

EEX Jeffrey S. Mace Memorial Summer Sizzle XXXI

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

Held under the sanction of USA Swimming

Meet Sanction #	NJ swimming Sanction – NJS-PF-062323LCM Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.		
Date of Meet:	Friday June 23rd to Sunday June 25th, 2023		
Location:	Sonny Werblin Recreation Center, Busch Campus, Rutgers University Rutgers University requires all parked vehicles to be registered with the University Parking and Transportation department. A registration link will be distributed to participating coaches and officials a week before the meet.		
Facility Info:	The Sonny Werblin Recreation Center pool is an 8-lane, 50-meter pool, with pedestal starting blocks and a Colorado Timing system. The water depth in the competition pool is 6 feet at the scoreboard end and 14 feet at the dive end. There is an auxiliary pool (patio pool) for warm-up and warm-down throughout the meet, and seating for 1,000 spectators, including 400 chair-backed seats. The remaining seating is bleacher style.		
Pool Certification Statement:	The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.		
Host Team Contact:	Michael Randazzo	908-448-8476	EasternExpressSwimTeam@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Friday, Sunday: Gary Thayer Saturday: Simon Chen		gght466@gmail.com htoy1@yahoo.com
Admin Officials:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshall:	Kevin Dobson Shannon Nelson		EasternExpressSwimTeam@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Tuesday May 16th, 2023 at 6:00am		
Entry Deadline:	Friday June 9th, 2023, at 6:00pm		
Swimmer Age	Swimmer ages for this meet are as of June 23rd, 2023		
Entry Fees:	Individual Entry: Prelim/Final, Timed Final 400 Events: \$12.00, Distance (800, 1500) Events: \$15.00, Relays: \$20		
	<i>There will be a \$15 per swimmer per day surcharge.</i>		
Meet Course:	Long Course Meters (LCM)		



Meet Format:	<ul style="list-style-type: none"> • This meet will be run as prelims finals, except for the 12 & Under 400 events, and the 800 & 1500 meter freestyle events.. • Open events will have 3 heats at finals, except for the 400 Freestyle and 400 IM, which will have 2. • 13-14 events will have 2 heats at finals, except for the 400 Freestyle and 400 IM, which will have 1. • 12 & Under events will have 1 heat at finals, except for the 400 Freestyle and 400 IM. • There are minimum (“faster than”) time standards for this meet. • The Open events have separate SCY and LCM time standards. Converted times are not acceptable for these events. • The 12 & Under and 13-14 events must be entered in SC Yards. The Entry File is not set up to accept converted times; however, if a coach feels that a swimmer in one of these age groups has achieved a cut time by way of a converted LCM or SCM time, they may type in a custom time and send the converted proof of time separately. • Proof of time will be required for all individual events (Hy-Tek proof of time and top times reports will suffice for this purpose). • This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. Once a session has been seeded, swimmers will be responsible for reporting to the blocks on their own. 	
Entry Limits:	Daily: 3 Individual Events 2 Relays	Meet: 9 Individual Events 6 Relays
Checks Payable To:	Express Sports Inc	
Email Entry Files To:	BeSmarttInc@gmail.com	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	



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Friday June 23rd

Friday Morning Session #1—Open Preliminaries

All Qualifying times are "Equal/Faster – No Converted Times, enter in either LCM or SCY

Women	SCY QT	LCM QT	Open Event	LCM QT	SCY QT	Men
#115	24.99	29.49	50 Freestyle**	26.49	22.79	#116
#121	2:14.99	2:34.99	200 Butterfly	2:21.99	2:04.99	#122
#127	1:01.49	1:11.99	100 Backstroke	1:05.49	55.99	#128
#133	2:31.99	2:56.99	200 Breaststroke	2:43.99	2:18.99	#134

** Swimmers may enter this event if they meet its qualifying time or the qualifying time for the 100 or 200 freestyle, or if they are entered in another event in this session.

Friday Midday Session #2—400 Freestyle Preliminaries

All Qualifying times are "Equal/Faster"

Women	SCY QT	LCM QT	Open Event	LCM QT	SCY QT	Men
#109	5:17.99	4:47.99	400 Freestyle	4:29.99	4:56.99	#110
#107	5:31.99		13-14 400 Freestyle		5:16.99	#108

Friday Afternoon Session #3—14/Under Preliminaries 14/Under Preliminaries

All Qualifying times are "Equal/Faster" – enter in SC Yards Times Only

Note that the 400 Freestyle swims at the end of the session out of event order.

