



<u>Name of Meet:</u>	X-cel Swimming, Inc. presents <u>FALL FESTIVAL MEET of X-CELLENCE</u> 2009
<u>Meet Sanction #:</u>	Sanction # NJS110709SC
<u>Host Club:</u>	This meet is hosted by: X-CEL SWIMMING, Inc.
<u>Date of Meet:</u>	Saturday, November 7 and Sunday November 8, 2009
<u>Location:</u>	Facility: DeNunzio Pool is located on Faculty Road off of Route 571 on the Princeton University campus, Princeton, NJ 08540. It is an Olympic-sized 50 meter 8-lane pool. Two 8-lane by 25 yard courses will be used. There is ample seating for spectators.
<u>Meet Director:</u>	ELLEN W. MACE, 609.558.0988, entries1@juno.com
<u>Team Contact</u>	Coach Lucy, headcoach@xcelswimming.org , 609.252.0206
<u>Meet Referee:</u>	John Kelly, kelly512@optionline.net
<u>Meet Marshal:</u>	Olaf Noisten, honoisten@aol.com
<u>Entry Coordinator:</u>	BE Smartt, Inc will be the Entry Coordinator, E-Mail address: entries1@juno.com <ul style="list-style-type: none"> • 1.609.558.0988 • Best time to call after 8:00PM and weekends
<u>Entry Deadline:</u>	<p>All entries will be accepted on a first come basis. Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. Team entries will not be considered as accepted unless the waiver and entry fees have been received.</p> <p>Entry Deadline Date: Friday, October 16, 2009 <i>or sooner if all sessions are full</i></p> <p>Mail Entries to : BE SMARTT INC., 604 Paxson Avenue, Mercerville, NJ 08619</p> <p>Even if you are e-mailing your entries, then overnight or express mail is recommended, <i>but waive the signature.</i></p>
<u>Entries:</u>	<p>In accordance with NJS policy, team entries may be submitted by E-mail to entries1@juno.com. (please use XCEL2009 in subject line) All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail.</p> <ul style="list-style-type: none"> • The meet entry coordinator will respond to e-mails entries within 48 hours. If you do not receive an e-mail response within 48 hours, assume that your email has not been received. It then becomes the sender's responsibility to make sure that the host club's meet entry coordinator receives the e-mail. If you do not receive an e-mail response, you must contact the entry coordinator by email or phone or mail in your entries. • An entry summary with a signed NJ Swimming waiver and a check must accompany or follow each mailed entry. • Incomplete entries will not be accepted. • Deck entries will not be accepted. • Teams entered will be posted at www.besmarttinc.com.
<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.</p> <ul style="list-style-type: none"> • To conform to facility capacity.
<u>Internet Website Posting:</u>	<ul style="list-style-type: none"> • Meet Website address: www.besmarttinc.com • Pre-Meet Information posted on website. <ul style="list-style-type: none"> • Meet Information will be posted on the website. • Hy-Tek Events list (HYV.file) will be posted on the website.



	<ul style="list-style-type: none"> • Teams whose entries have been received. • Updated meet schedule. • Warm-up Schedule and Team Warm-up Assignments. • Timing assignments. • Post-Meet Information posted on website. <ul style="list-style-type: none"> • Downloadable Results (CL.2 file) • Downloadable Meet Back-up (Backup.zip File)
<u>Meet Requirement Statement:</u>	This meet does qualify as "one" of the three required SHORT COURSE meets to be eligible for the New Jersey LC Zone Championship Team or for New Jersey National Championship Reimbursement.
<u>Coaches Eligibility:</u>	All coaches "on the deck" must be a registered member of USA Swimming. <ul style="list-style-type: none"> • Coaches must show coaching card for entrance to facility. • Coaches must have coaching card visible at all times while on deck.
<u>Swimmer Eligibility:</u>	<ul style="list-style-type: none"> • All swimmers must be members of USA Swimming to enter and compete in this meet. All swimmers must be listed on a team's official entry form to be eligible to participate in this swim meet in any events including relays. All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form. • There will be qualifying times used for this meet. As long as a swimmer qualifies for at least one event per day, that swimmer may swim up to 3 events that day. • There will be 10 & Under, 11-12, 13-14, 15-19 Events. • New Jersey Swimming only allows swimmers to enter and compete in 3 individual events per day and relays. • Age for this meet is calculated as of November, 7, 2009.
<u>Meet Format:</u>	This meet will be run in accordance to current USA Swimming Rules. This meet will be run as a timed final meet. This meet will be run using two pools. Pools will be divided by age groups once all entries are received and a time line established. This information will be sent via email and posted on www.besmartinc.com with the updated pre-meet information. This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks directly.
<u>Meet Schedule:</u>	The building opening time is no earlier than: 6:55AM. This meet will have three sessions on Saturday and Sunday.

