

<u>Name of Meet</u>	Eastern Express' JEFFREY S. MACE MEMORIAL SUMMER SIZZLE 2011 (21st year) AMENDED 5-3-11
<u>Meet Sanction #:</u>	Sanction #: NJ#062411LC
<u>Host Club:</u>	Eastern Express Swim Team.
<u>Date of Meet:</u>	Friday, June 24 th to Sunday, June 26 th , 2011
<u>Location:</u>	<ul style="list-style-type: none"> • Facility: The pool is located in the Sonny Werblin Recreation Center on the Busch Campus at Rutgers University in Piscataway, New Jersey. It is an Olympic-sized 50 meter 8-lane pool. There is an auxiliary pool (patio pool) for warm-up and cool down, and ample seating for spectators. The minimum water depth in the competition pool is 6 ft.
<u>Meet Director:</u>	Ellen W. Mace, 609.558.0988, purplemommy@juno.com
<u>Meet Referee:</u>	Paul Jennings -- pjennings5@yahoo.com
<u>Meet Marshall:</u>	Grey 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: entries1@juno.com <ul style="list-style-type: none"> • 1.609.558.0988 • Best time to call after 8:00PM and weekends • Make checks payable to Express Sports, Inc.
<u>Entry Deadline:</u>	<p>All entries will be accepted on a first come basis; no entries will be accepted before May 6th, 2011 at noon. All entries must be either MM or TM entries.</p> <p>Mail Entries to: BE SMARTT INC., 604 Paxson Avenue, Mercerville, NJ 08619</p> <ul style="list-style-type: none"> • Team entries will be considered accepted when entries are entered into Meet Manager. • Host club has the option to scratch swimmers and clubs from meet for non-payment of entry fees. • Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. • If you are not e-mailing your entries, then overnight or express mail is recommended, <u>but waive the signature.</u> • It is not necessary to overnight or express mail hard copy and check which are sent in support of an e-mailed entry. • All entries must be received by Friday, June 10th, 2011
<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.
<u>Internet Website Posting:</u>	<p>Website address: www.besmarttinc.com</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. • Teams whose entries have been received. • Updated meet schedule. • Warm-up Schedule and Team Warm-up Assignments. • Timing assignments. <p>Post-Meet Information posted on website.</p> <ul style="list-style-type: none"> • Downloadable Results (CL.2 file) • Downloadable Meet Back-up (Backup.zip File)
<u>Meet Requirement Statement:</u>	<ul style="list-style-type: none"> • This meet qualifies, as "one" of the two required long course meets to be eligible for the New Jersey LC Zone Championship Team or for New Jersey National Championship Reimbursement. A swimmer who has participated in 1 long course meet and 3 short course meets from Sept 1 thru Aug 1 will also be eligible for the NJ National Championship



	Reimbursement.
<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> All coaches “on the deck” must be registered members of USA Swimming. Coaches must visibly show coaching card at all times.
<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 (hardcopy for TM) 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, 13-14, and Open events. 13-14 & Open events will be combined in the prelim session, but each have their own ‘A’ and ‘B’ final heats at finals. This is an Invitational Meet, all swimmers must have times faster than the meet qualifying time standards. Meet host WILL BE ACCEPTING converted times. Individual and Relay Limits: New Jersey Swimming Policy only allows swimmers to enter and compete in 3 individual events per day. Swimmers may compete in 2 (two) relays per day/session. The 13-14 and Open 200 Medley & Freestyle Relay Events will be swum as timed finals in the PM session only. The top 2 Heats of Open 400 Free, 800 Free, and 400 Medley relays will be contested at the PM finals session, while any additional heats (teams seeded 17th and higher) will be contested at the conclusion of the morning prelim session. <p>Age at Meet:</p> <ul style="list-style-type: none"> Age for this meet is calculated as of June 24th, 2011.
<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 timed final meet for 10/Unders and 11/12’s. This meet will be run as a prelim and final meet for 13/overs with a consolation and final heat for 13/14’s and a consolation and final heat for Open swimmers; the meet referee will follow 207.12.6e with regards to the scratch rules. The 13-14 and Open 200 Medley & Freestyle Relay Events will be swum as timed finals in the PM session only. The top 2 Heats of Open 400 Free, 800 Free, and 400 Medley relays will be contested at the PM finals session, while any additional heats (teams seeded 17th and higher) will be contested at the conclusion of the morning prelim session. The 800/1500 Freestyle events will be timed finals in a separate session following Sunday AM Prelims, with the final heat of each gender (4 heats total, 2 800s, 2 1500s) being contested at Sunday PM Finals. 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.
<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>Heat Limited Events</u>	<ul style="list-style-type: none"> The 400 Freestyle and the 400 IM for 13/Overs will be limited to sessions of no more than 95 minutes. The 800 and 1500 Freestyle events will be limited to no more than 5 heats per gender. The Women & Men 10&Under 400 Free, the Women & Men 11-12 400 Free, and the Women & Men 11-12 400 IM will be limited to 5 (five) Heats per event if needed. All measures will be taken to allow the maximum number of entrants to participate, and Women's / Men's Heats may be combined to save time if lane-space allows and if needed, will not be separated by an empty lane. Psych sheets will be posted when all entries are received. Swimmers who do not get into these events will get either a refund or at this time, they can select another event if the 4-hour timeline allows for it.
<u>Meet Schedule:</u>	<ul style="list-style-type: none"> The building will open at 7:10AM. This meet will have combined prelim sessions for 13/overs, a separate session for the 13/over 400 Free and 400 IM, 800 and 1500 Free, a timed final session for 12/Unders, and then finals for 13/14 and Open swimmers.

