

<u>Name of Meet</u>	<b>NEW JERSEY SWIMMING'S 13 &amp; OVER 'BRONZE' LONG COURSE CHAMPIONSHIPS - 2008</b> Hosted by Bayonne Mermaids-Starfish
<u>Meet Sanction #:</u>	<b>#NJS072608LC</b>
<u>Date of Meet:</u>	Saturday and Sunday, July 26-27, 2008
<u>Location:</u>	Bayonne DiDomenico Municipal Pool; 157 West 16 <sup>th</sup> St; Bayonne, NJ. A eight lane 50 meter outdoor pool with 7 ft lanes utilizing anti splash lane dividers, Colorado Timing, and computerized results. PLEASE BRING YOUR OWN CHAIR (BEACH, ETC) SINCE NO SEATING WILL BE PROVIDED. Parking is available at the DiDomenico Park located at the end of West 16 <sup>th</sup> St.
<u>Meet Director:</u>	Mohamed Abdelaal Daytime 201-232-0600, Evening 201-232-0600 Mailing address: 6 Islandview ct. apt 431. Bayonne, NJ 07002 e-mail: mka334@optonline.net
<u>Meet Referee:</u>	Jim O'Neill : e-mail: swimjim1@juno.com
<u>Meet Marshal:</u>	Adel William Daytime 201-889-7570, Evening 201-889-7570 E-mail: <a href="mailto:Mka334@optonline.net">Mka334@optonline.net</a>
<u>Entry Coordinator:</u>	Mohamed Abdelaal 6 Islandview ct. apt 431, Bayonne, NJ 07002 e-mail: mka334@optonline.net 201-232-0600
<u>Entry Deadline:</u>	<ul style="list-style-type: none"> <li>• All entries will be accepted on a first come basis.</li> <li>• No deck entries will be accepted.</li> <li>• <b>Entries must be received by 6:00 p.m. on Wednesday July 16, 2008.</b></li> <li>• Please mail entries and fees to: Mohamed Abdelaal, 6 Islandview ct. apt 431, Bayonne, NJ 07002</li> <li>• Phone: Daytime 201-858-6157 Evening 201-232-0600 e-mail: mka334@optonline.net</li> <li>• If entries are sent overnight, not waiving signature of receipt on Express Mail will delay receipt. Entries will be considered accepted, when loaded into Meet Manager</li> <li>• The host club has the right to scratch swimmers and/or teams who have not gotten their entry fees and waiver forms prior to start of the meet.</li> <li>• <b>NO FAX OR PHONE ENTRIES WILL BE ACCEPTED.</b></li> </ul>
<u>Entry Amending Process:</u>	According to the Amending Process for NJ Championship Meets, should a swimmer be missing from the entry list or an event, the coach can e-mail the missing information to mka334@optonline.net by 6:00 PM Wednesday, July 23, 2008. The entry fee for all events entered in this manner is \$10.00 per event (unless the mistake was the host's), and must be paid before the start of the meet according to the Amending Process Guidelines

