

<u>Name of Meet</u>	COUGAR AQUATIC CLUB PRESENTS NEW JERSEY SWIMMING'S 9-10 SILVER/BRONZE CHAMPIONSHIPS- NORTH 2008 - AT BERGEN COMMUNITY COLLEGE, PARAMUS, NJ
<u>Meet Sanction #:</u>	Sanction by New Jersey Swimming: NJS022308BSC
<u>Date of Meet:</u>	Saturday, February 23 & Sunday, February 24, 2008
<u>Location:</u>	The pool is located at the Bergen Community College Recreation Center, in Paramus, New Jersey. The pool is a six (6) lane 25 yard pool with non-turbulent lane lines, with pedestal-style starting blocks, and Colorado Timing System. Bleacher seating is available; swimmer's bags and equipment are not permitted in the pool area and must be stored in designated swimmers marshalling room/areas.
<u>Meet Director:</u>	Sue Regan madisondane@optonline.net
<u>Meet Referee:</u>	Peter Ravettine – pravettine@aol.com
<u>Meet Marshal:</u>	Judy Montalbano -- coachjudym@comcast.net
<u>Entry Coordinator:</u>	BE Smartt, Inc. Email: entries1@juno.com Best to contact after 8:00PM or via email, 609.558.0988 Make Checks payable to: In Depth Aquatics
<u>Entry Deadline:</u>	<ul style="list-style-type: none"> • Entries will be considered <u>accepted</u> upon receipt by Meet Director of entries, waiver, meet verification form and entry fees. • Entry Deadline Date: <u>Wednesday, February 13, 2008.</u> • <u>Email entries to: entries1@juno.com</u> • Mail hard copies to: BE Smartt, Inc. , 604 Paxson Avenue, Mercerville, NJ 08619 • If you are not e-mailing your entries, then overnight or express mail is recommended, <i>but waive the signature.</i> • 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.
<u>Teams Competing In North</u>	CAT, BAC, BMS. BB, BSH, CCC, CBGC, GAR, GBCY, HAC, HCY, JG, LHY, METX, MYM, MCY, MDY, NJW, NJBS, NJBW, NNFS, PIAC, RHSC, RY, SAY, SCY, STVN, WEY, WMY, WFY, WY
<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. Reasons for these changes include: <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. 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.
<u>Internet Website Posting:</u>	www.besmarttinc.com in addition to NJ Swimming's website www.njswim.org Information to be posted will include but not limited to: Pre Meet <ul style="list-style-type: none"> -Meet Announcement -Hy-Tek Team Manager Events file -Warm-up Schedule & Timing Assignments -List of Teams Entered into Meet Post Meet <ul style="list-style-type: none"> -Meet Results
<u>Meet Requirement Statement:</u>	To be eligible for the New Jersey SC Zone Championship Team or for New Jersey National Championship Reimbursement, one must participate in 3 NJS sanctioned meets during the SC season. Participation in this meet counts towards this requirement.
<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. • Coaches must have a visible coaches card when entering hospitality area or when asking for food at concessions.
<u>Swimmer</u>	<ul style="list-style-type: none"> • All swimmers must be members of USA Swimming to enter and compete in this meet.

<u>Eligibility:</u>	<ul style="list-style-type: none"> All swimmers must be listed on a team's official entry form to be eligible to participate in this swim meet in any event including relays. Only New Jersey Swimming athletes may enter and compete in this championship meet. 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. New Jersey Swimming only allows swimmers to compete in 3 individual events per day, regardless whether the events are in more than one session There are no minimum time standards to enter any event in this meet This meet is only for those swimmers ages 9 and 10 whom have not yet achieved a New Jersey 'GOLD' Time Standard in the event entered This meet is only for those swimmers ages 9 & 10 as of the first date of meet, and those 8 year old swimmers who turn 9 on or before March 1, 2008 and who have not yet achieved a New Jersey 'GOLD' Time Standard in the event entered.
<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 deck seeded with coaches checking in/scratching all swimmers. This is a timed final meet.

Meet Schedule:

Saturday, February 23, 2008		Warm-up	Start
Session #1	10 yr. Old Girls & 9 yr. Old Boys	7:25 a.m.	8:30 a.m.
Session #2	Combined 9-10 Girls & Boys 200 IM+	TBA-After Session #1	30 minutes*
Session #3	9 yr. Old Girls & 10 yr. Old Boys	TBA-After Session #2	75 minutes*
Sunday, February 24, 2008		Warm-up	Start
Session #4	10 yr. Old Girls & 9 yr. Old Boys	7:25 a.m.	8:30 a.m.
Session #5	Combined 9-10 Girls & Boys 500 Free+	TBA-After Session #1	30 minutes*
Session #6	9 yr. Old Girls & 10 yr. Old Boys	TBA-After Session #2	75 minutes*

*** Starting times for sessions after Session #2 #3, #5 & #6 will be determined after entries are received and a time line is created!**

TBA - Starting time for warm-ups will be determined once entries are received.

