

Name of Meet	2015 M and M LC MEET Hosted by MADISON YMCA AND MONTCLAIR YMCA at the DeNunzio Pool, Princeton Held under the sanction of USA Swimming
Meet Sanction #	NJS071115LC In granting this 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 and Sunday, July 11 & 12, 2015
Location	DeNunzio Pool is located on Faculty Road off of Route 571 on the Princeton University campus, Princeton, NJ 08540.
Facility Information	DeNunzio Pool is a 50 meter, 8-lane pool with a minimum depth 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.
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	Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
Meet Director	Ellen Mace, 609.558.0988, entries1@juno.com
Team Contact	Jon Siegel, jsiegel@madisonymca.org
Meet Referees	Val Gibson, yhgswimming@msn.com
Entry Coordinator	BE Smartt, Inc., entries1@juno.com , 609-558-0988
Meet Safety Marshall	Paulo Madeira, pmadeira@montclairymca.org
Entry Deadline	<ul style="list-style-type: none"> ▪ Entry Deadline is Saturday, June 27th, 2015. ▪ Meet entries will be taken until the meet fills. The host club must stay within the four-hour-per-session rule. (See below procedure for details.) ▪ Please mail entry fee summary, signed waiver and fees to: BE Smartt, Inc., 604 Paxson Avenue, Mercerville, NJ 08619 ▪ Phone: 609-558-0988, E-Mail: entries1@juno.com ▪ Not waiving signature of receipt on Express Mail will delay receipt. ▪ All entry fees must be paid by warm-ups of the first session the team is swimming. ▪ The host club reserves the right to scratch any or all entries for swimmers/teams that have not submitted the required forms and entry fee payment by the time of the meet. ▪ Entries will be considered accepted when loaded into Meet Manager. ▪ No fax, phone or deck entries will be accepted.



<p>NJS LC meet entry process for meets without qualifying times</p>	<ul style="list-style-type: none"> ▪ For the first six (6) days (starting from the date the meet is posted on the NJ Swimming website) time standards will apply for NJS Athletes (make one cut swim three events). Any swimmer can participate on both days as long as the swimmer has one swim meeting the time standard in each day's events (make 1, swim 3 for each day). ▪ If the meet or particular sessions within the meet still have room on the seventh (7) day, the time standards procedure will be lifted. At that point-any level NJS swimmer will be allowed to enter up to 6 events (3 events per day). ▪ If any session(s) within the meet still have room on the fourteenth (14) day, then the NJS only restriction will be lifted. At that point, entries for non-NJS swimmers will be accepted. ▪ Special Note Regarding the 13-Over 50 Back, Breast and Fly Events: Since these events are not standard NJS events, having the meet qualifying time in one of these events is not sufficient to allow a swimmer to enter any other event in the session during the initial 6 days that entries are being accepted.
<p>Meet Format Waiver</p>	<p>The host club has the right to change the format of the meet with the approval of the sanctioning chairman and either the age group or senior chairman. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for changes include:</p> <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 a shorter timeframe. <p>Some of the changes that may be made include: 1) adding a session, 2) heat-limiting distance events, 3) condensing sessions, and 4) eliminating relays.</p>
<p>Internet Website Posting</p>	<ul style="list-style-type: none"> ▪ The official meet website is www.besmarttinc.com. ▪ Meet Information, downloadable Hy-Tek Events list (.HYV file), and final results will be posted on the BE Smartt and New Jersey Swimming websites: www.njswim.org.
<p>Meet Requirement Statement:</p>	<p>In order to be eligible for the New Jersey 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.</p>
<p>Coaches Eligibility</p>	<ul style="list-style-type: none"> ▪ All coaches on the deck must be current coach members of USA Swimming. ▪ Coaches must show their coaching card for entrance to facility. ▪ Coaches must show their coaching card before picking up any meet information or scratch sheets. ▪ Coaches must have their coaching card visible at all times while on deck. ▪ Coaches must have a visible coach's card when entering hospitality area.
<p>Swimmer Eligibility</p>	<ul style="list-style-type: none"> ▪ All swimmers must be a member of USA Swimming to enter and compete in this meet. ▪ All swimmers must be included in a team's official meet roster in the meet database to be eligible to participate in this swim meet in any event including relays. ▪ See LC Meet Entry Process section above for qualification criteria into this meet. ▪ All transfer swimmers must swim unattached for 120 days from their last attached competition. Swimmers must use "UN-(New Team Alpha Code)" as their team affiliation. All unattached swimmers must be listed on their team's official waiver/meet verification form. <p>Age Groups That Will be Offered</p> <ul style="list-style-type: none"> ▪ 10 & Under, 11-12, 13/Over <p>Individual and Relay Limits</p> <ul style="list-style-type: none"> ▪ Swimmers may compete in up to three (3) individual events per day. ▪ Swimmers may compete in one relay per day. <p>Age at Meet</p> <ul style="list-style-type: none"> ▪ Age determination date for this meet is Saturday, July 11th, 2015.
<p>Distance Events</p>	<ul style="list-style-type: none"> ▪ Distance events (400 Free and 400 IM) may be limited based on the number of entries received.
<p>Meet Format</p>	<ul style="list-style-type: none"> ▪ This meet will be run in accordance with current USA Swimming rules. ▪ This meet will be run as a timed final meet. <p>Seeding Procedure</p> <ul style="list-style-type: none"> ▪ This meet will be deck seeded with coaches checking in and/or scratching all swimmers. After the heats have been posted, swimmers will report to the blocks on their own.



