

**2009 NJSIAA / RIEGEL PRINTING BOYS & GIRLS INDIVIDUAL  
STATE SWIMMING & DIVING CHAMPIONSHIPS**

**(COACHES MUST HAVE A COPY OF THESE INSTRUCTIONS AVAILABLE AT EACH MEET)**

**BOYS INDIVIDUAL STATE CHAMPIONSHIPS**

**TO QUALIFY**

A student attending a school which competes on an interscholastic basis must swim as a member of his high school team in at least 50% of the school's total dual meets (while he is eligible), to be eligible for the NJSIAA Individual Championship Meet.

Individuals from schools which do not compete on an interscholastic basis or whose teams have not competed in at least six (6) interscholastic meets are eligible to compete as individuals, provided that they have met the cut off times as listed during the current interscholastic season. Times must have been attained during the current high school season, December 1, 2008 - February 24, 2009, in a meet conducted by certified officials. **All entries must be submitted by the deadline. Anyone qualify-**

**ing for the first time during the State Team Tournament, may submit times by noon on the day following the meet during which the time was achieved. Individuals achieving a faster time in a team tournament meet after the cut-off, may submit that time by noon on the day following the meet.**

**DATES AND TIMES: (BOYS)**

**THURSDAY, MARCH 5, 2009 - DIVING**

3:30 P.M. - Warm-ups  
5:00 P.M. - Competition

**TRIALS - SATURDAY, MARCH 7, 2009 - SWIMMING - GLOUCESTER CO. INST. OF TECHNOLOGY, SEWELL, NJ**  
**Lap counters must be provided by each team for the prelims and finals.**

**PRELIMINARIES**

1:00 P.M. - Warm-ups  
2:00 P.M. - Events 1 through 4

**15 MINUTE BREAK**

Events 6 through 12

**BOYS FINALS - SUNDAY, MARCH 8, 2009**

1:00 P.M. - Warm-ups  
2:00 P.M. - Competition

**BOYS ENTRIES CLOSE**

**All schools must use Hy-Tek for entering this meet. Either Hy-Tek Team Manager or TM II Lite may be used. TM II Lite may be downloaded without charge from the following site: [www.besmartinc.com](http://www.besmartinc.com). Directions for use are also available on this site. E-mail entry should include the zip file from Team Manager of your entries, as well as a recap of the number of individual entries and relay entries. From the Team Manager, send the "individual meet entry report, by name" and the "relay entry report". These reports can be Word documents.**

**All entries must be emailed to the Entry Coordinator by Tues., February 24, 2009, at 8:00 PM: [entries1@juno.com](mailto:entries1@juno.com)**

**Entries for qualifiers in the State Team Finals must be emailed by noon on the day following the team's last meet, but no later than on Monday, March 2, 2009.**

**A printed copy of the entries** and the entry fee must be submitted to the Tournament Director by Tuesday, February 19, 2008:

MR. PAUL WELSH, BOYS MEET DIRECTOR  
6 OXCART LANE  
HAMILTON, NJ 08619  
PHONE: 609 - 947 - 8040  
FAX: 866 - 830 - 3522  
E-MAIL: [paul\\_welsh@gbtpa.com](mailto:paul_welsh@gbtpa.com)

**NOTE: INDIVIDUAL CHAMPIONSHIPS WILL BEGIN ON TIME: NO EVENT WILL BE HELD UP FOR ANY SWIMMER/DIVER FOR ANY REASON.**

Individual events shall have consolation and final heats. Relays shall have bonus, consolation, and final heats.

**2009 NJSIAA / RIEGEL PRINTING BOYS & GIRLS INDIVIDUAL**

**STATE SWIMMING & DIVING CHAMPIONSHIPS**

**(COACHES MUST HAVE A COPY OF THESE INSTRUCTIONS AVAILABLE AT EACH MEET)**

GIRLS INDIVIDUAL STATE CHAMPIONSHIPS

TO QUALIFY

A student attending a school which competes on an interscholastic basis must swim as a member of her high school team in at least 50% of the school's total dual meets (while she is eligible), to be eligible for the NJSIAA Individual Championship Meet.

