

<u>Name of Meet:</u>	EASTERN EXPRESS FEBRUARY SPLASH (Gold/Silver)
<u>Meet Sanction #:</u>	Sanction #: NJS021008SC
<u>Host Club:</u>	This meet is hosted by: EASTERN EXPRESS
<u>Date of Meet:</u>	SUNDAY, FEBRUARY 10, 2008
<u>Location:</u>	The College of New Jersey Aquatic Center, located in Packer Hall is off of I-95S, Route 31S, Exit 4, take 31S (Pennington Road) to the entrance of the college. The pool opened in 1987 as one of the finest indoor aquatics facilities in the northeast. The main pool measures 25 yards and has eight competition lanes featuring Omega timing and a warm-up pool; the starting blocks are in the deep end of the pool off the new bulkhead.
<u>Meet Director:</u>	Ellen W. Mace, purplemommy@juno.com , 609.558.0988
<u>Meet Referee:</u>	Peter Madley navypilet@att.net or pmadley@gmail.com
<u>Meet Marshall:</u>	Gray Jones, grey.jones@filelearning.com , 609.466.9000
<u>Team Contact:</u>	Brent Matheson, bmatheson@aol.com , 908.295.8133
<u>Entry Coordinator:</u>	BE Smartt, Inc will be the Entry Coordinator, E-Mail address: entries@juno.com <ul style="list-style-type: none"> • 1.609.558.0988 • Best time to call after 8:00PM and weekends
<u>Entry Deadline:</u>	All entries will be accepted on a first come basis. Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. Team entries will not be considered as accepted unless the waiver and entry fees have been received. Entry Deadline Date: FRIDAY, February 1, 2008 Mail Entries to : BE SMARTT INC., 604 Paxson Avenue, Mercerville, NJ 08619 Even if you are e-mailing your entries, then overnight or express mail is recommended, <i>but waive the signature.</i>
<u>Entries:</u>	In accordance with NJS policy, team entries may be submitted by E-mail to entries1@juno.com . (please use EEXSPLASH2008 in subject line) All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail. <ul style="list-style-type: none"> • 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 sender'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. • An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each mailed entry. • Incomplete entries will not be accepted. • Deck entries will not be accepted. • Teams entered will be posted on the host club's website.
<u>Meet Format Waiver:</u>	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. <ul style="list-style-type: none"> • To conform to facility capacity.
<u>Internet Website Posting:</u>	<ul style="list-style-type: none"> • Meet Website address: www.besmarttinc.com • Pre-Meet Information posted on website. <ul style="list-style-type: none"> • Meet Information will be posted on the website. • Hy-Tek Events list (HYV.file) will be posted on the website. • List Teams whose entries have been received. • List Updated meet schedule. • List Warm-up Schedule and Team Warm-up Assignments. • List Timing assignments. • Post-Meet Information posted on website. <ul style="list-style-type: none"> • List Downloadable Results (HY3.zip file)

	<ul style="list-style-type: none"> List Downloadable Meet Back-up (Backup.zip 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>	All coaches "on the deck" must be registered with New Jersey Swimming and be members of USA Swimming. <ul style="list-style-type: none"> Coaches must show coaching card for entrance to facility. 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 10 & U, 11-12, 13/Over events All swimmers must have Silver times or faster to enter events in this meet New Jersey Swimming only allows swimmers to compete in 3 individual events per day. Age for this meet is calculated as of February 10, 2008
<u>Meet Format:</u>	This meet will be run in accordance to 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. When the seeding has been posted, swimmers will report to the blocks directly.
<u>Meet Schedule:</u>	The building opening time is no sooner than: 6:50AM. This meet will have two sessions.

Meet Schedule:

	Age Groups	Warm-ups	Meet Start
Session 1	All 10 & Unders & 11-12	6:55 AM	8:00 AM
Session 2	All 13/19's	12:40 PM (Approx. TBA)	1:45 PM (Approx. TBA)

<u>Warm-up Procedures:</u>	<ul style="list-style-type: none"> All teams must be given a minimum of thirty minutes of warm-ups. 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 must enter the pool from the starting end of the pool. New Jersey Swimming officials will monitor warm-ups. <p><u>Warm-up Procedures based upon number of entries:</u></p> <ul style="list-style-type: none"> There will be a one-hour warm-up session with sprint lanes offered in the final 15 minutes of warm-ups. <u>OR (based on the number of swimmers/teams in the meet)</u> 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. Teams will be notified via email 72 hours prior to the meet about changes in warm up times.
<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. All entry times must be New Jersey Swimming silver times or faster.
<u>Check-In:</u>	<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 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.
<u>Starts:</u>	<ul style="list-style-type: none"> New Jersey Swimming requires that whistle starts be used. The host club will determine if "overhead/fly-over" starts will be used after a time line has been produced. This information will be published in the pre-meet information which will be e-mailed 72 hours prior to the meet to participating clubs.
<u>Relays:</u>	No relays
<u>Scoring:</u>	No scoring.
<u>Awards:</u>	Medals will be awarded for the top 3 places in each age groups (10 & U, 11/12, 13/14, 15/19)
<u>Entry Fees:</u>	Individual Entry Fee: \$3.00. Make checks payable to: EXPRESS SPORTS INC. (All entry fees are non-refundable)