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.
Meet Schedule	<ul style="list-style-type: none"> ▪ The building will not open before 7:00am for swimmers and 7:15am for spectators. ▪ This meet will have three sessions on Saturday and three sessions on Sunday. ▪ The starting time for all sessions following the morning session will be announced once entries are received and a time line is established.

MEET SCHEDULE

Saturday, July 11th, 2015		Warm-Up	Start
Session 1	10 & Under events	7:00am	8:05m
Session 2	11-12 events	End of Session #1 *	65 minutes *
Session 3	13 & Over events	End of Session #2 *	65 minutes *
Sunday, July 12th, 2015		Warm-up	Start
Session 4	10 & Under events	7:00am	8:05am
Session 5	11-12 events	End of Session #4 *	65 minutes *
Session 6	13 & Over events	End of Session #5 *	65 minutes *

* Starting times for all sessions after the first session each day will be determined after entries are received and a time line created!

Warm-Up Procedures	<ul style="list-style-type: none"> ▪ Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines and will include general warm-up lanes, sprint lanes, and pace lanes. <p>Entry Into Pool</p> <ul style="list-style-type: none"> ▪ All swimmers must enter the pool from the starting end of the pool. <p>Host Team Monitoring Warm-Ups</p> <ul style="list-style-type: none"> ▪ New Jersey Swimming officials will monitor warm-ups. ▪ All general warm-up lanes will swim in a counterclockwise direction. <p>Warm-Up Schedules</p> <ul style="list-style-type: none"> ▪ The main sessions will have two warm-up periods of 30-minutes each, divided by teams. There will be designated sprint lanes and pace lanes during the last 10 minutes of each session, unless additional warm-up sessions are warranted.
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 from SCY or SCM are acceptable for this meet.
Check-In	<ul style="list-style-type: none"> ▪ All check-in sheets must be turned into the scoring table 30 minutes before the start of each session. Swimmers who are competing will have a line through their name. Swimmers who are to be scratched for all events in the session will have their names circled with "SCR" noted next to the circle. Swimmers scratching a single event will have a line through his or her name and the event number circled with "SCR" next to the circle. ▪ Failure to follow the check-in procedure may result in the swimmer(s) being scratched from the session.
Starts	"Fly-over" ("over-the-top") starts may be used at the discretion of the meet referee.
Relays	<ul style="list-style-type: none"> ▪ All relays must have names listed in the correct order for that relay to be eligible. ▪ Coaches must turn in a relay card prior to a relay swimming; it must list correct swimmers' names in correct order.
Scoring	<ul style="list-style-type: none"> ▪ Team Scoring will not be kept.
Awards	<ul style="list-style-type: none"> ▪ No awards
Entry Fees	<ul style="list-style-type: none"> ▪ Individual Entry Fee: \$5.00. ▪ Relay Entry Fee: \$9.00. ▪ Make checks payable to Madison MPO.