* - Warm-ups will be determined as to time and length once entries are received

+ - These events will be run fastest to slowest alternating girls and boys

200 YD. IM & 500 YD. FREESTYLE: There will be a positive check-in for these events at the control table. Swimmers swimming these events must furnish their own timer for the 200 yd. Ind. Medley and furnish their own timer and counter for the 500 yd. Freestyle. These events will be run fastest to slowest alternating girls and boys. Heats will be combined if possible. These events will be scored and awards presented for both the 9 year olds and the 10 year old and for both Silver and Bronze Divisions.

<u>Warm-up Procedures:</u>	<p>New Jersey Swimming Warm-up and Safety Guidelines:</p> <ul style="list-style-type: none"> Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Teams will be assigned lanes for warm-ups. All swimmers are entitled to a fair and comparable warm-up. All teams MUST get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes. All swimmers must enter the pool from the starting end of the pool. Uniformed and designated meet marshals will monitor warm-ups. All general warm-up lanes will swim in a counterclockwise direction. <p>The warm-up sessions will be two 30-minute warm-ups divided by teams. There will be an abbreviated warm-up for the middle session. Warm-up and start times will be determined when all entries are received and posted at www.besmartinc.com and emailed to teams.</p>
<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 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

	<p>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.</p> <ul style="list-style-type: none"> • 500 Free and 200 IM events will have a positive check-in that will be posted at the scoring table or the control room.
<u>Starts:</u>	'Fly-over' or 'Over-the-top' starts will be used at the discretion of the Meet Director.
<u>Distance Events</u>	<ul style="list-style-type: none"> • The 500 Free & 200 IM events will be run fastest to slowest, alternating Girls & Boys heats. • Heats will be combined (including Men & Women) to consolidate a heat if necessary. • Swimmers must have their own timer and counter for the 500 Free. • Swimmers must have their own timer for the 200 IM
<u>Relays:</u>	<ul style="list-style-type: none"> • All relays MUST HAVE THE CORRECT FOUR NAMES LISTED AND THE CORRECT order for that relay to be eligible. • Coaches must turn in relay cards prior to that relay swimming, listing correct swimmers names and correct order. • In order to swim in a relay designated as a Silver/Bronze event, no swimmer on that relay may have a previous Gold time in the stroke and distance that the swimmer will swim in that relay. For example, a swimmer with a previous gold time in the 50 free cannot swim the freestyle leg of a 200 medley relay. • If a team doesn't have enough eligible swimmers to complete in a relay, then that relay must be scratched and may not be swum with an ineligible swimmer. • Any relay team in violation of this requirement will be disqualified and the information will be turned over to New Jersey Swimming for possible penalties and fines. (See the NJS Policy Manual for list of fines.)
<u>Scoring:</u>	No scoring will be kept.
<u>Awards:</u>	<ul style="list-style-type: none"> • MEDALS will be awarded to the top 6 individual finishers of each event for both Silver and Bronze Divisions, including the distance events • MEDALS will be awarded to the top 3 Relay finishers only • A swimmer seeded with a Bronze Time will not receive an award if a 'GOLD' time is achieved
<u>Entry Fees:</u>	<ul style="list-style-type: none"> • Individual Entry Fee: \$4.00 • Relay Entry: \$8.00 Make checks payable to: IN DEPTH AQUATICS
<u>Admissions and Programs:</u>	<ul style="list-style-type: none"> • Admission will be \$6.00 for each session. • Cost of Program will be \$10.00 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 to: entries1@juno.com • 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 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. • Accuracy of seed times is essential. Incomplete entries will not be accepted. • If a swimmer is entered in the meet, and then achieves a Gold time in one or more of their entered events prior to the start of the meet, that swimmer must be removed from that event(s). They will be allowed to substitute another eligible event(s) if they have any or the entry fee will be refunded if a swimmer can not compete in substitute event. • 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 are 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 \$10.00
<u>Host Club Responsibilities:</u>	<p>The host club responsibilities:</p> <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