Girls	SCY QT	Age Group and Event	SCY QT	Boys
#101		Mixed 12 & Under 200 Medley Relay		#101
#102		Mixed 13-14 Medley Relay		#102
		5 Minute Break		
#111	27.69	12 & Under 50 Freestyle**	27.69	#112
#113	26.39	13-14 50 Freestyle**	24.79	#114
#117	2:27.99	12 & Under 200 Butterfly	2:27.99	#118
#119	2:21.99	13-14 200 Butterfly	2:13.99	#120
#123	1:10.99	12 & Under 100 Backstroke	1:10.99	#124
#125	1:04.99	13-14 100 Backstroke	1:00.99	#126
#129	2:51.99	12 & Under 200 Breaststroke	2:51.99	#130
#131	2:40.99	13-14 200 Breaststroke	2:32.99	#132
#105	5:46.99	12 & Under 400 Freestyle	5:46.99	#106

** Swimmers may enter this event if they meet its qualifying time or the qualifying time for the 100 or 200 freestyle, or if they are entered in another event in this session.

Friday Evening Session #4—Finals

Women	SCY QT	LCM QT	Age Group & Event	LCM QT	SCY QT	Men
#103			Open Mixed 200 Medley Relay			#103
			Finals of events #107-#134			
#135			Open 400 Freestyle Relay			#136



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Saturday June 24th

Saturday Morning Session #5—Open Preliminaries

All Qualifying times are "Equal/Faster – No Converted Times, enter in either LCM or SCY

Women	SCY QT	LCM QT	Open Event	LCM QT	SCY QT	Men
#213	1:58.99	2:16.99	200 Freestyle	2:04.49	1:48.99	#214
#219	1:10.49	1:21.99	100 Breaststroke	1:14.49	1:03.49	#220
#225	28.49**	32.99**	50 Backstroke**	30.49**	25.99**	#226
#231	1:00.99	1:10.99	100 Butterfly	1:03.99	55.49	#232
#237	4:46.99	5:24.99	400 IM	5:03.99	4:25.99	#238

** Swimmers may enter this event if they meet its qualifying time or the qualifying time for the 100 or 200 backstroke, or they are entered in another event in this session.

Saturday Midday Session #6—800 Freestyle Timed Finals

All Qualifying times are "Equal/Faster – No Converted Times, enter in either LCM or SCY

Women	SCY QT	LCM QT	Open Event	LCM QT	SCY QT	Men
#201	11:15.99 10:55.99	9:59.99 9:49.99	14 & Under 800 Freestyle** 15 & Over 800 Freestyle	9:29.99 9:19.99	10:35.99 10:15.99	#202

**These Distance Events have separate 14/Under and Open qualifying standards, but swimmers of all ages will be seeded and scored together.

Saturday Afternoon Session #7—14/Under Preliminaries

All Qualifying times are "Equal/Faster" – enter in SC Yards Times Only

Girls	SCY QT	Age Group and Event	SCY QT	Boys
#203		12 & Under 200 Medley Relay		#204
#205		13-14 200 Medley Relay		#206
		5 Minute Break		
#209	2:10.99	12 & Under 200 Freestyle	2:10.99	#210
#211	2:06.99	13-14 200 Freestyle	1:58.99	#212
#215	1:20.99	12 & Under 100 Breaststroke	1:20.99	#216
#217	1:14.99	13-14 100 Breaststroke	1:10.99	#218
#221	32.99**	12 & Under 50 Backstroke**	32.99**	#222
#223	30.99**	13-14 50 Backstroke**	28.99**	#224
#227	1:10.99	12 & Under 100 Butterfly	1:10.99	#228
#229	1:03.99	13-14 100 Butterfly	59.99	#230
#233	5:09.99	12 & Under 400 IM	5:09.99	#234
#235	4:59.99	13-14 400 IM	4:43.99	#236

** Swimmers may enter this event if they meet its qualifying time or the qualifying time for the 100 or 200 backstroke, or if they are entered in another event in this session.

