



The Garden State Cup 2015

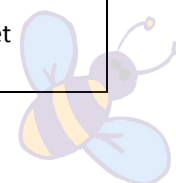
Open and Age Group Bronze Swim Meet

Hosted by Scarlet Aquatics
 Saturday and Sunday, October 31st and November 1st, 2015
 Lincoln Community School
 208 Prospect Avenue (East 30th Street), Bayonne, NJ 07002
 Held under the sanction of USA Swimming

Meet Sanction #	NJS103115 SCB 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, October 31st and November 1st, 2015
Location	Lincoln Community School 208 Prospect Avenue (East 30th Street) Bayonne, NJ 07002
Facility Info	The Lincoln Community School pool is a six lane 25 yard pool with 7 ft. lanes utilizing Anti-Wave Lane dividers, Colorado Timing and computerized results. The starting end of the pool is 4 ft deep and the depth at the turn end is 4 ft. Diving end well area will be used for warm-up and warm-downs during the competition.
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.
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.
Meet Director	Mohamed Abdelaal 201-232-0600
Meet Referee	Jim O'Neill swimjim1@juno.com
Administrative Official	Ellen Mace, Jason Mace, John Lister
Meet Safety Marshall	Mohamed Abdelaal 201-232-0600
Entry Coordinator	Be Smartt Inc—entries1@juno.com, 609.558.0988
Entry Times	<ul style="list-style-type: none"> • NJ Swimming does not allow NT or 'No Time' entries. NT's will not be accepted. • All entry times must be in short course yards. Converted times from LCM and SCM are acceptable for this meet. • For the 10 & Under and 11-12 Age Groups, all swimmers must be entered with times slower than NJ Swimming Silver times. • For the Open events, all swimmers must be entered with times slower than NJ Swimming Age 13-14 Silver times.
Entry Fees	<ul style="list-style-type: none"> • Individual Event Entry Fee (non-1000): \$4.00 • 1000 Freestyle Entry Fee: \$11.00 • Relay Event Entry Fee: \$8.00 <p style="text-align: center;">Checks payable to: Bayonne Mermaids-Starfish</p> <ul style="list-style-type: none"> • The host club has the right to scratch teams/swimmers for lack of payment of entry fees.



<p>Entries / Entry Deadline</p>	<p>Entries must be received by Saturday, October 17th, 2015.</p> <ul style="list-style-type: none"> • All entries must be Hy-Tek program entries as an attached file to an e-mail. • Email entry files to entries1@juno.com • Please reference Garden State Cup in the e-mail subject line. • All entries will be accepted on a first come basis. Meet entries will be taken until the meet/sessions fill. The host club must stay within the 4-hour session rule. • Team entries will be considered as accepted when the meet entry coordinator is in receipt of the entry file. • The meet entry coordinator will respond to e-mail 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 Summary with a signed NJ Swimming waiver and a check must accompany or follow each entry. It is not necessary to use overnight or express mail to send hard copy and check that are sent in support of an e-mailed entry. <p>Mail to: Be Smartt, Inc., 604 Paxson Avenue, Mercerville, NJ 08619 Check Payable to : Bayonne Mermaids-Starfish</p> <ul style="list-style-type: none"> • Incomplete entries will not be accepted. • Deck entries, phone entries & faxed entries will not be accepted.
<p>Meet Age</p>	<ul style="list-style-type: none"> • This meet will have 10 & Under, 11-12 and Open Events. • Age for this meet is as of Saturday, October 31st, 2015.
<p>Swimmer Eligibility</p>	<ul style="list-style-type: none"> • All swimmers must be members of USA Swimming and must be listed on a team's official entry form to be eligible to participate in this swim meet in any events, including relays. • All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers are to use a UN- (New Team Alpha Code) as their team affiliation. • All Unattached swimmers must be listed on the team's official waiver entry form. • Swimmers may swim up to three individual events each day.
<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 these 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 smaller time frame. <p>Some of the changes that can be made: 1) add a session, 2) heat limit distance events, 3) condense sessions, and 4) eliminate relays.</p> <p>Per USA Swimming rules, 12 & Under events must be planned to conclude in 4 hours or less. If relays are cancelled to stay within the 4-hour rule, refunds will be promptly issued.</p>
<p>Internet Website Posting</p>	<p>Meet Information will be posted on www.njswim.org and www.besmarttinc.com</p> <p>Pre-Meet Information posted:</p> <ul style="list-style-type: none"> ○ Meet Information ○ Downloadable Hy-Tek Events list (.HYV file) ○ Team Warm-up Schedule/Assignments and Team Timing Assignments ○ Heat Limited events (if necessary) <p>Post-Meet Information posted:</p> <ul style="list-style-type: none"> ○ Downloadable Results (.CL2 file) ○ Printable meet results (.PDF file)
<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 towards those participation requirements.</p>