	<p>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.</p>
<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. Any of your club's officials that can help with officiating should contact Peter Ravettine. Their assistance will be greatly appreciated. Please list a contact person for officials on your meet summary.
<u>Concessions:</u>	Food and Beverages will be available.
<u>Vendor:</u>	Metro Swim Shop will be the vendor in attendance.
<u>Directions and Accomodations:</u>	<p>Bergen Community College is located in Paramus, New Jersey; with entrances on Paramus Road, and Midland Avenue.</p> <p>Garden State Parkway North to exit 163 (RT. 17 North) Go 0.5 miles on Rt. 17 to Midland Avenue exit – Glen Rock, continue right and proceed on overpass (over Rt. 17) to traffic light. Continue straight 1.3 miles until traffic light at Paramus Road. Make left onto Paramus Road and continue for 1.0 miles pass first traffic light. Take jug-handle <u>prior</u> to 2nd. traffic light and bear right as you proceed into Bergen Community College. Use Parking lots “B”, “C”, or “D”. Pool is located up path past security station in the building to the left of the tennis courts.</p> <p>Crown Plaza Hotel 601 From Road Paramus, NJ 07652 (201) 262-4955</p> <p>Comfort Inn & Suites 211 Route 17 South Paramus, NJ 07652 (201) 261-8686</p> <p>Holiday Inn of Paramus 50 N. State Route 17 Paramus, NJ 07652 (201) 843-5400</p> <p>Hyatt Place Fairlawn/Paramus 41-01 Broadway (Route 208 North) Fairlawn, NJ 07410 (201) 475-3888</p>

9-10 SILVER/BRONZE CHAMPIONSHIPS NORTH 2008

ORDER OF EVENTS

SATURDAY, FEBRUARY 23rd, 2008

SESSION #1 – 10 yr. Old Girls and 9 yr. Old Boys:

Warm –Up: 7:25 a.m.; Check-in by 8:00AM; Start at 8:30AM

Girls Evt. #	Time Stand.: Slower Than:	Age Group Event	Age Group Event	Time Stand.: Slower Than:	Boys Evt. #
#1	N/A	10 yr. Old Girls – 200 yd. Free Relay	9 yr. Old Boys – 200 yd. Free Relay	N/A	#2
#3	2.42.39	10 yr. Old Girls –200 yd Free	9 yr. Old Boys –200 yd Free	2.42.39	#4
#5	43.19	10 yr. Old Girls –50 yd Breast	9 yr. Old Boys –50 yd Breast	44.19	#6
#7	1.23.79	10 yr. Old Girls –100 yd Back	9 yr. Old Boys –100 yd Back	1.24.89	#8
#9	37.49	10 yr. Old Girls –50 yd Butterfly	9 yr. Old Boys –50 yd Butterfly	38.39	#10
#11	32.29	10 yr. Old Girls –50 yd Free	9 yr. Old Boys –50 yd Free	32.59	#12

SESSION #2 – 9-10 Girls & Boys 200 yd. Individual Medley:

Warm –Up: TBA (at the conclusion of session #1 – 30 minute warm-up)

Girls Evt. #	Time Stand.: Slower Than:	Age Group Event	Time Stand.: Slower Than:	Boys Evt. #
#13	3.02.99	9-10 200 Individual Medley+	3.03.79	#14

+ - These events will be run fastest to slowest alternating girls and boys

SESSION #3 - 9 yr. Old Girls and 10 yr. Old Boys:

Warm –Up: TBA (approximately 15 minutes after session #2 - Meet Starts: TBA (75 minutes after start of Warm-ups:))

Girls Evt. #	Time Stand.: Slower Than:	Age Group Event	Age Group Event	Time Stand.: Slower Than:	Boys Evt. #
#15	N/A	9 yr. Old Girls – 200 yd. Free Relay	10 yr. Old Boys – 200 yd. Free Relay	N/A	#16
#17	2.42.39	9 yr. Old Girls –200 yd Free	10 yr. Old Boys –200 yd Free	2.42.39	#18
#19	43.19	9 yr. Old Girls –50 yd Breast	10 yr. Old Boys –50 yd Breast	44.19	#20
#21	1.23.79	9 yr. Old Girls –100 yd Back	10 yr. Old Boys –100 yd Back	1.24.89	#22
#23	37.49	9 yr. Old Girls –50 yd Butterfly	10 yr. Old Boys –50 yd Butterfly	38.39	#24
#25	32.29	9 yr. Old Girls –50 yd Free	10 yr. Old Boys –50 yd Free	32.59	#26

9-10 SILVER/BRONZE CHAMPIONSHIPS NORTH 2008

ORDER OF EVENTS

SUNDAY, FEBRUARY 24th, 2008

SESSION #4 – 10 yr. Old Girls and 9 yr. Old Boys:

