

# Monmouth County Swimming Championships

## Hosted by the Neptune Aquatic Center

**Saturday, January 7<sup>th</sup>, 2023 – Girls – 9:15am Meet Start, 8:00am Warm Up**

Doors open at 7:15am for Swimmers, Coaches, and Officials (side entrance)

Doors open at 7:15 for Spectators (front entrance)

**Saturday, January 7<sup>th</sup>, 2023 – Boys – 2:15pm Meet Start, 1:00pm Warm Up (Snow Date) January 22<sup>nd</sup>**

Doors open at 12:30pm for Swimmers, Coaches, and Officials (side entrance)

Doors open at 12:30 for spectators (front entrance)

### General Information:

- **Entrance:**

- **Swimmers, coaches, officials:** Should enter through the back doors off of Flier Drive. (See bussing maps) Busses will be directed to the drop off area and swimmers will enter through these doors and check in.
- **Spectators:** Should enter through the Aquatic Center main glass doors and through the lobby. The cost for the event will be \$5 per adult over the age of 12 years old. **No deck chairs, coolers or strollers permitted.**
  - **COVID 19 Note – The Neptune Aquatic Center will follow all state mandated school guidelines for athletics during the winter season. Please check the website for updated information as we approach the meet.**
  - **As a reminder, seating, as with all athletic events, is limited and seating will be first come first serve.**

### ABSOLUTLEY NO EARLY ADMITTANCE

- **Entry Fees:** \$400 per school. If you are entering an individual swimmer, the fee is \$35 per swimmer. Entry Fees are due no later than December 30<sup>th</sup>. Please send a check made payable to Neptune Aquatic Center and mail to:

Neptune High School - NAC  
Attn: Sara Palumbo- Entry Coordinator  
55 Neptune Blvd  
Neptune NJ 07753

- **Swimmer Entries: *Deadline is January 3rd, 2022.*** Entries will be accepted by Hy-Tek Team Manager only. There is a file import for TM II Lite at: <http://www.hy-tek.com/downloads.html> along with directions for use. If you do not have the team manager software, please download this to use. Then, import the Monmouth County meet file from the Monmouth County Meet link on the Neptune School District Site under the “Aquatic” tab. ([www.neptuneschools.org](http://www.neptuneschools.org) – click top tab for Aquatic Center). You must use the team abbreviations that are listed on the website under the Monmouth County Link.
  - All entries must be emailed to Ellen Mace at [besmartinc@gmail.com](mailto:besmartinc@gmail.com) no later than midnight on January 3<sup>rd</sup>. Early entries always welcome. ☺ No deck entries will be accepted. Entries must include the swimmers best time in yards from the 2022-2023 seasons. Relay entries must include four possible swimmers. Names may be changed up to 1/2 hour prior to the meet start at timing podium. No other events may be changed.

- If your swimmer wants their times to help them qualify for a sectional cut time, you MUST enter their swimmer ID number correctly into the entry submission.
- All swimmers must be entered with their current year when entered into Hytek. (Freshman, Sophomore, Junior, Senior).
- **Qualifying Times:** There are cut times for the 200 Free, 200 IM and 500 Freestyle for both boys and girls. Also printed with this meet information is a guideline for entries that should assist coaches in entering swimmers into the remaining events based on the 40<sup>th</sup> swimmer data in each event. For the 2022 – 2023 swim season, the following cut times are being implemented:

Boys Cut Times 2023	Event	Girls Cut Times 2023
2:23.00	200 Free	2:30.00
2:43.00	200 IM	2:50.00
6:30.00	500 Free	6:45.00

- Each team will be permitted to enter four (4) swimmers per event. Swimmers are permitted to swim a total of four (4) events, but only two (2) individual events.
- Coaches MUST enter a qualifying time from the current year and from a High School meet only.
- Below is a spreadsheet of the 40<sup>th</sup> place swim in each event going back to 2013. Coaches are encouraged to use this as a guideline for entering swimmers that would be competitive at this level. For finish times that are far behind the cut time, coaches may be asked to provide documentation of entry.