Saturday Evening Session #8—Finals

Women	SCY QT	LCM QT	Age Group & Event	LCM QT	SCY QT	Men
#207			Open 200 Medley Relay			#208
			Finals of events #209-#238			
#239			Open 800 Freestyle Relay			#240



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Sunday June 25th

Sunday Morning Session #9—Open Preliminaries

All Qualifying times are "Equal/Faster – No Converted Times, enter in either LCM or SCY

Women	SCY QT	LCM QT	Open Event	LCM QT	SCY QT	Men
#311	2:12.99	2:33.99	200 Backstroke	2:21.99	2:01.99	#312
#317	31.99**	36.49**	50 Breaststroke**	32.99**	28.99**	#318
#325	54.49	1:02.99	100 Freestyle	57.49	49.49	#326
#333	27.49**	31.49**	50 Butterfly**	28.99**	24.99**	#334
#339	2:13.99	2:33.99	200 IM	2:21.99	2:02.99	#340

** Swimmers may enter these events if they meet the events' qualifying time or the qualifying time for the 100 or 200 in the corresponding stroke, or if they are entered in another event in this session.

Sunday Midday Session #10—1500 Freestyle Timed Finals

All Qualifying times are "Equal/Faster – No Converted Times, enter in either LCM or SCY

Women	SCY QT	LCM QT	Open Event	LCM QT	SCY QT	Men
#319	18:45.99 18:19.99	19:19.99 18:49.99	14 & Under Cuts for 1500 Free 15 & Over 1500 Freestyle**	18:19.99 17:45.99	17:45.99 17:09.99	#328

** These Distance Events have separate 14/Under and Open qualifying standards, but swimmers of all ages will be seeded and scored together.

Sunday Afternoon Session #11—14/Under Preliminaries

All Qualifying times are "Equal/Faster" – enter in SC Yards Times Only

Girls	SCY QT	Age Group and Event	SCY QT	Boys
#301		12 & Under 200 Freestyle Relay		#302
#303		13-14 200 Freestyle Relay		#304
5 Minute Break				
#307	2:25.99	12 & Under 200 Backstroke	2:25.99	#308
#309	2:19.99	13-14 200 Backstroke	2:11.99	#310
#313	36.99**	12 & Under 50 Breaststroke**	36.99**	#314
#315	34.49**	13-14 50 Breaststroke	32.49**	#316
#321	1:00.99	12 & Under 100 Freestyle	1:00.99	#322
#323	57.99	13-14 100 Freestyle	53.99	#324
#329	31.99**	12 & Under 50 Butterfly**	31.99**	#330
#331	29.99**	13-14 50 Butterfly	27.99**	#332
#335	2:26.99	12 & Under 200 IM	2:26.99	#336
#337	2:20.99	13-14 200 IM	2:12.99	#338

** Swimmers may enter these events if they meet the events' qualifying time or the qualifying time for the 100 or 200 in the corresponding stroke, or they are entered in another event in this session.

Sunday Evening Session #12—Finals

Women	SCY QT	LCM QT	Age Group & Event	LCM QT	SCY QT	Men
#305			Open 200 Freestyle Relay			#306
Finals of events #307-#340						
#341			Open 400 Medley Relay			#342



Tentative Meet Schedule

This schedule is tentative pending receipt of entries.

Depending on the entries, sessions may be combined or split.

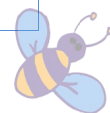
The complete schedule with session warm-up, and start times will be established when all entries have been received and a timeline developed, published on the meet website, and e-mailed to the coaches of participating teams.

Friday		
Session 1	Morning	Open Preliminaries
Session 2	Midday	Open & 13-14 400 Freestyle Prelims
Session 3	Afternoon	14 & Under Prelims
Session 4	Evening	Finals
Saturday		
Session 5	Morning	Open Preliminaries
Session 6	Midday	800 Freestyle Timed Finals
Session 7	Afternoon	14 & Under Prelims
Session 8	Evening	Finals
Sunday		
Session 9	Morning	Open Preliminaries
Session 10	Midday	1500 Freestyle Timed Finals
Session 11	Afternoon	14 & Under Prelims
Session 12	Evening	Finals

