



New Jersey Swimming 2020 Short Course 14 & Under Junior Olympics

Hosted by Scarlet Aquatics
at the Werblin Recreation Center, Rutgers University
Held under the sanction of USA Swimming

Meet Sanction Info:	NJ Swimming Sanction #- NJS032020SC 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:	Friday March 20th - Sunday March 22nd, 2020		
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. There are two auxiliary pools, known as “patio pools” (for warm-up and warm-down), and seating for 1,000 spectators, including 400 chair-backed seats. The remaining seating is bleacher style. Rutgers University now requires all parked vehicles to be registered with the University Parking and Transportation department. A registration link will be distributed with the Timing & Warm-Up schedule and published at www.besmarttinc.com a week before the meet.		
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:	Thomas Speedling	732-742-4600	scarletaquatics@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Gary Thayer (Friday & Sunday) Rob Curry (Saturday)		gght466@gmail.com rcsauce@yahoo.com
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshall:	Kyle Gurkovich		kgurkovich@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Immediately (Note: Teams cannot be closed out of this championship meet provided entries are received by the deadline)		
Entry Deadline:	Friday March 13th, 2020, at noon		
Swimmer Age	Swimmer ages for this meet are as of: March 20th, 2020		
Entry Fees:	Individual Entry: Prelim/Final Events: \$7.00, Timed Final Events: \$6.00 Distance: \$12.00	Relay Entry: \$ 9.00	
Meet Course:	Short Course Yards (SCY)		
Meet Format:	• This meet will have 10 & Under, 11-12, 13-14, and 14 & Under events • This meet will be run as timed finals for the 11-12 400 IM, 11-12 500, and all 1000, and 1650 freestyle events. • The 50, 100, 200, 13-14 400 IM, and 13-14 500 freestyle events will be run as prelims/finals. • The USA Swimming Championships scratch rule (207.11.6.D/E) will be in effect. • There will be one final for 11-12 swimmers. <i>...continued</i>		



Meet Format: ...continued	- There will be three finals for 13-14 swimmers. The C final will be non-scoring There are minimum ("faster than") time standards for this meet. As this is a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries. (See <i>Entry Times</i> section for details). There are different time standards for each course: no converted times are permitted. - 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:	11-12, 13-14 Daily: 3 Individual events 2 Relay Events 10 & Under Daily: 4 Individual Events 1 Relay Event	11-12, 13-14 Meet: 9 Individual Events 5 Relay Events 10 & Under Meet: 8 Individual Events 2 Relay Events
Checks Payable To:	Scarlet Aquatic Club	
Email Entry Files To:	besmartinc@gmail.com	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	

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Friday March 20th

Facility Opens at 7:00am

Friday Morning Session #1—13-14 Preliminaries

Warm-up: 7:15am

Meet Start: 8:20am

Event	Gender, Age Group & Event	SCY	SCM	LCM
		Equal/Faster	Equal/Faster	Equal/Faster
#7	Girls 13-14 200 Freestyle	2:08.99	2:23.19	2:26.39
#8	Boys 13-14 200 Freestyle	2:01.79	2:15.19	2:18.39
#11	Girls 13-14 100 Backstroke	1:07.29	1:14.69	1:15.89
#12	Boys 13-14 100 Backstroke	1:03.99	1:11.09	1:12.29
#1	Girls 13-14 1650 Freestyle*	19:30.69	19:37.79	19:54.19
#2	Boys 13-14 1650 Freestyle*	19:00.19	19:07.09	19:22.99
#15	Girls 13-14 200 Breaststroke	2:46.59	3:04.99	3:08.99
#16	Boys 13-14 200 Breaststroke	2:37.89	2:55.29	2:59.29
#19	Girls 13-14 200 Butterfly	2:39.99	2:57.59	3:00.19
#20	Boys 13-14 200 Butterfly	2:30.99	2:47.59	2:50.19
#23	Girls 13-14 800 Freestyle Relay*†			
#24	Boys 13-14 800 Freestyle Relay*†			

* Timed finals.

