



# New Jersey Swimming 2018 Short Course 11-14 Junior Olympics

Hosted by Scarlet Aquatics  
at the Werblin Recreation Center, Rutgers University  
*Held under the sanction of USA Swimming*

Meet Sanction #	<p>NJ Swimming Sanction #- NJS030918SC 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.</p>		
Date of Meet:	Friday March 9 <sup>th</sup> - Sunday March 11 <sup>th</sup> , 2018		
Location:	Sonny Werblin Recreation Center, Busch Campus, Rutgers University		
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:	Bill Deatly	908-273-6542	<a href="mailto:eliteswimclubnj@comcast.net">eliteswimclubnj@comcast.net</a>
Meet Director:	Ellen Mace	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referee:	Rob Curry John Ciulla		<a href="mailto:rcsauce@yahoo.com">rcsauce@yahoo.com</a> <a href="mailto:ciulla.john@gmail.com">ciulla.john@gmail.com</a>
Admin Official:	John Lister		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshall:	Brandy Deatly		<a href="mailto:eliteswimclubnj@comcast.net">eliteswimclubnj@comcast.net</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	Immediately ( <b>Note: Teams cannot be closed out of this championship meet provided entries are received by the deadline</b> )		
Entry Deadline:	Friday March 2 <sup>nd</sup> , 2018, at noon		
Swimmer Age	Swimmer ages for this meet are as of: March 9 <sup>th</sup> , 2018		
Entry Fees:	<p>Individual Entry: Prelim/Final Events: \$6.00, Timed Final Events: \$5.00 Distance: \$11.00</p>		Relay Entry: \$8.00
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> <li>• This meet will have 11-12 and 13-14 events</li> <li>• This meet will be run as timed finals for the 400 IM, 500, 1000, and 1650 freestyle events.</li> <li>• The 50, 100, &amp; 200 events will be run as prelims/finals.</li> <li>• <b>The USA Swimming Championships scratch rule (207.11.6) will be in effect.</b></li> <li>• There will be two finals for 11-12 swimmers.</li> <li>• There will be three finals for 13-14 swimmers. The C, final will be non-scoring</li> <li>• <b>There are minimum ("faster than") time standards for this meet. As this is a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries.</b> (See <i>Entry Times</i> section for details).</li> <li>• 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.</li> </ul>		

Entry Limits:	Daily: 3 Individual events 2 Relay Event	Meet: 7 Individual Events 5 Relay Events
Checks Payable To:	<b>Ultimate Athletic Performance LLC</b>	
Email Entry Files To:	<a href="mailto:besmartinc@gmail.com">besmartinc@gmail.com</a>	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	

**2018 11-14 SC Junior Olympics**  
**Friday March 9<sup>th</sup>**  
**Facility Opens at 4:45pm**

**Friday Evening Session #1—Timed Finals**

**Warm-up: 5:00pm**

**Meet Start: 5:35pm**

<b>Event #</b>	<b>Event</b>	<b>Faster Than</b>
#1	Girls 13-14 400 IM	5:10.99
#2	Boys 13-14 400 IM	5:00.09
#3	Girls 11-14 800 Freestyle Relay	
#4	Boys 11-14 800 Freestyle Relay	
#5	Girls 11-12 400 IM	5:28.99
#6	Boys 11-12 400 IM	5:38.99
#7	Girls 13-14 500 Freestyle	5:40.99
#8	Boys 13-14 500 Freestyle	5:24.99
#9	Girls 11-12 500 Freestyle	5:55.19
#10	Boys 11-12 500 Freestyle	5:52.49s

# 2018 11-14 SC Junior Olympics

Saturday March 10<sup>th</sup>

Facility Opens at 9:45am

## Saturday Morning Sessions #2 & #3—Preliminaries

Warm-up: 10:00am

Meet Start: 11:05am

Event #	Event	Faster Than
#19	Girls 11-12 200 IM	2:30.09
#20	Boys 11-12 200 IM	2:30.29
#21	Girls 13-14 200 IM	2:26.49
#22	Boys 13-14 200 IM	2:19.19
#23	Girls 11-12 50 Butterfly	30.59
#24	Boys 11-12 50 Butterfly	30.69
#25	Girls 13-14 100 Breaststroke	1:18.09
#26	Boys 13-14 100 Breaststroke	1:11.59
#27	Girls 11-12 100 Breaststroke	1:19.59
#28	Boys 11-12 100 Breaststroke	1:20.99
#29	Girls 13-14 100 Freestyle	58.99
#30	Boys 13-14 100 Freestyle	55.09
#31	Girls 11-12 50 Freestyle	28.59
#32	Boys 11-12 50 Freestyle	27.99
#33	Girls 13-14 200 Butterfly	2:39.99
#34	Boys 13-14 200 Butterfly	2:30.99
#35	Girls 11-12 200 Butterfly	2:43.99
#36	Boys 11-12 200 Butterfly	2:46.99
#37	Girls 13-14 100 Backstroke	1:07.29
#38	Boys 13-14 100 Backstroke	1:03.29
#39	Girls 11-12 100 Backstroke	1:10.19
#40	Boys 11-12 100 Backstroke	1:10.19
#43	Girls 11-12 200 Freestyle	2:11.49
#44	Boys 11-12 200 Freestyle	2:11.99