Individuals from schools which do not compete on an interscholastic basis or whose teams have not competed in at least six (6) interscholastic meets are eligible to compete as individuals, provided that they have met the cut off times as listed during the current interscholastic season. In schools sponsoring only boys swimming programs, the girls swimming on those teams would be required to swim as a relay team composed of four girls, in at least 6 dual meets during the season, in order to qualify as a relay in the Individual Championship. Meet sheets must be submitted with entry, to document swim times for each event they plan to enter. Times must have been attained during the current high school season: December 1, 2008 - February 24, 2009, in a meet conducted by certified officials. **All entries must be submitted by the deadline. Anyone qualifying for the first time during the State Team Tournament, may submit times by noon on the day following the meet during which the time was achieved. Individuals achieving a faster time in a team tournament meet after the cut-off, may submit that time by noon on the day following the meet.**

DATES AND TIMES: (GIRLS)

TUESDAY, MARCH 3, 2009 - DIVING

3:30 P.M. - Warm-ups  
5:00 P.M. - Competition

**TRIALS - SATURDAY, MARCH 7, 2009 - SWIMMING GLOUCESTER CO.INST. OF TECHNOLOGY, SEWELL, NJ**  
Lap counters must be provided by each team for the prelims and finals.

PRELIMINARIES

9:00 A.M. - Warm-ups  
10:00 P.M. - Events 1 through 4

15 MINUTE BREAK

Events 6 through 12

GIRLS FINALS, SUNDAY, MARCH 8, 2009

9 :00 A.M. - Warm-ups  
10:00 A.M. - Competition

GIRLS ENTRIES CLOSE

**All schools must use Hy-Tek for entering this meet. Either Hy-Tek Team Manager or TM II Lite may be used. TM II Lite may be downloaded without charge from the following site: [www.besmartinc.com](http://www.besmartinc.com) Directions for use are also available on this site. E-mail entry should include the zip file from Team Manager of your entries, as well as a recap of the number of individual entries and relay entries. From the Team Manager, send the "individual meet entry report, by name" and the "relay entry report". These reports can be Word documents.**

**All entries must be emailed to the Entry Coordinator by Tues., February 24, 2009, at 8:00 PM: [entries1@juno.com](mailto:entries1@juno.com)**

**Entries for qualifiers in the State Team Finals must be emailed by noon on the day following the team's last meet, but no later than on Monday, March 2, 2009.**

**A printed copy of the entries** and the entry fee must be submitted to the Tournament Director on Tuesday, February 19, 2008:

MR. PAUL WELSH, BOYS MEET DIRECTOR  
6 OXCART LANE  
HAMILTON, NJ 08619  
PHONE: 609 - 947 - 8040  
FAX: 866 - 830 - 3522  
E-MAIL: [paul\\_welsh@gbtpa.com](mailto:paul_welsh@gbtpa.com)

**NOTE: INDIVIDUAL CHAMPIONSHIPS WILL BEGIN ON TIME: NO EVENT WILL BE HELD UP FOR ANY SWIMMER/DIVER FOR ANY REASON.**

Individual events shall have consolation and final heats. Relays shall have bonus, consolation, and final heats.

POSTPONEMENT PROCEDURE

In the event of inclement weather, notice will be posted on the NJSIAA website: [www.njsiaa.org](http://www.njsiaa.org)

CUT-OFF TIMES:

CAREFULLY CHECK THE TIMES OF YOUR ENTRANTS. DO NOT ENTER A SWIMMER WHOSE TIME IS NOT EQUAL OR BETTER THAN THOSE LISTED BELOW. THIS IS A CHAMPIONSHIP MEET AND YOU MUST ADHERE TO THE CUT-OFF TIMES. COACHES SHOULD BE PREPARED TO CERTIFY THE TIMES OF ANY ENTRANT ON THE DAY OF THE MEET. THE MEET COMMITTEE RESERVES THE RIGHT TO DISQUALIFY THE SCHOOL OR SWIMMER WHEN TIMES CANNOT BE CERTIFIED FOR THIS EVENT. **THIS COULD ALSO RESULT IN DISQUALIFICATION IN THE SUBSEQUENT YEAR. ADDITIONALLY, A FINE MAY BE IMPOSED ON THE COACH OR SCHOOL.**

ALL ENTRY TIMES MUST BE SUBMITTED IN YARD TIMES ACCORDING TO THE CONVERSION CHART.