† Fastest heat swims at finals.



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Friday March 20th...continued

Friday Midday Session #2—11-12 Preliminaries

Warm-up: 7:15am

Meet Start: 8:20am

Event	Gender, Age Group & Event	SCY	SCM	LCM
		Equal/Faster	Equal/Faster	Equal/Faster
#5	Girls 11-12 200 Freestyle	2:13.49	2:28.19	2:31.39
#6	Boys 11-12 200 Freestyle	2:12.99	2:27.69	2:30.89
#9	Girls 11-12 100 Backstroke	1:10.19	1:17.99	1:19.19
#10	Boys 11-12 100 Backstroke	1:10.19	1:17.99	1:19.19
#3	Girls 11-12 1650 Freestyle*	21:05.99	21:13.59	21:31.39
#4	Boys 11-12 1650 Freestyle*	21:05.99	21:13.59	21:31.39
#13	Girls 11-12 200 Breaststroke	2:52.09	3:11.79	3:15.09
#14	Boy 11-12 200 Breaststroke	2:52.99	3:12.09	3:16.09
#17	Girls 11-12 50 Butterfly	30.59	33.99	34.69
#18	Boys 11-12 50 Butterfly	30.69	34.09	34.79
#21	Girls 11-12 200 IM	2:30.09	2:46.59	2:49.79
#22	Boys 11-12 200 IM	2:30.29	2:46.89	2:50.09

* Timed finals.

Friday Evening Session #3—Finals

Warm-up: TBA

Meet Start: TBA

Finals of Events #5-#22
Fastest Heats of Events #23 & #24 14 & Under 800 Freestyle Relay



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Saturday March 21st

Saturday Morning Session #4—13-14 Preliminaries

Warm-up: 7:15am

Meet Start: 8:20am

Event	Gender, Age Group & Event	SCY	SCM	LCM
		Equal/Faster	Equal/Faster	Equal/Faster
#25	Girls 13-14 200 Medley Relay*			
#26	Boys 13-14 200 Medley Relay*			
#49	Girls 13-14 100 Butterfly	1:07.09	1:14.49	1:15.89
#50	Boys 13-14 100 Butterfly	1:03.09	1:10.09	1:11.49
#53	Girls 13-14 500 Freestyle	5:40.99	4:58.39	5:04.39
#54	Boys 13-14 500 Freestyle	5:24.99	4:44.39	4:50.09
#57	Girls 13-14 200 IM	2:24.99	2:40.99	2:44.19
#58	Boys 13-14 200 IM	2:18.09	2:33.29	2:36.49
#61	Girls 13-14 100 Freestyle	58.09	1:04.49	1:06.09
#62	Boys 13-14 100 Freestyle	55.09	1:01.19	1:02.79
#65	Girls 13-14 400 Freestyle Relay*†			
#66	Boys 13-14 400 Freestyle Relay*†			

* Timed finals.

† Fastest heat swims at finals.