## Saturday Afternoon Sessions #4, #5—Distance Timed Finals

Warm-up: TBA

Meet Start: TBA

Event #	Event	Faster Than
#11	Girls 13-14 1000 Freestyle	11:50.99
#12	Boys 13-14 1000 Freestyle	11:25.99
#13	Girls 11-12 1650 Freestyle	21:05.99
#14	Boys 11-12 1650 Freestyle	21:05.99

# 2018 11-14 SC Junior Olympics

## Saturday March 10<sup>th</sup>...continued

### Saturday Evening Session #6—Finals

Warm-up: TBA

Meet Start: TBA

Event #	Event
#15	Girls 11-12 200 Medley Relay
#16	Boys 11-12 200 Medley Relay
#17	Girls 13-14 200 Medley Relay
#18	Boys 13-14 200 Medley Relay
	<i>Finals of Events #19-#40</i>
#41	Girls 13-14 400 Freestyle Relay
#42	Boys 13-14 400 Freestyle Relay
	<i>Finals of Events #43-#44</i>
#45	Girls 11-12 400 Freestyle Relay
#46	Boys 11-12 400 Freestyle Relay

# 2018 11-14 SC Junior Olympics

Sunday March 11<sup>th</sup>

Facility Opens at 9:45am

## Sunday Morning Sessions #7 & #8—Preliminaries

Warm-up: 10:00am

Meet Start: 11:05am

Event #	Event	Faster Than
#55	Girls 11-12 200 Backstroke	2:30.29
#56	Boys 11-12 200 Backstroke	2:32.09
#57	Girls 13-14 200 Backstroke	2:24.69
#58	Boys 13-14 200 Backstroke	2:17.19
#59	Girls 11-12 50 Breaststroke	37.39
#60	Boys 11-12 50 Breaststroke	37.99
#61	Girls 13-14 100 Butterfly	1:08.09
#62	Boys 13-14 100 Butterfly	1:03.89
#63	Girls 11-12 100 Butterfly	1:09.89
#64	Boys 11-12 100 Butterfly	1:11.59
#65	Girls 13-14 200 Freestyle	2:09.79
#66	Boys 13-14 200 Freestyle	2:01.79
#67	Girls 11-12 200 Breaststroke	2:50.09
#68	Boys 11-12 200 Breaststroke	2:52.99
#69	Girls 13-14 200 Breaststroke	2:48.59
#70	Boys 13-14 200 Breaststroke	2:40.99
#71	Girls 11-12 100 Freestyle	1:01.19
#72	Boys 11-12 100 Freestyle	1:01.19
#73	Girls 13-14 50 Freestyle	27.59
#74	Boys 13-14 50 Freestyle	25.59
#75	Girls 11-12 50 Backstroke	32.99
#76	Boys 11-12 50 Backstroke	33.99
#79	Girls 11-12 100 IM	1:09.39
#80	Boys 11-12 100 IM	1:10.09

## Sunday Afternoon Sessions #9, #10—Distance Timed Finals

Warm-up: TBA

Meet Start: TBA

Event #	Event	SCY*
#47	Girls 13-14 1650 Freestyle	19:30.69
#48	Boys 13-14 1650 Freestyle	19:00.19
#49	Girls 11-12 1000 Freestyle	12:49.09
#50	Boys 11-12 1000 Freestyle	12:43.99

# 2018 11-14 SC Junior Olympics

## Sunday March 11<sup>th</sup>...continued

### Sunday Evening Session #11—Finals

Warm-up: TBA

Meet Start: TBA

Event #	Event
#51	Girls 11-12 200 Freestyle Relay
#52	Boys 11-12 200 Freestyle Relay
#53	Girls 13-14 200 Freestyle Relay
#54	Boys 13-14 200 Freestyle Relay
	<i>Finals of Events #55-#76</i>
#77	Girls 13-14 400 Medley Relay
#78	Boys 13-14 400 Medley Relay
	<i>Finals of Events #79-#80</i>
#81	Girls 11-12 400 Medley Relay
#82	Boys 11-12 400 Medley Relay

## Meet Schedule

Friday March 9 <sup>th</sup>		Warm-up	Start
Facility Opens at 4:45pm			
Session 1	Distance Timed Finals	5:00pm	5:35pm
Saturday March 10 <sup>th</sup>		Warm-up	Start
Facility Opens at 9:45am			
Sessions 2&3	Preliminaries	10:00am	11:05am
Sessions 4&5	Distance Timed Finals	TBA*	TBA*
Session 6	Finals & Relays	TBA*	TBA*
Sunday March 11 <sup>th</sup>		Warm-up	Start
Facility Opens at 9:45am			
Sessions 7&8	Preliminaries	10:00am	11:05am
Sessions 9 & 10	Distance Timed Finals	TBA*	TBA*
Session 11	Finals & Relays	TBA*	TBA*

