

2023 Summer Solstice

Hosted by Hamilton YMCA Aquatic Club
at the DeNunzio Natatorium, Princeton University

Held under the sanction of USA Swimming

Meet Sanction #	NJ Swimming Sanction – NJS-TF-060323LCMA 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 3rd-4th, 2023		
Location:	DeNunzio Natatorium , 47 Faculty Rd, Princeton University.		
Facility Info:	The DeNunzio pool is a 50-meter 8-lane pool with a minimum depth for diving of 9 feet. There is ample seating for spectators.		
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:	Sue Welsh		swelshhacy@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Saturday: Frank Fitzgerald Sunday: Paul Welsh		frank@rsinj.com PWWELSH6@gmail.com
Admin Officials:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshalls:	Sandra Franc David Grace		francswiss@comcast.net swelshhacy@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Tuesday May 16th, 2023, at 6am		
Entry Deadline:	Saturday May 27th, 2023, at 12:00pm		
Swimmer Age	Swimmer ages for this meet are as of: June 3rd, 2023		
Entry Fees:	Individual Entry: \$10.00 400 IM/Freestyle Entry: \$12.00 There will be a surcharge of \$15/athlete per day.		Relay Entry: \$15.00
Meet Course:	Long Course Meters (LCM).		
Meet Format:	<ul style="list-style-type: none"> • This meet will be run as timed final meet. • There will be 10 & Under, 11-12, 13-14, and 15 & Over events. • This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When a session has been seeded, swimmers will be responsible for reporting to the blocks on their own. 		
Entry Limits:	Daily: 4 Individual Events 1 Relay Event		Meet: 8 Individual Events 2 Relay Events
Checks Payable To:	Hamilton Aquatic Club		
Email Entry Files To:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		



2023 Summer Solstice

Saturday June 3rd

Saturday Morning Session #1—12 & Under

Girls	Age Group and Event	Boys
#1	10 & Under 200 Medley Relay	#2
#3	11-12 200 Medley Relay	#4
#5	10 & Under 200 Freestyle	#6
#7	11-12 200 Freestyle	#8
#9	10 & Under 100 Breaststroke	#10
#11	11-12 100 Breaststroke	#12
#13	10 & Under 50 Backstroke	#14
#15	11-12 50 Backstroke	#16
#17	10 & Under 50 Freestyle	#18
#19	11-12 50 Freestyle	#20
#21	10 & Under 100 Butterfly	#22
#23	11-12 100 Butterfly	#24

Saturday Midday Session #2—13 & Over 400 IM

Women	13 & Over Event	Men
#25	400 IM**	#26

** Heats may be limited. Events will swim slowest to fastest, alternating genders. Swimmers must provide their own timers.

Saturday Afternoon Session #3—13 & Over

Women	13 & Over Event	Men
#27	13-14 200 Medley Relay	#28
#29	15 & Over 200 Medley Relay	#30
#31	200 Freestyle	#32
#33	50 Backstroke	#34
#35	50 Freestyle	#36
#37	100 Breaststroke	#38
#39	100 Butterfly	#40
#41	200 Backstroke	#42



2023 Summer Solstice

Sunday June 4th

Sunday Morning Session #4—12 & Under

Girls	Age Group and Event	Boys
#43	10 & Under 200 Freestyle Relay	#44
#45	11-12 200 Freestyle Relay	#46
#47	10 & Under 200 IM	#48
#49	11-12 200 IM	#50
#51	10 & Under 50 Breaststroke	#52
#53	11-12 50 Breaststroke	#54
#55	10 & Under 50 Butterfly	#56
#57	11-12 50 Butterfly	#58
#59	10 & Under 100 Backstroke	#60
#61	11-12 100 Backstroke	#62
#63	10 & Under 100 Freestyle	#64
#65	11-12 100 Freestyle	#66

Sunday Midday Session #5—13 & Over 400 Freestyle

Women	13 & Over Event	Men
#67	400 Freestyle**	#68

** Heats may be limited. Events will swim slowest to fastest, alternating genders. Swimmers must provide their own timers.