Warm –Up: 7:25 a.m.; Check-in by 8:00AM; Start at 8:30AM

Girls Evt. #	Time Stand.: Slower Than:	Age Group Event	Age Group Event	Time Stand.: Slower Than:	Boys Evt. #
#27	N/A	10 yr. Old Girls – 200 yd. Med. Relay	9 yr. Old Boys – 200 yd. Med. Relay	N/A	#28
#29	1.35.69	10 yr. Old Girls –100 yd Breast	9 yr. Old Boys –100 yd Breast	1.37.89	#30
#31	1.13.09	10 yr. Old Girls –100 yd Free	9 yr. Old Boys –100 yd Free	1.12.89	#32
#33	38.39	10 yr. Old Girls –50 yd Back	9 yr. Old Boys –50 yd Back	38.79	#34
#35	1.29.69	10 yr. Old Girls –100 yd Butterfly	9 yr. Old Boys –100 yd Butterfly	1.27.69	#36
#37	1.22.69	10 yr. Old Girls –100 yd IM	9 yr. Old Boys –100 yd IM	1.23.19	#38

SESSION #5 – 9-10 Girls & Boys 500 Free:

Warm –Up: TBA (at the conclusion of session #1 – 30 minute warm-up)

Girls Evt. #	Time Stand.: Slower Than:	Age Group Event	Time Stand.: Slower Than:	Boys Evt. #
#39	7.10.89	9-10 500 Free	7.10.89	#40

+ - These events will be run fastest to slowest alternating girls and boys

SESSION #6 - 9 yr. Old Girls and 10 yr. Old Boys:

Warm –Up: TBA (approximately 15 minutes after session #2 - Meet Starts: TBA (75 minutes after start of Warm-ups:))

Girls Evt. #	Time Stand.: Slower Than:	Age Group Event	Age Group Event	Time Stand.: Slower Than:	Boys Evt. #
#41	N/A	9 yr. Old Girls – 200 yd. Med. Relay	10 yr. Old Boys – 200 yd. Med. Relay	N/A	#42
#43	1.35.69	9 yr. Old Girls –100 yd Breast	10 yr. Old Boys –100 yd Breast	1.37.89	#44
#45	1.13.09	9 yr. Old Girls –100 yd Free	10 yr. Old Boys –100 yd Free	1.12.89	#46
#47	38.39	9 yr. Old Girls –50 yd Back	10 yr. Old Boys –50 yd Back	38.79	#48
#49	1.29.69	9 yr. Old Girls –100 yd Butterfly	10 yr. Old Boys –100 yd Butterfly	1.27.69	#50
#51	1.22.69	9 yr. Old Girls –100 yd IM	10 yr. Old Boys –100 yd IM	1.23.19	#52

NEW JERSEY SWIMMING
9-10 SILVER/BRONZE "NORTH" CHAMPIONSIPS 2008

SATURDAY AND SUNDAY, February 23 & 24, 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, Bergen Community College, Cougar Aquatic Team, and BE Smartt, 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 eligible to compete in all the events I/we have entered.

NAME OF CLUB: _____

USS CLUB ABBREVIATION: _____

SIGNATURE OF CLUB OFFICIAL, COACH, AND/OR PARENT OR GUARDIAN:

(Signature) _____

(Print Name) _____

(Address) _____

(Telephone/E-Mail) _____

NAME(S) OR COACH: _____

LOCATION OF CLUB: _____ (City) _____ (State)

NAME/PHONE #/E-MAIL ADDRESS of person to contact regarding this entry:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO CONTACT REGARDING TIMERS/OFFICIALS:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO RECEIVE FINAL RESULTS:

Meet results via e-mail --or-- Meet results via disk/hard copy

ENTRY _____ Individual Event Entries @ \$4.00 = \$ _____

FEE

SUMMARY: _____ Relay Entries @ \$8.00= \$ _____

TOTAL: \$ _____

ALL CHECKS TO BE MADE PAYABLE TO: IN DEPTH AQUATICS

NEW JERSEY SWIMMING
Meet Verification Form

Club Name _____ Club Code _____

Coach's Name _____ Phone # _____

Email Address: _____

Final results mailed to: _____

Address: _____



**NEW JERSEY
SWIMMING**

I hereby certify that all swimmers and coaches listed on the NJSI Master Entry Sheet or hard copy with disk entries for the **9-10 Silver/Bronze Championships-North 08'** to be held on **February 23th and 24, 2008** are registered members of New Jersey Swimming/ USA Swimming . I also certify that only swimmers that **DO NOT** have '**GOLD**' times in that stroke and distance are entered in relays. I realize that any swimmer found to have a gold time in that stroke and distance in a relay prior to or at the meet will be removed from the event, the relay team will be disqualified and the information will be turned over to New Jersey 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.

Signature _____ Date _____
(Signature cannot be photocopied)

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.

UNATTACHED SWIMMERS

(Name) _____, **(Name)** _____

(Name) _____, **(Name)** _____

(Name) _____, **(Name)** _____

(Name) _____, **(Name)** _____