Scoring:	<ul style="list-style-type: none"> <li>• Team and age group individual high point scoring will be kept through 16 places.</li> <li>• Scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays.</li> <li>• Team points from the 9-10 Junior Olympics will be combined with results for Team Awards.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>• Medals will be awarded to the fastest 8 swimmers in each individual event.</li> <li>• Medals will be awarded to the fastest 3 teams in relay events.</li> <li>• There will be awards for the top three scoring teams.</li> <li>• There will be high point awards in each age group: 11-12, 13-14.</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>• 'Fly-over/Over-the-top' starts may be used during this meet during preliminary and timed finals sessions. Information will be published in the pre-meet schedule distribution.</li> </ul>
Admissions and Programs:	<ul style="list-style-type: none"> <li>• Admission will be \$10.00 per session for all morning preliminaries, distance, and afternoon 12 &amp; Under sessions.</li> <li>• Admission for evening finals sessions will be \$7.00 per session.</li> <li>• Psych sheets and heat sheets will be online at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> (free) and Meet Mobile (subscription required)</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>• Rutgers will be operating a food and refreshments stand in the hallway.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>• Ultimate Swim Shop will be in attendance.</li> </ul>
Entry Info:	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes.</li> <li>• Team entries will be considered accepted when the host club accepts the entries.</li> <li>• <b>All entries must be accompanied by e-mailed proof of time (see below). Entries without proof of time will not be accepted.</b></li> <li>• <b>Special Notice:</b> 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.</li> </ul>
Entry Times:	<ul style="list-style-type: none"> <li>• New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time.</li> <li>• All entry times must meet the time standards for this meet as approved by NJ Swimming.</li> <li>• Entry times must be in short course yards (SCY). Converted times are permitted.</li> <li>• <b>All entry times must be proved upon meet entry. This may be done via the "Include proof of time" option when generating the meet entry report.</b></li> <li>• <b>Where the TM proof of time option is not available, separate report(s), detailing where times were achieved must be sent with the entry e-mail. Mailed paper reports are not acceptable. References to published times in SWIMS are acceptable.</b></li> <li>• <b>All entry times must be achieved during the meet qualifying period of January 1<sup>st</sup>, 2017 through the entry date of the meet.</b></li> </ul>
Age-Up Exception Policy:	<ul style="list-style-type: none"> <li>• 12-year old swimmers who have one or more Winter JO Gold times <b>prior</b> to the Silver/Bronze meets and then age up between the Silver/Bronze meets and JOs are eligible to swim those events from their prior age group at JOs. Such entries should be made using the qualifying time for their age group as their entry time as follows: <ul style="list-style-type: none"> <li>• Enter the swimmer at the qualifying time for the event.</li> <li>• Provide proof of the original qualifying time as a separate PDF or reference to SWIMS.</li> <li>• Note in the entry e-mail that this swim is an age-up exception.</li> </ul> </li> </ul>
Entry Amendment Procedures:	<ul style="list-style-type: none"> <li>• According to the <i>Amending Process for NJ Swimming Championship Meets</i>, should a swimmer be missing from the entry list or an event after the entry deadline, the coach can e-mail the missing information to <a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a> by 6pm Wednesday March 7<sup>th</sup>. 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 (unless the mistake was the entry coordinator's) and must be paid before the start of the meet according to the Amending Process Guidelines.</li> <li>• The amendment process may not be used by a team to submit an initial late entry.</li> </ul>

Relays:	<ul style="list-style-type: none"> <li>All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in for age group relays.</li> <li>Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.</li> <li>Unattached swimmers may not swim in any relay</li> </ul>
Distance Events (1500 & 800)	<ul style="list-style-type: none"> <li>The 1000 and 1650 freestyle events are timed finals.</li> <li>They will be run fastest to slowest.</li> <li>Depending on the entries, these events may alternate age groups or genders to balance out the timeline for the two pools.</li> <li>Heats may be combined to save time, without there necessarily being an empty lane.</li> <li>Swimmers must provide their own timers and counters.</li> </ul>
Heat Limited Events:	<ul style="list-style-type: none"> <li>None.</li> </ul>
Swimmer Eligibility:	<ul style="list-style-type: none"> <li><b>This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet.</b></li> <li>No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.</li> <li>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.</li> <li>All swimmers must be included in a team's official meet roster in the meet database to be eligible to participate in any events in the meet, including relays.</li> <li><b>Swimmers may not compete in the same event at both the SC Junior Olympics and the Silver/Bronze Championship meets unless they achieved the Winter 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 Junior Olympics.</b></li> </ul>
Host Club Responsibilities:	<ul style="list-style-type: none"> <li>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.</li> <li>The host club will e-mail entry verification back to the participating clubs.</li> <li>The host club will create a warm-up schedule that will be fair and equal to all teams.</li> <li>The host club will create timing assignments that are fair and equitable with as many teams participating as possible.</li> <li>Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website <a href="http://www.besmartinc.com">www.besmartinc.com</a> no later than 1 week before the meet.</li> </ul>
Participating Club Responsibilities:	<ul style="list-style-type: none"> <li>Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: <a href="http://www.besmartinc.com">www.besmartinc.com</a> 1 week prior to the meet.</li> <li>Participating club parents must stay off the pool deck except for timing assignments.</li> <li>Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</li> </ul>
Coaches Eligibility:	<ul style="list-style-type: none"> <li>All coaches "on the deck" must be currently registered coach members of USA Swimming.</li> <li>Coaches must show coaching card for entrance to facility.</li> <li>All coaches must have coaching cards visible at all times while on deck.</li> </ul>
Officials:	<ul style="list-style-type: none"> <li>Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help.</li> <li>Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</li> <li>All officials must wear the standard white and blue uniform.</li> <li>Officials will be required to work the entire session and will receive free admission.</li> </ul>



