



<u>Name of Meet</u>	THE GARDEN STATE CUP Open and Age Group Bronze Swim Meet
<u>Meet Sanction #:</u>	Sanctioned by New Jersey Swimming, Sanction #: NJS110108SC
<u>Host Club:</u>	Hosted by: Bayonne Mermaids/Starfish Swim Team
<u>Date of Meet:</u>	Saturday Nov. 1, 2008 Sunday Nov. 2, 2008
<u>Location:</u>	Lincoln Community School, East 30th St., Bayonne, New Jersey FACILITIES: A six lane 25 yard pool with 7 ft. lanes utilizing Anti Lane dividers, Colorado Timing and computerized results. The starting end of the pool is 4 feet deep.
<u>Meet Director:</u>	Mohamed Abdelaal 201-232-0600 mka334@optonline.net
<u>Meet Referee:</u>	Jim O'Neill, e-mail: swimjim1@juno.com
<u>Entry Coordinator:</u>	Mohamed Abdelaal e-mail: mka334@optonline.net Phn 201-232-0600 after 6:00PM
<u>Entry Deadline:</u>	<p>Entries and fees must be received by 3:00 PM on Friday, October 24, 2008 in the hands of the Meet Director entry coordinator,</p> <ul style="list-style-type: none"> • Mohamed Abdelaal 6 Islandview ct. apt 431 Bayonne, NJ 07002 <p>MEET MANAGEMENT RESERVES THE RIGHT TO RESTRICT THE NUMBER OF ENTRIES TO MEET USS GUIDELINES FOR MEET AND SESSION DURATIONS.</p> <ul style="list-style-type: none"> • All entries will be accepted on a first come basis. • Team entries will not be considered as <u>accepted</u> unless the waiver and entry fees have been received. • Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. <p>If you are not e-mailing your entries, then overnight or express mail is recommended <u>but waive the signature</u></p>
<u>Meet Format Waiver:</u>	<p>The host club has the right to change the format of the meet with the approval of the sanctioning 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 these changes would be:</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) to condense sessions and 4) eliminate relays.</p>
<u>Internet Website Posting:</u>	<p>Website address: www.njswim.org</p> <p>Pre-Meet Information posted on website.</p> <ul style="list-style-type: none"> • Meet Information will be posted on the website. • Downloadable Hy-Tek Events list (HYV.file) will be posted on the website. • List Warm-up Schedule and Team Warm-up Assignments. • List Timing assignments. <p>Post-Meet Information posted on website.</p> <ul style="list-style-type: none"> • Downloadable Results (CL.2 file) • Downloadable Individual Team Results (CL.2 file)



<u>Meet Requirement Statement:</u>	This meet qualifies as "one" of the three required short course meets to be eligible for the New Jersey SC Zone Championship Team or for New Jersey National Championship Reimbursement.
<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> All coaches "on the deck" must be members of USA Swimming. Coaches must have coaching card visible at all times while on deck.
<u>Swimmer Eligibility:</u>	<ul style="list-style-type: none"> All swimmers must be members of USA Swimming to enter and compete in this meet. 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. 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. There will be 10 & Under, 11-12, and Open Events. All swimmers must have times slower than the current New Jersey Silver Time Standards. New Jersey Swimming only allows swimmers to compete in 3 individual events per day. Age for this meet is: Saturday, November 1, 2008
<u>Meet Format:</u>	<ul style="list-style-type: none"> This meet will be run in accordance to current USA Swimming Rules. This meet will be run as a time final meet. This meet will be deck seeded with coaches checking in/scratching all swimmers. Swimmers will report to the marshalling area for organizing heats and lanes and escorted to the pool. Swimmers will have access to the adjoining gym for marshalling and for waiting between events.
<u>Meet Schedule:</u>	<ul style="list-style-type: none"> The building will open at 8:00AM. See event list on the page 4.