Session Schedule: (All three days)		Warm-up	Start
400 IM’s (FRI); 400 FR’s (SAT)	13/Overs, Check-in by 7:30AM	7:15AM	7:50AM



AM Session (Fri. & Sat)	13/Overs, Check-TBA	TBA	TBA
AM Session - SUNDAY	13/Overs, Check-in by	7:15AM	8:20AM
800/1500 Free	Open	TBA	TBA
Afternoon	12/Unders	TBA	TBA
Finals/Sat. & Sun.	Finals for 13/14's and Open & Relays	TBA*	TBA*

***Finals will be determined based on entries and other RU commitments**

<u>Warm-up Procedures:</u>	<p>All teams must be given a minimum of thirty minutes of warm-ups. 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. 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 MUST get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes. <p>Entry Into Pool:</p> <ul style="list-style-type: none"> • All swimmers must enter the pool from the starting end of the pool. <p>Host Team Monitoring Warm-ups.</p> <ul style="list-style-type: none"> • Uniformed and designated meet marshals will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction. <p>Warm-up Schedules.</p> <ul style="list-style-type: none"> • 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. • Warm-up schedules will be e-mailed and posted on the website at least 1 week prior to the 1st day of the meet . • Warm-up for the 800/1500 events will be in the patio pool if necessary.
<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 faster than qualifying time standard for this meet. • All entry times must be in long course meters. • Meet host WILL BE ACCEPTING converted times. Please send proof of times for all entries!!
<u>Check-In:</u>	<ul style="list-style-type: none"> • All check-in sheets must be turned into the control room 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. Failure to follow this procedure will result in the swimmer(s) being scratched from the session/event. • All distance events will have a positive check-in that will be posted in the control room. • All relay events will have a positive check-in that will be posted in the control room • Swimmers/Relays who are not properly checked in will be scratched from the session.
<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 starts will be used after a time line has been produced. This information will be e-mailed and posted in the pre-meet information.
<u>Distance Events:</u>	<ul style="list-style-type: none"> • Swimmers may enter both Distance Events, but may COMPETE in ONE EVENT ONLY at the meet. (i.e. an athlete can enter both the 800 and the 1500 but is only permitted to participate in "either / or," not both). • The 1500/800 Freestyle events will be run fastest to slowest as a separate session at the conclusion of the Sunday AM prelims. • The 1500/800 Freestyle events will alternate women and men. Heats will be combined to consolidate if appropriate and if needed, will not be separated by an empty lane. • The 10 & Under 400 free, the 11-12 400 free and the 11-12 400 IM will all be run slowest to fastest- girls heats, then slowest to fastest- boys heats • Swimmer must have their own timer and a person to count. • <u>Proof of time</u> is required for entry into these events.
<u>Relays:</u>	<ul style="list-style-type: none"> • Coaches must turn in relay cards prior to that relay swimming listing correct swimmers names and correct order. There is a limit three relays (A,B,C) /per team/per event. There will be a positive check-in for relays in the control room during the AM sessions.