<p>Meet Format Waiver:</p>	<ul style="list-style-type: none"> <li>• This meet will be run in accordance to current USA Swimming Rules.</li> <li>• 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"> <li>• To allow more swimmers to swim.</li> <li>• To conform to facility capacity limits or for facility safety concerns.</li> <li>• To condense the meet into smaller time frame.</li> </ul> </li> <li>• Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.</li> </ul>
<p>Warm-up Procedures:</p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys.</li> <li>• All swimmers must enter the pool feet first from the starting end of the pool.</li> <li>• New Jersey Swimming officials will monitor warm-ups.</li> <li>• All general warm-up lanes will swim in a counterclockwise direction.</li> </ul>
<p>Check-In:</p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</li> </ul>
<p>Scratch Rule:</p>	<ul style="list-style-type: none"> <li>• <b>The Scratch Rule (207.11.6) for Championship Finals</b>, as specified in the USA Swimming Rulebook, will be followed. In addition, a \$50 fine will be imposed for those failing to show up for Sunday night finals</li> <li>• Clubs will be fined \$50 per event for any swimmer who doesn't properly scratch during prelims and who fails to show up for Sunday Night Finals.</li> <li>• Any swimmer qualifying for a B or A (consolation final or final) race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph E of USA Swimming rule (207.11.6)</li> <li>• Failure to positively check-in a swimmer may result in that swimmer not participating in one or more events in the session.</li> <li>• In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with the above scratch procedures will be barred from all further individual and relay events of that day. The application of the penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares intent to swim prior to the close of the scratch period for that day's events.</li> </ul>
<p>Internet Website Posting:</p>	<p>Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.com</a></p> <p>Pre-Meet Information posted on website:</p> <ul style="list-style-type: none"> <li>• Meet Information will be posted on the website.</li> <li>• Downloadable Hy-Tek Events list (.HYV file) will be posted on the website.</li> <li>• List Teams whose entries have been received.</li> <li>• List Updated meet schedule.</li> <li>• List Warm-up Schedule and Team Warm-up Assignments.</li> <li>• List Timing assignments.</li> </ul> <p>Post-Meet Information posted on website:</p> <ul style="list-style-type: none"> <li>• Downloadable Results (Zipped .CL2 &amp;.HY3 files) for TM</li> <li>• Printable meet results (.PDF file),</li> </ul>
<p>Results:</p>	<ul style="list-style-type: none"> <li>• Meet result files for TM will be emailed to all participating teams.</li> <li>• Meet results will be posted on the meet website and on the New Jersey Swimming Website: <a href="http://www.njswim.org">www.njswim.org</a></li> </ul>

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.f
USA-S Deck Change Policy Statement:	Deck changes are prohibited.
Locker Rooms:	Parents are not permitted in the athlete locker rooms at any time.
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; <a href="http://www.njswim.org">www.njswim.org</a>
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"> <li>• The Crowne Plaza, 732-716-1175</li> <li>• The Courtyard by Marriott on Davidson Avenue</li> <li>• The Doubletree Executive Somerset on Atrium Drive</li> </ul>
Directions:	<p><b><i>Directions to Sonny Werblin Recreation Center:</i></b></p> <p>Address: 656 Bartholomew Rd, Piscataway NJ 08854</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p><b>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!</b></p>



NEW JERSEY SWIMMING

# 2018 11-14 SC Junior Olympics

Hosted by Scarlet Aquatics

Friday-Sunday March 9<sup>th</sup>-11<sup>th</sup>

## 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, Scarlet Aquatics, Rutgers University, Ultimate Athletic Performance LLC, Elite Swim Club, 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 NJ Swimming 11-14 SC Junior Olympics Meet on March 9<sup>th</sup>-11<sup>th</sup>, 2018 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 1650/1000 timed final event entries @ \$5.00 =	\$ _____
_____	Individual prelims/finals event entries @ \$6.00 =	\$ _____
_____	1650/1000 event entries @ \$11.00 =	\$ _____
_____	Relay event entries @ \$8.00 =	\$ _____
	Total:	\$ _____