Meet Schedule:

Saturday, November 7, 2009		Warm-up	Start
Session 1	All 12/Unders Check-in by 7:30AM	7:00AM	8:05AM
Session 2	All 400 IM's (Limited to eight heats per event) Teams will be notified if entries exceed the heat limit; refunds will be processed and mailed after the meet.	12:15PM	12:50PM
Session 3	All 13/19's—Check-in 30 minutes before start	Right after Session #2 TBA	Will have a 60 minute warm-up
Sunday, November 8, 2009		Warm-up	Start
Session 4	All 12/Unders Check-in by 7:30AM	7:00AM	8:05AM



Session 5	All 500 Freestyles (Limited to eight heats per event) Teams will be notified if entries exceed the heat limit; refunds will be processed and mailed after the meet.	12:15PM	12:50PM
Session 6	All 13/19's—Check-in 30 minutes before start	Right after Session #5 TBA	Will have a 60 minute warm-up

<u>Warm-up Procedures:</u>	<ul style="list-style-type: none"> All teams must be given a minimum of thirty minutes of warm-ups. Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes. All swimmers must enter the pool from the starting end of the pool. New Jersey Swimming officials will monitor warm-ups. <p><u>Warm-up Procedures based upon number of entries:</u></p> <ul style="list-style-type: none"> There will be a one-hour warm-up session with sprint lanes offered in the final 15 minutes of warm-ups or <u>(based on the number of swimmers/teams in the meet)</u> the warm-up sessions will be two 30-minute warm-ups divided by teams. There will be designated sprint lanes/pace lanes during the last 10 minutes. There will be a 30 minute warm-up prior to the beginning of the 500 Freestyle and 400 IM; this warm-up may be in one of the pools while the other pool is still in session; positive check-in is required.
<u>Entry Times:</u>	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>	All check-in sheets must be turned into the scoring table 30 minutes before the start of each session. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched will have their names circled with a "SCR" next to the circle. Swimmers scratching a single event will have a line through his/her name and the event number circled with "SCR" next to the circle. Failure to follow this procedure will result in the swimmer(s) being 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/fly-over" starts will be used after a time line has been produced. This information will be published in the pre-meet information and posted at www.besmartinc.com
<u>500 Freestyle and 400 IM Events</u>	<ul style="list-style-type: none"> The 500 Freestyle Events and the 400 IM Events will be run as separate sessions. The 500 Freestyle and the 400 IM Events will be run slowest to fastest. These events will be limited to the fastest eight heats per event. Swimmers whose seed times place them below the heat limitation will have the option to pick another event or remain in the event and possibly compete because of day of meet scratches. Swimmers who do not switch events and do not compete in the heat limited event will have their entry free refunded within one week of the meet. In the 500 free, the swimmer must provide their own timer and person to count. In the 400 IM, the swimmer must provide own timer.
<u>Relays</u>	Coaches must turn in relay cards prior to that relay swimming listing correct swimmers names and correct order.
<u>Scoring:</u>	This meet will not be scored.
<u>Awards:</u>	Medals will be awarded for the top 3 swimmers in all age groups and for the top 3 swimmers in each age group of combined age group events. Medals will be awarded to the top 3 relays in each relay event.
<u>Entry Fees:</u>	Individual Entry Fee: \$3.00. Relays \$8.00, Make checks payable to: XCEL SWIMMING
<u>Admissions and Programs:</u>	Admission will be \$7.00 per session. Cost of Program will be \$10.00 for a 2-day program.