Sunday Afternoon Session #6—13 & Over

Women	13 & Over Event	Men
#69	13-14 200 Freestyle Relay	#70
#71	15 & Over 200 Freestyle Relay	#72
#73	200 IM	#74
#75	50 Breaststroke	#76
#77	50 Butterfly	#78
#79	100 Backstroke	#80
#81	200 Breaststroke	#82
#83	100 Freestyle	#84
#85	200 Butterfly	#86



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.***

Saturday, June 3 rd		Session
Session 1	Morning	12 & Under
Session 2	Midday	13 & Over 400 IM
Session 3	Afternoon	13 & Over
Sunday, June 4 th		Session
Session 4	Morning	12 & Under
Session 5	Midday	13 & Over 400 Freestyle
Session 6	Afternoon	13 & Over

Scoring:	<ul style="list-style-type: none"> Team scoring will not be kept.
Awards:	<ul style="list-style-type: none"> There will be awards for the fastest three swimmers in individual events. The 13 & Over events will have awards for 13-14, 15 & Over swimmers. There will be awards for the fastest three relays in each relay event.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet.
Programs:	<ul style="list-style-type: none"> Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Admission:	<ul style="list-style-type: none"> Spectators will be allowed into the natatorium subject to capacity constraints.
Concessions:	<ul style="list-style-type: none"> None.
Vendor:	<ul style="list-style-type: none"> A swim vendor will be in attendance.
Locker Rooms:	<ul style="list-style-type: none"> If only one locker room/restroom: If Athletes and Adults including Coaches & Officials must use the same facility, make sure you are not alone with an athlete in the locker room, including using the restroom. Be proactive and tell the meet director immediately if this happens, even when no fault of your own. If multiple facilities: There is a separate locker room/restroom for athletes only! All other adults including Coaches & Officials need to make sure that you are only using the facility marked for you.
Entry Information:	<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 until the meet is full. Bring the signed waiver and entry fee check to the first session of the meet where the team competes. Team entries will be considered accepted when the host club accepts the entries. Special Notice: 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.
Entry Times:	<ul style="list-style-type: none"> New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. All entry times must be in long course meters. Converted times are permitted.



Relays:	<ul style="list-style-type: none"> • All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in. • Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. • Unattached swimmers may not swim in any relay.
Heat-Limited Events:	<ul style="list-style-type: none"> • The 13 & Over 400 freestyle/IM sessions are planned to be no more than an hour. Once these sessions have filled, entries will no longer be accepted for them and submitting coaches will be offered an opportunity to amend their entries to add events in the 13 & Over main session to the affected swimmers.
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 provide a single timer in each lane throughout the meet, except for distance events where swimmers will provide their own timers and lap counters. • The host club will e-mail entry verification back to the participating clubs. • The host club will create a warm-up schedule that will be fair and equal to all teams. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. • Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website www.besmarttinc.com no later than 1 week before the meet.
Participating Club Responsibilities:	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website (www.besmarttinc.com) 1 week prior to the meet. Clubs should plan on no more than two people per timing assignment. • Participating club parents must stay off the pool deck except for timing assignments. 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. Teams will be assigned lanes according to the size of their entries, to achieve a fair and comparable warm-up for all swimmers. • Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. • All swimmers 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.
<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 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>Internet Website Posting:</p>	<p>Internet location for all meet information: http://www.besmartinc.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)
<p>Results:</p>	<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 (<i>MAAPP 2.0</i>)	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), 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. • 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.
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 DeNunzio 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 DeNunzio 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.
Hotels:	<ul style="list-style-type: none"> • Holiday Inn, 100 Independence Way. 609-520-1200 Ask for special rate • Staybridge Suites, 4375 Route 1. 609-951-0009 Ask for sports group rate • Residence Inn by Marriott, 4225 Route 1. 732-329-9600 Rates include breakfast • Princeton Courtyard by Marriott, Route 1 & Mapleton Rd. 609-726-9100 Rates include breakfast
Medical Information:	<ul style="list-style-type: none"> • The DeNunzio Pool is staffed by certified lifeguards and all operational personnel are trained in CPR and First Aid. • There is an AED on site (by reception) and EMT service on the campus.
Directions:	Google Maps: https://goo.gl/maps/vdBqocBuD6ZrmoYp7





NEW JERSEY
SWIMMING

2023 HACY Summer Solstice

Saturday-Sunday June 3rd-4th

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, Princeton University, Hamilton Aquatic 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.

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 HACY Summer Solstice meet on June 3rd-4th, 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 this entry:

NAME/E-Mail/Phone Number of person to contact regarding timers/officials:

Entry Fee Summary:	_____ Timed Final individual event entries @ \$10.00 =	\$_____
	_____ 400 IM/Freestyle individual event entries @ \$12.00 =	\$_____
	_____ Relay event entries @ \$15.00 =	\$_____
	_____ Swimmer surcharges @ \$15.00/swimmer/day =	\$_____
	Total:	\$_____

Make checks payable to: **Hamilton Aquatic Club**