<u>Scoring:</u>	<ul style="list-style-type: none"> Team scoring will be kept. 16 place scoring will be 20-18-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays.
<u>Awards:</u>	<ul style="list-style-type: none"> Medals will be awarded to the top 3 swimmers in each individual event. Medals will be awarded to the top 3 relays in each relay event.
<u>Entry Fees:</u>	<ul style="list-style-type: none"> Individual Entry Fee for 13/Over events: \$6.00 Individual Entry Fee for 800 free/1500 free events: \$5.00 Individual Entry Fee for 12/Under events: \$5.00 Relay Entry Fee: \$9.00 Make checks payable to: Express Sports Inc.
<u>Admissions and Programs:</u>	<ul style="list-style-type: none"> Admission will be \$7.00 per session. Cost of Program will be \$10.00 for the entire meet. Entry to PM finals will be \$7.00. Finals programs will be gratis; one per family while supply lasts.
<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 name will be sizzle2011. 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. Deck entries will not be accepted. No phone or faxed entries will be accepted. Teams entered will be posted at www.besmartinc.com. In order to provide the most "splash" opportunities, upon receipt of entries, the host team will allow all teams 5 days to "pre-meet scratch" (reduce their entries). This "pre-meet scratch" procedure is meant to allow additional teams into the meet based upon "entered" teams being "good citizens" and adjusting their entries based upon knowledge of swimmers non-attendance post entries received by the meet host. Room created by this procedure will be filled by entries received by "closed out teams" in the order the entries were received.
<u>Results:</u>	<ul style="list-style-type: none"> All results will be sent via email and posted on the web at www.besmartinc.com
<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 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 that are received via email. 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 and posted on the website: www.besmartinc.com no later than one week 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 and posted on the website: www.besmartinc.com no later than one week 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 one 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.
<u>Concessions:</u>	Refreshments will be available in the lobby.
<u>Vendor:</u>	A swim shop vendor will be onsite during the meet.
<u>Hotels:</u>	Host Hotel: Somerset Holiday Inn, 1.732.584.4612 , ask for special Summer Sizzle rates. The Somerset Marriott, 1.732.716.1185. The Courtyard by Marriott on Davidson Avenue The Doubletree Executive Somerset on Atrium Drive



<u>Directions:</u>	<p>Directions to Sonny Werblin Recreation Center Address: 656 Bartholomew Rd, Piscataway Campus: Busch Campus Garden State Parkway Southbound Turn off at Exit 129 for the New Jersey Turnpike and head south. Turn off at Exit 9, bear right after the tollbooths and follow signs for "Route 18 North – New Brunswick." Stay to the left to continue on Route 18 North. Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Continue on Route 18 North. Proceed up Route 18 to the Campus Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left. Garden State Parkway Northbound Turn off at Exit 105 and follow signs for Route 18 North. After approximately 24 miles, you will pass the entrance for the New Jersey Turnpike. Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Continue on Route 18 North. Proceed up Route 18 to the Campus Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left. Interstate 287 Turn off at Exit 9 "Bound Brook/Highland Park." Proceed East on River Road toward Highland Park. Continue on River Road and you will pass under the overpass for Route 18. Make the next left onto Route 18 North. Proceed up Route 18 to the Campus Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left. New Jersey Turnpike Turn off at Exit 9, bear right after the tollbooths and follow signs for "Route 18 North – New Brunswick." Stay to the left to continue on Route 18 North. Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Continue on Route 18 North. Proceed up Route 18 to the Campus Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left. US Route 1 Turn off at exit marked "Route 18 North-New Brunswick." Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Continue on Route 18 North. Proceed up Route 18 to the Campus Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left.</p>
<u>Order of Events:</u>	13/Over events will be swum in the order below. All 200 relays will be in the finals session only; all 400 and 800 relays the top two heats will be in finals. The 1500/800 freestyles will be timed finals in a separate session after AM prelims.

SUMMER SIZZLE EVENTS AND Q-TIMES

<u>Event</u>	<u>QT</u> <u>(no slower than)</u>	<u>COMMENTS</u>
Event 1 Women 13-14 200 Medley Relay		<i>PM ONLY</i>
Event 2 Men 13-14 200 Medley Relay		<i>PM ONLY</i>
Event 3 Women 200 Medley Relay		<i>PM ONLY</i>
Event 4 Men 200 Medley Relay		<i>PM ONLY</i>
Friday Sunrise 13/over 400 IM's		
Event 5 Women 13-14 400 IM	5:45.99	
Event 5 Women 15&O 400 IM	5:29.99	
Event 6 Men 13-14 400 IM	5:37.29	
Event 6 Men 15&O 400 IM	5:01.69	
Friday AM Prelims		
Event 7 Women 13-14 100 Free	1:07.39	
Event 7 Women 15&O 100 Free	1:04.09	
Event 8 Men 13-14 100 Free	1:04.69	