Times must have been attained during the current high school season: December 1, 2008 - February 24, 2009, in a meet conducted by certified officials.

<u>ORDER OF EVENTS AND CUT OFF TIMES:</u>	<u>Girls</u>	<u>Boys</u>
1. 200 Yard Medley Relay	1:56.78	1:44.42
2. 200 Yard Freestyle	2:00.22	1:49.97
3. 200 Yard Individual Medley	2:15.89	2:04.32
4. 50 Yard Freestyle	0:25.52	0:22.58
5. Diving (6/11 dives)	160/220	155/200
6. 100 Yard Butterfly	1:01.49	0:55.21
7. 100 Yard Freestyle	0:55.81	0:49.80
8. 500 Yard Freestyle	5:24.30	5:00.31
9. 200 Yard Freestyle Relay	1:45.28	1:33.55
10. 100 Yard Backstroke	1:02.32	0:56.98
11. 100 Yard Breaststroke	1:10.12	1:02.98
12. 400 Yard Freestyle Relay	3:50.92	3:26.42

## ENTRY GUIDELINES

Entry Forms: **All entries must be submitted by e-mail to the Entry Coordinator (entries1@juno.com) and by e-mail, fax or mail to the Tournament Director, Paul Welsh. This is the Coaches' responsibility.**

A competitor shall be permitted to enter a maximum of four (4) events, no more than two (2) of which may be individual events. Each team shall be permitted a maximum of four (4) entries in an individual event and one (1) team in a relay event.

Entry Fee: Each individual entry - fourteen dollars (\$14.00); Medley Relay - twenty-two dollars (\$22.00); Freestyle Relay - twenty-two dollars (\$22.00). The Committee reserves the right to reject any entry. Make checks payable to NJSIAA and forward with entry form to the Tournament Director. Be certain that the name of the school is on the check.

RULES 2008/09 National Federation Swimming and Diving Rules will govern the conduct of the meets.

## DIVING

In order to prevent any confusion with the diving entries, we urge you to pay particular attention to the procedures for conducting the diving championships.

1. The divers list shall consist of five (5) voluntary dives, and six (6) optional dives.
2. The voluntary dives will include one (1) from each of the five (5) groups, with a total degree of difficulty not to exceed 9.0. The voluntary dive numbers are to be circled. Voluntary dives contributing to a total degree of difficulty exceeding 9.0 will be declared as failed.
3. The total degree of difficulty of the six (6) optional dives must be at least 12.3. The six (6) optional dives must include one(1) from each of the five (5) groups. A group may not be repeated until the finals.
4. The divers list must contain eleven (11) different dive numbers; all five (5) groups must be represented in the first eight rounds.
5. Fill in the spaces under Dive Number, Dive Description, Position and Degree of Difficulty.
6. If there are more than thirty-two (32) entries, there will be a cut after the third round of the preliminaries. Preliminaries: List two (2) voluntary dives and three (3) optional dives in any order.
7. In the semifinals the twenty (20) qualifiers will each perform two (2) voluntary and one (1) optional dives.
8. The sixteen (16) highest scoring divers through the semifinals shall qualify for the finals. They will perform one (1) voluntary and two (2) optional dives.

Errors in the composition of voluntary and optional dives identified after the competition has started will result in the disqualification of the diver.

**PLEASE PRINT OR TYPE THE DIVES YOUR ENTRANTS WILL PERFORM ON THE ENTRY FORM.**

## DISQUALIFICATION

Participation by an ineligible swimmer/diver in any meet during the regular season results in forfeiture of all points achieved by the ineligible swimmer/diver. If an ineligible swimmer/diver participates in a championship meet, said swimmer/diver will be disqualified from the championship immediately and the next finisher will advance in his/her place; swimmers/divers eliminated prior to the last competition will not re-enter championship competition.

## PROTESTS

Protests based upon an official's judgement, or misinterpretation, or misapplication of the swimming rules will not be honored as per NJSIAA Bylaws, Art. VII, Section 1.