Coaches Eligibility	All coaches “on the deck” must be current coach members of USA Swimming. Coaches must have coaching card visible at all times while on deck and to gain admittance to the facility.
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 USA Swimming member coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.
USA-S Deck Change Policy Statement	Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas in not appropriate and is prohibited.
Meet Format	<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. • This meet will be deck seeded with coaches checking in/scratching all swimmers. • Once seeding has been completed, heat sheets will be posted in the gym and near the spectator entrance to the pool. • Swimmers in the 12 & Under sessions will report to the marshalling area in the gym for organizing heats and lanes, and will be escorted to the pool. • Swimmers in the Open sessions will report directly to the blocks.
Meet Schedule	<ul style="list-style-type: none"> • The building will open at 7:45 AM • There will be three sessions on Saturday and three sessions on Sunday.

Meet Schedule

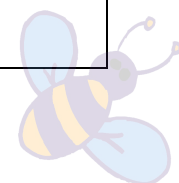
Saturday, October 31st, 2015		Warm-up	Start
Session 1	10 & Under and 11-12 Girls and Boys	8:00am	9:05am
Session 2	Open Events Girls and Boys	TBD – Approx 1:00pm	TBD – Approx 2:00pm
Session 2A	Open 500 Freestyle	10 Minutes after Session 2	TBD
Sunday, November 1st, 2015		Warm-up	Start
Session 3	10 & Under and 11-12 Girls and Boys	8:00am	9:05am
Session 4	Open Events Girls and Boys	TBD – Approx 1:00 PM	TBD – Approx 2:00 PM
Session 4A	Open 1000 Freestyle	10 Minutes after Session 4	TBD

Warm-up and start times will be determined when all entries have been received.

Admission and Programs	<ul style="list-style-type: none"> • Admission will be \$5.00 per session and Heat Sheets will be \$5.00 per session.
Warm-up Procedures	<ul style="list-style-type: none"> • Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. • All swimmers are entitled to a fair and comparable warm-up. All teams WILL get the same opportunity for warm-up lanes. • All swimmers must enter the pool 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. • Warm-up will be split into two 30 minute sessions with assigned lanes and warm-up periods for participating teams. • Teams may do one way, dive sprints during their assigned warm-up period. Teams sharing a lane must wait for all teams in the lane to complete general warm-up before using the lane for dive sprints. • All clubs will be notified by e-mail if different warm-up procedures will be used.



