

<u>Name of Meet</u>	COUGAR AQUATIC TEAM PRESENTS NEW JERSEY SWIMMING'S 9-10 SILVER/BRONZE CHAMPIONSHIPS- NORTH 2011 at BERGEN COMMUNITY COLLEGE
<u>Meet Sanction #:</u>	Sanction by New Jersey Swimming: NJS # 022611SCB
<u>Date of Meet:</u>	Saturday, February 26 & Sunday, February 27, 2011
<u>Location:</u>	The pool is located in the Bergen Community College Recreation Center, in Paramus New Jersey. Address: Bergen Community College, 400 Paramus Rd., Paramus, NJ 07652 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 is not permitted in the pool area and must be stored in designated swimmers marshalling room/area's. The depth at the starting end is 14 feet and the depth at the turn end is 3 feet eight inches.
<u>Meet Director:</u>	Debbie Flint , Debflintnj@comcast.net
<u>Meet Referee:</u>	John Butler – Meet Referee / j.m.butler@comcast.net
<u>Meet Marshal:</u>	Judy Montalbano , coachjudym@comcast.net
<u>Entry Coordinator:</u>	Ellen W. Mace, BE Smartt, Inc., entries1@juno.com , 609.558.0988
<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: Saturday, February 12, 2011. • Email entries to: entries1@juno.com • Mail hard copies to: Ellen W. Mace % 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 South</u>	CAT, BAC, BB, BMS, CBGC, CCC, EAG, JF, GBCY, HAC, JG, LHY, MCY, MYM, NJBL, NJW, NPR, PIAC, PSC, RHSC, RY, SCY, SKYY, STVN, WAVE, WEY, WFY, WMY, 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>	Http://www.besmarttinc.com in addition to NJ Swimming's website of njswim.org Information to be posted will include but not limited to: Pre Meet -Meet Announcement -Hy-Tek Team Manager Events file -Warm-up Schedule & Timing Assignments -List of Teams Entered into Meet Post Meet -Meet Results
<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. A swimmer who participated in 1 long course meet and 3 short course meets from Sept 1 thru Aug 1 will also be eligible 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. • Coaches must have a visible coaches card when entering hospitality area or when asking for food at concessions.



<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 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. Swimmers who turn 9 between February 26 and March 6 and thus are not eligible for Mini-Championships should enter this meet!
<u>Swimmers Unaccompanied by a USAS Certified Coach</u>	Any swimmer entered into this meet that is unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
<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. This is a Silver/Bronze Championship. Seeding will be created to allow the top 6 swimmers in each division a "top-seeded" heat (i.e.: the top 6 swimmers in the Bronze Division will participate in a top heat), excepting the 500 free event.

Meet Schedule:

Saturday, February 26, 2011		Warm-up	Start
Session #1	10 yr. Old Girls & 9 yr. Old Boys	7:00 a.m.	8:15 a.m.
Session #2	Combined 9-10 Girls & Boys 500 Free+	TBA—After Session #1	30 minutes*
Session #3	9 yr. Old Girls & 10 yr. Old Boys	TBA—After Session #2	75 minutes*
Sunday, February 27, 2011		Warm-up	Start
Session #4	10 yr. Old Girls & 9 yr. Old Boys	7:00a.m.	8:15a.m.
Session #5	9 yr. Old Girls & 10 yr. Old Boys	TBA—After Session #2	75 minutes*

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

- * - 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

500 YD. FREESTYLE: There will be a positive check-in for this event at the control table. Failure to positively check-in a swimmer(s) will result in the swimmer(s) being scratched from the session. Swimmers swimming this event must furnish their own timer and counter.. This event will be run fastest to slowest alternating girls and boys. Heats will be combined if possible; this event will NOT have a single top heat for Bronze swimmers. This event 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>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.</p> <ul style="list-style-type: none"> 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. Feet first entry. New Jersey Swimming officials & Meet Marshall will monitor warm-ups. All general warm-up lanes will swim in a counterclockwise direction. The warm-up sessions will be three 20-minute warm-up sessions, followed by a single 10 minute sprint warm-up (from the blocks). Teams will be designated a session & lane(s) in which to warm-up in. Teams may use their own warm-up lanes to sprint during their 20 minute designated warm-up. Teams sharing a lane must wait for all teams in the lane to complete general warm-up
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	<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 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 is ineligible compete in a 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 results will be sent via email unless requested to do otherwise.
<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 1 week before the meet. <p>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 1 week 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 1 week 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 John Butler. 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 selling merchandise on Saturday and Sunday.
<u>Directions:</u>	<p><u>DIRECTIONS TO BCC:</u></p> <p>Bergen Community College is located in Paramus, New Jersey; with entrances on Paramus Road, and Midland Avenue.</p> <ul style="list-style-type: none"> • 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><u>ACCOMMODATIONS:</u></p> <ul style="list-style-type: none"> •
<u>Hotels:</u>	<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> <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>