<u>Admissions and Programs:</u>	Admission will be \$6.00 per session. Cost of Program will be \$2.00 per session.
<u>Results:</u>	All Teams must request on the Meet Summary whether they want results mailed or e-mailed.
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none"> The host club will provide a single timer in each lane throughout the meet. The entry coordinator will create a warm-up schedule and timing assignments that will be fair and equal to all teams. This warm-up schedule will be e-mailed to all participating clubs and posted on the website: www.besmartinc.com 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 and posted on the swim meet website: www.besmartinc.com 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>Food Concessions:</u>	A food concession or vending machines will be available.
<u>Vendor:</u>	A vendor will be selling merchandise at the meet.
<u>Directions:</u>	The College of New Jersey is off of I-95S, Route 31S, Exit 4, take 31S (Pennington Road) to the entrance of the college. Please use lots 3, 4, or 5 for parking; they are to the right of the Pennington Road entrance to the college.

MEET SCHEDULE: Sunday, Feb. 10, 2008 – Morning Session – 12 & Under
Warm-up: 6:55 a.m. Meet Start: 8:00 a.m.

Event

Q-Time

(no slower than)

Event 1 Women 10&U 200 IM	3:19.39
Event 1 Women 11-12 200 IM	2:51.79
Event 2 Men 10&U 200 IM	3:19.39
Event 2 Men 11-12 200 IM	2:51.79
Event 3 Women 10&U 50 Free	36.19
Event 3 Women 11-12 50 Free	31.39
Event 4 Men 10&U 50 Free	36.19
Event 4 Men 11-12 50 Free	31.39
Event 5 Women 10&U 100 Breast	1:48.99
Event 5 Women 11-12 100 Breast	1:29.89
Event 6 Men 10&U 100 Breast	1:48.99
Event 6 Men 11-12 100 Breast	1:29.89
Event 7 Women 10&U 100 Back	1:36.19
Event 7 Women 11-12 100 Back	1:21.89
Event 8 Men 10&U 100 Back	1:36.19
Event 8 Men 11-12 100 Back	1:21.89
Event 9 Women 10&U 100 Fly	1:42.09
Event 9 Women 11-12 100 Fly	1:21.99
Event 10 Men 10&U 100 Fly	1:42.09
Event 10 Men 11-12 100 Fly	1:21.99
Event 11 Women 10&U 200 Free	2:58.29
Event 11 Women 11-12 200 Free	2:31.79
Event 12 Men 10&U 200 Free	2:58.29
Event 12 Men 11-12 200 Free	2:31.79
Event 13 Women 10&U 100 IM	1:34.39

Event 13	Women 11-12 100 IM	1:20.29
Event 14	Men 10&U 100 IM	1:34.39
Event 14	Men 11-12 100 IM	1:20.29
Event 15	Women 10&U 50 Breast	48.19
Event 15	Women 11-12 50 Breast	41.99
Event 16	Men 10&U 50 Breast	48.19
Event 16	Men 11-12 50 Breast	41.99
Event 17	Women 10&U 50 Back	43.89
Event 17	Women 11-12 50 Back	37.09
Event 18	Men 10&U 50 Back	43.89
Event 18	Men 11-12 50 Back	37.09
Event 19	Women 10&U 50 Fly	42.99
Event 19	Women 11-12 50 Fly	35.49
Event 20	Men 10&U 50 Fly	42.99
Event 20	Men 11-12 50 Fly	35.49
Event 21	Women 10&U 100 Free	1:22.09
Event 21	Women 11-12 100 Free	1:08.29
Event 22	Men 10&U 100 Free	1:22.09
Event 22	Men 11-12 100 Free	1:08.29
Event 23	Women 11-12 200 Back*	2:53.99
Event 24	Men 11-12 200 Back*	2:53.99
Event 25	Women 11-12 200 Breast*	3:17.99
Event 26	Men 11-12 200 Breast*	3:17.99
Event 27	Women 11-12 200 Fly*	2:59.99
Event 28	Men 11-12 200 Fly*	2:59.99