<u>Meet Format Waiver:</u>	<p>The host club has the right to change the format of the meet with the approval of the administrative chairman and 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 would be:</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 a smaller time frame.</li> </ul> <p>Some of the changes that can be made: 1) adds a session, 2) heat limit distance events, 3) to condense sessions and 4) eliminate relays.</p> <ul style="list-style-type: none"> <li>• <b><u>Meet must conclude by approximately 12:00 noon. Entries will be accepted up till a maximum entry limit has been reached. (ALL ENTRIES MAY NOT BE ACCEPTED!) IF THE MEET HAS TO STOP DUE TO POOL OPENING TO THE PUBLIC, all entry fees for those non-swims will be refunded!</u></b></li> </ul>
<u>Internet Website Posting:</u>	<ul style="list-style-type: none"> <li>• Meet information will be posted on the New Jersey Swim Website at: <a href="http://www.njswim.org">www.njswim.org</a></li> </ul> <p><b><u>Pre-Meet Information:</u></b></p> <ul style="list-style-type: none"> <li>• Meet Information</li> <li>• Hy-Tek Meet Events (HYV File)</li> <li>• List of Teams participating</li> <li>• Warm-up &amp; Timing Assignments</li> </ul> <p><b><u>Post-Meet Information:</u></b></p> <ul style="list-style-type: none"> <li>• Final Results by sessions</li> <li>• Hy-Tek Meet Manager Back-up</li> </ul>
<u>Meet Requirement Statement:</u>	<p>This meet qualifies, as "one" of the two required long course meets to be eligible for the New Jersey LC Zone Championship Team or for New Jersey National Championship Reimbursement.</p>
<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> <li>• All coaches "on the deck" must be members of USA Swimming.</li> <li>• Coaches must show coaching card for entrance to facility.</li> </ul>
<u>Swimmer Eligibility:</u>	<ul style="list-style-type: none"> <li>• All swimmers must be members of USA Swimming to enter and compete in this meet.</li> <li>• All swimmers must be listed on a team's official entry form to be eligible to participate in this swim meet in any events including relays.</li> <li>• This is a New Jersey Swimming Championship Meet; only New Jersey Swimming athletes may enter and compete in this meet.</li> </ul> <p><b><u>Unattached Swimmers.</u></b></p> <ul style="list-style-type: none"> <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> </ul> <p><b><u>Age Groups that will be offered.</u></b></p> <ul style="list-style-type: none"> <li>• There will be only 13 &amp; Over events.</li> <li>• No Awards for individuals 20 &amp; Over.</li> <li>• All swimmers must have seed time slower than the current New Jersey Silver Time Standards.</li> <li>• NJS allows swimmers to compete in three individual events per day. Swimmers may enter all events that they qualify for. Swimmers entered in more than three events per day must scratch down to three events per day prior to the seeding of the meet. Failure to scratch down to three events, swimmer will swim the first three events as entered.</li> </ul> <p><b><u>Age at Meet:</u></b></p> <ul style="list-style-type: none"> <li>• Age for this meet is: <b>Saturday, July 26, 2008</b></li> </ul>
<u>Meet Schedule:</u>	<ul style="list-style-type: none"> <li>• The pool will not open before 6:45 a.m. for swimmers and 7:00 a.m. for spectators.</li> <li>• This meet will have one session per day.</li> <li>• <b><u>Meet must conclude by approximately 12:00 noon. Entries will be accepted</u></b></li> </ul>

	<b>up till a maximum entry limit has been reached. HOST CLUB WILL TRY TO ACCOMADATE AS MANY SWIMMERS AS POSSIBLE! (ALL ENTRIES MAY NOT BE ACCEPTED!) IF THE MEET HAS TO STOP DUE TO POOL OPENING TO THE PUBLIC, all entry fees for those non-swims will be refunded!</b>
<u>Meet Format:</u>	<ul style="list-style-type: none"> <li>This meet will be run in accordance to 2008 USA Swimming Rules.</li> <li>This meet will be run as a time final meet.</li> </ul> <p><b><u>How seeding will be done.</u></b></p> <ul style="list-style-type: none"> <li>This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will then report to the blocks.</li> <li><b><u>Meet must conclude by approximately 12:00 noon. Entries will be accepted up till a maximum entry limit has been reached. HOST CLUB WILL TRY TO ACCOMADATE AS MANY SWIMMERS AS POSSIBLE! (ALL ENTRIES MAY NOT BE ACCEPTED!) IF THE MEET HAS TO STOP DUE TO POOL OPENING TO THE PUBLIC, all entry fees for those non-swims will be refunded!</u></b></li> </ul>

**Meet Schedule:**

<b>Saturday, July 26, 2008</b>		<b>Warm-up</b>	<b>Start</b>
Saturday Session	13 & Over Girls & Boys Events	7:00 AM	8:00 AM
<b>Sunday, July 27, 2008</b>		<b>Warm-up</b>	<b>Start</b>
Sunday Session	13 & Over Girls & Boys Events	7:00 AM	8:00 AM

