

# 2023 Hot Summer Nights

Hosted by Metro Area Life Time Life Time Swimming  
at the Werblin Recreation Center, Rutgers University

*Held under the sanction of USA Swimming*

Meet Sanctioning Info:	<b>NJ Swimming Sanction # – NJS-TF-070823LCM</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 July 8<sup>th</sup>-9<sup>th</sup>, 2023</b>		
Location:	<b>Sonny Werblin Recreation Center, Busch Campus, Rutgers University</b> <b>Rutgers University requires all parked vehicles to be registered with the University Parking and Transportation department. A registration link will be distributed with the Timing &amp; Warm-Up schedule and published at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> a week before the meet.</b>		
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 850 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:	Asher Phipps		<a href="mailto:APhipps@lt.life">APhipps@lt.life</a>
Meet Director:	Asher Phipps		<a href="mailto:APhipps@lt.life">APhipps@lt.life</a>
Meet Referee:	Louis Hu		<a href="mailto:louishu@yahoo.com">louishu@yahoo.com</a>
Admin Official:	Be Smartt Inc		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshals:	Ana Carolina Juvenal, Asher Phipps		<a href="mailto:AJuvenal@lt.life">AJuvenal@lt.life</a> <a href="mailto:APhipps@lt.life">APhipps@lt.life</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Sanction+1, at 6:00am</b>		
Entry Deadline:	<b>Saturday July 1<sup>st</sup>, 2023, at 6pm</b>		
Swimmer Age	Swimmer age for this meet is as of: <b>July 8<sup>th</sup>, 2023</b>		
Entry Fees:	Individual Entry Fee: \$10.00, 400 IM, 400 Freestyle: \$12.00 <b>There will be a \$15 per swimmer surcharge.</b>		
Meet Course:	Long Course Meters (LCM)		
Meet Format:	<ul style="list-style-type: none"> <li>• This meet will be run as a timed finals meet.</li> <li>• There will be 10 &amp; Under, 11-12, 12 &amp; Under, 13-14, and 15 &amp; Over</li> <li>• <b>There are qualifying times for the 13 &amp; Over 400 Freestyle and 400 IM events.</b></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: <b>4</b> Individual Events		Meet: <b>8</b> Individual Events
Checks Payable To:	<b>Life Time Fitness</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 where the team is competing.		



# 2023 Hot Summer Nights

Saturday July 8th

## Saturday Early Afternoon Session #1—12 & Under

Girls	12 & Under Event	Boys
#1	200 Breaststroke	#2
#3	50 Freestyle	#4
#5	100 Butterfly	#6
#7	50 Breaststroke	#8
#9	200 Freestyle	#10
#11	100 Backstroke	#12

## Saturday Late Afternoon Session #2—13 & Over

Women	Equal/Faster	13 & Over Event	Equal/Faster	Men
#13		200 Butterfly		#14
#15		50 Backstroke		#16
#17		100 Breaststroke		#18
#19		200 IM		#20
#21		100 Freestyle		#22
#23		50 Butterfly		#24
#25		200 Backstroke		#26
#27	5:32.99 5:21.79	13-14 400 Freestyle 15 & Over 400 Freestyle	5:31.39 5:03.89	#28



# 2023 Hot Summer Nights

Sunday July 9th

## Sunday Afternoon Session #3—12 & Under

Girls	12 & Under Event	Boys
#29	200 Butterfly	#30
#31	50 Backstroke	#32
#33	100 Breaststroke	#34
#35	200 IM	#36
#37	100 Freestyle	#38
#39	50 Butterfly	#40
#41	200 Backstroke	#42

## Sunday Late Afternoon Session #4—13 & Over

Women	Equal/Faster	13 & Over Event	Equal/Faster	Men
#43		200 Breaststroke		#44
#45		50 Freestyle		#46
#47		100 Butterfly		#48
#49		50 Breaststroke		#50
#51		200 Freestyle		#52
#53		100 Backstroke		#54
#55	6:27.49 6:15.59	13-14 400 IM 15 & Over 400 IM	6:21.49 5:58.09	#56

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## 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	Afternoon	12 & Under
Session 2	Late Afternoon	13 & Over
Sunday		
Session 4	Afternoon	12 & Under
Session 5	Late Afternoon	13 & Over