Event 8 Men 15&O 100 Free	57.89
Event 9 Women 13-14 200 Back	2:40.39
Event 9 Women 15&O 200 Back	2:37.69
Event 10 Men 13-14 200 Back	2:37.39
Event 10 Men 15&O 200 Back	2:24.79
Event 11 Women 13-14 100 Breast	1:25.29
Event 11 Women 15&O 100 Breast	1:21.79
Event 12 Men 13-14 100 Breast	1:19.59
Event 12 Men 15&O 100 Breast	1:15.19
Event 13 Women 800 Free Relay	
Event 14 Men 800 Free Relay	

**TOP TWO HEATS IN
FINALS
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FINALS**

Friday Age Group Timed Finals

Event 15 Girls 11-12 200 Medley Relay	
Event 16 Boys 11-12 200 Medley Relay	
Event 17 Girls 10&U 100 Free	1:23.89
Event 18 Boys 10&U 100 Free	1:23.89
Event 19 Girls 11-12 100 Free	1:14.49
Event 20 Boys 11-12 100 Free	1:14.49
Event 21 Girls 10&U 50 Fly	44.09
Event 22 Boys 10&U 50 Fly	44.09
Event 23 Girls 11-12 50 Fly	37.29
Event 24 Boys 11-12 50 Fly	37.29
Event 25 Girls 10&U 200 IM	3:21.89
Event 26 Boys 10&U 200 IM	3:21.89
Event 27 Girls 11-12 200 IM	2:59.79
Event 28 Boys 11-12 200 IM	2:59.79
Event 29 Girls 10&U 100 Back	1:37.29
Event 30 Boys 10&U 100 Back	1:37.29
Event 31 Girls 11-12 100 Back	1:24.29
Event 32 Boys 11-12 100 Back	1:24.29
Event 33 Girls 10&U 400 Free	6:07.89
Event 34 Boys 10&U 400 Free	6:07.89
Event 35 Girls 11-12 200 Breast	3:23.69
Event 36 Boys 11-12 200 Breast	3:23.69

Friday 13/over Finals

Order of events: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14

Saturday Sunrise 13/over 400 Frees

Event 37 Women 13-14 400 Free	5:03.49
Event 37 Women 15&O 400 Free	4:49.99
Event 38 Men 13-14 400 Free	4:56.49
Event 38 Men 15&O 400 Free	4:29.19

Saturday 13/over Prelims

Event 39 Women 13-14 100 Back	1:14.59
Event 39 Women 15&O 100 Back	1:12.99
Event 40 Men 13-14 100 Back	1:13.49
Event 40 Men 15&O 100 Back	1:06.29
Event 41 Women 13-14 200 Fly	2:41.29
Event 41 Women 15&O 200 Fly	2:34.89
Event 42 Men 13-14 200 Fly	2:35.49
Event 42 Men 15&O 200 Fly	2:20.49
Event 43 Women 13-14 50 Free	31.09
Event 43 Women 15&O 50 Free	29.59
Event 44 Men 13-14 50 Free	29.69



Event 44 Men 15&O 50 Free	26.19
Event 45 Women 13-14 200 IM	2:44.29
Event 45 Women 15&O 200 IM	2:35.49
Event 46 Men 13-14 200 IM	2:39.09
Event 46 Men 15&O 200 IM	2:21.79
Event 47 Women 400 Free Relay	

**TOP TWO HEATS IN
FINALS
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FINALS**

Event 48 Men 400 Free Relay

Saturday Age Group Timed Finals

Event 49 Girls 11-12 50 Back	39.99
Event 50 Boys 11-12 50 Back	39.99
Event 51 Girls 10&U 50 Back	45.69
Event 52 Boys 10&U 50 Back	45.69
Event 53 Girls 11-12 400 Free	5:32.39
Event 54 Boys 11-12 400 Free	5:32.39
Event 55 Girls 10&U 100 Breast	1:48.99
Event 56 Boys 10&U 100 Breast	1:48.99
Event 57 Girls 11-12 100 Breast	1:34.79
Event 58 Boys 11-12 100 Breast	1:34.79
Event 59 Girls 10&U 50 Free	38.39
Event 60 Boys 10&U 50 Free	38.39
Event 61 Girls 11-12 50 Free	34.69
Event 62 Boys 11-12 50 Free	34.69
Event 63 Girls 10&U 200 Medley Relay	
Event 64 Boys 10&U 200 Medley Relay	
Event 65 Girls 11-12 200 Fly	2:59.29
Event 66 Boys 11-12 200 Fly	2:59.29