Scoring:	<ul style="list-style-type: none"> Team scoring will be kept to 16 places: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays.
Awards:	<ul style="list-style-type: none"> Individual Events: Medals will be awarded to the swimmers placing 1st to 3rd, and ribbons to swimmers placing 4th to 8th. Relay Events: Medals will be awarded to the swimmers on the team placing 1st and ribbons to the swimmers on the teams placing 2nd to 3rd. There will be Team Awards for Top 3 Combined Scores and first overall women/men
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet during preliminary and timed finals sessions.
Admissions and Programs:	<ul style="list-style-type: none"> Rutgers will be selling a limited number of tickets on a session-by-session basis for the meet. Tickets will go on sale Tuesday May 23rd. Tickets may be purchased at go.rutgers.edu/swimmeet-tickets. Programs will be available via the Meet Mobile app (fee) and on besmarttinc.com (free).
Vendor:	<ul style="list-style-type: none"> Metro Swim Shop will be in attendance for Meet Apparel & Swim Gear



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. • Incorrect entries: —Entries without proof of time —Entries using previous years' event files ...will be rejected and teams will need to resubmit their entries using the current/correct event file. Only at this point will the entry be considered 'accepted' and placed in line for processing. • Payment Policy: All entry fees must be paid no later than Session Check-in. If a team fails to pay, all of that team's swimmers <i>may</i> 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 achieved during the meet qualifying period of October 1st, 2021 through the entry deadline. • Swimmers entering Morning Open Prelims and Distance Timed Final Events may do so with LC Meters or SC Yards entry times. Note that there are different time standards for the two courses. At Prelims, all yards times will be seeded in the first heats, followed by all 1c meter entry times. No converted times are permitted. • Entry times for 12 & Under and 13-14 events must be in short course yards.
Proof of Time:	<ul style="list-style-type: none"> • 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. • 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 and Swimcloud.com are acceptable.
50-Meter Events:	<ul style="list-style-type: none"> • Swimmers entering the 50-meter freestyle, breaststroke, backstroke and butterfly events may qualify by any of these methods: <ol style="list-style-type: none"> 1. Meeting the qualifying time for the event 2. Qualifying for any other event in the same session 3. Having the qualifying time in the 100 or 200 of the corresponding stroke
Distance Events (800 & 1500)	<ul style="list-style-type: none"> • The 800 and 1500 freestyle events are timed finals. • These events will be seeded and scored as 'Open' but have different qualifying times for 14 & Under and 15 & Over Swimmers. • All Heats of the 800 will swim Midday on Saturday, and swim fast-to-slow, alternating 2 heats of women, 2 heats of men. • The slower heats of the 1500 will swim Sunday midday fast to slow, alternating single heats of each gender. • Genders may be combined in the slower heats of the midday sessions to save time, without a lane between the two genders. • The fastest heats of the 1500 Freestyle Events will compete in Event # Order at Sunday Evening Finals. • Swimmers competing in the midday sessions must provide their own timers and counters. Swimmers competing at in the fastest heats of 1500 at finals must provide counters.
400 Freestyle	<ul style="list-style-type: none"> • The 12 & Under 400-Freestyle Events are Timed Finals and will swim at the end of the 14 & Under preliminary session on Friday. • The Preliminary Heats of the 400 Freestyle for Open and 13-14 Events will be swum Midday on Friday following Morning Open Prelims: <ul style="list-style-type: none"> • Preliminary heats of the Open and 13-14 events will swim fast to slow alternating two heats of women, two heats of men. • Slower heats may be combined to save time. • Swimmers must provide their own timers for the midday prelims



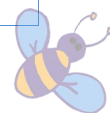
Relays:	<ul style="list-style-type: none"> Relay scratches should be turned in at general session check-in. Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. All Heats of Open Relays will swim during the Evening Finals Sessions. Teams are limited to swimming three (3) relays per event. In accordance with USA Swimming rules, mixed relays must consist of two swimmers of each gender.
Swimmer Eligibility:	<ul style="list-style-type: none"> No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. All transfer swimmer(s) must swim unattached for 60 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 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.besmarttinc.com no later than 1 week before the meet.
Participating Club Responsibilities:	<ul style="list-style-type: none"> Participating clubs may be asked to help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.besmarttinc.com 1 week prior to the meet. Parent timers are not to 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 2.0). Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions. As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping. All coaches "on the deck" must be currently registered coach members of USA Swimming. Verification can be in the form of a current USA Swimming membership card or Coaches Pass available thru the USA swimming Deck Pass App. Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. All Coaches must have some form of USA coaching credential verification with them at all times.



