

2018 EEX Summer Send-Off

Hosted by Eastern Express Swim Team
at the Werblin Recreation Center, Rutgers University

Held under the sanction of USA Swimming

Meet Sanction #	NJ Swimming Sanction #-NJS072118LC Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.		
Date of Meet:	Saturday July 21st-Sunday July 22nd, 2018		
Location:	Sonny Werblin Recreation Center, Busch Campus, Rutgers University		
Facility Info:	The Werblin competition pool has two 8-lane 25-yard courses, with a minimum depth for diving of 6 feet. One pool will be used for competition, the other for warm-down during competition. Both pools will be used for warm-up. The patio pools will not be in use during this meet. There is seating for 1,000 spectators, including 400 chair-backed seats. The remaining seating is bleacher style.		
Pool Certification Statement:	The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.		
Host Team Contact:	Michael Randazzo	908-448-8476	EasternExpressSwimTeam@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Saturday: Carl Nielsen Sunday: Steve Sawin, Roni Sawin		Cgnielsen@yahoo.com spsawin@aol.com ronisawin2@aol.com
Admin Officials:	Ellen Mace, and John Lister		besmarttinc@gmail.com
Safety Marshall:	Adam Schneider		A.Schnei34@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Immediately		
Entry Deadline:	Monday, July 16th, at Noon		
Swimmer Age	Swimmer age for this meet is as of: July 21st, 2018		
Entry Fees:	Individual Entry: Timed Final Events: \$4.00 Prelim/ Final Events: \$5.00 Distance: \$11.00		Relays: \$8.00
Meet Course:	Short Course Yards (SCY)		



Meet Format:	<ul style="list-style-type: none"> • This meet will offer 13 & Over Events. • Except for distance, the same events will be offered as prelims/finals and timed finals. • There are minimum (“faster than”) time standards for most events in this meet. See the session information for details. There are different standards in the prelims/finals and the timed finals sessions. • For prelims/finals events, swimmers making one event time standard may swim three events (“Make 1, swim 3”). This excludes events 400 yards and longer, where swimmers must meet the time standard. • There will be two heats per event at finals. • The prelims session will end no later than 3:30pm to allow for a sufficient interval before finals. • There will be an afternoon session with the same events offered as timed finals, but with slower cuts. These events will not be scored. • Distance events will swim in a separate session on Sunday after prelims. • All relays will be timed finals and will swim in the evening finals session. • This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. • When a session has been seeded, swimmers will be responsible for reporting to the blocks on their own. 	
Entry Limits:	Daily: 3 Individual Events for Prelims 4 Individual Events for Timed Finals 2 Relays	Meet: 6 Individual Events 4 Relays
Checks Payable To:	Express Sports Inc	
Email Entry Files To:	besmarttinc@gmail.com	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	



2018 Summer Send-Off

Saturday, July 21st, 2018

Facility Opens at 12:00pm

Saturday Afternoon #1—Preliminaries

Warm-up: 12:05pm

Meet Start: 12:40pm

Women	Equal/Faster	13 & Over Event	Equal/Faster	Men
#3	57.59	100 Freestyle	52.49	#4
#5	2:21.59	200 Butterfly	2:08.99	#6
#7	1:03.89	100 Backstroke	58.39	#8
#9	2:36.99	200 Breaststroke	2:22.99	#10
#11	2:20.09	200 IM	2:08.19	#12
#13	5:25.99	500 Freestyle	5:04.59	#14

Saturday Late Afternoon #2—Timed Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	13 & Over Event**	Equal/Faster	Men
#17	1:19.99	100 Freestyle	1:19.99	#18
#19	2:59.99	200 Butterfly	2:59.99	#20
#21	1:29.99	100 Backstroke	1:29.99	#22
#23	3:09.99	200 Breaststroke	3:09.99	#24
#25	2:59.99	200 IM	2:59.99	#26
#27	5:49.99	500 Freestyle	5:49.99	#28

** These events are not scored.

Saturday Evening Session #3—Timed Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	13 & Over Event	Equal/Faster	Men
#1		200 Freestyle Relay		#2
Finals of Events #3-#14				
#15		400 Medley Relay		#16



2018 Summer Send-Off

Sunday, July 22nd, 2018

Facility Opens at 12:00pm

Sunday Afternoon Session #4—Preliminaries

Warm-up: 12:05pm

Meet Start: 12:40pm

Women	Equal/Faster	13 & Over Event	Equal/Faster	Men
#33	26.79	50 Freestyle	24.19	#34
#35	1:02.79	100 Butterfly	57.39	#36
#37	2:17.89	200 Backstroke	2:05.99	#38
#39	1:12.59	100 Breaststroke	1:05.79	#40
#41	2:03.59	200 Freestyle	1:53.29	#42
#43	4:53.59	400 IM	4:30.49	#44

Sunday Mid-Afternoon #5—Distance Timed Finals

Warm-up: TBA

Meet Start: TBA

Mixed	Equal/Faster	13 & Over Event**
#29	19:59.00	1650 Freestyle
#30	11:59.00	1000 Freestyle