Saturday Midday Session #5—11-12 Preliminaries

Warm-up: 7:15am

Meet Start: 8:20am

Event	Gender, Age Group & Event	SCY	SCM	LCM
		Equal/Faster	Equal/Faster	Equal/Faster
#27	Girls 11-12 200 Freestyle Relay*			
#28	Boys 11-12 200 Freestyle Relay*			
#29	Girls 11-12 400 IM*	5:28.99	6:05.19	6:11.59
#30	Boys 11-12 400 IM*	5:28.99	6:05.19	6:11.59
#47	Girls 11-12 50 Freestyle	28.29	31.49	32.29
#48	Boys 11-12 50 Freestyle	27.79	31.09	31.89
#51	Girls 11-12 200 Backstroke	2:30.29	2:46.89	2:49.29
#52	Boys 11-12 200 Backstroke	2:32.09	2:48.89	2:51.29
#31	Girls 11-12 1000 Freestyle	12:45.99	11:10.29	11:23.69
#32	Boys 11-12 1000 Freestyle	12:39.99	11:04.99	11:18.29
#55	Girls 11-12 100 Butterfly	1:09.89	1:17.59	1:18.99
#56	Boys 11-12 100 Butterfly	1:11.59	1:19.49	1:20.89
#59	Girls 11-12 50 Breaststroke	37.19	41.29	42.29
#60	Boys 11-12 50 Breaststroke	37.39	41.59	42.59
#63	Girls 11-12 400 Medley Relay*†			
#64	Boys 11-12 400 Medley Relay*†			

* Timed finals.

† Fastest heat swims at finals.



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Saturday March 21st...continued

Saturday Afternoon Sessions #6—10 & Under Timed Finals

Warm-up: TBA

Meet Start: TBA

Event	Gender, Age Group & Event	SCY	SCM	LCM
		Equal/Faster	Equal/Faster	Equal/Faster
#33	Girls 10 & Under 200 Freestyle Relay			
#35	Boys 10 & Under 200 Freestyle Relay			
#35	Girls 10 & Under 200 Freestyle	2:41.99	2:59.89	3:03.09
#36	Boys 10 & Under 200 Freestyle	2:39.09	2:56.59	2:59.79
#37	Girls 10 & Under 50 Butterfly	37.89	42.09	42.79
#38	Boys 10 & Under 50 Butterfly	37.29	41.39	42.09
#39	Girls 10 & Under 100 Backstroke	1:22.99	1:32.19	1:33.39
#40	Boys 10 & Under 100 Backstroke	1:22.99	1:32.19	1:33.39
#41	Girls 10 & Under 200 IM	3:01.79	3:21.79	3:24.99
#42	Boys 10 & Under 200 IM	3:00.79	3:20.69	3:23.89
#43	Girls 10 & Under 50 Freestyle	32.99	36.69	37.49
#44	Boys 10 & Under 50 Freestyle	32.39	35.99	36.79
#45	Girls 10 & Under 100 Breaststroke	1:35.59	1:46.19	1:48.19
#46	Boys 10 & Under 100 Breaststroke	1:35.59	1:46.19	1:48.19

Saturday Evening Session #7—Finals

Warm-up: TBA

Meet Start: TBA

Finals of Events #47-#62
Fastest Heats of Events #63 & #64 11-12 400 Medley Relay
Fastest Heats of Events #65 & #66 13-14 400 Freestyle Relay



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Sunday March 22nd

Facility Opens at 7:00am

Sunday Morning Session #8—13-14 Preliminaries

Warm-up: 7:15am

Meet Start: 8:20am

Event	Gender, Age Group & Event	SCY	SCM	LCM
		Equal/Faster	Equal/Faster	Equal/Faster
#67	Girls 13-14 200 Freestyle Relay			
#68	Boys 13-14 200 Freestyle Relay			
#91	Girls 13-14 400 IM	5:10.99	5:45.19	5:51.59
#92	Boys 13-14 400 IM	5:00.09	5:33.09	5:39.49
#95	Girls 13-14 50 Freestyle	26.99	29.99	30.79
#96	Boys 13-14 50 Freestyle	25.59	28.49	29.29
#99	Girls 13-14 200 Backstroke	2:24.69	2:40.69	2:43.09
#100	Boys 13-14 200 Backstroke	2:18.19	2:33.39	2:35.79
#69	Girls 13-14 1000 Freestyle	11:50.99	10:22.19	10:34.59
#70	Boys 13-14 1000 Freestyle	11:25.99	10:00.29	10:12.29
#103	Girls 13-14 100 Breaststroke	1:17.49	1:26.09	1:28.09
#104	Boys 13-14 100 Breaststroke	1:11.59	1:19.49	1:21.49
#107	Girls 13-14 400 Medley Relay*†			
#108	Boys 13-14 400 Medley Relay*†			

* Timed finals.

