

2020 Junior Jam

Hosted by Meadowlands Sharks at the Meadowlands Area YMCA

Held under the sanction of USA Swimming

Meet Sanction Info:	NJ Swimming Sanction #- NJS011220SC 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:	Sunday, January 12th, 2020		
Location:	Meadowlands Area YMCA, 390 Murray Hill Parkway, East Rutherford NJ 07073		
Facility Info:	Meadowlands Area YMCA is a new, state of the art, 6-lane 25-yard facility with Colorado timing system. There is no warm up pool. The depth of the pool at the starting end is 9' and the depth at the turning end is 3.5'. There is gymnasium seating for swimmers and a gallery for spectators.		
Pool Certification Statement:	The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement and refers to the pre-certification of the pool length measurement in regards to National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C(4) does not impact on the validity of the times achieved in this pool. Times swum at this meet will in fact be entered in SWIMS and are eligible for qualifying for any other USA Swimming sanctioned competition.		
Host Team Contact:	Chris Hwang	201-321-4139	swimteam@meadowlandsymca.org
Meet Director:	Chris Hwang	201-321-4139	swimteam@meadowlandsymca.org
Meet Referee:	Jae Lee		janggoon@gmail.com
Admin Officials:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Safety Marshall:	Declan Mellett	201-893-7030	dmellett@icloud.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Thursday December 19th, 2019 at 6 am		
Entry Deadline:	Sunday, December 29th, 2018 at 6pm		
Swimmer Age	Swimmer ages for this meet are as of: Sunday, January 12th, 2020		
Entry Fees:	Individual Entry: \$5.00	Relay: \$9.00	
	There will be a \$10 per swimmer surcharge.		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> • This meet will be run as a timed final meet. • There will be 8 & Under, 9-10, 11-12 Events • There are no time standards for this meet. • 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 on their own. 		
Entry Limits:	Daily: 4 Individual events 1 Relay	Meet: 4 Individual Events 1 Relays	
Checks Payable To:	Meadowlands Area YMCA		
Email Entry Files To:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		



2020 MDY Junior Jam

Sunday January 12th, 2020

Facility will not open before 7:00am

Morning Session #1—10 & Under

Warm-up: 7:10am

Meet Start: 8:15am

Girls	Age Group and Event	Boys
#1	10 & Under 200 Freestyle Relay	#2
#3	9-10 50 Butterfly	#4
#5	8 & Under 25 Butterfly	#6
#7	9-10 100 Breaststroke	#8
#9	10 & Under 100 IM	#10
#11	9-10 50 Freestyle	#12
#13	8 & Under 25 Freestyle	#14
#15	9-10 100 Backstroke	#16
#17	9-10 50 Breaststroke	#18
#19	8 & Under 25 Breaststroke	#20
#21	9-10 100 Butterfly	#22
#23	9-10 50 Backstroke	#24
#25	8 & Under 25 Backstroke	#26
#27	9-10 100 Freestyle	#28
#29	8 & Under 50 Freestyle	#30
#31	10 & Under 200 IM	#32

Afternoon Session #2—11-12

Warm-up: TBA

Meet Start: TBA

Girls	11-12 Event	Boys
#33	200 Freestyle Relay	#34
#35	400 IM	#36
#37	50 Butterfly	#38
#39	200 Freestyle	#40
#41	50 Backstroke	#42
#43	100 Butterfly	#44
#45	50 Breaststroke	#46
#47	100 Backstroke	#48
#49	100 Freestyle	#50
#51	100 Breaststroke	#52
#53	50 Freestyle	#54
#55	200 IM	#56
#57	500 Freestyle	#58



Meet Schedule

The facility will open no earlier than 7:00am

Sunday		Warm-up	Start
Session 1	10 & Under	7:10am	8:15am
Session 2	11-12	TBA	TBA**