Admissions and Programs	<ul style="list-style-type: none"> ▪ Admission will be \$7.00 per session. ▪ Heat sheets will be available at \$3/session
Entries	<ul style="list-style-type: none"> ▪ In accordance with New Jersey Swimming policy, team entries may be submitted by e-mail to entries1@juno.com. ▪ All entries must be Hy-Tek program entries as an attached file to an e-mail. ▪ The meet entry coordinator will respond to e-mails entries within 48 hours. If you do not receive an e-mail response within 48 hours, assume that your email has not been received. It then becomes the e-mailer's responsibility to make sure that the host club's meet entry coordinator receives the e-mail. If you do not receive an e-mail response, you must contact the entry coordinator by email or phone. ▪ An Entry Fee Summary along with a signed New Jersey Swimming waiver and a check for all entry fees must accompany or follow each entry. ▪ Accuracy of seed times is essential. Incomplete entries will not be accepted. ▪ Deck, phone, and/or faxed entries will not be accepted.
Results	<ul style="list-style-type: none"> ▪ Results will be sent to all participating teams via email at the conclusion of the meet and posted at www.besmarttinc.com.
Host Club Responsibilities	<ul style="list-style-type: none"> ▪ Provide a single timer in each lane throughout the meet. ▪ Have stopwatches available for volunteers helping to time. ▪ Create a warm-up schedule that will be fair and equitable to all teams. This warm-up schedule will be e-mailed to all participating clubs no later than one week before the meet. ▪ Create timing assignments that are fair and equitable with as many teams participating as possible. These timing assignments will be e-mailed to all participating clubs no later than one week before the meet and posted at www.besmarttinc.com.
Participating Club Responsibilities	<ul style="list-style-type: none"> ▪ Help with timing assignments (mandatory). Timing assignments will be e-mailed to participating clubs one week prior to the meet and posted at www.besmarttinc.com. ▪ Parents must stay off the pool deck except to fulfill timing assignments. ▪ Should help with officiating whenever possible. List the club contact for club officials on the meet waiver/verification form.
Concessions	<ul style="list-style-type: none"> ▪ Refreshments will be available throughout the meet.
Vendor	<ul style="list-style-type: none"> ▪ A swim vendor will be in attendance.
Hotels	<ul style="list-style-type: none"> ▪ Holiday Inn, 100 Independence Way; 609-520-1200; ask for special rate. ▪ Staybridge Suites, 4375 Route1; 609-951-0009; ask for sports group rate. ▪ Residence Inn by Marriott, 4225 Route 1; 732-329-9600; Includes breakfast. ▪ Princeton Courtyard by Marriott, Route 1 and Mapleton Road; 609-716-9100; includes breakfast.
Directions	<ul style="list-style-type: none"> ▪ From the New Jersey Turnpike, North or South: Take Exit 8 towards Princeton. Take Route 33 West to Route 571. Continue on Route 571, crossing Route 1 and continuing to the first light (at Faculty Road). Make a right; the pool and the parking lot will be on your left about ¼ mile from the light. ▪ From US Route 1, North or South: Take the Princeton-Hightstown Road exit toward Princeton. Follow the above directions. Continue to the first light (at Faculty Road). Make a right; the pool and the parking lot will be on your left about ¼ mile from the light.



Madison YMCA Mariners & Montclair YMCA Dolphins

2015 M and M Events

Order of Events

Time Standards apply for the first 6 days after the meet is posted

“Make one, swim three”

Saturday 10 & Under Events	
Event	QTime
Event 1 Girls 10&U 200 IM	3:47.29
Event 2 Boys 10&U 200 IM	3:47.29
Event 3 Girls 10&U 100 Free	1:32.99
Event 4 Boys 10&U 100 Free	1:32.99
Event 5 Girls 10&U 50 Back	49.89
Event 6 Boys 10&U 50 Back	49.89
Event 7 Girls 10&U 100 Breast	2:02.39
Event 8 Boys 10&U 100 Breast	2:02.39
Event 9 Girls 10&U 50 Fly	48.59
Event 10 Boys 10&U 50 Fly	48.59
Event 11 Girls 10&U 200 Free Relay	
Event 12 Boys 10&U 200 Free Relay	