<u>Results:</u>	All teams must request on the meet summary whether they want results mailed or e-mailed.
<u>Host Club Responsibilities:</u>	<p>The host club will provide a single timer in each lane through out the meet, except for the 500 Freestyles and 400 IM's; swimmers will provide their own timers and lap counters.</p> <p>The entry coordinator will create a warm-up schedule and timing assignments that will be fair and equal to all teams. The warm-up schedule will be e-mailed to all participating clubs and posted on the website: www.besmartinc.com no later than 72 hours before the meet.</p> <p>The host club will have stopwatches for any volunteer timer that needs one.</p>
<u>Participating Club Responsibilities:</u>	<p>Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.besmartinc.com 72-hours prior to the meet.</p> <p>Participating club parents must stay off the pool deck except for timing assignments.</p> <p>Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</p>
<u>Food Concessions:</u>	Food will be available in Jadwin Gymnasium.
<u>Vendor:</u>	A swim vendor will be in attendance.
<u>Directions:</u>	Princeton University DeNunzio Pool is conveniently located approximately one mile west of Route 1 via Route 571 (Washington Avenue.) At the first light, Faculty Road make a right, the parking lot and the pool will be on your left.
<u>Hotels:</u>	<p>Holiday Inn, 100 Independence Way, 1.609.520.1200, ask for special rate.</p> <p>Staybridge Suites, 4375 Route1, 1.609.951.0009, ask of sports group rate</p> <p>Residence Inn by Marriott, 4225 Route 1, 1.732.329.9600, Includes breakfast</p> <p>Princeton Courtyard by Marriott, Route 1 and Mapleton Road, 1.609.716.9100; includes breakfast</p>





New Jersey Swimming Inc.

Official Meet Verification Form

Club Name: _____ Club Code: _____

Club E-Mail Address: _____

Head Coaches Name: _____

Club Address: _____



I hereby certify that all swimmers and coaches listed on the entry or hard copy with disk entries, for the **Fall Festival Meet of X-Cellence** to be held on November 7 & 8, 2009 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 _____



The Fall Festival Meet of X-Cellence

ENTRY SUMMARY

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

WAIVER

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/ours heirs, administrators and assigns, waive and release any and all claims against USA-Swimming, Princeton University, XCEL Swimming, BE Smartt, Inc. and their staff for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we am/are a bona-fide amateur athlete(s), USA registered, and eligible to compete in all of the events I/we have entered.

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

Name of Club: _____

USA Club Code: _____

Name(s) of Coach(es) _____

Address: _____

Phone #: _____ E-Mail: _____

Contact Person Responsible for Entries: _____

Phone #: _____

Fax #: _____

E-Mail: _____

Contact Person Regarding Timers and Officials: _____

Phone #: _____

Fax#: _____

E-Mail: _____

ENTRY FEE SUMMARY

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

Total # of Relay Entries _____ x \$8.00 = \$ _____

Total Amount of Entry \$ _____

Total # of Swimmers _____

MAKE CHECKS PAYABLE TO: XCEL SWIMMING



Event List: Make one time per day, swim three events that day

Time Standards Report

Event	No slower than	Event	No slower than
Saturday AM		Sunday AM	
Event 1 Girls 11-12 200 Free Relay		Event 53 Girls 10&U 200 Medley Relay	
Event 2 Boys 11-12 200 Free Relay		Event 54 Boys 10&U 200 Medley Relay	
Event 3 Girls 10&U 200 Free Relay		Event 55 Girls 11-12 200 Medley Relay	
Event 4 Boys 10&U 200 Free Relay		Event 56 Boys 11-12 200 Medley Relay	
Event 5 Girls 11-12 200 Free	2:33.79	Event 57 Girls 10&U 200 Free	3:09.99
Event 6 Boys 11-12 200 Free	2:33.79	Event 58 Boys 10&U 200 Free	3:09.99
Event 7 Girls 10&U 200 IM	3:25.09	Event 59 Girls 11-12 200 IM	2:59.99
Event 8 Boys 10&U 200 IM	3:25.09	Event 60 Boys 11-12 200 IM	2:59.99
Event 9 Girls 12&U 200 Back	3:08.49	Event 61 Girls 10&U 100 IM	1:35.99
Event 10 Boys 12&U 200 Back	3:08.49	Event 62 Boys 10&U 100 IM	1:35.99
Event 11 Girls 10&U 100 Back	1:36.19	Event 63 Girls 11-12 100 Back	1:22.99
Event 12 Boys 10&U 100 Back	1:36.19	Event 64 Boys 11-12 100 Back	1:22.99
Event 13 Girls 11-12 100 Breast	1:30.99	Event 65 Girls 10&U 50 Back	45.99
Event 14 Boys 11-12 100 Breast	1:30.99	Event 66 Boys 10&U 50 Back	45.99
Event 15 Girls 10&U 50 Breast	49.99	Event 67 Girls 12&U 200 Breast	3:29.29
Event 16 Boys 10&U 50 Breast	49.99	Event 68 Boys 12&U 200 Breast	3:29.29
Event 17 Girls 11-12 100 Fly	1:33.99	Event 69 Girls 10&U 100 Breast	1:48.99
Event 18 Boys 11-12 100 Fly	1:33.99	Event 70 Boys 10&U 100 Breast	1:48.99
Event 19 Girls 10&U 50 Fly	44.89	Event 71 Girls 11-12 100 Free	1:11.09
Event 20 Boys 10&U 50 Fly	44.89	Event 72 Boys 11-12 100 Free	1:11.09
Event 21 Girls 11-12 50 Free	33.99	Event 73 Girls 10&U 100 Fly	1:44.09
Event 22 Boys 11-12 50 Free	33.99	Event 74 Boys 10&U 100 Fly	1:44.09
Event 23 Girls 10&U 100 Free	1:27.99	Event 75 Girls 12&U 200 Fly	3:04.99
Event 24 Boys 10&U 100 Free	1:27.99	Event 76 Boys 12&U 200 Fly	3:04.99
Saturday Mid 400 IM's		Event 77 Girls 10&U 50 Free	38.59
Event 25 Girls 11-12 400 IM	6:06.19	Event 78 Boys 10&U 50 Free	38.59
Event 26 Boys 11-12 400 IM	6:06.19	Sunday Mid 500's	
Event 27 Girls 13-14 400 IM	5:39.69	Event 79 Girls 10&U 500 Free	7:39.49
Event 27 Girls 15-19 400 IM	5:28.99	Event 79 Girls 11-12 500 Free	6:40.99
Event 28 Boys 13-14 400 IM	5:34.29	Event 80 Boys 10&U 500 Free	7:39.49