ATHLETIC EMERGENCY PROCEDURE - Each school participating in the tournament will provide for the care and treatment of their athletes within the school's policy as in effect during the regular season. When meets are scheduled at predetermined sites, schools should not assume that the home school athletic trainer will be available and should therefore prepare for the care of their athletes. NJSIAA may assign athletic trainers for state final events to assist with emergency situations.

**ATTENTION:** Principals, Athletic Directors, All Coaches and Officials  
**RE:** Recommended Precautions Against The Transmission of Blood-Borne Pathogens

All member schools must provide all coaches with the contents of the NJSIAA Infectious Disease Policy.

The Infectious Disease Policy provides that: If an individual gets someone else's blood on his/her skin, protective gloves should be worn to wipe the blood off with a disposable towel soap and water.

Note: If any blood gets on an opponent's uniform during competition or a teammate's uniform during practice, it is not necessary to clean the uniform at that point unless the opponent or teammate has an open cut or unskinned area, or the blood is on a part of the uniform which might come in contact with mucous membranes. If the student-athlete does have an open cut or unskinned area or believes the blood might come in contact with mucous membranes, then the uniform should be wiped with soap and water.

#### ALCOHOLIC BEVERAGES/ILLEGAL SUBSTANCES

Players and coaches involved with alcoholic beverages and/or illegal substances before, during or after the game, at the game site or on school property, including chartered busses, shall be suspended from NJSIAA tournament play for one year and be denied any championship rights.

This action was taken in support of the fact that such actions concerning alcoholic beverages and illegal substances are in violation of New Jersey State statutes and will be strictly enforced.

#### SALES/SOLICITATIONS

Only NJSIAA promotional items will be sold at NJSIAA sponsored events. For the 2008-09 seasons, First Division is the designated vendor.

Solicitations, sale of publications/products or similar activities are NOT permitted without prior authorization from the NJSIAA.

The New Jersey State Interscholastic Athletic Association is the sponsoring association for all levels of State Tournament/Championships. The NJSIAA reserves all rights in regard to the management of these Tournaments/Championships and the sale or distribution of any items and any audio-visual reproductions. Any sale or distribution of clothing, souvenirs or any other items is strictly prohibited without permission from the NJSIAA.

Note: SCHOOLS NOT WILLING OR ABLE TO COMPLY WITH TOURNAMENT REGULATIONS SHOULD NOT ENTER THE TOURNAMENT.

PLEASE NOTE: CHECK INSTRUCTIONS CAREFULLY AND RETURN ENTRY FORM TO THE PROPER ADDRESS LISTED. THE EXECUTIVE COMMITTEE OF THE NJSIAA HAS RULED THAT MEMBER SCHOOLS FAILING TO FORWARD FORMS TO THE PROPER ADDRESS WILL BE EXCLUDED FROM TOURNAMENT COMPETITION IN THAT SPORT.

#### COACHES/CERTIFIED FACULTY MEMBERS MUST BE PRESENT

Schools entering individuals and not presently competing on an interscholastic basis are advised to read carefully the Procedures - "Coaches" Appointed to Accompany Teams or Individuals to NJSIAA Championships in the NJSIAA Handbook. Tournament Directors will disqualify any contestant who is accompanied by someone in a coaching capacity who is not properly certified and appointed by the Board of Education. A properly appointed coach will thereafter be subject to the Rules and Regulations, Rule 2, Section 11 - Out-of-Season Practice. The Head Coach must be able to certify he/she was present at the required six (6) practices and will coach the individual(s) at the State Championships. Penalty for failure to comply will be disqualification of the individual(s). If a substitute coach is used, written authority from the school's Principal must be presented.

COACHES: Please inform swimmers that **NO FOOD IS ALLOWED IN THE IMMEDIATE POOL AREA**. You will be held responsible for their conduct. Please ask to everyone to help keep the pool area, locker room area, and campus clean. **Clean up before leaving the area.**

**Coaches' identification cards will be issued, which will allow access to the deck area, for all coaches listed on the entry form. Children and guests of coaches will not be permitted on the deck area.**

**MECHANICAL NOISEMAKERS, SIGNS, BALLOONS, HAND-HELD SIGNS, POSTERS, BANNERS/FIREWORKS AND EXPLOSIVES ARE PROHIBITED.**

Because of the indoor conditions, no bands will be admitted and all mechanical noise-making devices shall be excluded from the site.

