

2019 Mercer County Throwdown

Hosted by Eastern Express
at The College of New Jersey

Held under the sanction of USA Swimming

Meet Sanction Info:	NJ Swimming Sanction #-NJS112419SC 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:	Sunday, November 24th, 2019		
Location:	The College of New Jersey Aquatic Center , Packer Hall, 2000 Pennington Rd, Ewing NJ		
Facility Info:	The competition pool is 8 lanes, 25 yards, with Colorado timing. The starting blocks are in the deep end of the pool, on the new bulkhead. The depth at the starting blocks is 6.5 feet and the depth at the turn end is 4 feet. There is a separate warm-down pool.		
Pool Certification Statement:	The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement, and refers to the pre-certification of the pool length measurement in regards to National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C(4) does not impact on the validity of the times achieved in this pool. Times swum at this meet will in fact be entered in SWIMS and are eligible for qualifying for any other USA Swimming sanctioned competition.		
Host Team Contact:	Michael Randazzo	908-448-8476	EasternExpressSwimTeam@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Carl Nielsen		???
Admin Officials:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshall:	Craig Haywood		EasternExpressSwimTeam@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Monday October 7th, 2019 at 6am		
Entry Deadline:	Sunday November 10th, 2019, at 6pm		
Swimmer Age	Swimmer age for this meet is as of: November 24th, 2019		
Entry Fees:	Individual Entry: Timed Final Events: \$5.00		Distance: \$12.00 (1000/1650s)
	There will be a \$10 swimmer surcharge.		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> • There will be Open events. • This meet will be run as a timed final meet. • There are "faster than" time standards for events 200 yards and longer. • 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	Meet: 4 Individual Events
	There are session limits of 2 events in the distance session, and 3 events in the main session.		
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.		



2019 EEX MC Throwdown

Sunday November 24th

Facility Opens at 12:15pm

Sunday Afternoon Session #1—Distance Timed Finals

Swimmers may compete in a maximum of 2 events this session.

This session will last no longer than 2½ hours.

Warm-up: 12:30pm

Meet Start: TBA

Women	Equal/Faster	Open Event	Equal/Faster	Men
#1	5:39.99	400 IM*	5:39.99	#2
#3	6:59.99	500 Freestyle**	6:59.99	#4
#5	12:29.99	1000 Freestyle **	12:29.99	#6
#7	20:59.99	1650 Freestyle**	20:59.99	#8

* Swimmers must provide their own timers for these events. Events will swim slow to fast, alternating genders.

** Swimmers must provide their own timers and counters for these events. Events will swim slow to fast, alternating genders. **Swimmers may only swim one of the 500, 1000, and the 1650.** Heats may be combined if necessary.

Sunday Afternoon Session #2—Open Timed Finals

Swimmers may compete in a maximum of 3 events this session.

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Open Event	Equal/Faster	Men
#9		50 Freestyle		#10
#11	2:59.99	200 Backstroke	2:59.99	#12
#13		100 Breaststroke		#14
#15		50 Butterfly		#16
#17		100 Backstroke		#18
#19	3:19.99	200 Breaststroke	3:19.99	#20
#21		100 IM		#22
#23		50 Backstroke		#24
#25	2:59.99	200 Butterfly	2:59.99	#26
#27		100 Freestyle		#28
#29		50 Breaststroke		#30
#31		100 Butterfly		#32
#33	2:49.99	200 Freestyle	2:49.99	#34
#35	2:59.99	200 IM	2:59.99	#36



Meet Schedule

Sunday November 18 th		Warm-up	Start
Facility Opens at 12:15pm			
Session 1	Distance Timed Finals	1:30pm	TBA*
Session 2	Open Events Timed Finals	TBA*	TBA*

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

Scoring:	<ul style="list-style-type: none"> No scoring
Awards:	<ul style="list-style-type: none"> There will be no individual awards.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet. At the discretion of the referee, this may be changed, and breaks added to the timeline, once a given session has been seeded.
Admissions and Programs:	<ul style="list-style-type: none"> There will be a \$10 surcharge per swimmer. Heat sheets will be available online at www.besmartinc.com and Meet Mobile
Concessions:	<ul style="list-style-type: none"> None
Vendor:	<ul style="list-style-type: none"> Ultimate Swim Shop will attend the meet.
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. Special Notice: All entries fees must be paid no later than the first 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.
Distance Events	<ul style="list-style-type: none"> The 400 IM, 500, 1000, and 1650 freestyle are timed final events. They will be run slowest to fastest, alternating genders. Heats of women and men will be combined if needed to conserve time and space. Slow heats of the 1000 and 1650 freestyle may be combined if needed to conserve time and space Swimmers must provide their own timers and counters (for the 500 & 1650 freestyle, if desired).
Heat-Limited Events	<ul style="list-style-type: none"> The distance session will not be permitted to grow beyond 2.5 hours in total. Heats may be limited if necessary.



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:	<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>
Host Club Responsibilities:	<ul style="list-style-type: none"> The host club will provide a single timer in each lane throughout the meet, except for the distance session. 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.
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.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.
Coaches Conduct & Eligibility:	<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.
Officials Conduct & Eligibility:	<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.



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. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes. Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. All swimmers are entitled to a fair and comparable warm-up. All teams must receive the same opportunities for warm-up lanes, sprint lanes, and pace lanes. All swimmers must enter the pool feet first from the starting end of the pool. New Jersey Swimming officials will monitor warm-ups. All general warm-up lanes will swim in a counterclockwise direction.
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 Policy	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:	<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:	Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.
Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
USA-S Deck Change Policy Statement:	Deck changes are prohibited.



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 (MAAPP)	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
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 Route 1, 1.609.951.0009 • Residence Inn by Marriott, 4225 Route 1, 1.732.329.9600, Includes breakfast • Princeton Courtyard by Marriott, Route 1 and Mapleton Road, 1.609.716.9100; includes breakfast
Directions:	Google Maps: https://goo.gl/maps/BUwLovqiPErhcovx7 The College of New Jersey is off I-95S, Route 31S, exit 4, take 31S (Pennington Road) to the entrance of the college. Please use lots 3, 4, or 5 for parking; they are to the right of the Pennington Road entrance to the College.





NEW JERSEY SWIMMING

2019 EEX MC Throwdown

Sunday November 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, The College of New Jersey, 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 **Eastern Express Mercer County Throwdown Meet on November 24th, 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.

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:

_____	Timed Final individual event entries @ \$5.00 =	\$ _____
_____	1650 Timed-Final individual event entries @ \$12.00 =	\$ _____
_____	Swimmer surcharges @ \$10.00 =	\$ _____
	Total:	\$ _____

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