

# 2017 Miles Middies & Minis

Hosted by Eastern Express Swim Team

at The College of New Jersey

*Held under the sanction of USA Swimming*

Meet Sanction #	<b>NJ Swimming Sanction #- NJS060317SC</b> Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.		
Date of Meet:	Saturday & Sunday, June 3 <sup>rd</sup> -4 <sup>th</sup> , 2017		
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 Omega 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 dive pool, with 6 lanes for warm-down.		
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	<a href="mailto:EasternExpressSwimTeam@gmail.com">EasternExpressSwimTeam@gmail.com</a>
Meet Director:	Ellen Mace	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referee:	Saturday: Bach LeQuang Sunday: Frank Fitzgerald		<a href="mailto:blequang@gmail.com">blequang@gmail.com</a> <a href="mailto:Frank@rsinj.com">Frank@rsinj.com</a>
Admin Officials:	Shari Wiedecker		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshall:	Adam Schneider		<a href="mailto:schnei34@tcnj.edu">schnei34@tcnj.edu</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	Immediately		
Entry Deadline:	Saturday May 20 <sup>th</sup> , 2017, at 6 pm		
Swimmer Age	Swimmer age for this meet is as of: June 3 <sup>rd</sup> , 2017		
Entry Fees:	Individual Entry :	Timed Final Events: \$4.00, Relays: \$8.00	Distance: \$11.00 (1650's)
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> <li>• There will be 12 &amp; Under, and Open events.</li> <li>• This meet will be run as a timed final meet.</li> <li>• There are time standards ("faster than") for the 400 IM and 500 Freestyle events only.</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:	6 Individual Events 2 Relay Events	Meet: 7 Individual Events 2 Relay Events
	Saturday daily entry limit depends on session: 6 for swimmers entered only in the morning session, 4 otherwise.		
Checks Payable To:	Express Sports Inc.		
Email Entry Files To:	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		

# 2017 EEX Miles, Middies, & Minis

Saturday June 3<sup>rd</sup>  
 Facility Opens at 6:30am

## Saturday Morning Session #1—12 & Under Minis Timed Finals

*Swimmers may swim 6 events if only swimming this session*

Warm-up: 6:40am

Meet Start: 7:35am

Girls	12 & Under Event	Boys
#1	25 Freestyle	#2
#3	100 IM	#4
#5	50 Breaststroke	#6
#7	25 Backstroke	#8
#9	50 Butterfly	#10
#11	100 Freestyle	#12
#13	25 Breaststroke	#14
#15	50 Backstroke	#16
#17	25 Butterfly	#18
#19	50 Freestyle	#20

## Saturday Session #2—Middies Open Timed Finals

*Swimmers may swim a total of 4 events if swimming this session*

Warm-up: TBA (11:00 approx)

Meet Start: Warm-Up+35 minutes

Mixed	Equal/Faster	Open Event*
#21	5:19.99	400 IM
#22	5:49.99	500 Freestyle

\* Swimmers must provide their own timers and counters for these events.

*Swimmers may swim in both events. Will swim slow to fast.*

## Saturday Session #3—Middies Open Timed Finals

*Swimmers may swim a total of 4 events if swimming this session*

Warm-up: TBA

Meet Start: Warm-Up+65 minutes

Women	Open Event	Men
#23	200 Medley Relay	#24
#25	50 Freestyle	#24
#27	200 Butterfly	#26
#29	100 Backstroke	#28
#31	200 Breaststroke	#30
#33	100 Freestyle	#32
#35	200 IM	#34
#37	100 Butterfly	#36
#39	200 Backstroke	#38
#41	100 Breaststroke	#40
#43	200 Freestyle	#42
#45	200 Freestyle Relay	#46

# 2017 EEX Miles, Middies, & Minis

Sunday June 4<sup>th</sup>

Facility Opens at 6:55am

## Sunday Morning Session #4—Miles Open Timed Finals

Warm-up: 7:00am

Meet Start: 7:50am

Mixed	Open Event
#47	1650 Freestyle

\* Swimmers must provide their own timers and counters for this event.