Make checks payable to: **Ultimate Athletic Performance LLC**



# New Jersey Swimming 2018 Short Course 11-14 Junior Olympics

Hosted by Scarlet Aquatics  
at the Werblin Recreation Center, Rutgers University  
*Held under the sanction of USA Swimming*

Meet Sanction #	<p>NJ Swimming Sanction #- NJS030918SC 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.</p>		
Date of Meet:	Friday March 9 <sup>th</sup> - Sunday March 11 <sup>th</sup> , 2018		
Location:	Sonny Werblin Recreation Center, Busch Campus, Rutgers University		
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:	Bill Deatly	908-273-6542	<a href="mailto:eliteswimclubnj@comcast.net">eliteswimclubnj@comcast.net</a>
Meet Director:	Ellen Mace	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referee:	Rob Curry John Ciulla		<a href="mailto:rcsauce@yahoo.com">rcsauce@yahoo.com</a> <a href="mailto:ciulla.john@gmail.com">ciulla.john@gmail.com</a>
Admin Official:	John Lister		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshall:	Brandy Deatly		<a href="mailto:eliteswimclubnj@comcast.net">eliteswimclubnj@comcast.net</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	Immediately ( <b>Note: Teams cannot be closed out of this championship meet provided entries are received by the deadline</b> )		
Entry Deadline:	Friday March 2 <sup>nd</sup> , 2018, at noon		
Swimmer Age	Swimmer ages for this meet are as of: March 9 <sup>th</sup> , 2018		
Entry Fees:	<p>Individual Entry: Prelim/Final Events: \$6.00, Timed Final Events: \$5.00 Distance: \$11.00</p>		Relay Entry: \$8.00
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> <li>• This meet will have 11-12 and 13-14 events</li> <li>• This meet will be run as timed finals for the 400 IM, 500, 1000, and 1650 freestyle events.</li> <li>• The 50, 100, &amp; 200 events will be run as prelims/finals.</li> <li>• <b>The USA Swimming Championships scratch rule (207.11.6) will be in effect.</b></li> <li>• There will be two finals for 11-12 swimmers.</li> <li>• There will be three finals for 13-14 swimmers. The C, final will be non-scoring</li> <li>• <b>There are minimum ("faster than") time standards for this meet. As this is a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries.</b> (See <i>Entry Times</i> section for details).</li> <li>• 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.</li> </ul>		

Entry Limits:	Daily: 3 Individual events 2 Relay Event	Meet: 7 Individual Events 5 Relay Events
Checks Payable To:	<b>Ultimate Athletic Performance LLC</b>	
Email Entry Files To:	<a href="mailto:besmartinc@gmail.com">besmartinc@gmail.com</a>	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	

**2018 11-14 SC Junior Olympics**  
**Friday March 9<sup>th</sup>**  
**Facility Opens at 4:45pm**

**Friday Evening Session #1—Timed Finals**

**Warm-up: 5:00pm**

**Meet Start: 5:35pm**

<b>Event #</b>	<b>Event</b>	<b>Faster Than</b>
#1	Girls 13-14 400 IM	5:10.99
#2	Boys 13-14 400 IM	5:00.09
#3	Girls 11-14 800 Freestyle Relay	
#4	Boys 11-14 800 Freestyle Relay	
#5	Girls 11-12 400 IM	5:28.99
#6	Boys 11-12 400 IM	5:38.99
#7	Girls 13-14 500 Freestyle	5:40.99
#8	Boys 13-14 500 Freestyle	5:24.99
#9	Girls 11-12 500 Freestyle	5:55.19
#10	Boys 11-12 500 Freestyle	5:52.49s

# 2018 11-14 SC Junior Olympics

Saturday March 10<sup>th</sup>

Facility Opens at 9:45am

## Saturday Morning Sessions #2 & #3—Preliminaries

Warm-up: 10:00am

Meet Start: 11:05am

Event #	Event	Faster Than
#19	Girls 11-12 200 IM	2:30.09
#20	Boys 11-12 200 IM	2:30.29
#21	Girls 13-14 200 IM	2:26.49
#22	Boys 13-14 200 IM	2:19.19
#23	Girls 11-12 50 Butterfly	30.59
#24	Boys 11-12 50 Butterfly	30.69
#25	Girls 13-14 100 Breaststroke	1:18.09
#26	Boys 13-14 100 Breaststroke	1:11.59
#27	Girls 11-12 100 Breaststroke	1:19.59
#28	Boys 11-12 100 Breaststroke	1:20.99
#29	Girls 13-14 100 Freestyle	58.99
#30	Boys 13-14 100 Freestyle	55.09
#31	Girls 11-12 50 Freestyle	28.59
#32	Boys 11-12 50 Freestyle	27.99
#33	Girls 13-14 200 Butterfly	2:39.99
#34	Boys 13-14 200 Butterfly	2:30.99
#35	Girls 11-12 200 Butterfly	2:43.99
#36	Boys 11-12 200 Butterfly	2:46.99
#37	Girls 13-14 100 Backstroke	1:07.29
#38	Boys 13-14 100 Backstroke	1:03.29
#39	Girls 11-12 100 Backstroke	1:10.19
#40	Boys 11-12 100 Backstroke	1:10.19
#43	Girls 11-12 200 Freestyle	2:11.49
#44	Boys 11-12 200 Freestyle	2:11.99