<p>Officials Conduct & Eligibility:</p>	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP 2.0). • Make sure all interactions with athletes are observable and interruptible. • Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards. • Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. • All officials must wear the standard white and blue uniform. • Officials will be required to work the entire session and will receive free admission.
<p>Meet Format Waiver:</p>	<ul style="list-style-type: none"> • This meet will be run in accordance to current USA Swimming Rules. • The host club has the right to change the format of the meet with the approval of the Administrative vice chair and either the Age Group or Senior vice chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include: <ul style="list-style-type: none"> • To allow more swimmers to swim. • To conform to facility capacity limits or for facility safety concerns. • To condense the meet into smaller time frame. • Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.
<p>Warm-up Procedures:</p>	<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. • 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. • Warm-up for the 800 and 1500 may begin in the patio pool, and continue in the competition pool (time permitting), until the start of the distance session.
<p>Check-In:</p>	<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.
<p>No Show Procedure:</p>	<ul style="list-style-type: none"> • No penalty will be incurred for an unscratched swimmer in preliminaries and timed finals 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.
<p>Scratch Rule:</p>	<ul style="list-style-type: none"> • The meet will follow USA Swimming rule 207.11.6.D and rule 207.11.6.E for scratches from finals. • A swimmer who fails to scratch from finals within the deadlines outlined in rule 207.11.6.E and then fails to swim the event at finals will be barred from further competition for the remainder of the meet. • In addition, the club of a swimmer who qualifies for finals or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in accordance to the above procedures may be fined \$50 for each occurrence.



Internet Website Posting:	<p>Internet location for all meet information: http://www.besmarttinc.com</p> <p>Pre-Meet Information posted on website:</p> <ul style="list-style-type: none"> • Meet Information will be posted on the website. • Downloadable Hy-Tek Events list (.HYV file) will be posted on the website. • List Teams whose entries have been received. • List 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 2.0)	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 2.0 policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy:	<p>Swimwear must conform to USA Swimming Rules.</p> <ul style="list-style-type: none"> • Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition. "Tech suits" are not permitted at this meet for 12 & under swimmers. "Tech Suits" are defined, as suits that have bonded seams, kinetic tape, or meshed seams. A list of restricted suits can be found on the NJ Swimming Website; www.njswim.org. • Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body. <p>Pursuant to USA Swimming Rule 205.10.1, it is permissible for a swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.</p>
COVID-19 Assumption of Risk Disclaimer	<p>The host team has taken enhanced health and safety measures for all participants. All persons participating must follow all posted instructions while at the Werblin Recreation Center Pool. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. All persons visiting the Werblin Recreation Center Pool voluntarily assume all risks related to exposure to COVID-19.</p>
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.
Medical Information:	<ul style="list-style-type: none"> • The Werblin Recreation Facility is staffed by certified lifeguards and all operational personnel are trained in CPR and First Aid. <p>There is an AED on site (by reception) and EMT service on the campus.</p>



Hotels:	<ul style="list-style-type: none">• The Doubletree Executive Somerset on Atrium Drive• The Crowne Plaza, 732-716-1175• The Courtyard by Marriott on Davidson Avenue
Directions:	<p><i>Google Maps: https://goo.gl/maps/KiPCdDs6bP54JpmP7</i></p> <p>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!</p>





NEW JERSEY
SWIMMING

EEX Jeffrey S Mace Memorial Summer Sizzle XXXI

Friday-Sunday June 23rd-25th, 2023

Waiver

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, NJ Swimming, Rutgers University, Eastern Express Swimming, Be Smartt Inc. and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

Covid-19 Waiver

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form for the EEX Jeffrey S Mace Memorial Summer Sizzle XXXI meet on June 23rd-25th, 2023 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.



Information below must be submitted to the club hosting the meet before the start of the meet along with payment.

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 timers/officials:

Entry Fee Summary:	_____ Timed Final 400 Freestyle/IM event entries @ \$12.00 =	\$ _____
	_____ Prelims/Finals individual event entries @ \$12.00 =	\$ _____
	_____ 800/1500 freestyle individual event entries @ \$15.00 =	\$ _____
	_____ Relay entries @ \$21.00 =	\$ _____
	_____ Swimmer surcharge @ \$15.00/swimmer/day =	\$ _____
	Total:	\$ _____

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

