

# 2023 JFAC Summer Sprints

Hosted by Jersey Flyers Aquatics Club  
at Jersey Aquatic Center

*Held under the sanction of USA Swimming*

Meet Sanction Info	<b>NJ Swimming Sanction – NJS-PF-061023LCM</b> <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.</b> 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:	<b>Saturday-Sunday, June 10<sup>th</sup>-11<sup>th</sup>, 2023</b>		
Location:	<b>Jersey Aquatic Center</b> , 629 Central Ave, New Providence NJ.		
Facility Info:	The pool is Olympic-sized: 25 Yards by 50 meters and utilizes 10 lanes in Long Course competition layout. The pool uses pedestal-style blocks with non-turbulent lane lines and an Omega Timing System. Under Long Course layout, the depth of the pool at the starting end is 6' 9" and at the turning end is 5'. There is bleacher seating on deck for up to 250 spectators. Parking is available in the facility lot <b>only</b> . Parking in the lots of any surrounding businesses is strictly prohibited unless otherwise directed.		
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:	Ruben Sembrano	201-321-6153	<a href="mailto:rubsem151@aol.com">rubsem151@aol.com</a>
Meet Director:	Be Smartt Inc	609-588-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referee:	Christopher Barry		<a href="mailto:accebarry@verizon.net">accebarry@verizon.net</a>
Admin Officials:	Be Smartt Inc		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshals:	Lisa Benzija Ruben Sembrano		<a href="mailto:jerseyflyers2010@yahoo.com">jerseyflyers2010@yahoo.com</a> <a href="mailto:rubsem151@aol.com">rubsem151@aol.com</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Thursday, June 1<sup>st</sup>, 2023 at 6:00am</b>		
Entry Deadline:	<b>Monday, June 6<sup>th</sup>, 2023 at 12:00pm</b>		
Swimmers Age:	Swimmer ages for this meet are as of: <b>Saturday, June 10<sup>th</sup>, 2023</b>		
Entry Fees:	Timed Final Individual Entry:	<b>\$8.00</b>	
	Prelims/Finals Individual Entry:	<b>\$10.00</b>	
	400 Freestyle/IM Individual Entry:	<b>\$12.00</b>	
	<b>There will be a \$15 per day athlete surcharge.</b>		
Meet Course:	Long Course Meters (LCM)		
Meet Format	<ul style="list-style-type: none"> <li>This meet will be run as prelims/finals for 13 &amp; Over swimmers on Saturday, and timed finals for all other sessions.</li> <li>There will be 12 &amp; Under, and 13 &amp; Over events.</li> <li><b>There are no qualifying times for this meet.</b></li> <li>This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will be marshalled from the gymnasium area to the pool deck.</li> </ul>		
Entry Limits:	Daily: <b>3</b> Individual events (prelims/finals) <b>4</b> Individual events (timed finals)	Meet:	<b>7</b> Individual Events (prelims/finals) <b>8</b> Individual Events (timed finals)
Checks Payable To:	<b>Jersey Flyers Aquatic Club</b>		
Email Entry Files To:	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>		
Checks/Waivers	Bring to the first session of the meet.		



# 2023 JFAC Summer Sprints

Saturday June 10<sup>th</sup>

## #01 Saturday Morning — 13 & Over Preliminaries

Women	13 & Over Event	Men
#13	100 Breaststroke	#14
#15	50 Freestyle	#16
#17	100 Butterfly	#18
#19	200 Backstroke	#20
#21	200 Freestyle	#22

## #02 Saturday Midday - 13 & Over 400 IM

Women	13 & Over Event	Men
#1	400 IM	#2

## #03 Saturday Afternoon - 12 & Under

Girls	12 & Under Event	Boys
#3	50 Freestyle	#4
#5	100 Breaststroke	#6
#7	50 Butterfly	#8
#9	100 Backstroke	#10
#11	200 Freestyle	#12

## #04 Saturday Evening - Finals

Women	13 & Over Event	Men
Finals of events #13-22, One heat for 13-14, Three heats for 15 & Over <i>These events will swim in 8 lanes.</i>		



# 2023 JFAC Summer Sprints

Sunday June 11<sup>th</sup>

## #05 Sunday Morning — 13 & Over

Women	13 & Over Event	Men
#23	200 IM	#24
#25	200 Breaststroke	#26
#27	100 Freestyle	#28
#29	200 Butterfly	#30
#31	100 Backstroke	#32

## #06 Sunday Midday - 13 & Over 400 Freestyle

Women	13 & Over Event	Men
#33	400 Freestyle	#34

## #07 Sunday Afternoon - 12 & Under

Girls	12 & Under Event	Boys
#35	100 Freestyle	#36
#37	50 Breaststroke	#38
#39	100 Butterfly	#40
#41	50 Backstroke	#42
#43	200 IM	#44



## 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		
Session 1	Morning	13 & Over Preliminaries
Session 2	Midday	13 & Over 400 IM
Session 3	Afternoon	12 & Under
Session 4	Evening	13 & Over Finals
Sunday		
Session 5	Morning	13 & Over
Session 6	Midday	13 & Over 400 Freestyle
Session 7	Afternoon	12 & Under