† Fastest heat swims at finals.

Sunday Midday Session #9—11-12 Preliminaries

Warm-up: 7:15am

Meet Start: 8:20am

Event	Gender, Age Group & Event	SCY	SCM	LCM
		Equal/Faster	Equal/Faster	Equal/Faster
#71	Girls 11-12 200 Medley Relay*			
#72	Boys 11-12 200 Medley Relay*			
#89	Girls 11-12 50 Backstroke	32.49	36.09	36.69
#90	Boys 11-12 50 Backstroke	33.49	37.19	37.79
#93	Girls 11-12 200 Butterfly	2:43.99	3:02.09	3:04.69
#94	Boys 11-12 200 Butterfly	2:46.99	3:05.39	3:07.99
#97	Girls 11-12 100 Breaststroke	1:19.59	1:28.39	1:30.39
#98	Boys 11-12 100 Breaststroke	1:19.29	1:28.09	1:30.09
#73	Girls 11-12 500 Freestyle*	5:55.19	5:10.79	5:17.09
#74	Boys 11-12 500 Freestyle*	5:52.49	5:08.49	5:14.59
#101	Girls 11-12 100 Freestyle	1:01.19	1:07.99	1:09.59
#102	Boys 11-12 100 Freestyle	1:01.19	1:07.99	1:09.59
#105	Girls 11-12 100 IM	1:09.39	1:17.09	1:20.29
#106	Boys 11-12 100 IM	1:10.09	1:17.79	1:20.99
#109	Girls 11-12 400 Freestyle Relay*†			
#110	Boys 11-12 400 Freestyle Relay*†			

* Timed finals.

† Fastest heat swims at finals.



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Sunday March 22nd...continued

Sunday Afternoon Sessions #10—10 & Under Timed Finals

Warm-up: TBA

Meet Start: TBA

Event	Gender, Age Group & Event	SCY	SCM	LCM
		Equal/Faster	Equal/Faster	Equal/Faster
#75	Girls 10 & Under 200 Medley Relay			
#76	Boys 10 & Under 200 Medley Relay			
#77	Girls 10 & Under 500 Freestyle	7:10.99	6:17.19	6:24.69
#78	Boys 10 & Under 500 Freestyle	7:10.09	6:17.19	6:24.69
#79	Girls 10 & Under 100 IM	1:21.59	1:30.59	1:33.79
#80	Boys 10 & Under 100 IM	1:21.99	1:31.09	1:34.29
#81	Girls 10 & Under 50 Backstroke	38.59	42.89	43.49
#82	Boys 10 & Under 50 Backstroke	38.09	42.29	42.89
#83	Girls 10 & Under 100 Freestyle	1:14.29	1:22.49	1:24.09
#84	Boys 10 & Under 100 Freestyle	1:12.99	1:21.09	1:22.69
#85	Girls 10 & Under 50 Breaststroke	43.99	48.89	49.89
#86	Boys 10 & Under 50 Breaststroke	44.59	49.49	50.49
#87	Girls 10 & Under 100 Butterfly	1:32.99	1:43.29	1:44.69
#88	Boys 10 & Under 100 Butterfly	1:31.99	1:42.19	1:43.59

Sunday Evening Session #11—Finals

Warm-up: TBA

Meet Start: TBA

Finals of Events #89-#106
Fastest Heats of Events #107 & #108 13-14 400 Medley Relay
Fastest Heats of Events #109 & #110 11-12 400 Freestyle Relay