The New Jersey statutes clearly state that it is unlawful for any person to possess or use firecrackers, or similar type of explosives. Accordingly, firecrackers are not permitted in or around any pool or parking area, and anyone found selling, possessing, or using fireworks of any nature will be arrested and duly prosecuted.

With the exception of official NJSIAA banners, no banners, **balloons**, posters or hand held signs, etc. will be permitted in the pool areas during the course of the NJSIAA championships. Game Site Managers will be instructed to rigidly enforce these regulations.

**PLEASE NOTIFY YOUR STUDENT BODY AND FANS OF THESE REGULATIONS.****GENERAL INFORMATION**

1. Shaving in the locker room/shower area will not be permitted at the Gloucester County Institute of Technology or The College of New Jersey.
2. Lockers will be provided. Please bring a lock. Responsibility for personal belongings rests with the individual.
3. The NJSIAA, GLOUCESTER INSTITUTE OF TECHNOLOGY, and THE COLLEGE OF NEW JERSEY shall in no way be liable for damages of any kind sustained in any manner in connection with the conduct of the Championships.
4. Only competitors who qualify and the school's personnel listed on the entry form will be admitted at the competitors' entrance.
5. Only schools' coaches listed on the entry form will be permitted in the deck area. Any other coaches must be ordered to spectator areas. Coaches deck passes will be issued.
6. Exhibition events/swimmers are not permitted.
7. Glass containers are prohibited in the pool/locker room areas.

**AWARDS**

The top sixteen (16) swimmers/divers competing in the Individual State Championship Finals will be awarded medals.

**Awards will be presented following each event. Participation by the top 16 is mandatory. Coaches' cooperation is essential.** For the awards ceremony, competitors must wear school apparel or apparel without logos. Competitors in the bonus heats will not be eligible to receive awards.

**ADMISSION PRICES**

Admission prices for those attending this championship meet will be:

<u>ADULTS:</u>	Preliminaries	\$7.00 each session
	Finals	\$7.00 each session
STUDENTS (K-12) & Senior Citizens:	Preliminaries	\$4.00 each session
	Finals	\$4.00 each session

Administrative and supervisory personnel of competing schools will be admitted upon identification to gate personnel.

**OFFICIAL CONVERSION FOR NEW JERSEY HIGH SCHOOL SWIMMING**

**OFFICIAL YARD-METER AND METER-YARD CONVERSION FACTORS**

**THE FOLLOWING CONVERSION CHARTS MUST BE USED:**

**BOYS & GIRLS CONVERSION CHARTS CAN BE FOUND ON  
THE NJSIAA WEBSITE, UNDER TOURNAMENT REGULATIONS**

**Charts are provided courtesy of**

**Sue Rybak and Scott Sweeten**

**Cherry Hill High School West**

**Other conversion charts may not be used.**

## **BROADCASTING REGULATIONS**

- A. The NJSIAA has granted to *The Star-Ledger* and NJ.com the exclusive rights to create, distribute and license programming in connection with NJSIAA tournaments (and NJSIAA sporting events, to the extent the NJSIAA controls or otherwise has authority to grant such rights with regard to NJSIAA sporting events) in all media currently existing or yet to be developed. This includes, without limitation, network and cable television broadcast, pay-per-view television, radio, webcasting, podcasting, distribution over wireless telephone networks, optical media including DVD, and print publications. The foregoing shall not be interpreted to restrict NJSIAA member schools from producing print publications (i.e. programs, or similar) for distribution on school property during the regular season NJSIAA sports events, or to restrict the NJSIAA from producing print publications (i.e. programs, or similar) for distribution during post-season NJSIAA tournaments.**
  
- B. Any third party seeking to create, distribute or otherwise exploit programming in connection with the NJSIAA sporting events in any media will be directed to The Star-Ledger and NJ.com, as applicable, by the NJSIAA or the applicable member school. The Star-Ledger and NJ.com shall have the right to enter into license arrangements with such third parties.**
  
- C. The Star-Ledger and NJ.com may create NJSIAA programming for distribution over media outlets owned or controlled by Advance Publications.**
  