Scoring:	Team Scoring will not be kept.
Awards:	None.
Starts:	“Fly-over/Over-the-top” starts may be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> <li>• Spectators will be allowed into the facility up to its capacity.</li> <li>• Heat sheets will be available online at <a href="http://www.besmartinc.com">www.besmartinc.com</a> and Meet Mobile.</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>• None.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>• None.</li> </ul>
Locker Rooms:	<ul style="list-style-type: none"> <li>• <b>If only one locker room/restroom:</b> If Athletes and Adults including Coaches &amp; 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.</li> <li>• <b>If multiple facilities:</b> There is a separate locker room/restroom for athletes <b>only!</b> All other adults including Coaches &amp; Officials need to make sure that you are only using the facility marked for you.</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>• The Meet Director reserves the right to limit entries, events or heats in order to conform USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</li> <li>• <b>Special Notice:</b> All entries 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 be in short course yards. Converted times are acceptable.</li> </ul>
400 Freestyle/IM Events:	<ul style="list-style-type: none"> <li>• The 400 Freestyle &amp; IM events will be run <b>fastest to slowest</b> in separate sessions at the conclusion of the morning sessions. (These events may be heat limited. See below.)</li> <li>• Heats will alternate genders.</li> <li>• Heats may combine genders if appropriate in order to save time. This may be done without an open lane separating the genders.</li> <li>• <b>Each swimmer is responsible to provide their own timer.</b></li> </ul>
Heat Limited Events (400 Freestyle/IM):	<ul style="list-style-type: none"> <li>• The midday distance sessions may be time limited depending on entries. Entries will be accepted on a first come, first served basis.</li> <li>• Teams with swimmers who are beyond the session limit will be notified at least one week prior to the meet. Such swimmers may come and see if they scratch into the session. Otherwise refunds will be given to swimmers closed out of the event, or the swimmers may select another event if the meet is not oversubscribed.</li> </ul>
Swimmer Eligibility:	<ul style="list-style-type: none"> <li>• No swimmer will be permitted to compete unless the swimmer is a member 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>• <b>All swimmers 18 &amp; 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.</b></li> </ul>
Adaptive Provisions:	<ul style="list-style-type: none"> <li>• 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).</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,</li> <li>• The host club will have stopwatches available for volunteers helping to time.</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.besmarttinc.com">www.besmarttinc.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.besmarttinc.com">www.besmarttinc.com</a> 1 week prior to the meet. Clubs are requested to provide a maximum of <b>two</b> timers per assignment.</li> <li>• Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck.</li> <li>• Participating clubs should help with officiating whenever possible. Officials should contact the meet referee (<i>See Page 1</i>) with their availability.</li> </ul>



Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> <li>• 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).</li> <li>• Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.</li> <li>• 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.</li> <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>
Officials Conduct & Eligibility:	<ul style="list-style-type: none"> <li>• 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).</li> <li>• Make sure all interactions with athletes are observable and interruptible.</li> <li>• Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</li> <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>• 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>
Meet Format Waiver:	<p>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 sanctioning chair and either the age group or senior chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include:</p> <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 period.</li> </ul> <p>Some of the changes that may be made include: 1) add a session, 2) limiting heats in distance events, 3) condense sessions, and 4) eliminate relays.</p>
Warm-up Procedures:	<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 <b>not allowed</b> 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 <b>must</b> 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> <li>• There will be two 25-minute warm-ups divided by teams.</li> </ul>
Check-In:	<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>
No Show Procedure for preliminaries and timed finals:	<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, for timed finals only, 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>



Scratch Rule:	<ul style="list-style-type: none"> <li>The meet will follow USA Swimming rule 207.11.6.D and rule 207.11.6.E for scratches from finals. (Saturday only).</li> <li>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.</li> </ul>
Internet Website Posting:	<p>Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.com</a> &amp; <a href="http://www.njswim.org">www.njswim.org</a></p> <p><b>Pre-Meet Information posted on website:</b></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><b>Post-Meet Information posted on website:</b></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>
Results:	<ul style="list-style-type: none"> <li>Results will be e-mailed to teams participating in the meet.</li> <li>Results will be posted on the meet website and on the NJ Swimming Website <a href="http://www.njswimming.org">www.njswimming.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, locker rooms, or behind the blocks.
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 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><b>Swimwear must conform to USA Swimming Rules:</b></p> <ul style="list-style-type: none"> <li>Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition. <b>"Tech suits" are not permitted at this meet for 12 &amp; under swimmers.</b> "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; <a href="http://www.njswim.org">www.njswim.org</a>.</li> <li>Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body</li> <li>Pursuant to USA Swimming Rule 205.10.1, it is permissible for the swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.</li> </ul>
COVID-19 Assumption of Risk Disclaimer	<b>The host team has taken enhanced health and safety measures for all participants. All persons participating must follow all posted instructions while at the Jersey Aquatic Center. 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 Jersey Aquatic Center voluntarily assume all risks related to exposure to COVID-19.</b>



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"> <li>Jersey Aquatic Center is staffed by certified lifeguards and all operational personnel are trained in CPR and First Aid.</li> </ul> There is an AED on site.
Hotels:	<ul style="list-style-type: none"> <li>Best Western Plus Murray Hill &amp; Suites, 535 Central Ave, New Providence NJ 07904 908-665-9200</li> </ul>
Directions:	<b>Google Maps: <a href="https://goo.gl/maps/Bv4ShSHmfk7iScWT9">https://goo.gl/maps/Bv4ShSHmfk7iScWT9</a></b>







**NEW JERSEY  
SWIMMING**

## **2023 Summer Sprints**

*Hosted by Jersey Flyers Aquatics Club*  
Saturday-Sunday June 10<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, Jersey Aquatics Center, Jersey Flyers Aquatics 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 NEW JERSEY SWIMMING 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 Summer Sprints meet on June 10<sup>th</sup>-11<sup>th</sup>, 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:**

<b>Entry Fee Summary:</b>	_____	Timed Final Individual event entries @ \$8.00 =	\$_____
	_____	Prelims/Finals event entries @ \$10.00 =	\$_____
	_____	400 Freestyle/IM event entries @ \$12.00 =	\$_____
	_____	Swimmer surcharge @ \$15.00 per day =	\$_____
		Total:	\$_____

Make checks payable to: **Jersey Flyers Aquatics Club**