## Saturday Afternoon Sessions #4, #5—Distance Timed Finals

Warm-up: TBA

Meet Start: TBA

Event #	Event	Faster Than
#11	Girls 13-14 1000 Freestyle	11:50.99
#12	Boys 13-14 1000 Freestyle	11:25.99
#13	Girls 11-12 1650 Freestyle	21:05.99
#14	Boys 11-12 1650 Freestyle	21:05.99

# 2018 11-14 SC Junior Olympics

## Saturday March 10<sup>th</sup>...continued

### Saturday Evening Session #6—Finals

Warm-up: TBA

Meet Start: TBA

Event #	Event
#15	Girls 11-12 200 Medley Relay
#16	Boys 11-12 200 Medley Relay
#17	Girls 13-14 200 Medley Relay
#18	Boys 13-14 200 Medley Relay
	<i>Finals of Events #19-#40</i>
#41	Girls 13-14 400 Freestyle Relay
#42	Boys 13-14 400 Freestyle Relay
	<i>Finals of Events #43-#44</i>
#45	Girls 11-12 400 Freestyle Relay
#46	Boys 11-12 400 Freestyle Relay

# 2018 11-14 SC Junior Olympics

Sunday March 11<sup>th</sup>

Facility Opens at 9:45am

## Sunday Morning Sessions #7 & #8—Preliminaries

Warm-up: 10:00am

Meet Start: 11:05am

Event #	Event	Faster Than
#55	Girls 11-12 200 Backstroke	2:30.29
#56	Boys 11-12 200 Backstroke	2:32.09
#57	Girls 13-14 200 Backstroke	2:24.69
#58	Boys 13-14 200 Backstroke	2:17.19
#59	Girls 11-12 50 Breaststroke	37.39
#60	Boys 11-12 50 Breaststroke	37.99
#61	Girls 13-14 100 Butterfly	1:08.09
#62	Boys 13-14 100 Butterfly	1:03.89
#63	Girls 11-12 100 Butterfly	1:09.89
#64	Boys 11-12 100 Butterfly	1:11.59
#65	Girls 13-14 200 Freestyle	2:09.79
#66	Boys 13-14 200 Freestyle	2:01.79
#67	Girls 11-12 200 Breaststroke	2:50.09
#68	Boys 11-12 200 Breaststroke	2:52.99
#69	Girls 13-14 200 Breaststroke	2:48.59
#70	Boys 13-14 200 Breaststroke	2:40.99
#71	Girls 11-12 100 Freestyle	1:01.19
#72	Boys 11-12 100 Freestyle	1:01.19
#73	Girls 13-14 50 Freestyle	27.59
#74	Boys 13-14 50 Freestyle	25.59
#75	Girls 11-12 50 Backstroke	32.99
#76	Boys 11-12 50 Backstroke	33.99
#79	Girls 11-12 100 IM	1:09.39
#80	Boys 11-12 100 IM	1:10.09

## Sunday Afternoon Sessions #9, #10—Distance Timed Finals

Warm-up: TBA

Meet Start: TBA

Event #	Event	SCY*
#47	Girls 13-14 1650 Freestyle	19:30.69
#48	Boys 13-14 1650 Freestyle	19:00.19
#49	Girls 11-12 1000 Freestyle	12:49.09
#50	Boys 11-12 1000 Freestyle	12:43.99



# 2018 11-14 SC Junior Olympics

## Sunday March 11<sup>th</sup>...continued

### Sunday Evening Session #11—Finals

Warm-up: TBA

Meet Start: TBA

Event #	Event
#51	Girls 11-12 200 Freestyle Relay
#52	Boys 11-12 200 Freestyle Relay
#53	Girls 13-14 200 Freestyle Relay
#54	Boys 13-14 200 Freestyle Relay
	<i>Finals of Events #55-#76</i>
#77	Girls 13-14 400 Medley Relay
#78	Boys 13-14 400 Medley Relay
	<i>Finals of Events #79-#80</i>
#81	Girls 11-12 400 Medley Relay
#82	Boys 11-12 400 Medley Relay

## Meet Schedule

Friday March 9 <sup>th</sup>		Warm-up	Start
Facility Opens at 4:45pm			
Session 1	Distance Timed Finals	5:00pm	5:35pm
Saturday March 10 <sup>th</sup>		Warm-up	Start
Facility Opens at 9:45am			
Sessions 2&3	Preliminaries	10:00am	11:05am
Sessions 4&5	Distance Timed Finals	TBA*	TBA*
Session 6	Finals & Relays	TBA*	TBA*
Sunday March 11 <sup>th</sup>		Warm-up	Start
Facility Opens at 9:45am			
Sessions 7&8	Preliminaries	10:00am	11:05am
Sessions 9 & 10	Distance Timed Finals	TBA*	TBA*
Session 11	Finals & Relays	TBA*	TBA*