** Swimmers may only swim one of these events.

Sunday Late Afternoon Session #6—Timed Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	13 & Over Event**	Equal/Faster	Men
#47	34.99	50 Freestyle	34.99	#48
#49	1:29.99	100 Butterfly	1:29.99	#50
#51	2:59.99	200 Backstroke	2:59.99	#52
#53	1:39.99	100 Breaststroke	1:39.99	#54
#55	2:39.99	200 Freestyle	2:39.99	#56
#57	5:19.99	400 IM	5:19.99	#58

** These events are not scored.

Sunday Evening Session #7—Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	13 & Over Event	Equal/Faster	Men
#31		200 Medley Relay		#32
Finals of Events #31-#40				
#45		400 Freestyle Relay		#46

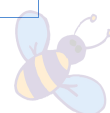


Meet Schedule

Saturday, July 21 st		Warm-up	Start
Facility Opens at Noon			
Session 1	Preliminaries	12:05pm	12:40pm
Session 2	Timed Finals	TBA**	TBA**
Session 3	Finals	TBA**	TBA (7:00pm approx)**
Sunday, July 22 nd		Warm-up	Start
Facility Opens at Noon			
Session 4	Preliminaries	12:05pm	12:40pm
Session 5	Distance	TBA**	TBA**
Session 6	Timed Finals	TBA**	TBA**
Session 7	Finals	TBA**	TBA (7:00pm approx)**

**Session start times to be determined when all entries are received. The preliminaries session will end by 3:30pm each day to allow for a sufficient break before finals.

Scoring:	<ul style="list-style-type: none"> Team scoring will be kept for all prelims/finals, distance, and relay events. No Scoring for late afternoon timed finals session events. 16 place scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays.
Awards:	<ul style="list-style-type: none"> No awards.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet during preliminary and timed finals sessions. At the discretion of the referee, this may be changed and breaks added to the timeline, once a given session has been seeded.
Admissions and Programs:	<ul style="list-style-type: none"> Admission will be \$10 per session for the preliminaries and timed finals sessions, and \$5 per session for evening finals. Heat sheets will be available online at www.besmarttinc.com and Meet Mobile
Concessions:	<ul style="list-style-type: none"> Rutgers University may operate concessions in the hallway behind the natatorium.
Vendor:	<ul style="list-style-type: none"> Ultimate Swim Shop and NW Designs will be on site.
Entry Info:	<ul style="list-style-type: none"> There will be no refunds after the entry deadline except for events that may be scratched from meet by the Entry Coordinator or Meet Director, or as otherwise directed by NJ Swimming. Entries will be acknowledged within 48 hours of receipt. Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. Team entries will be considered accepted when the host club accepts the entries. Special Notice: All entry fees must be paid no later than Session Check-in. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.
Entry Times:	<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 meet the time standards for this meet as approved by NJ Swimming. All entry times must be in short course yards. Converted times are permitted.
500 Freestyle and 400 IM (in prelims)	<ul style="list-style-type: none"> These events will swim fast to slow: <ul style="list-style-type: none"> 3 fastest heats of Women, followed by 3 fastest heats of Men The remainder of the heats will alternate genders In the slow heats, genders may be combined if necessary without an empty lane.
Distance Events (1000 & 1650)	<ul style="list-style-type: none"> The 1000 and 1650 Freestyle events are timed finals. Men and women will swim together but will be scored separately. They will be run fastest to slowest. Swimmers may only swim one of these events. Swimmers must provide their own timers and counters.



Heat-Limited Events	<ul style="list-style-type: none"> No heat limited events. The prelims sessions will be planned to finish by 3:30pm each day to allow a sufficient break before finals.
Relays:	<ul style="list-style-type: none"> Relay scratches should be turned in during the finals warm-up. Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. There are no limits on teams entering relays. All relays will swim during Finals.
Swimmer Eligibility:	<ul style="list-style-type: none"> No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. 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.
Adaptive Provisions:	<p>USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).</p>
Host Club Responsibilities:	<ul style="list-style-type: none"> The host club will provide a single timer in each lane throughout the meet, except for the Saturday distance session. The host club will e-mail entry verification back to the participating clubs. The host club will create a warm-up schedule that will be fair and equal to all teams. The host club will create timing assignments that are fair and equitable with as many teams participating as possible. Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website www.besmarttinc.com no later than 1 week before the meet.
Participating Club Responsibilities:	<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.besmarttinc.com 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.
Coaches Eligibility:	<ul style="list-style-type: none"> All coaches "on the deck" must be currently registered coach members of USA Swimming. Coaches must show coaching card for entrance to facility. All coaches must have coaching cards visible at all times while on deck.
Officials:	<ul style="list-style-type: none"> Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. Current USA Swimming certification is required for all officials and the Meet Referee will check your cards. All officials must wear the standard white and blue uniform. Officials will be required to work the entire session and will receive free admission.
Meet Format Waiver:	<ul style="list-style-type: none"> This meet will be run in accordance to current USA Swimming Rules. The host club has the right to change the format of the meet. 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 may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.