****Session start times to be determined when all entries are received.**

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> Medals will be awarded for the top three swimmers in each individual event. Ribbons will be awarded to the 4th place to 6th place swimmers in each individual event. Medals will be awarded to the top 3 relays in each relay event.
Starts:	'Fly-over/Over-the-top' starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> There will be a \$10 swimmer surcharge. Heat sheets will be available online at www.besmartinc.com and meet mobile
Concessions:	Food concessions will be available in the lobby.
Vendor:	A swim vendor will be at the meet.
Locker Rooms:	<ul style="list-style-type: none"> If only one locker room/restroom: If Athletes and Adults including Coaches & Officials must use the same facility, make sure you are not alone with an athlete in the locker room, including using the restroom. Be proactive and tell the meet director immediately if this happens, even when no fault of your own. If multiple facilities: There is a separate locker room/restroom for athletes only! All other adults including Coaches & Officials need to make sure that you are only using the facility marked for you.
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. All entries will be accepted on a first come basis. 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. Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. Special Notice: All entries 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 be in short course yards.
Distance Event:	<ul style="list-style-type: none"> Swimmers in the 500 Freestyle event must provide their own timers and counters.
Relays:	<ul style="list-style-type: none"> All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in. Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. Unattached swimmers may not swim in any relay.
Swimmer Eligibility:	<ul style="list-style-type: none"> No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming 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. All swimmers 18 & Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.



Adaptive Provisions:	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).
Host Club Responsibilities:	<ul style="list-style-type: none"> • The host club will provide a single timer in each lane throughout the meet, • 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. Parent timers may not use phones/cameras while on the deck. • Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.
Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP). • Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions. • As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping. • All coaches "on the deck" must be currently registered coach members of USA Swimming. Verification can be in the form of a current USA Swimming membership card or Coaches Pass available thru the USA swimming Deck Pass App. • Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. • All Coaches must have some form of USA coaching credential verification with them at all times.
Officials Conduct & Eligibility:	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP). • Make sure all interactions with athletes are observable and interruptible. • Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards. • Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. • All officials must wear the standard white and blue uniform. • Officials will be required to work the entire session.
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 with the approval of the Administrative vice chair and either the Age Group or Senior vice chair. 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 will 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. • There will be two 30-minute warm-ups divided by teams.
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:	<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. 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.
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:	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.
Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the blocks.
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.
Minor Athlete Abuse Prevention Policy (MAAPP)	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.



Tech Suit/ Swimwear Policy:	<p>Swimwear must conform to USA Swimming Rules:</p> <ul style="list-style-type: none"> • Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition. “Tech suits” are not permitted at this meet for 12 & under swimmers. “Tech Suits” are defined, as suits that have bonded seams, kinetic tape, or meshed seams. A list of restricted suits can be found on the NJ Swimming Website; www.njswim.org. • Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body
Meet Requirement Statement:	<p>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.</p>
Hotels:	<ul style="list-style-type: none"> • Homewood Suites, 125 NJ-17, East Rutherford, NJ 07073 (201) 460-9030 • Residence Inn, 10 Murray Hill Pkwy, East Rutherford, NJ 07073 (201) 939-0020
Directions:	<p>Google Maps: https://goo.gl/maps/nPEvxY7qQ6TYwBPPA</p> <ul style="list-style-type: none"> • Take NJ Turnpike exit 16W to merge onto NJ-3 W toward Rutherford (1.9mi), Exit onto NJ-17 N toward Rutherford (0.4mi), merge onto NJ-17 N and turn right onto Union Ave. Turn right onto Murray Hill Pkwy. Destination will be on the left (0.9 mi) • Take the Garden State Parkway exit 163 to merge onto NJ-17 S/Hwy 17 S. Pass by Moe's Southwest Grill (on the right in 0.8 mi) 8.2 mi., Take the exit toward Paterson Plank Rd/NJ-120 S/Sports Complex(0.2 mi), Drive to Murray Hill Pkwy 3 min (1.4 mi), Merge onto Paterson Ave (0.1mi), Use any lane to turn slightly left onto Paterson Plank Rd. Pass by Fairfield Inn by Marriott East Rutherford Meadowlands (on the right in 0.3 mi) 0.4 mi., Turn right onto Murray Hill Pkwy. Destination will be on the left (0.9 mi)





NEW JERSEY SWIMMING

2020 Junior Jam

Sunday January 12th



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, NJ Swimming, Meadowlands Area YMCA, 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 this waiver form for the **MDY Junior Jam meet on January 12th, 2020**, 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.

Also, I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

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: _____	Individual event entries @ \$5.00 =	\$ _____
_____	Relay event entries @ \$9.00 =	\$ _____
_____	Swimmer Surcharge @ \$10.00 =	\$ _____
	Total:	\$ _____

Make checks payable to: **Meadowlands Area YMCA**