9-10 SILVER/BRONZE CHAMPIONSHIPS NORTH 2011

ORDER OF EVENTS

SATURDAY, FEBRUARY 26, 2011

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

Warm –Up: 7:00AM. (Split Warm-up: Three 20 minute warm-ups divided by teams followed by one 10 minutes = 6 one way sprint lanes for all teams. **Meet Starts: 8:15AM.**

Event 1 Girls 10 200 Medley Relay				
Event 2 Boys 9 200 Medley Relay				
Event 3	Girls 10 100 IM	BRONZE		1:34.39
Event 4	Boys 9 100 IM	BRONZE		1:34.39
Event 5	Girls 10 100 IM	SILVER	1:34.40	1:20.69
Event 6	Boys 9 100 IM	SILVER	1:34.40	1:20.39
Event 7	Girls 10 100 Free	BRONZE		1:22.09
Event 8	Boys 9 100 Free	BRONZE		1:22.09
Event 9	Girls 10 100 Free	SILVER	1:22.10	1:11.09
Event 10	Boys 9 100 Free	SILVER	1:22.10	1:10.09
Event 11	Girls 10 50 Back	BRONZE		43.89
Event 12	Boys 9 50 Back	BRONZE		43.89
Event 13	Girls 10 50 Back	SILVER	43.90	37.39
Event 14	Boys 9 50 Back	SILVER	43.90	37.59
Event 15	Girls 10 100 Fly	BRONZE		1:42.09
Event 16	Boys 10 100 Fly	BRONZE		1:42.09
Event 17	Girls 10 100 Fly	SILVER	1:42.10	1:26.89
Event 18	Boys 9 100 Fly	SILVER	1:42.10	1:26.89
Event 19	Girls 10 50 Breast	BRONZE		48.19
Event 20	Boys 9 50 Breast	BRONZE		48.19
Event 21	Girls 10 50 Breast	SILVER	48.20	42.59
Event 22	Boys 9 50 Breast	SILVER	48.20	43.19

SESSION #2 – 9-10 Girls & Boys 500 Free:

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

Event		FASTER THAN	SLOWER THAN	SLOWER THAN
Event 23	Girls 9-10 500 Free	SILVER/BRONZE	N/A	7:10.89
Event 24	Boys 9-10 500 Free	SILVER/BRONZE	N/A	7:08.89

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



9-10 SILVER/BRONZE CHAMPIONSHIPS NORTH 2011

ORDER OF EVENTS

SATURDAY, FEBRUARY 26, 2011

Continued

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

Warm -Up: TBA (approximately 15 minutes after session #2 - (Split Warm-up: Three 20 minute warm-ups divided by teams followed by one 10 minutes = 6 one way sprint lanes for all teams.

Meet Starts: TBA (75 minutes after start of Warm-ups:)

Event 25 Girls 9 200 Medley Relay				
Event 26 Boys 10 200 Medley Relay				
Event 27	Girls 9 100 IM	BRONZE		1:34.39
Event 28	Boys 10 100 IM	BRONZE		1:34.39
Event 29	Girls 9 100 IM	SILVER	1:34.40	1:20.69
Event 30	Boys 10 100 IM	SILVER	1:34.40	1:20.39
Event 31	Girls 9 100 Free	BRONZE		1:22.09
Event 32	Boys 10 100 Free	BRONZE		1:22.09
Event 33	Girls 9 100 Free	SILVER	1:22.10	1:11.09
Event 34	Boys 10 100 Free	SILVER	1:22.10	1:10.09
Event 35	Girls 9 50 Back	BRONZE		43.89
Event 36	Boys 10 50 Back	BRONZE		43.89
Event 37	Girls 9 50 Back	SILVER	43.90	37.39
Event 38	Boys 10 50 Back	SILVER	43.90	37.59
Event 39	Girls 9 100 Fly	BRONZE		1:42.09
Event 40	Boys 10 100 Fly	BRONZE		1:42.09
Event 41	Girls 9 100 Fly	SILVER	1:42.10	1:26.89
Event 42	Boys 10 100 Fly	SILVER	1:42.10	1:26.89
Event 43	Girls 9 50 Breast	BRONZE		48.19
Event 44	Boys 10 50 Breast	BRONZE		48.19
Event 45	Girls 9 50 Breast	SILVER	48.20	42.59
Event 46	Boys 10 50 Breast	SILVER	48.20	43.19



9-10 SILVER/BRONZE CHAMPIONSHIPS NORTH 2011

ORDER OF EVENTS

SUNDAY, February 27, 2011

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

Warm –Up: 7:15AM (Split Warm-up: Three 20 minute warm-ups divided by teams followed by one 10 minutes = 6 one way sprint lanes for all teams. Meet Starts: 8:15AM