Tentative Meet Schedule*

Friday March 20 th		Warm-up	Start
Facility Opens at 7:00am			
Session 1	13-14 Preliminaries	7:15am	8:20am
Session 2	11-12 Preliminaries	TBA*	TBA*
Session 3	Finals	TBA*	TBA*
Saturday March 21 st		Warm-up	Start
Facility Opens at 7:00am			
Session 4	13-14 Preliminaries	7:15am	8:20am
Session 5	11-12 Preliminaries	TBA*	TBA*
Session 6	10 & Under Timed Finals	TBA*	TBA*
Session 7	Finals	TBA*	TBA*
Sunday March 22 nd		Warm-up	Start
Facility Opens at 7:00am			
Session 8	13-14 Preliminaries	7:15am	8:20am
Session 9	11-12 Preliminaries	TBA*	TBA*
Session 10	10 & Under Timed Finals	TBA*	TBA*
Session 11	Finals	TBA*	TBA*

** Once session times have been determined, depending on the meet entries, they will be published on the Be Smartt web site and e-mailed to coaches of all participating teams.*

Scoring:	- Team and age group individual high point scoring will be kept through 16 places. - Scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays.
Awards:	- Medals will be awarded to the fastest 8 swimmers in each individual event. - Medals will be awarded to the fastest 3 teams in relay events. - There will be awards for the top three scoring teams. - There will be high point awards in each age group: 10 & Under, 11-12, 13-14.
Starts:	'Fly-over/Over-the-top' starts may be used during this meet during preliminary and timed finals sessions. Information will be published in the pre-meet schedule distribution.
Admissions and Programs:	- Admission will be \$10.00 per session for all morning preliminaries, distance, and afternoon 12 & Under sessions. - Admission for evening finals sessions will be \$7.00 per session. - Psych sheets and heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Concessions:	Rutgers will be operating a food and refreshments stand in the hallway.
Vendor:	Metro Swim Shop will be in attendance.
Locker Rooms:	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:	- 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. - Team entries will be considered accepted when the host club accepts the entries. All entries must be accompanied by e-mailed proof of time (see below). Entries without proof of time will not be accepted. Special Notice: Entry forms, verification forms, waiver release, and 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:	- 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. - Entry times must be in the course where they were achieved. There are separate time standards for each course. Converted times are not permitted. All entry times must be proved upon meet entry. This may be done via the "Include proof of time" option when generating the meet entry report. Where the TM proof of time option is not available, separate report(s), detailing where times were achieved must be sent with the entry e-mail. Mailed paper reports are not acceptable. References to published times in SWIMS are acceptable. All entry times must be achieved during the meet qualifying period of January 1st, 2019 through the entry date of the meet.
Age-Up Exception Policy:	10 and 12-year old swimmers who have one or more Winter JO Gold times prior to the Silver/Bronze meets and then age up between the Silver/Bronze meets and JOs are eligible to swim those events from their prior age group at JOs. Such entries should be made using the qualifying time for their age group as their entry time as follows: - Enter the swimmer at the qualifying time for the event. - Provide proof of the original qualifying time as a separate PDF or reference to SWIMS. - Note in the entry e-mail that this swim is an age-up exception.
Entry Amendment Procedures:	- According to the <i>Amending Process for NJ Swimming Championship Meets</i>, should a swimmer be missing from the entry list or an event after the entry deadline, the coach can e-mail the missing information to besmartinc@gmail.com by 6pm Tuesday March 17th. The entry fee for all events entered in this manner will be the regular entry fee for the event, plus an additional \$5.00 late fee per entry (unless the mistake was the entry coordinator's) and must be paid before the start of the meet according to the Amending Process Guidelines. - The amendment process may not be used by a team to submit an initial late entry.
Distance Events (1650 & 1000)	- The 1000 and 1650 freestyle events are timed finals. - They will be run fastest to slowest. - Depending on the entries, these events may alternate age groups or genders to balance out the timeline for the two pools. - Heats may be combined to save time, without there necessarily being an empty lane. - Swimmers must provide their own timers and counters.
Heat Limited Events:	None.
Odd/Even Heat Meet Format:	Depending on the entry volume and timeline: - Events in prelims and 10 & Under timed finals sessions may be swum in both pools simultaneously. In this case: - The pools will be divided into "Odd Heat Pool-Scoreboard Pool" & "Even Heat Pool-Dive Pool". In this arrangement, Event 1 Heat 1 will swim in the scoreboard pool while Event 1 Heat 2 swims in the dive pool, virtually simultaneously. - Heat 1 of an event will not begin until all heats of the previous event have completed. - If necessary, the Meet Director will arrange for short (5-10 minute) breaks between events to give swimmers rest between events. If this format is adopted, a notice will be e-mailed to coaches with timing and warm-up and posted on the meet web site a week beforehand.