- D. Notwithstanding anything herein to the contrary, including but not limited to Sections A and B above, NJSIAA member schools may broadcast regular season (but not playoff, post-season tournament, or championship) athletic contests involving such schools' own teams or athletes, without charging any fee to any viewer or other third party, on such schools' own commercial-free television networks, their own commercial-free websites, or on commercial-free public access television channels (provided that any agreement between an NJSIAA member school and a commercial-free public access television channel does not permit sublicense or other use of the telecast).**

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

**Diving Championships**  
2009 Boys and Girls Diving Entry Form

Boys

Girls

Diving Order  
Place

Diver's Name \_\_\_\_\_ Final Diving Place \_\_\_\_\_

School \_\_\_\_\_ City \_\_\_\_\_

Grade (9, 10, 11, 12) \_\_\_\_\_

**Important Diving Notice: See page 4 before completing this form**

Dive Number	Dive Description as Listed in National Federation Diving Tables	Position T.P. - S.F.	Degree of Difficulty	JUDGES AWARD					TOTAL	AWARD

SEMIFINALS: List TWO (2) voluntary dives and ONE (1) optional dive **ONLY**. (The dives may be done in any order.)

Dive Number	Dive Description as Listed in National Federation Diving Tables	Position T.P. - S.F.	Degree of Difficulty	JUDGES AWARD					TOTAL	AWARD

FINALS: List ONE (1) voluntary dive and TWO (2) optional dives **ONLY**. (The dives may be done in any order.)

Dive Number	Dive Description as Listed in National Federation Diving Tables	Position T.P. - S.F.	Degree of Difficulty	JUDGES AWARD					TOTAL	AWARD

Diver's Signature \_\_\_\_\_ Diving Order \_\_\_\_\_

**NO STAMPED SIGNATURES ACCEPTABLE.**

Signature of Principal \_\_\_\_\_ Signature of Athletic Director \_\_\_\_\_

Coach/Certified Faculty Member \_\_\_\_\_ Sch. # (\_\_\_\_) \_\_\_\_\_ Home # (\_\_\_\_) \_\_\_\_\_  
Please print/type

Attention Coaches: Schools entering individuals when the school **DOES NOT** have an interscholastic swim team must read and adhere to page 5: **PROCEDURE "Coaches" Appointed To Accompany Teams or Individuals to NJSIAA Championships.**

ATTENTION: Athletic Director must have verification that the diver has met the minimum for combined degree of difficulty before signing this form.

GIRLS ENTRIES: MUST BE IN THE HANDS OF THE MEET DIRECTOR BY TUES. FEB. 24, 2009, AT 8:00 PM

BOYS ENTRIES - MUST BE IN THE HANDS OF THE MEET DIRECTOR BY TUES. FEB. 24, 2009, AT 8:00 PM

Return to: Mr. Paul Welsh  
Meet Director  
6 Oxcart Lane  
Hamilton, NJ 08619

Phone: (609) 947-8040  
Fax: (866) 830-3522  
Email: paul\_welsh@gbtpa.com

**PLEASE MAIL WITH SWIMMING ENTRY FORM (Diving Entries will Not Use Hy-Tek)**

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

2009 **BOYS** Swimming Championships - Entry Form

Name of School \_\_\_\_\_ City \_\_\_\_\_

**COACHES MUST BE PREPARED TO CERTIFY THE TIMES OF ANY ENTRANT ON THE DAY OF THE MEET.**

Coaches note entry time requirements are based on the 24th place time in the 2008 meet.

This entry form must be in the hands of the meet director on Tuesday, Feb. 24, 2009, by 8:00 P.M. Up to eight individual relay swimmers may be listed per relay.

PLEASE ATTACH PRINTED COPY OF INDIVIDUAL ENTRIES AND RELAY ENTRIES FROM Hy-Tek Team Manager or TM II Lite.