Saturday 11-12 Events	
Event	QTime
Event 13 Girls 11-12 200 IM	3:15.19
Event 14 Boys 11-12 200 IM	3:15.19
Event 15 Girls 11-12 100 Free	1:17.49
Event 16 Boys 11-12 100 Free	1:17.49
Event 17 Girls 11-12 50 Back	42.49
Event 18 Boys 11-12 50 Back	42.49
Event 19 Girls 11-12 100 Breast	1:43.69
Event 20 Boys 11-12 100 Breast	1:43.69
Event 21 Girls 11-12 50 Fly	39.99
Event 22 Boys 11-12 50 Fly	39.99
Event 23 Girls 11-12 200 Breast	3:44.39
Event 24 Boys 11-12 200 Breast	3:44.39
Event 25 Girls 11-12 200 Free Relay	
Event 26 Boys 11-12 200 Free Relay	

Saturday 13 & Over Events	
Event	QTime
Event 27 Girls 13-14 400 IM	6:23.49
Event 27 Girls 15&O 400 IM	6:11.59
Event 28 Boys 13-14 400 IM	6:17.49
Event 28 Boys 15&O 400 IM	5:54.09
Event 29 Girls 13-14 50 Free	32.99
Event 29 Girls 15&O 50 Free	32.09
Event 30 Boys 13-14 50 Free	31.89
Event 30 Boys 15&O 50 Free	28.99
Event 31 Girls 13-14 100 Breast	1:33.59
Event 31 Girls 15&O 100 Breast	1:30.19
Event 32 Boys 13-14 100 Breast	1:31.29
Event 32 Boys 15&O 100 Breast	1:25.29
Event 33 Girls 13-14 200 Free	2:35.09
Event 33 Girls 15&O 200 Free	2:29.19
Event 34 Boys 13-14 200 Free	2:32.99
Event 34 Boys 15&O 200 Free	2:18.39
Event 35 Girls 13-14 50 Breast	42.79
Event 35 Girls 15&O 50 Breast	40.59
Event 36 Boys 13-14 50 Breast	41.59
Event 36 Boys 15&O 50 Breast	38.79
Event 37 Girls 13-14 100 Fly	1:23.39
Event 37 Girls 15&O 100 Fly	1:18.99
Event 38 Boys 13-14 100 Fly	1:20.29
Event 38 Boys 15&O 100 Fly	1:14.29
Event 39 Girls 13-14 200 Back	2:59.39
Event 39 Girls 15&O 200 Back	2:50.09
Event 40 Boys 13-14 200 Back	2:55.29
Event 40 Boys 15&O 200 Back	2:41.99
Event 41 Girls 13&O 200 Free Relay	
Event 42 Boys 13&O 200 Free Relay	



Sunday 10 & Under Events	
Event	QTime
Event 43 Girls 10&U 200 Free	3:23.79
Event 44 Boys 10&U 200 Free	3:23.79
Event 45 Girls 10&U 50 Breast	55.09
Event 46 Boys 10&U 50 Breast	55.09
Event 47 Girls 10&U 100 Back	1:48.89
Event 48 Boys 10&U 100 Back	1:48.89
Event 49 Girls 10&U 50 Free	40.89
Event 50 Boys 10&U 50 Free	40.89
Event 51 Girls 10&U 100 Fly	1:56.19
Event 52 Boys 10&U 100 Fly	1:56.19
Event 53 Girls 10&U 200 Medley Relay	
Event 54 Boys 10&U 200 Medley Relay	

Sunday 11-12 Events	
Event	QTime
Event 55 Girls 11-12 200 Free	2:48.69
Event 56 Boys 11-12 200 Free	2:48.69
Event 57 Girls 11-12 50 Breast	47.09
Event 58 Boys 11-12 50 Breast	47.09
Event 59 Girls 11-12 200 Fly	3:22.49
Event 60 Boys 11-12 200 Fly	3:22.49
Event 61 Girls 11-12 100 Back	1:31.39
Event 62 Boys 11-12 100 Back	1:31.39
Event 63 Girls 11-12 50 Free	35.69
Event 64 Boys 11-12 50 Free	35.69
Event 65 Girls 11-12 100 Fly	1:31.99
Event 66 Boys 11-12 100 Fly	1:31.99
Event 67 Girls 11-12 200 Back	3:20.79
Event 68 Boys 11-12 200 Back	3:20.79
Event 69 Girls 11-12 200 Medley Relay	
Event 70 Boys 11-12 200 Medley Relay	