*Will swim fast to slow.*

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## Meet Schedule

Saturday June 3 <sup>rd</sup>		Warm-up	Start
Facility Opens at 6:30am			
Session 1	Minis 12 & Under Events	6:40am	7:35am
Session 2	Middies Open Distance	TBA*	TBA*
Session 3	Middies Open	TBA*	TBA*
Sunday June 4 <sup>th</sup>		Warm-up	Start
Facility Opens at 6:55am			
Session 4	Miles Open	7:00am	8:00am

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

Scoring:	<ul style="list-style-type: none"> <li>No scoring</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>There will be no individual awards.</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>'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.</li> </ul>
Admissions and Programs:	<ul style="list-style-type: none"> <li>Admission will be \$10.00 per session</li> <li>Heat sheets will be available online at <a href="http://www.besmartinc.com">www.besmartinc.com</a> and meet mobile</li> <li>There will be no refunds for admission where events are curtailed or canceled due to circumstances beyond the host team's control.</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>None</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>There may be a vendor at the meet. To be determined.</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>All entries will be accepted on a first come basis.</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>Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule.</li> <li>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.</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 be in short course yards. Converted times are permitted.</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.</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>
500 Free & 400 IM Session	<ul style="list-style-type: none"> <li>Events will swim slow to fast.</li> <li>Swimmers must provide their own timers (and counters for the 500).</li> </ul>
Distance Event (1650)	<ul style="list-style-type: none"> <li>The 1650 Freestyle is a timed final, mixed gender event. It will swim fast to slow.</li> <li>Swimmers must provide their own timers and counters.</li> </ul>
Heat-Limited Events	<ul style="list-style-type: none"> <li>The Saturday mid-session will be limited to no more than 2 hours. Once this session has been filled, entries will be returned and participating coaches will be requested to choose other events for those swimmers who cannot be accommodated.</li> </ul>
Swimmer Eligibility:	<ul style="list-style-type: none"> <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> </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 the Saturday 400 IM/500 Free and the Sunday 1650s session.</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>

<b>Participating Club Responsibilities:</b>	<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.besmarttinc.com">www.besmarttinc.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>
<b>Coaches Eligibility:</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility.</li> <li>• All Coaches must have some form of USA coaching credential verification with them at all times.</li> </ul>
<b>Meet Format Waiver:</b>	<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>
<b>Warm-up Procedures:</b>	<ul style="list-style-type: none"> <li>• 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.</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 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.</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>
<b>Check-In:</b>	<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>
<b>No Show Procedure:</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>Internet Website Posting:</b>	<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 “heat limited” events psych sheet.</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>

<b>Results:</b>	<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>
<b>USA-S Racing Start Certification Statement:</b>	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.
<b>Audio/Visual Recording Statement:</b>	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
<b>USA-S Deck Change Policy Statement:</b>	Deck changes are prohibited.
<b>USA-S Drone Policy Statement:</b>	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.
<b>Meet Requirement Statement:</b>	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.
<b>Hotels:</b>	<ul style="list-style-type: none"> <li>• Holiday Inn, 100 Independence Way, 1.609.520.1200,</li> <li>• Staybridge Suites, 4375 Route 1, 1.609.951.0009</li> <li>• Residence Inn by Marriott, 4225 Route 1, 1.732.329.9600, Includes breakfast</li> <li>• Princeton Courtyard by Marriott, Route 1 and Mapleton Road, 1.609.716.9100; includes breakfast</li> </ul>
<b>Directions:</b>	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

# 2017 EEX Miles Middies & Minis

Saturday-Sunday June 3<sup>rd</sup>-4<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, 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 this waiver form, are registered members of USA Swimming. All USA Swimming numbers are correctly listed and unless otherwise noted, are not required to swim unattached (UN) due to the 120 day transfer rule. 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:

_____ Timed Final individual event entries @ \$4.00 =	\$ _____
_____ 1650 Timed-Final individual event entries @ \$11.00 =	\$ _____
_____ Relay event entries @ \$8.00 =	\$ _____
<b>Total:</b>	\$ _____

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

## 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.

## List all Unattached Swimmers:

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_

Unattached Swimmer \_\_\_\_\_, Unattached Swimmer \_\_\_\_\_