Relays:	• All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in. • All 11-12, 13-14 200 relays will swim in the morning sessions. • The fastest heat of 400 and 800 relays will swim during the evening finals sessions, with slower heats swimming at the end of the morning sessions. • Each team is limited to two relays per event. • 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:	• This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet. • 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 must be included in a team's official meet roster in the meet database to be eligible to participate in any events in the meet, including relays. • Swimmers may not compete in the same event at both the SC Junior Olympics and the Silver/Bronze Championship meets unless they achieved the Winter JO qualifying time in that event at the Silver/Bronze meet, or at another Sanctioned or Approved meet attended in between the Silver/Bronze meet and Junior Olympics.
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:	• The host club will provide a single timer in each lane throughout the meet, except for distance events where swimmers will provide their own timers and lap counters. • 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:	• 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. Participating club officials should e-mail the meet referee with their availability for the meet.



Coaches Conduct & Eligibility:	• 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:	• 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 and will receive free admission.
Meet Format Waiver:	• 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: • 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:	• Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Teams will be assigned lanes according to the size of their entries, to achieve a fair and comparable warm-up for all swimmers. • 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 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.
Check-In:	• 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 Policy	No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled preliminary or timed final 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.



Scratch Rule:	- 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:	Internet location for all meet information: http://www.besmarttinc.com Pre-Meet Information posted on website: - 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 Updated meet schedule. - List Warm-up Schedule and Team Warm-up Assignments. - List Timing assignments. Post-Meet Information posted on website: - Downloadable Results (Zipped .CL2 &.HY3 files) for TM - Printable meet results (.PDF file),
Results:	- 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 cell phones, is not permitted in changing areas, rest rooms, locker rooms or behind the blocks.
USA-S Deck Change Policy Statement:	Deck changes are prohibited.
Locker Rooms:	Parents are not permitted in the athlete locker rooms at any time.
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:	Swimwear must conform to USA Swimming Rules: - 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 Pursuant to USA Swimming Rule 205.10.1, it is permissible for the swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.
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:	- The Doubletree Executive Somerset on Atrium Drive 732-469-2600 - The Crowne Plaza, 732-716-1175 - The Courtyard by Marriott on Davidson Avenue



Directions:

Directions to Sonny Werblin Recreation Center:

Google Maps: <https://goo.gl/maps/LMEr1Wng4p22>

Address: 656 Bartholomew Rd, Piscataway NJ 08854

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.

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.

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.

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.

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.

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!





NEW JERSEY
SWIMMING

2020 14 & Under SC Junior Olympics

Hosted by Scarlet Aquatics

Friday-Sunday March 20th-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, NJ Swimming, Scarlet Aquatic Club, Rutgers University, 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 **NJ Swimming 14 & Under SC Junior Olympics Meet on March 20th-22nd, 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:

Entry Fee Summary:	_____	Individual non 1650/1000 timed final event entries @ \$6.00 =	\$ _____
	_____	Individual prelims/finals event entries @ \$7.00 =	\$ _____
	_____	1650/1000 event entries @ \$12.00 =	\$ _____
	_____	Relay event entries @ \$9.00 =	\$ _____
		Total:	\$ _____

Make checks payable to: **Scarlet Aquatic Club**