Check-In	<ul style="list-style-type: none"> All swimmers will be checked-in by their coaches. Those not checked in will be scratched. All check-in sheets must be turned into the scoring table 35 minutes before the start of the 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 his/her name and the event circled with "SCR" next to the circle. Failure to follow this procedure may result in the swimmer(s) being scratched from the entire session.
Distance Events	<p>500/1000 Yard Freestyle Events</p> <ul style="list-style-type: none"> All 500/1000 freestyle events will be swum fastest to slowest, alternating Girls and Boys. Swimmers must supply a timer for the Open 500/1000 Free events. The Age 11-12 500 Freestyles will be timed as part of the 12 & Under session. Swimmers do not have to provide a timer beyond the team's timing assignment for the session. Swimmers must supply a counter (if one is desired) for all 500/1000 Free Events. Heats of Girls and Boys may be combined and swimmers may not be separated by lanes in order to allow the maximum swimmers to compete.
Heat Limited Events	<p>Open 500 Free/ Open 1000 Free</p> <p>The Open 500 Free and Open 1000 Free session will be limited to two hours of heats each. If more than two hours of entries are received, those swimmers projected to exceed the time limit will be notified at least 1 week prior to the meet.</p>
Starts	'Fly-over'/'Over-the-top' starts may be used at the discretion of the Meet Referee.
Awards	Medals will be awarded to the top three swimmers in each event.
Results	Results will be e-mailed to all participating clubs after the meet.
Scoring	Individual/Team Scoring will not be kept.
Host Club Responsibilities	<ul style="list-style-type: none"> The host club will provide a single timer in each lane throughout the meet. The host club will have stopwatches available for volunteers helping to time. The host club will e-mail all club entries back to the participating clubs. The host club will create a warm-up schedule that will be fair and equal to all teams. This warm-up schedule will be e-mailed to all participating clubs one week before the meet. The host club will create timing assignments that are fair and equitable with as many teams participating as possible.
Participating Club Responsibilities	<ul style="list-style-type: none"> Participating clubs must help with timing. Timing assignments will be e-mailed to participating clubs one week prior to the meet and posted on the www.besmarttinc.com website. Participating club parents must stay within designated areas away from the pool deck except for timing assignments. Participating clubs should help with officiating whenever possible.
Concessions	Food and drink will be available at a concession stand adjacent to the pool.
Vendor	Ultimate Swim Shop will be on site as the swim equipment vendor for the meet.
Directions	<p>Directions to Lincoln Community School - 208 Prospect Ave (East 30th St), Bayonne, NJ 07002</p> <p>From N.J. Turnpike: Take Exit 14A (Bayonne) and follow signs for Avenue E. Proceed along Avenue E to East 30th Street. Make left and proceed over railroad overpass. Lincoln Community School is on the right. Entrance to pool is through schoolyard on East 30th Street. In addition to on-street parking, parking is available at the garage on Avenue E and 2nd 0th St. Additional parking is available at the Light Rail Train Station on East 32nd St. and Prospect Ave.</p>
Area Hotels	<ul style="list-style-type: none"> Best Western Newark Airport West, 101 International Way, Newark, NJ 973-621-6200 Hilton Newark Airport, 1170 Spring St., Elizabeth, NJ 908-351-3900 Days Inn Newark Airport, 450 US Rte 1 South, Newark, NJ 973-242-0900 Hampton Inn Newark Airport, 1128-38 Spring St, Elizabeth, NJ 908-355-0500



The Garden State Cup 2015

Open and Age Group Bronze Swim Meet

Saturday and Sunday, October 31st & November 1st, 2015

Lincoln Community School Pool, Bayonne, New Jersey

East 30th Street at Prospect/Avenue F

Saturday Order of Events

Session #1 – 12 & Under Girls and Boys

Warm-Up: 8:00am

Session Starts: 9:05am

Women's Event #	Slower Than	Event Description	Slower Than	Men's Event #
#1	2:31.79	11-12 200 Yard Freestyle	2:31.79	#2
#3	2:58.29	10&U 200 Yard Freestyle	2:58.29	#4
#5	1:21.89	11-12 100 Yard Backstroke	1:21.89	#6
#7	43.89	10&U 50 Yard Backstroke	43.89	#8
#9	41.99	11-12 50 Yard Breaststroke	41.99	#12
#11	1:48.99	10&U 100 Yard Breaststroke	1:48.99	#10
#13	1:21.99	11-12 100 Yard Butterfly	1:21.99	#14
#15	42.99	10&U 50 Yard Butterfly	42.99	#16
#17	31.39	11-12 50 Yard Freestyle	31.39	#18
#19	36.19	10&U 50 Yard Freestyle	36.19	#20
#21	1:20.29	11-12 100 Yard Individual Medley	1:20.29	#22
#23	3:19.39	10&U 200 Yard Individual Medley	3:19.39	#24
#25		11-12 200 Yard Freestyle Relay		#26
#27		10&U 200 Yard Freestyle Relay		#28

