

EASTERN EXPRESS SWIM TEAM
hosts
VETERANS DAY MASTERS MEET
at
THE COLLEGE OF NEW JERSEY

ENTER MEET AT:

https://www.clubassistant.com/club/meet_information.cfm?c=1563&smid=12546

<u>Meet Dates</u>	Saturday and Sunday Afternoons, November 9-10, 2019.
<u>Meet Sanction</u>	Sanctioned by New Jersey Masters for USMS Inc. # 079-S004
<u>Meet Director</u>	Michael Randazzo. Michael.Randazzo87@gmail.com (908) 448-8476
<u>Meet Referee</u>	TBD
<u>Location</u>	The College of New Jersey, Packer Hall Aquatic Center. 2000 Pennington Road, Ewing, NJ, 08268. (Google Maps: https://goo.gl/maps/BUwLovqiPErhcovx7)
<u>Parking</u>	Ample parking will be available in on-campus garages and Lots 5 & 6 on the day of the meet. All parking areas are located on TCNJ's closed-campus within a 5-minute walk of the natatorium.
<u>About the Venue</u>	The TCNJ Aquatic Center boasts a beautiful eight-lane, 25-yard competition course, complete with starting blocks (with fins & handles), new non-turbulent competition lane-lines, and overflow gutters. The pool depth is 6.5ft (starting end) and 4.5ft (turn end). In addition, there will be two 22-yard lanes available in the diving well throughout the meet for athlete warm-up and cool-down. TCNJ is proud to unveil its brand new LED Video Scoreboard, accompanied by a Colorady timing system.
<u>USMS Disclaimer</u>	The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement. We take this matter seriously, and make sure to measure before and after each session. There have been National Records set at previous EEX Masters Meets, so we are accustomed to the protocol and follow it exactly.
<u>Eligibility</u>	This meet is open to all 2019 USMS-Registered Athletes. A swimmer's age for this meet will be determined by his/her age as of November 10, 2019. A copy of your current USMS registration card must accompany swimmers' entry forms to corroborate membership. This will be done automatically for those entering online.
<u>USMS</u>	The 2019 USMS Swimming Rules and USMS Handbook will apply to and govern this competition If you have lost or misplaced your USMS card, simply log on to www.usms.org/reg for an e-mailed copy of your card Need to register with USMS to participate? Go to: http://www.usms.org/reg/ to signup!
<u>Entry</u>	Swimmers may enter a maximum of five (5) individual events per day and a total of ten (10) individual events for the meet and two (2) relay events per day and four (4) for the meet. Note that the 1650yard Freestyle will be contested in a separate session with its own warm-up period. Swimmers may need to provide timers and/or counters.
<u>Entry Times</u>	All entry times should be submitted in Short Course Yards . 'NT' or 'No Time' entries will NOT be permitted. Swimmers should provide actual OR estimated entry times for all events; no official "proof of time" will be required. Unsure of your Short Course Yard Times? Use this handy time conversion utility at: www.swimmingworldmagazine.com/results/conversions.asp
<u>Individual Event Entry Deadline</u>	All Online Entries due by 11:59PM EST Wednesday, November 6th, 2019. (PREFERRED) All mailed-in entries must be post-marked by 10/27/2019. No faxed or deck entries will be accepted for individual events.



<u>Relay Entry</u>	<p>Relays may be deck-entered at the meet. Entry forms will be available before and during warm-up, and will be due 20 minutes prior to the scheduled start of the relay event.</p> <p>Relays wishing to enter in advance may do so by having one “spokesperson” e-mail the Meet Director and provide Team Name, Event(s), and Entry Time. It is NOT necessary to declare the age of your relay or names of its members in advance – thank you!</p>
<u>Entry Fees</u>	<p>\$20 PER SWIMMER Meet Entry Fee (flat fee for signing up for the competition) \$5 PER INDIVIDUAL EVENT Entered (in addition to the \$20 entry fee) \$20 PER RELAY TEAM per Event Online Entries: Credit Card Payment ; Make Checks Payable to: Express Sports Inc.</p>
<u>Online Entry</u> (Preferred)	<p>EEX strongly encourages and prefers that you utilize our Online Event Registration to ensure that your entries and USMS Membership are quickly and accurately processed. Online Entries open at 9:00AM EST on Monday, September 9th, 2019, and close 11:59PM EST Thursday, November 6th, 2019. USMS Registration Info will be verified automatically, no need to send copy of USMS Card. You will need a credit card on hand to satisfy the meet fees upon completion of your entry form.</p>
<u>Mail-in Entry</u> <i>(If necessary)</i>	<ul style="list-style-type: none"> • Download Entry Form (Microsoft Word Doc). Fill out Entry Form (type required info into doc) • Please then print Entry Form, and enclose it, along with a copy of your USMS Registration Card and a check for \$20 + \$5/event, in an envelope labeled Express Sports INC. 48 Bayberry Road, Ewing, NJ, 08618. • <i>Please make all checks payable to: Express Sports Inc</i>
<u>Warm-up</u>	<p>Warm-up will be conducted in accordance with the current USMS Policies and Procedures. Feet-first entry only during general warm-up. Designated Pace Lanes (Mile Session) and Sprint Lanes (main session) will be available beginning 15 minutes prior to clearing the pool.</p>
<u>Check-in</u>	<p>Check-in will not be required for swimmers competing in events 200-Yards and shorter. Positive check-in will be required for swimmers competing in events 400-Yards and longer. Check-in will close 20 minutes prior to the start of the event, and swimmers who fail to confirm their participation in these events will be scratched automatically. Check-in sheets will be available on-deck before and during warm-up.</p>
<u>Seeding</u>	<p>Swimmers will be seeded in heats according to entry time, not by age. All Events 200 Yards and shorter will be pre-seeded before the meet, and will be contested slowest to fastest. All events 400 Yards and longer will be seeded after positive check-in. The 1650 will swim fast-to-slow.</p>
<u>Distance Events</u>	<p>The 1650 and 1000 Freestyle will be contested as Mixed Event (combined heats of Women & Men based on entry times. Swimmers may choose to enter the 1650 or the 1000 Free, but may not enter both. Eastern Express Swim Team will make every effort to provide swimmers in the 500 and 1650 Yard Freestyle with their own lap-counters and backup timers.</p>
<u>Results</u>	<p>While all events will be seeded and contested as “Open Events,” results will be recorded and published in accordance with USMS Age Group designations. All times achieved at this Meet will be imported into the USMS SWIMS Database and will be eligible to set NJ LMSC and/or USMS Age Group Records. Results will be posted on the NJ LMSC and Host Club’s (EEX’s) website within 48 hours of the competition’s conclusion.</p>
<u>Hospitality</u>	<p>Eastern Express will be providing complimentary snacks (granola / power bars, fruit, veggies, etc) and drinks (water / Gatorade), for all participating athletes. There will be a table setup right on-deck, so please don’t hesitate to stop by and fuel up before or after a race!</p>
<u>Awards</u>	<p>There will be no team scores or individual awards at this meet.</p>
<u>Food & Clothing Drive</u>	<p>Eastern Express will be sponsoring a Veterans Day Food & Clothing Drive, collecting non-perishable food and useable clothing items. Please consider contributing to help our Veterans In Need.</p>
<u>T-Shirts</u>	<p>Veterans Day Masters Meet T-Shirt – available for purchase at meet.</p>