Meet Schedule:

Saturday, November 1, 2008		Warm-up	Start
Session 1	10 & Under and 11-12 Girls & Boys	9:00 A.M.	10:00 A.M.
Session 2	Open Events Girls and Boys	3:00 P.M.	4:00 P.M.
Sunday, November 2, 2008			
Session 3	10 & Under and 11-12 Girls & Boys	9:00 A.M.	10:00 A.M.
Session 4	Open Events Girls and Boys	3:00 P.M.	4:00 P.M.



<u>Warm-up Procedures:</u>	<ul style="list-style-type: none">• Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes.• All swimmers are entitled to a fair and comparable warm-up. All teams WILL get the same opportunity for general warm-up lanes, sprint lanes, and pace 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.• There will be a one-hour warm-up session with sprint lanes offered in the final 15 minutes of warm-ups. Depending on the number of entries, 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. All clubs will be notified by e-mail about these warm-up changes.
<u>Entry Times:</u>	<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 short course yards.
<u>Check-In:</u>	<ul style="list-style-type: none">• All swimmers will be checked-in by their coaches. Swimmers that are not checked in will be scratched!
<u>Starts:</u>	<ul style="list-style-type: none">• The host club will determine if 'Fly-over'/'Over-the-top' starts will be used after a time line has been produced. This information will be posted in the pre-meet information.
<u>Scoring:</u>	<ul style="list-style-type: none">• Team Scoring will not be kept.
<u>Awards:</u>	<ul style="list-style-type: none">• Medals will be awarded for the top 3 eligible finishers in each event.
<u>Entry Fees:</u>	<ul style="list-style-type: none">• Individual Entry Fee: \$3.00• Make checks payable to: BAYONNE MERMAIDS-STARFISH SWIM TEAM• 6 Islandview ct. apt 431 Bayonne, NJ 07002
<u>Admissions and Programs:</u>	<ul style="list-style-type: none">• Admission will be \$5.00 per session and Cost of Program will be \$8.00 for the entire meet.
<u>Entries:</u>	<ul style="list-style-type: none">• In accordance with NJS policy, team entries may be submitted by E-mail: mka334@optonline.net.• All entries must be Hy-Tek program entries either on a 3 1/2" diskette or 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



	<p>contact the entry coordinator by email or phone or mail in your entries.</p> <ul style="list-style-type: none">• An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each mailed entry.• Accuracy of seed times is essential. Incomplete entries will not be accepted.• Deck entries will not be accepted. No phone or faxed entries will be accepted.
<u>Results:</u>	<ul style="list-style-type: none">• All Teams will be asked on the meet Summary whether they want results mailed or e-mailed.• Results can be ordered from the admission table. For a cost of \$5.00
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none">• The host club will provide a single timer in each lane through out 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 no later than 72 hours before the meet.• 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.
<u>Participating Club Responsibilities:</u>	<ul style="list-style-type: none">• Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs 72-hours prior to the meet.• Participating club parents must stay off the pool deck except for timing assignments.• Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.
<u>Concessions:</u>	<ul style="list-style-type: none">• Food will be available in the lobby of the school building.
<u>Vendor:</u>	<ul style="list-style-type: none">• Metro Swim Shop will be selling swimming items during the meet.
<u>Directions:</u>	<p>N.J. TURNPIKE EXIT 14A (Bayonne) proceed along AVENUE E to East 30th Street. Make left proceed over railroad overpass. Lincoln Community School is on the right. Entrance to pool is through schoolyard on East 30th Street. Parking is available at the garage on Avenue E and 30th St. Additional parking is available at the Light Rail Train Station on East 32nd St. and Prospect Ave.</p>
<u>Hotels in the Area:</u>	<p>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</p>