Session #2 – Open Session

Warm-Up: TBD - Approx 1:00pm

Session Starts: TBD - Approx 2:00pm

Women's Event #	Slower Than	Event Description	Slower Than	Men's Event #
#29	2:16.79	200 Yard Freestyle	2:14.89	#30
#31	1:13.79	100 Yard Butterfly	1:10.99	#32
#33	2:59.89	200 Yard Breaststroke	2:55.89	#34
#35	1:02.89	100 Yard Freestyle	1:01.49	#36
#37	2:36.89	200 Yard Individual Medley	2:34.49	#38

Session #2A – 13 & Over 500 Freestyle

Warm-Up: TBD- Approx 5:00pm

Session Starts: TBD – Approx 5:15pm

Women's Event #	Slower Than	Event Description	Slower Than	Men's Event #
#39	6:04.99	500 Yard Freestyle	6:03.19	#40

Swimmers of the Open 500 Freestyle Events must provide a timer and a counter (if desired).



The Garden State Cup 2015

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Lincoln Community School Pool, Bayonne, New Jersey

East 30th Street at Prospect/Avenue F

Sunday Order of Events

Session #3 – 12 & Under Girls and Boys

Warm-Up: 8:00am

Session Starts: 9:05am

Women's Event #	Slower Than	Event Description	Slower Than	Men's Event #
#41	7:39.49	10&U 500 Yard Freestyle	7:39.49	#42
#43	6:40.99	11-12 500 Yard Freestyle	6:40.99	#44
#45	1:22.09	10&U 100 Yard Freestyle	1:22.09	#46
#47	37.09	11-12 50 Yard Backstroke	37.09	#48
#49	1:36.19	10&U 100 Yard Backstroke	1:36.19	#50
#51	1:29.89	11-12 100 Yard Breaststroke	1:29.89	#52
#53	48.19	10&U 50 Yard Breaststroke	48.19	#54
#55	35.49	11-12 50 Yard Butterfly	35.49	#56
#57	1:42.09	10&U 100 Yard Butterfly	1:42.09	#58
#59	1:08.29	11-12 100 Yard Freestyle	1:08.29	#60
#61	1:34.39	10&U 100 Yard Individual Medley	1:34.39	#62
#63	2:51.79	11-12 200 Yard Individual Medley	2:51.79	#64
#65		10&U 200 Yard Medley Relay		#66
#67		11-12 200 Yard Medley Relay		#68

Swimmers of the Age Group 500 Freestyle Events must provide a counter (if desired).

Session #4 – Open Session

Warm-Up: TBD - Approx 1:00pm

Session Starts: TBD - Approx 2:00pm

Women's Event #	Slower Than	Event Description	Slower Than	Men's Event #
#69	5:39.69	400 Yard Individual Medley	5:34.29	#70
#71	1:13.59	100 Yard Backstroke	1:11.59	#72
#73	28.99	50 Yard Freestyle	27.99	#74
#75	2:43.99	200 Yard Butterfly	2:40.59	#76
#77	1:22.49	100 Yard Breaststroke	1:20.39	#78
#79	2:39.39	200 Yard Backstroke	2:35.69	#80

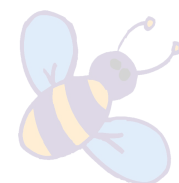
Session #4A – 13 & Over 1000 Freestyle

Warm-Up: TBD- Approx 5:00pm

Session Starts: TBD – Approx 5:15pm

Women's Event #	Slower Than	Event Description	Slower Than	Men's Event #
#81	12:22.29	1000 Yard Freestyle	11:59.49	#82

Swimmers of the Open 1000 Freestyle Events must provide a timer and (if desired) a counter.





NEW JERSEY SWIMMING

The Garden State Cup 2015

Saturday & Sunday, October 31st & November 1st, 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, Scarlet Aquatics, the Bayonne Mermaids Starfish Swim Team, Bayonne Board of Education, the City of Bayonne, BeSmartt, 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 Scarlet Aquatics Garden State Cup on **November 1st-2nd, 2014** 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 non 1000 events @ \$4.00 =	\$ _____
	_____ 1000 Freestyle event entries @ \$11.00 =	\$ _____
	_____ Relay entries @ \$8.00 =	\$ _____
	Total:	\$ _____

Make checks payable to: **Bayonne Mermaids-Starfish Swim Team**

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 _____