Warm-up Procedures:	<ul style="list-style-type: none"> • Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups may include general warm-up lanes, sprint lanes, and pace lanes. • Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. • All swimmers are entitled to a fair and comparable warm-up. All teams must receive the same opportunities for warm-up lanes, sprint lanes, and pace lanes. • All swimmers must enter the pool feet first from the starting end of the pool. • New Jersey Swimming officials will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction. • 13 lanes: 8 in the competition pool, 5 in the diving well will be available for warm-up at all sessions. • Depending on entries warm-ups may be one general warm-up followed by sprints/starts or multiple warm-ups assigned by teams. • A complete warm-up schedule will be developed once entries have been received and processed. The schedule will be posted at www.besmarttinc.com and emailed to each team..
Check-In:	<ul style="list-style-type: none"> • All check-in sheets must be turned into the scoring table 35 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 their name and the event number circled with "SCR" next to the circle. • Failure to follow this procedure may result in the swimmer(s) being scratched from the session.
No Show Procedure for Prelims and Timed Finals:	<ul style="list-style-type: none"> • No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event for preliminary sessions and timed finals events. However, the event will be counted toward the swimmer's maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.
Scratch Rule:	<ul style="list-style-type: none"> • The meet will follow USA Swimming rule 207.11.6.D and rule 207.11.6.E for scratches from finals. • A swimmer who fails to scratch from finals within the deadlines outlined in rule 207.11.6.E and then fails to swim the event at finals will be barred from further competition for the remainder of the meet. • In addition, the club of a swimmer who qualifies for finals or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in accordance to the above procedures may be fined \$50 for each occurrence.
Internet Website Posting:	<p>Internet location for all meet information: http://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. • List Teams whose entries have been received. • List "heat limited" events psych sheet. • List Updated meet schedule. • List Warm-up Schedule and Team Warm-up Assignments. • List Timing assignments. <p>Post-Meet Information posted on website:</p> <ul style="list-style-type: none"> • Downloadable Results (Zipped .CL2 & .HY3 files) for TM • Printable meet results (.PDF file),
Results:	<ul style="list-style-type: none"> • Meet result files for TM will be emailed to all participating teams. • Meet results will be posted on the meet website and on the New Jersey Swimming Website: www.njswim.org
USA-S Racing Start Certification Statement:	<p>Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p>



Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
USA-S Deck Change Policy Statement:	Deck changes are prohibited.
USA-S Drone Policy Statement:	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Swimwear Policy:	Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or Approved competition.
Meet Requirement Statement:	In order to be eligible for the NJ Swimming Zone Championship Team or for NJ Swimming Athlete Travel Grants for sectional and national level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts toward those participation requirements.
Hotels:	<ul style="list-style-type: none"> • Fairbridge Hotel, Davidson Avenue, 732-356-1700 • The Crowne Plaza, 732-716-1175 • The Courtyard by Marriott on Davidson Avenue • The Doubletree Executive Somerset on Atrium Drive
Directions:	<p><i>Directions to Sonny Werblin Recreation Center:</i></p> <p>Address: 656 Bartholomew Rd, Piscataway NJ 08854</p> <p>Garden State Parkway Southbound Turn off at Exit 129 and take the New Jersey Turnpike South. Exit the Turnpike at Exit 9, follow NJ Turnpike directions below.</p> <p>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. Continue on Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p>Interstate 287 Turn off at Exit 9 Bound Brook/Highland Park. Proceed East on River Road towards Highland Park. Continue on River Road and you will pass under the overpass for Route 18. Turn left at the next traffic light onto North. Take the next exit on Route 18 North, Campus Road. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p>New Jersey Turnpike Exit the Turnpike 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. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p>US Route 1 Turn off at exit marked Route 18 North—New Brunswick. Proceed along Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p>Rutgers will have posted signs indicating which of the parking lots are for the swim meet. Please use one of these lots. Rutgers campus police may ticket automobiles that are parked in lots other than those designated for the swim meet!</p>





NEW JERSEY
SWIMMING

2018 EEX Summer Send-Off

Saturday-Sunday, July 21st-22nd



Waiver

In consideration of the 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 The State University, Eastern Express Swimming, Be Smartt Inc. and their staffs 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 are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form, for the **Eastern Express Summer Send-Off meet on July 21st-22nd, 2018** are registered members of USA Swimming. All USA Swimming members are correctly entered according to; 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 USA 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.

Club Name/Club Code _____

Signature of Coach and/or Parent/Guardian _____

Telephone _____ E-Mail Address _____

Name(s) of Coach(es): _____

Name/E-Mail/Phone Number of person to contact regarding this entry:

Name/E-Mail/Phone Number of person to contact regarding timers/officials:

Entry Fee Summary:	_____ Prelim /Final Individual event entries @ \$5.00 =	\$_____
	_____ Timed Final individual event entries @ \$4.00 =	\$_____
	_____ 1000/1650 Timed-Final individual event entries @ \$11.00 =	\$_____
	_____ Relay event entries @ \$8.00 =	\$_____
	Total:	\$_____

Make checks payable to: **Express Sports Inc**