Sunday 13 & Over Events	
Event	QTime
Event 71 Girls 13-14 400 Free	5:28.99
Event 71 Girls 15&O 400 Free	5:17.79
Event 72 Boys 13-14 400 Free	5:27.39
Event 72 Boys 15&O 400 Free	4:59.89
Event 73 Girls 13-14 50 Back	37.99
Event 73 Girls 15&O 50 Back	37.09
Event 74 Boys 13-14 50 Back	37.39
Event 74 Boys 15&O 50 Back	35.99
Event 75 Girls 13-14 200 Breast	3:23.69
Event 75 Girls 15&O 200 Breast	3:15.69
Event 76 Boys 13-14 200 Breast	3:19.29
Event 76 Boys 15&O 200 Breast	3:04.49
Event 77 Girls 13-14 100 Free	1:11.49
Event 77 Girls 15&O 100 Free	1:09.49
Event 78 Boys 13-14 100 Free	1:09.89
Event 78 Boys 15&O 100 Free	1:03.09
Event 79 Girls 13-14 200 Fly	3:04.89
Event 79 Girls 15&O 200 Fly	2:59.09
Event 80 Boys 13-14 200 Fly	3:01.09
Event 80 Boys 15&O 200 Fly	2:44.49
Event 81 Girls 13-14 50 Fly	37.59
Event 81 Girls 15&O 50 Fly	36.89
Event 82 Boys 13-14 50 Fly	37.09
Event 82 Boys 15&O 50 Fly	34.69
Event 83 Girls 13-14 200 IM	2:57.39
Event 83 Girls 15&O 200 IM	2:50.09
Event 84 Boys 13-14 200 IM	2:54.69
Event 84 Boys 15&O 200 IM	2:38.99
Event 85 Girls 13-14 100 Back	1:22.89
Event 85 Girls 15&O 100 Back	1:19.19
Event 86 Boys 13-14 100 Back	1:20.69
Event 86 Boys 15&O 100 Back	1:13.59
Event 87 Girls 13&O 200 Medley Relay	
Event 88 Boys 13&O 200 Medley Relay	





NEW JERSEY SWIMMING

2015 M and M LC Meet

Saturday-Sunday July 11th-12th, 2015



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, Montclair YMCA, Madison YMCA, Be Smartt Inc and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form, for the M and M LC Meet on **July 11th & 12th, 2015** are registered members of USA Swimming. All USA Swimming numbers are correctly listed and unless otherwise noted, are not required to swim unattached (UN) due to the 120 day transfer. Also I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

Club Name/Club Code _____

Signature of Coach and/or Parent/Guardian _____

Telephone _____ E-Mail Address _____

Name(s) of Coach(es): _____

Name/E-Mail/Phone Number of person to contact regarding this entry: _____

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

Entry Fee Summary: _____	Individual event entries @ \$5.00 =	\$ _____
_____	Relay event entries @ \$9.00 =	\$ _____
	Total:	\$ _____

Make checks payable to: **Madison MPO**

Article 302.4 of the USA Swimming Rules and Regulations

False Registration: An LSC may impose a fine of up to \$100 per event against a member coach or a member club's representative signing a document which indicates a swimmer is registered with USA Swimming for a meet when that swimmer is not properly registered or eligible to compete for that club. This will be enforced by the LSC and the LSC will be entitled to the fines imposed.

List all Unattached Swimmers:

Unattached Swimmer _____, Unattached Swimmer _____

Unattached Swimmer _____, Unattached Swimmer _____

Unattached Swimmer _____, Unattached Swimmer _____

Unattached Swimmer _____, Unattached Swimmer _____

Unattached Swimmer _____, Unattached Swimmer _____