<u>Warm-up Procedures:</u>	<p>All teams must be given a minimum of 30 minutes of warm-ups.</p> <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, and sprint lanes.</li> </ul> <p><b><u>Entry Into Pool:</u></b></p> <ul style="list-style-type: none"> <li>All swimmers must enter the pool from the starting end of the pool.</li> <li>Swimming Equipment is NOT ALLOWED in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys</li> </ul> <p><b><u>Host Team Monitoring Warm-ups.</u></b></p> <ul style="list-style-type: none"> <li>Bayonne Mermaid/Starfish meet marshals will monitor warm-ups.</li> <li>All general warm-up lanes will swim in a counterclockwise direction.</li> </ul> <p><b><u>Warm-up Schedules.</u></b></p> <ul style="list-style-type: none"> <li>The warm-up sessions will be two 30-minute warm-ups divided by teams. There will be designated sprint lanes/pace lanes during the last 10 minutes.</li> </ul>
<u>Entry Times:</u>	<ul style="list-style-type: none"> <li>NJ Swimming does not allow 'NT' or 'No Time' to be used as an entry time.</li> <li>All entry times must be slower than the New Jersey Long Course Silver Time</li> <li>All entry times must be in long course meters.</li> </ul>
<u>Check-In:</u>	<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 his/her name and the event number circled with "SCR" next to the circle.</li> <li>All distance events (400 m. Freestyle and 200 m. I.M.) will have a positive check-in that will be posted at the scoring table or the control room.</li> </ul>
<u>Starts:</u>	'Fly-over'/'Over-the-top' starts will be used.
<u>Distance Events:</u> <u>400 m Freestyle</u> <u>and 200 m I.M.</u>	<ul style="list-style-type: none"> <li>Will be run fastest to slowest.</li> <li>Will alternate women and men. Heats will be combined to consolidate a heat.</li> <li>Swimmers in the 400 m. Freestyle must supply their own timer.</li> <li><b>IF THE MEET HAS TO STOP DUE TO POOL OPENING TO THE PUBLIC, all entry fees for those non-swims will be refunded!</b></li> </ul>
<u>Scoring:</u>	Team Scoring will not be kept.

<u>Awards:</u>	<ul style="list-style-type: none"> <li>• Medals will be awarded to the top 8 swimmers in each event by the following age groups 13 &amp; 14 and 15 to 19.</li> <li>• There will be no awards given to 20 years and older swimmers.</li> </ul>
<u>Entry Fees:</u>	<ul style="list-style-type: none"> <li>• Individual Entry Fee: \$5.00</li> <li>• Make checks payable to: <b>Bayonne Mermaids-Starfish Swim Team</b></li> <li>• <b><u>Any entry that was not swum though no fault of the swimmer will be refunded!</u></b></li> </ul>
<u>Entries:</u>	<ul style="list-style-type: none"> <li>• In accordance with NJS policy, team entries may be submitted by E-mail to: : <b>mka334@optonline.net</b></li> <li>• All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail.</li> <li>• 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 or mail in your entries.</li> <li>• An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each mailed entry.</li> <li>• Accuracy of seed times is essential. Incomplete entries will not be accepted.</li> <li>• Deck entries will not be accepted. No phone or faxed entries will be accepted.</li> </ul>
<u>Admissions and Programs:</u>	<ul style="list-style-type: none"> <li>• Admission will be \$4.00 per session.</li> <li>• Cost of Program will be \$3.00 per session.</li> </ul>
<u>Results:</u>	<ul style="list-style-type: none"> <li>• All Teams will be asked on the meet Summary whether they want results mailed or e-mailed.</li> <li>• Results can be ordered from the scoring table for a cost of \$5.00</li> </ul>
<u>Host Clubs Responsibilities:</u>	<ul style="list-style-type: none"> <li>• The host clubs will provide a single timer in each lane through out the meet.</li> <li>• The host club will have stopwatches available for volunteers helping to time.</li> <li>• The host club will e-mail all club entries 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. This warm-up schedule will be e-mailed to all participating clubs no later than 72 hours before the meet.</li> <li>• The host club will 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 72 hours before the meet.</li> </ul>
<u>Participating Club Responsibilities:</u>	<ul style="list-style-type: none"> <li>• Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs 72-hours prior to the meet.</li> <li>• Participating club parents must stay off the pool deck except for timing assignments.</li> <li>• Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</li> </ul>
<u>Concessions:</u>	Refreshments throughout the meet.
<u>Hotels:</u>	<p>Best Western Newark Airport West, 101 International Way, Newark, NJ 973-621-6200  Hilton Newark Airport, 1170 Spring St., Elizabeth, NJ 07201 908-351-3900  Days Inn Airport Newark, 450 US Route 1 South, Newark, NJ 07114 973-242-0900  Hampton Inn Newark Airport, 1128-38 Spring St, Elizabeth, NJ 07207 908-355-0500</p>
<u>Directions:</u>	<b><u>From the NJ Turnpike, North or South</u></b> – Take Exit 14A (Bayonne) proceed along Ave. E to East 16 <sup>th</sup> St. Make a right turn proceed for 4 blocks. Pool is across the street from the firehouse and children's park.