THE GARDEN STATE

CUP

Open and Age Group Bronze

Swimming Meet

Saturday and Sunday, November 1 & 2,

2008

Lincoln Community School Pool, Bayonne, New

Jersey

East 30th Street at Prospect/Avenue F

Saturday, November 1, 2008

Session 1

Warm-Up 9:00AM; Start
10:00AM

AGE GROUP EVENTS

WOMEN	no faster than	EVENTS	no faster than	Men
1	2:58.29	10/U 200 Yard Freestyle	2:58.29	2
3	2:31.79	11/12 200 Yard Freestyle	2:31.79	4
5	43.89	10/U 50 Yard Backstroke	43.89	6
7	1:21.89	11/12 100 Yard Backstroke	1:21.89	8
9	42.99	10/U 50 Yard Butterfly	42.99	10
11	1:21.99	11/12 100 Yard Butterfly	1:21.99	12
13	36.19	10/U 50 Yard Freestyle	36.19	14
15		11/12 200 Yard Freestyle Relay		16
17		10/U 200 Yard Freestyle Relay		18

Saturday, November 1, 2008

Session 2

Warm-Up 3:00PM; Start
4:00PM

OPEN EVENTS

WOMEN	no faster than	EVENTS	no faster than	Men
19	2:16.79	200 Yard Freestyle	2:14.89	20
21	1:13.79	100 Yard Butterfly	1:10.99	22
23	2:59.89	200 Yard Breaststroke	2:55.89	24
25	1:02.89	100 Yard Freestyle	1:01.49	26
27	2:36.89	200 Yard Ind. Medley	2:34.49	28
29	6:04.99	500 Yard Freestyle	6:03.19	30

Sunday, November 2, 2008

Session 3

Warm-Up 9:00AM; Start
10:00AM

AGE GROUP EVENTS

WOMEN	no faster than	EVENTS	no faster than	Men
31	6:40.99	11/12 500 Yard Freestyle	6:40.99	32
33	1:22.09	10/U 100 Yard Freestyle	1:22.09	34
35	1:29.89	11/12 100 Yard Breaststroke	1:29.89	36
37	48.19	10/U 50 Yard Breaststroke	48.19	38
39	2:51.79	11/12 200 Yard Ind. Medley	2:51.79	40
41	1:34.39	10/U Yard Ind. Medley	1:34.39	42
43	1:08.29	11/12 100 yard Freestyle	1:08.29	44
45		10/U 200 Yard Med. Relay		46
47		11/12 200 Yard Med. Relay		48

Sunday, November 2, 2008

Session 4

Warm-Up 3:00PM; Start
4:00PM

OPEN EVENTS

WOMEN	no faster than	EVENTS	no faster than	Men
49	5:39.69	400 Yard Ind. Medley	5:34.29	50
51	1:13.59	100 Yard Backstroke	1:11.59	52
53	28.99	50 Yard Freestyle	27.99	54



55	2:43.99	200 Yard Butterfly	2:40.59	56
57	1:22.49	100 Yard Breaststroke	1:20.39	58
59	2:39.39	200 Yard Backstroke	2:35.69	60
61	12:22.29	1000 Yard Freestyle	11:59.49	62

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Open & Age Group Bronze Swim Meet
Saturday & Sunday, November 1 & 2, 2008**

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 the Bayonne Board of Education, the City of Bayonne, the YMCA, the Bayonne Mermaids-Starfish Swim Team and their staff and BeSmartt, Inc. 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 am/are eligible to compete in all the events I/we have entered.

Meet Verification

I hereby certify that all swimmers and coaches listed on the NJSI master Entry Sheet or hard copy with disk entries 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.

CLUB NAME _____ **CLUB CODE:** _____

SIGNATURE of COACH, and/or PARENT/GUARDIAN:

ADDRESS:

TELEPHONE: _____ **e-mail ADDRESS:** _____

NAME(S) of COACH(ES):

NAME and PHONE NUMBER of person to contact regarding this entry:

NAME and ADDRESS of person to receive final results:

ENTRY FEE SUMMARY _____ Individual event entries @ \$3.00 = \$ _____
MAKE CHECKS PAYABLE TO:
BAYONNE MERMAIDS-STARFISH TOTAL ENTRY FEES \$ _____

Article 302.4 of the United States 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 _____