Scoring:	<ul style="list-style-type: none"> <li>• Team and age group individual high point scoring will be kept through 16 places.</li> <li>• Scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays.</li> <li>• Team points from the 9-10 Junior Olympics will be combined with results for Team Awards.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>• Medals will be awarded to the fastest 8 swimmers in each individual event.</li> <li>• Medals will be awarded to the fastest 3 teams in relay events.</li> <li>• There will be awards for the top three scoring teams.</li> <li>• There will be high point awards in each age group: 11-12, 13-14.</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>• 'Fly-over/Over-the-top' starts may be used during this meet during preliminary and timed finals sessions. Information will be published in the pre-meet schedule distribution.</li> </ul>
Admissions and Programs:	<ul style="list-style-type: none"> <li>• Admission will be \$10.00 per session for all morning preliminaries, distance, and afternoon 12 &amp; Under sessions.</li> <li>• Admission for evening finals sessions will be \$7.00 per session.</li> <li>• Psych sheets and heat sheets will be online at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> (free) and Meet Mobile (subscription required)</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>• Rutgers will be operating a food and refreshments stand in the hallway.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>• Ultimate Swim Shop will be in attendance.</li> </ul>
Entry Info:	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes.</li> <li>• Team entries will be considered accepted when the host club accepts the entries.</li> <li>• <b>All entries must be accompanied by e-mailed proof of time (see below). Entries without proof of time will not be accepted.</b></li> <li>• <b>Special Notice:</b> 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.</li> </ul>
Entry Times:	<ul style="list-style-type: none"> <li>• New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time.</li> <li>• All entry times must meet the time standards for this meet as approved by NJ Swimming.</li> <li>• Entry times must be in short course yards (SCY). Converted times are permitted.</li> <li>• <b>All entry times must be proved upon meet entry. This may be done via the "Include proof of time" option when generating the meet entry report.</b></li> <li>• <b>Where the TM proof of time option is not available, separate report(s), detailing where times were achieved must be sent with the entry e-mail. Mailed paper reports are not acceptable. References to published times in SWIMS are acceptable.</b></li> <li>• <b>All entry times must be achieved during the meet qualifying period of January 1<sup>st</sup>, 2017 through the entry date of the meet.</b></li> </ul>
Age-Up Exception Policy:	<ul style="list-style-type: none"> <li>• 12-year old swimmers who have one or more Winter JO Gold times <b>prior</b> to the Silver/Bronze meets and then age up between the Silver/Bronze meets and JOs are eligible to swim those events from their prior age group at JOs. Such entries should be made using the qualifying time for their age group as their entry time as follows: <ul style="list-style-type: none"> <li>• Enter the swimmer at the qualifying time for the event.</li> <li>• Provide proof of the original qualifying time as a separate PDF or reference to SWIMS.</li> <li>• Note in the entry e-mail that this swim is an age-up exception.</li> </ul> </li> </ul>
Entry Amendment Procedures:	<ul style="list-style-type: none"> <li>• According to the <i>Amending Process for NJ Swimming Championship Meets</i>, should a swimmer be missing from the entry list or an event after the entry deadline, the coach can e-mail the missing information to <a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a> by 6pm Wednesday March 7<sup>th</sup>. 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 (unless the mistake was the entry coordinator's) and must be paid before the start of the meet according to the Amending Process Guidelines.</li> <li>• The amendment process may not be used by a team to submit an initial late entry.</li> </ul>

Relays:	<ul style="list-style-type: none"> <li>All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in for age group relays.</li> <li>Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.</li> <li>Unattached swimmers may not swim in any relay</li> </ul>
Distance Events (1500 & 800)	<ul style="list-style-type: none"> <li>The 1000 and 1650 freestyle events are timed finals.</li> <li>They will be run fastest to slowest.</li> <li>Depending on the entries, these events may alternate age groups or genders to balance out the timeline for the two pools.</li> <li>Heats may be combined to save time, without there necessarily being an empty lane.</li> <li>Swimmers must provide their own timers and counters.</li> </ul>
Heat Limited Events:	<ul style="list-style-type: none"> <li>None.</li> </ul>
Swimmer Eligibility:	<ul style="list-style-type: none"> <li><b>This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet.</b></li> <li>No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.</li> <li>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.</li> <li>All swimmers must be included in a team's official meet roster in the meet database to be eligible to participate in any events in the meet, including relays.</li> <li><b>Swimmers may not compete in the same event at both the SC Junior Olympics and the Silver/Bronze Championship meets unless they achieved the Winter 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 Junior Olympics.</b></li> </ul>
Host Club Responsibilities:	<ul style="list-style-type: none"> <li>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.</li> <li>The host club will e-mail entry verification back to the participating clubs.</li> <li>The host club will create a warm-up schedule that will be fair and equal to all teams.</li> <li>The host club will create timing assignments that are fair and equitable with as many teams participating as possible.</li> <li>Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website <a href="http://www.besmartinc.com">www.besmartinc.com</a> no later than 1 week before the meet.</li> </ul>
Participating Club Responsibilities:	<ul style="list-style-type: none"> <li>Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: <a href="http://www.besmartinc.com">www.besmartinc.com</a> 1 week prior to the meet.</li> <li>Participating club parents must stay off the pool deck except for timing assignments.</li> <li>Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</li> </ul>
Coaches Eligibility:	<ul style="list-style-type: none"> <li>All coaches "on the deck" must be currently registered coach members of USA Swimming.</li> <li>Coaches must show coaching card for entrance to facility.</li> <li>All coaches must have coaching cards visible at all times while on deck.</li> </ul>
Officials:	<ul style="list-style-type: none"> <li>Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help.</li> <li>Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</li> <li>All officials must wear the standard white and blue uniform.</li> <li>Officials will be required to work the entire session and will receive free admission.</li> </ul>