Scoring:	<ul style="list-style-type: none"> <li>• Team Scoring will not be kept.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>• No awards.</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>• ‘Fly-over/Over-the-top’ starts will be used during the meet.</li> </ul>
Programs:	<ul style="list-style-type: none"> <li>• Heat sheets will be online at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> (free) and Meet Mobile (subscription required)</li> </ul>
Admissions:	<ul style="list-style-type: none"> <li>• Rutgers will be selling a limited number of tickets on a session-by-session basis for the meet. Tickets will go on sale on Tuesday July 4<sup>th</sup>. Tickets may be purchased at <a href="http://go.rutgers.edu/swimmeet-tickets">go.rutgers.edu/swimmeet-tickets</a>.</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>• Rutgers will have a concession stand for light snacks and refreshments in the hallway.</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>• <b>Bring the signed waiver and entry fee check to the first session of the meet where the team competes.</b></li> <li>• Team entries will be considered accepted when the host club accepts the entries.</li> <li>• <b>Special Notice:</b> All entry fees must be paid no later than Session Check-in. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.</li> </ul>
Entry Times:	<ul style="list-style-type: none"> <li>• New Jersey Swimming does not allow ‘NT’ or ‘No Time’ to be used as an entry time.</li> <li>• All entry times must be in long course meters. Converted times are permitted.</li> </ul>
Distance Events	<ul style="list-style-type: none"> <li>• None</li> </ul>
Heat Limited Events:	<ul style="list-style-type: none"> <li>• Depending on entries, the 400 Freestyle and 400 IM may be limited to three heats of each gender. If there are too many entries, swimmers entering later may be removed from the events and offered entry into a shorter event or a refund.</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 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.</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:	<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>



<p>Host Club Responsibilities:</p>	<ul style="list-style-type: none"> <li>• The host club will provide a head timer and backup timer.</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>
<p>Participating Club Responsibilities:</p>	<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. Parent timers may not use phones/cameras while on the deck.</li> <li>• Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</li> </ul>
<p>Coaches Conduct &amp; Eligibility:</p>	<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> </ul> <p>All Coaches must have some form of USA coaching credential verification with them at all times.</p>
<p>Officials Conduct &amp; Eligibility:</p>	<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>
<p>Meet Format Waiver:</p>	<ul style="list-style-type: none"> <li>• This meet will be run in accordance to current USA Swimming Rules.</li> <li>• The host club has the right to change the format of the meet with the approval of the Administrative vice chair and either the Age Group or Senior vice chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include: <ul style="list-style-type: none"> <li>• To allow more swimmers to swim.</li> <li>• To conform to facility capacity limits or for facility safety concerns.</li> <li>• To condense the meet into smaller time frame.</li> </ul> </li> <li>• Some of the changes that may be made: 1) add a session, or 2) condense sessions.</li> </ul>
<p>Warm-up Procedures:</p>	<ul style="list-style-type: none"> <li>• Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Teams will be assigned lanes according to the size of their entries, to achieve a fair and comparable warm-up for all swimmers.</li> <li>• Swimming Equipment is <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 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>



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:	<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>
Internet Website Posting:	<p>Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.com</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>Meet result files for TM will be emailed to all participating teams.</li> <li>Meet results will be posted on the meet website <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> and on the New Jersey Swimming Website: <a href="http://www.njswim.org">www.njswim.org</a></li> </ul>
USA-S Racing Start Certification Statement:	<p>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.</p>
Audio/Visual Recording Statement:	<p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p>
USA-S Deck Change Policy Statement:	<p>Deck changes are prohibited.</p>
USA-S Drone Policy Statement:	<p>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.</p>
Minor Athlete Abuse Prevention Policy (MAAPP 2.0)	<p>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.</p>
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> </ul> <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>



<p>COVID-19 Assumption of Risk Disclaimer</p>	<p><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 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.</b></p>
<p>Meet Requirement Statement:</p>	<p>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 an NJ Swimming sanctioned meet, this meet counts toward those participation requirements.</p>
<p>Hotels:</p>	<ul style="list-style-type: none"> <li>• The Doubletree Executive Somerset on Atrium Drive</li> <li>• The Crowne Plaza, 732-716-1175</li> <li>• The Courtyard by Marriott on Davidson Avenue</li> </ul>
<p>Medical Information:</p>	<ul style="list-style-type: none"> <li>• The Werblin Recreation Facility is staffed by certified lifeguards and all operational personnel are trained in CPR and First Aid.</li> <li>• There is an AED on site (by reception) and EMT service on the campus.</li> </ul>
<p>Directions:</p>	<p><b><i>Google Maps: <a href="https://goo.gl/maps/KiPCdDs6bP54JpmP7">https://goo.gl/maps/KiPCdDs6bP54JpmP7</a></i></b>  <b>Rutgers will have posted signs indicating which of the parking lots are for the swim meet. Please use one of these lots. Rutgers campus police may ticket automobiles that are parked in lots other than those designated for the swim meet!</b></p>







**NEW JERSEY  
SWIMMING**

# 2023 Hot Summer Nights

*Hosted by Metro Area Life Time Swimming*

Saturday-Sunday July 8th-9th

## 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, Life Time Fitness, 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 LIFE Hot Summer Nights meet on July 8th-9th, 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:**

\_\_\_\_\_

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

Make checks payable to: **Life Time Fitness**