**NEW JERSEY SWIMMING 13 & OVER BRONZE CHAMPIONSHIPS**

**SATURDAY AND SUNDAY, JULY 26-27, 2008**

**SATURDAY - ORDER OF EVENTS**

**SATURDAY SESSION: Warm Up: 7:00 AM Session Start Time: 8:00 AM**

<b><u>Girls Evt.#</u></b>	<b><u>13 &amp; 14 Time Standard Slower Than:</u></b>	<b><u>15 &amp; O Time Standard Slower Than:</u></b>	<b><u>Age Group Event</u></b>	<b><u>13 &amp; 14 Time Standard Slower Than:</u></b>	<b><u>15 &amp; O Time Standard Slower Than:</u></b>	<b><u>Boys Evt.#</u></b>
#1	1:08.89	1:06.59	13 & O - 100 mtr. Freestyle	1:08.99	1:03.09	#2
#3	1:21.89	1:18.49	13 & O - 100 mtr. Backstroke	1:29.59	1:17.59	#4
#5	1:21.79	1:15.59	13 & O - 100 mtr. Butterfly	1:31.89	1:16.19	#6
#7	5:21.29	5:09.09	13 & O - 400 mtr. Freestyle*	5:59.99	5:16.59	#8

\* - Will be swum fastest to slowest alternation women and men.

\* - Swimmer must supply own timer and counter.

**SUNDAY - ORDER OF EVENTS**

**SUNDAY SESSION: Warm Up: 7:00 AM Session Start Time: 8:00 AM**

<b><u>Girls Evt.#</u></b>	<b><u>13 &amp; 14 Time Standard Slower Than:</u></b>	<b><u>15 &amp; O Time Standard Slower Than:</u></b>	<b><u>Age Group Event</u></b>	<b><u>13 &amp; 14 Time Standard Slower Than:</u></b>	<b><u>15 &amp; O Time Standard Slower Than:</u></b>	<b><u>Boys Evt.#</u></b>
#9	2:30.29	2:22.49	13 & O - 200 mtr. Freestyle	2:47.99	2:18.09	#10
#11	1:35.59	1:32.59	13 & O-100 mtr. Breaststroke	1:55.79	1:47.09	#12
#13	32.59	30.79	13 & O - 50 mtr. Freestyle	35.69	29.39	#14
#15	2:52.19	2:43.49	13 & O-200 mtr. Ind. Medley**	2:57.89	2:36.99	#16

\*\* - Will be swum fastest to slowest alternating women and men.

**Bayonne Mermaids-Starfish**

**Long Course 13 & Over Bronze Championships**

**Saturday and Sunday, July 26 & 27, 2008**

**WAIVER**

In consideration of 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, **The City of Bayonne, The Bayonne YMCA**, and the **Bayonne Mermaids-Starfish Swim Team** and their staff for any injuries and/or expenses occurred by me/us at the swim meet, or while on the road to and from the meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

**ENTRY SUMMARY**

**Team:** \_\_\_\_\_ **USA-S Club Code:** \_\_\_\_\_

**Name(s) of Coach(es):** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**e-mail address to send results in lieu of regular mailing:** \_\_\_\_\_

**Club Mailing Address:** \_\_\_\_\_

**(to mail final results)** \_\_\_\_\_  
\_\_\_\_\_

**Contact Person Regarding These Entries:** \_\_\_\_\_

**Phone No.:** \_\_\_\_\_ **Fax No.:** \_\_\_\_\_

**Email** \_\_\_\_\_

**Contact Person Regarding Timers & Officials:** \_\_\_\_\_

**(a parent, not a coach)**

**Phone No.:** \_\_\_\_\_

**Email** \_\_\_\_\_

**Entry Fee Summary:**

**Number of Individual Entries:** \_\_\_\_\_ x \$5.00= \$ \_\_\_\_\_

**Total Entries & Fees:** \$ \_\_\_\_\_

**Check amount:** \$ \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: Bayonne Mermaids-Starfish**

**New Jersey Swimming Inc.**  
**Official Meet Verification Form**

Club Name: \_\_\_\_\_ Club Code: \_\_\_\_\_

Club E-Mail Address: \_\_\_\_\_

Head Coaches Name: \_\_\_\_\_

Club Address: \_\_\_\_\_



**NEW JERSEY  
SWIMMING**

I hereby certify that all swimmers and coaches listed on the entry or hard copy with disk entries, for the **NJ SWIMMING LC 13&O BRONZE CHAMPS** to be held on JULY **26 & 27, 2008** are registered members of New Jersey Swimming/ United States Swimming. All United States 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.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Signature cannot be photocopied)

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 United States 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 \_\_\_\_\_