Saturday 13/over Finals

Order of events: Same as AM

Sunday 13/over Prelims

Event 67 Women 13-14 200 Free Relay	
Event 68 Men 13-14 200 Free Relay	
Event 69 Girls 200 Free Relay	
Event 70 Boys 200 Free Relay	
Event 73 Women 13-14 200 Breast	3:03.99
Event 73 Women 15&O 200 Breast	2:57.59
Event 74 Men 13-14 200 Breast	2:58.19
Event 74 Men 15&O 200 Breast	2:42.99
Event 75 Women 13-14 200 Free	2:25.39
Event 75 Women 15&O 200 Free	2:17.49
Event 76 Men 13-14 200 Free	2:20.39
Event 76 Men 15&O 200 Free	2:06.39
Event 77 Women 13-14 100 Fly	1:13.29
Event 77 Women 15&O 100 Fly	1:10.29
Event 78 Men 13-14 100 Fly	1:09.59
Event 78 Men 15&O 100 Fly	1:03.89
Event 81 Girls 400 Medley Relay	

**TOP TWO HEATS IN
FINALS
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FINALS**

Event 82 Boys 400 Medley Relay

Sunday Open Distance Events following prelims

Event 71 Women 800 Free	9:49.99
Event 72 Men 800 Free	9:19.99
Event 79 Women 1500 Free	18:59.99
Event 80 Men 1500 Free	17:59.99

**TOP HEAT IN FINALS
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Sunday Age Group Timed Finals

Event 83	Girls 11-12 50 Breast	43.09
Event 83	Boys 11-12 50 Breast	43.09
Event 85	Girls 10&U 50 Breast	50.29
Event 86	Boys 10&U 50 Breast	50.29
Event 87	Girls 11-12 400 IM	6:23.99
Event 88	Boys 11-12 400 IM	6:23.99
Event 89	Girls 10&U 200 Free	3:00.49
Event 90	Boys 10&U 200 Free	3:00.49
Event 91	Girls 11-12 200 Free	2:37.69
Event 92	Boys 11-12 200 Free	2:37.69
Event 93	Girls 10&U 100 Fly	1:39.89
Event 94	Boys 10&U 100 Fly	1:39.89
Event 95	Girls 11-12 100 Fly	1:23.89
Event 96	Boys 11-12 100 Fly	1:23.89
Event 97	Girls 10&U 200 Free Relay	
Event 98	Boys 10&U 200 Free Relay	
Event 99	Girls 11-12 200 Free Relay	
Event 100	Boys 11-12 200 Free Relay	
Event 101	Girls 11-12 200 Back	3:00.19
Event 102	Boys 11-12 200 Back	3:00.19

Sunday 13/over Finals

Order of events: 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82

AMENDED



NEW JERSEY SWIMMING
SUMMER SIZZLE 2011

FRIDAY, SATURDAY AND SUNDAY, JUNE 24th, 25th, & 26th, 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, **Rutgers University, Express Sports Inc. and BE Smartt, Inc.** and their staff 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:

_____ (Print Name)

_____ (Signature)

_____ (Address)

_____ (Telephone)

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

_____ Prelim/Final 13& Over Individual Event Entries @ \$6.00 = \$ _____

_____ Prelim/Final 13& Over 800/1500 Free Event Entries @ \$5.00 = \$ _____

ENTRY _____ Time Final 12&Under Individual Event Entries @ \$5.00 = \$ _____

FEE
SUMMARY: _____ Relay Event Entries @ \$9.00 = \$ _____

TOTAL ENTRY FEES = \$ _____

MAKE CHECKS PAYABLE TO: EXPRESS SPORTS, INC.



New Jersey Swimming Inc.

Official Meet Verification Form

Club Name: _____ Club Code: _____

Club E-Mail Address: _____

Head Coaches Name: _____

Club Address: _____



**NEW JERSEY
SWIMMING**

I hereby certify that all swimmers and coaches listed on the entry or hard copy with disk entries, for the **SUMMER SIZZLE** to be held on **JUNE 24-26, 2011** 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 _____