Event 47 Girls 10 200 Free Relay				
Event 48 Boys 9 200 Free Relay				
Event 49	Girls 10 200 IM	BRONZE		3:19.39
Event 50	Boys 9 200 IM	BRONZE		3:19.39
Event 51	Girls 10 200 IM	SILVER	3:19.40	2:58.99
Event 52	Boys 9 200 IM	SILVER	3:19.40	2:58.99
Event 53	Girls 10 100 Back	BRONZE		1:36.19
Event 54	Boys 9 100 Back	BRONZE		1:36.19
Event 55	Girls 10 100 Back	SILVER	1:36.20	1:20.59
Event 56	Boys 9 100 Back	SILVER	1:36.20	1:22.09
Event 57	Girls 10 50 Fly	BRONZE		42.99
Event 58	Boys 9 50 Fly	BRONZE		42.99
Event 59	Girls 10 50 Fly	SILVER	43.00	36.29
Event 60	Boys 9 50 Fly	SILVER	43.00	36.79
Event 61	Girls 10 100 Breast	BRONZE		1:48.99
Event 62	Boys 9 100 Breast	BRONZE		1:48.99
Event 63	Girls 10 100 Breast	SILVER	1:49.00	1:33.29
Event 64	Boys 9 100 Breast	SILVER	1:49.00	1:35.49
Event 65	Girls 10 50 Free	BRONZE		36.19
Event 66	Boys 9 50 Free	BRONZE		36.19
Event 67	Girls 10 50 Free	SILVER	36.20	31.49
Event 68	Boys 9 50 Free	SILVER	36.20	30.99
Event 69	Girls 10 200 Free	BRONZE		2:58.29
Event 70	Boys 9 200 Free	BRONZE		2:58.29
Event 71	Girls 10 200 Free	SILVER	2:58.30	2:39.19
Event 72	Boys 9 200 Free	SILVER	2:58.30	2:37.59



9-10 SILVER/BRONZE CHAMPIONSHIPS NORTH 2011

ORDER OF EVENTS

SUNDAY, February 27, 2011

Continued

SESSION #5 - 9 yr. Old Girls and 10 yr. Old Boys:

Warm -Up: TBA (approximately 15 minutes after session #2 - (Split Warm-up: Three 20 minute warm-ups divided by teams followed by one 10 minutes = 6 one way sprint lanes for all teams.

Meet Starts: TBA (75 minutes after start of Warm-ups:)

Event 73 Girls 9 200 Free Relay				
Event 74 Boys 10 200 Free Relay				
Event 75	Girls 9 200 IM	BRONZE		3:19.39
Event 76	Boys 10 200 IM	BRONZE		3:19.39
Event 77	Girls 9 200 IM	SILVER	3:19.40	2:58.99
Event 78	Boys 10 200 IM	SILVER	3:19.40	2:58.99
Event 79	Girls 9 100 Back	BRONZE		1:36.19
Event 80	Boys 10 100 Back	BRONZE		1:36.19
Event 81	Girls 9 100 Back	SILVER	1:36.20	1:20.59
Event 82	Boys 10 100 Back	SILVER	1:36.20	1:22.09
Event 83	Girls 9 50 Fly	BRONZE		42.99
Event 84	Boys 10 50 Fly	BRONZE		42.99
Event 85	Girls 9 50 Fly	SILVER	43.00	36.29
Event 86	Boys 10 50 Fly	SILVER	43.00	36.79
Event 87	Girls 9 100 Breast	BRONZE		1:48.99
Event 88	Boys 10 100 Breast	BRONZE		1:48.99
Event 89	Girls 9 100 Breast	SILVER	1:49.00	1:33.29
Event 90	Boys 10 100 Breast	SILVER	1:49.00	1:35.49
Event 91	Girls 9 50 Free	BRONZE		36.19
Event 92	Boys 10 50 Free	BRONZE		36.19
Event 93	Girls 9 50 Free	SILVER	36.20	31.49
Event 94	Boys 10 50 Free	SILVER	36.20	30.99
Event 95	Girls 9 200 Free	BRONZE		2:58.29
Event 96	Boys 10 200 Free	BRONZE		2:58.29
Event 97	Girls 9 200 Free	SILVER	2:58.30	2:39.19
Event 98	Boys 10 200 Free	SILVER	2:58.30	2:37.59



NEW JERSEY SWIMMING
9-10 SILVER/BRONZE "NORTH" CHAMPIONSIPS 2011

SATURDAY AND SUNDAY, February 26 & February 27, 2011

*****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, In Depth Aquatics 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 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-South 09'** to be held on **February 26th and February 27th, 2011** 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)** _____

