII

Friday-Sunday December 13th-15th, 2019



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, Rutgers University, Eastern Express 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 **Holiday Classic XXXIII meet, December 13th-15th, 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:	_____ Prelim/Final Individual event entries @ \$6.00 =	\$ _____
	_____ 12 & Under Timed-Final individual event entries @ \$5.00 =	\$ _____
	_____ 800/1500 Timed-Final individual event entries @ \$12.00 =	\$ _____
	_____ Relay event entries @ \$9.00 =	\$ _____
	Total:	\$ _____

Make checks payable to: **Express Sports Inc**