Girls County Comparison												
40th Place												
	2014	2015	2016	2017	2018	2019	2020	2021	2022	Average all yrs	2023 MC Cut	2023 Shore
200 Free	02:29.6	2:27.64	2:21.39	2:23.78	2:26.97*	2:29.71	2:43.93*	NA	2:28.91*	2:28.99	2:30.00	TBD
200 IM	2:47.47	2:41.95	2:46.36*	2:45.56	2:46.02*	2:48.01	2:52.08	NA	2:43.19 *	2:46.77	2:45.00	TBD
50 Free	30.03	29.42	28.23	28.13	28.19	28.76	28.76	NA	29.30	28.78		TBD
100 Fly	1:22.77	1:21.05	1:15.28	1:16.99	1:14.57	1:15.06	1:22.13	NA	1:22.24	1:18.76		TBD
100 Free	1:07.60	1:05.01	1:03.99	1:02.94	1:04.36	1:04.07	1:04.94	NA	1:05.50	1:04.80		TBD
500 Free	6:53.06*	6:55.58*	6:56.57*	7:03.04*	6:24.76*	6:32.08*	6:43.53*	NA	6:38.50*	6:45.89	6:45.00	TBD
100 Back	1:16.13	1:15.76	1:16.30	1:14.23	1:14.00	1:12.53	1:14.39	NA	1:16.53	1:14.98		TBD
100 Breast	1:26.96	1:29.19	1:26.09	1:27.88	1:26.36	1:27.73	1:25.33	NA	1:33.76	1:27.91		TBD

Boys County Comparison												
40th Place												
	2014	2015	2016	2017	2018	2019	2020	2021	2022	Average all yrs	2022 MC Cut	2022 Shore
200 Free	2:28.59	2:20.81	2:22.32	2:24.60	2:19.85	2:22.50*	2:26.22	NA	2:22.35*	2:23.405	2:23.00	TBD
200 IM	2:52.52	2:40.91	2:44.24*	2:46.56*	2:42.27	2:37.53*	2:42.48*	NA	2:42.73*	2:43.65	2:43.00	TBD
50 Free	25.97	26.55	25.65	26.37	26.19	26.30	26.00	NA	26.14	26.14		TBD
100 Fly	1:17.51	1:18.56	1:19.39	1:13.75	1:13.18	1:18.75	1:13.09	NA	1:11.30	1:16.05		TBD
100 Free	59.81	59.72	58.55	58.84	59.47	58.64	1:00.75	NA	1:00.61	59.54		TBD
500 Free	6:41.74*	6:28.82*	6:52.56*	6:45.03*	6:29.47*	6:19.55*	6:28.73*	NA	6:27.04*	6:34.11	6:30.00	TBD
100 Back	1:13.61	1:14.35	1:15.31	1:21.22	1:19.83*	1:18.01	1:14.08	NA	1:19.99	1:17.05		TBD
100 Breast	1:20.18	1:20.66	1:19.59	1:21.88	1:20.70	1:22.86	1:19.83	NA	1:24.63	1:21.29		TBD

- **School Responsibilities and Facility Regulations:**
  - Provide a coach on pool deck at all times
  - Please bring only swimmers who are swimming in the meet, not the whole team.
  - Provide a coach to attend mandatory scratch meeting to be held 30 minutes prior.
  - Provide two (2) timers for each team.
  - Clean up team section and dispose of all garbage and trash appropriately as well as gather any team belongings.
  - Abide by all rules and regulations as stated by the Neptune Aquatic Center and Neptune Township School district.

- Accurately and honestly report student's times in yard format.
  - Ensure that there is absolutely no cell phone use in the locker room
  - Monitor students to ensure that there is absolutely NO DECK CHANGING.
  - Ensure that there is absolutely NO SHAVING at Neptune Aquatic Center. Any swimmer caught shaving will be asked to leave immediately.
  - Limit the number on your roster to swimmers actually swimming in meet and a maximum of two (2) timers. All other swimmers will be asked to enter as a patron, will be charged admission and asked to sit upstairs. \* No girls will be allowed on deck during the boy's meet and no boys will be allowed on deck during the girl's meet. (Exception: those who are timing).
- **Order of Events:**
    - 200 yard Medley Relay
    - 200 Yard Freestyle
    - 200 Yard Individual Medley
    - 50 Yard Freestyle
    - BREAK (Swimmers may warm up/cool down)
    - 100 Yard Butterfly
    - 100 Yard Freestyle
    - 500 Yard Freestyle
    - 200 Yard Freestyle Relay
    - 100 Yard Backstroke
    - 100 Yard Breaststroke
    - BREAK (THE POOL IS NOT OPEN)
    - 400 Yard Freestyle Relay
- **Awards:** Medals will be awarded for places 1<sup>st</sup> – 4<sup>th</sup> and ribbons will be awarded for swimmers 5<sup>th</sup> – 8<sup>th</sup>.
    - Medals and ribbons will be given to the head coach at the close of the meet.
    - Team plaques will be awarded for the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place team for both boys and girls.
    - A High Point Swimmer award will be awarded to one girl and one boy.
  - **Scoring:** Points are awarded for the first 16 places in each race according to the following scale:
    - 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
    - Relays carry double points. Team scores and individual places will be announced periodically throughout the meet.
    - Swimmers who are entered as individuals and not on a team will not be included in the team scoring process and will not receive points.

Any further information or changes will be e-mailed to your respective schools. Please feel free to contact me with any questions or concerns.

Sincerely-

*Sara A. Palumbo*

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