<p>Meet Format Waiver:</p>	<ul style="list-style-type: none"> <li>• This meet will be run in accordance to current USA Swimming Rules.</li> <li>• 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"> <li>• To allow more swimmers to swim.</li> <li>• To conform to facility capacity limits or for facility safety concerns.</li> <li>• To condense the meet into smaller time frame.</li> </ul> </li> <li>• Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.</li> </ul>
<p>Warm-up Procedures:</p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys.</li> <li>• All swimmers must enter the pool feet first from the starting end of the pool.</li> <li>• New Jersey Swimming officials will monitor warm-ups.</li> <li>• All general warm-up lanes will swim in a counterclockwise direction.</li> </ul>
<p>Check-In:</p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</li> </ul>
<p>Scratch Rule:</p>	<ul style="list-style-type: none"> <li>• <b>The Scratch Rule (207.11.6) for Championship Finals</b>, as specified in the USA Swimming Rulebook, will be followed. In addition, a \$50 fine will be imposed for those failing to show up for Sunday night finals</li> <li>• Clubs will be fined \$50 per event for any swimmer who doesn't properly scratch during prelims and who fails to show up for Sunday Night Finals.</li> <li>• Any swimmer qualifying for a B or A (consolation final or final) race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph E of USA Swimming rule (207.11.6)</li> <li>• Failure to positively check-in a swimmer may result in that swimmer not participating in one or more events in the session.</li> <li>• In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with the above scratch procedures will be barred from all further individual and relay events of that day. The application of the penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares intent to swim prior to the close of the scratch period for that day's events.</li> </ul>
<p>Internet Website Posting:</p>	<p>Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.com</a></p> <p>Pre-Meet Information posted on website:</p> <ul style="list-style-type: none"> <li>• Meet Information will be posted on the website.</li> <li>• Downloadable Hy-Tek Events list (.HYV file) will be posted on the website.</li> <li>• List Teams whose entries have been received.</li> <li>• List Updated meet schedule.</li> <li>• List Warm-up Schedule and Team Warm-up Assignments.</li> <li>• List Timing assignments.</li> </ul> <p>Post-Meet Information posted on website:</p> <ul style="list-style-type: none"> <li>• Downloadable Results (Zipped .CL2 &amp;.HY3 files) for TM</li> <li>• Printable meet results (.PDF file),</li> </ul>
<p>Results:</p>	<ul style="list-style-type: none"> <li>• Meet result files for TM will be emailed to all participating teams.</li> <li>• Meet results will be posted on the meet website and on the New Jersey Swimming Website: <a href="http://www.njswim.org">www.njswim.org</a></li> </ul>

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.f
USA-S Deck Change Policy Statement:	Deck changes are prohibited.
Locker Rooms:	Parents are not permitted in the athlete locker rooms at any time.
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; <a href="http://www.njswim.org">www.njswim.org</a>
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"> <li>• The Crowne Plaza, 732-716-1175</li> <li>• The Courtyard by Marriott on Davidson Avenue</li> <li>• The Doubletree Executive Somerset on Atrium Drive</li> </ul>
Directions:	<p><b><i>Directions to Sonny Werblin Recreation Center:</i></b>  Address: 656 Bartholomew Rd, Piscataway NJ 08854</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p><b>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!</b></p>



NEW JERSEY SWIMMING

# 2018 11-14 SC Junior Olympics

Hosted by Scarlet Aquatics

Friday-Sunday March 9<sup>th</sup>-11<sup>th</sup>

## 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, Scarlet Aquatics, Rutgers University, Ultimate Athletic Performance LLC, Elite Swim Club, 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 NJ Swimming 11-14 SC Junior Olympics Meet on March 9<sup>th</sup>-11<sup>th</sup>, 2018 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 1650/1000 timed final event entries @ \$5.00 =	\$ _____
_____	Individual prelims/finals event entries @ \$6.00 =	\$ _____
_____	1650/1000 event entries @ \$11.00 =	\$ _____
_____	Relay event entries @ \$8.00 =	\$ _____
	Total:	\$ _____

Make checks payable to: **Ultimate Athletic Performance LLC**