Only competitors who qualify will be admitted at the competitors' entrance. **Swimmers not listed will not be permitted on deck.**

**Return To:** Mr. Paul Welsh, Meet Director  
6 Oxcart Lane  
Hamilton, NJ 08619

Phone: (609) 947-8040  
Fax: (866)- 830-3522  
Email: paul\_welsh@gbtpa.com

**ENTRY FEES:** \$14.00 per individual, per event  
\$22.00 Medley Relay  
\$22.00 200 Freestyle Relay  
\$22.00 400 Freestyle Relay

**NO STAMPED SIGNATURES ACCEPTABLE.**

**NOTE:** Email must be in the hands of the Entry Coordinator on Tues., February 24, 2009, by 8:00 P.M. [entries1@juno.com](mailto:entries1@juno.com)

**AND**

**This form must be in the hands of Paul Welsh, Tournament Director on Tues, February 24, 2009 (INFORMATION ABOVE)**

Signature of Principal \_\_\_\_\_

Signature of Athletic Director \_\_\_\_\_

Coach/Certified Faculty Member \_\_\_\_\_ please print/type Sch. #(\_\_\_\_\_) Home # (\_\_\_\_\_) \_\_\_\_\_

Assistant Coach(es) \_\_\_\_\_ please print/type

Attention Coaches: Schools entering individuals when the school **DOES NOT** have an interscholastic swim team: the Head Coach signing this form must be appointed by the Board of Education within the provisions of **PROCEDURE "Coaches" Appointed To Accompany Teams or Individuals to NJSIAA Championships**, in the NJSIAA *Handbook*, and must be able to certify he/she was present at the required six (6) practices and will coach the individual(s) at the State Championship. Penalty for failure to comply will be disqualification of the individual(s). A properly appointed coach will thereafter be subject the Rules and Regulations, Rule 2, Section 11 - Out-Of-Season Practice. If substitute coach, written authority from the principal must be presented.

**ATTENTION:** Athletic Director must have verification that the diver has met the minimum for the combined degree of difficulty before signing this form.

**ENCLOSE DIVING FORMS AND ENTRY FEES WITH THIS ENTRY FORM.**

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

2009 GIRLS Swimming Championships - Entry Form

Name of School \_\_\_\_\_ City \_\_\_\_\_

**COACHES MUST BE PREPARED TO CERTIFY THE TIMES OF ANY ENTRANT ON THE DAY OF THE MEET.**

Coaches note entry time requirements are based on the 24th place time in the 2008 meet.

This entry form must be in the hands of the meet director on Tuesday, Feb. 24, 2009, by 8:00 P.M. Up to eight individual relay swimmers may be listed per relay.

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**Return To:** Mr. Paul Welsh, Meet Director  
6 Oxcart Lane  
Hamilton, NJ 08619

**ENTRY FEES:** \$14.00 per individual, per event  
\$22.00 Medley Relay  
\$22.00 200 Freestyle Relay  
\$22.00 400 Freestyle Relay

Phone: (609) 947-8040  
Fax: (866) 830-3522  
Email: paul\_welsh@gbtpa.com

**NO STAMPED SIGNATURES ACCEPTABLE.**

**NOTE:** Email must be in the hands of the Entry Coordinator on Tues., February 24, 2009, by 8:00 P.M. [entries1@juno.com](mailto:entries1@juno.com)

**AND**

**This form must be in the hands of Paul Welsh, Tournament Director on Tues, February 24, 2009 (INFORMATION ABOVE)**

Signature of Principal \_\_\_\_\_

Signature of Athletic Director \_\_\_\_\_

Coach/Certified Faculty Member \_\_\_\_\_ please print/type Sch. # (\_\_\_\_) Home # (\_\_\_\_)

Assistant Coach(es) \_\_\_\_\_ please print/type

Attention Coaches: Schools entering individuals when the school **DOES NOT** have an interscholastic swim team: the Head Coach signing this form must be appointed by the Board of Education within the provisions of **PROCEDURE "Coaches" Appointed To Accompany Teams or Individuals to NJSIAA Championships**, in the NJSIAA Handbook, and must be able to certify he/she was present at the required six (6) practices and will coach the individual(s) at the State Championship. Penalty for failure to comply will be disqualification of the individual(s). A properly appointed coach will thereafter be subject the Rules and Regulations, Rule 2, Section 11 - Out-Of-Season Practice. If substitute coach, written authority from the principal must be presented.

**ATTENTION:** Athletic Director must have verification that the diver has met the minimum for the combined degree of difficulty before signing this form.

**ENCLOSE DIVING FORMS AND ENTRY FEES WITH THIS ENTRY FORM.**