*These events might be combined

MEET SCHEDULE: Sunday, Feb. 11, 2007 – Afternoon Session – 13 & Over
Warm-up: 12:40 p.m. (Approx. TBA) Meet Start: 1:45 p.m. (Approx. TBA)

Event	Q-Time
	(no slower than)
Event 29	Women 13-14 500 Free 6:04.99
Event 29	Women 15-19 500 Free 5:52.19
Event 30	Men 13-14 500 Free 6:03.19
Event 30	Men 15-19 500 Free 5:31.69
Event 31	Women 13-14 50 Free 28.99
Event 31	Women 15-19 50 Free 28.19
Event 32	Men 13-14 50 Free 27.99
Event 32	Men 15-19 50 Free 25.39
Event 33	Women 13-14 200 Breast 2:59.89
Event 33	Women 15-19 200 Breast 2:52.69
Event 34	Men 13-14 200 Breast 2:55.89
Event 34	Men 15-19 200 Breast 2:42.59
Event 35	Women 13-14 200 Back 2:39.39
Event 35	Women 15-19 200 Back 2:30.99
Event 36	Men 13-14 200 Back 2:35.69
Event 36	Men 15-19 200 Back 2:23.69
Event 37	Women 13-14 200 Fly 2:43.99

Event 37	Women 15-19 200 Fly	2:38.79
Event 38	Men 13-14 200 Fly	2:40.59
Event 38	Men 15-19 200 Fly	2:25.59
Event 39	Women 13-14 100 Free	1:02.89
Event 39	Women 15-19 100 Free	1:01.09
Event 40	Men 13-14 100 Free	1:01.49
Event 40	Men 15-19 100 Free	55.39
Event 41	Women 13-14 200 IM	2:36.89
Event 41	Women 15-19 200 IM	2:30.29
Event 42	Men 13-14 200 IM	2:34.49
Event 42	Men 15-19 200 IM	2:20.29
Event 43	Women 13-14 100 Breast	1:22.49
Event 43	Women 15-19 100 Breast	1:19.39
Event 44	Men 13-14 100 Breast	1:20.39
Event 44	Men 15-19 100 Breast	1:14.99
Event 45	Women 13-14 100 Back	1:13.59
Event 45	Women 15-19 100 Back	1:10.19
Event 46	Men 13-14 100 Back	1:11.59
Event 46	Men 15-19 100 Back	1:05.19
Event 47	Women 13-14 100 Fly	1:13.79
Event 47	Women 15-19 100 Fly	1:09.89
Event 48	Men 13-14 100 Fly	1:10.99
Event 48	Men 15-19 100 Fly	1:05.59
Event 49	Women 13-14 200 Free	2:16.79
Event 49	Women 15-19 200 Free	2:11.49
Event 50	Men 13-14 200 Free	2:14.89
Event 50	Men 15-19 200 Free	2:01.79
Event 51	Women 13-14 400 IM	5:39.69
Event 51	Women 15-19 400 IM	5:28.99
Event 52	Men 13-14 400 IM	5:34.29
Event 52	Men 15-19 400 IM	5:13.19

New Jersey Swimming Inc.
Official Meet Verification Form

Club Name: _____ Club Code: _____

Club E-Mail Address: _____

Head Coaches Name: _____

ClubAddress: _____



**NEW JERSEY
SWIMMING**

I hereby certify that all swimmers and coaches listed on the entry or hard copy with disk entries, for the **EEX FEBRUARY SPLASH 2008** to be held on **SUNDAY, FEBRUARY 10, 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 _____

EEX FEBRUARY SPLASH
ENTRY SUMMARY

Team: _____ **USA-S CLUB CODE:** _____

WAIVER

In consideration of the acceptance of this entry, I/we herby, for myself/ourselves, my/ours heirs, administrators and assigns, waive and release any and all claims against USA-Swimming, The College of New Jersey, Express Sports, Inc. and BE Smartt, Inc. and their staff 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 am/are a bona-fide amateur athlete(s), USA registered, and eligible to compete in all of the events I/we have entered.

Signature of Club Official, Coach, and/or
Parent or Guardian

Name of Club: _____
USA Club Code: _____
Name(s) of Coach(es) _____

Address: _____
Phone #: _____

Contact Person Responsible for Entries: _____
Phone #: _____
Fax #: _____
E-Mail: _____

Contact Person Regarding Timers and Officials: _____
Phone #: _____
Fax#: _____
E-Mail: _____

ENTRY FEE SUMMARY

Total # of Individual Entries _____ x \$3.00 = \$ _____

MAKE CHECKS PAYABLE TO: EXPRESS SPORTS INC.