Event 28 Boys 15-19 400 IM 5:13.19

Saturday PM

Event 29 Girls 13-14 200 Free Relay

Event 30 Boys 13-14 200 Free Relay

Event 31 Girls 15-19 200 Free Relay

Event 32 Boys 15-19 200 Free Relay

Event 33 Girls 13-14 200 Free 2:16.79

Event 34 Boys 13-14 200 Free 2:14.89

Event 35 Girls 15-19 200 Free 2:11.49

Event 36 Boys 15-19 200 Free 2:01.79

Event 37 Girls 13-14 100 Breast 1:22.49

Event 38 Boys 13-14 100 Breast 1:20.39

Event 39 Girls 15-19 100 Breast 1:19.39

Event 40 Boys 15-19 100 Breast 1:14.99

Event 41 Girls 13-14 200 Back 2:39.39

Event 42 Boys 13-14 200 Back 2:35.69

Event 43 Girls 15-19 200 Back 2:30.99

Event 44 Boys 15-19 200 Back 2:23.69

Event 45 Girls 13-14 100 Fly 1:13.79

Event 46 Boys 13-14 100 Fly 1:10.99

Event 47 Girls 15-19 100 Fly 1:09.89

Event 48 Boys 15-19 100 Fly 1:05.59

Event 49 Girls 13-14 50 Free 28.99

Event 50 Boys 13-14 50 Free 27.99

Event 51 Girls 15-19 50 Free 28.19

Event 52 Boys 15-19 50 Free 25.39

Event 80 Boys 11-12 500 Free 6:40.99

Event 81 Girls 13-14 500 Free 6:04.99

Event 81 Girls 15-19 500 Free 5:52.19

Event 82 Boys 13-14 500 Free 6:03.19

Event 82 Boys 15-19 500 Free 5:31.69

Sunday PM

Event 83 Girls 13-14 200 Medley Relay

Event 84 Boys 13-14 200 Medley Relay

Event 85 Girls 15-19 200 Medley Relay

Event 86 Boys 15-19 200 Medley Relay

Event 87 Girls 13-14 200 IM 2:36.89

Event 88 Boys 13-14 200 IM 2:34.49

Event 89 Girls 15-19 200 IM 2:30.29

Event 90 Boys 15-19 200 IM 2:20.29

Event 91 Girls 13-14 100 Back 1:13.59

Event 92 Boys 13-14 100 Back 1:11.59

Event 93 Girls 15-19 100 Back 1:10.19

Event 94 Boys 15-19 100 Back 1:05.19

Event 95 Girls 13-14 200 Breast 2:59.89

Event 96 Boys 13-14 200 Breast 2:55.89

Event 97 Girls 15-19 200 Breast 2:52.69

Event 98 Boys 15-19 200 Breast 2:42.59

Event 99 Girls 13-14 100 Free 1:02.89

Event 100 Boys 13-14 100 Free 1:01.49

Event 101 Girls 15-19 100 Free 1:01.09

Event 102 Boys 15-19 100 Free 55.39

Event 103 Girls 13-14 200 Fly 2:43.99

Event 104 Boys 13-14 200 Fly 2:40.59

Event 105 Girls 15-19 200 Fly 2:38.79

Event 106 Boys 15-19 200 Fly 2:25.59