



New Jersey Swimming 2020 Senior State Championship

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

Meet Sanction Info:	NJ Swimming Sanction #- NJS021520LC Time Trial NJ Swimming Sanction #- NJSTT021420SC 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 February 15th to Sunday February 16th, 2020 On Friday February 14th, there will be Short Course Yards Time Trials in the evening.		
Location:	Sonny Werblin Recreation Center, Busch Campus, Rutgers University Rutgers University 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		
Facility Info:	The Sonny Werblin Recreation Center pool is an 8-lane, 50 meter pool, with pedestal starting blocks and a Colorado Timing system. The water depth in the competition pool is 6 feet at the scoreboard end and 14 feet at the dive end. The patio pools will not be available for this meet. There is seating for 850 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:	Thomas Speedling	732-742-4600	scarletaquatics@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Roni Sawin (Friday, Saturday, Sunday PM) Chris Barry (Sunday AM)		ronisawin2@aol.com accebarry@verizon.net
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:	Wednesday February 5th, 2020, at 6 pm		
Swimmer Age	Swimmer ages for this meet are as of: February 15th, 2020 Swimmer ages for the time trials are as of: February 14th, 2020		
Entry Fees:	Individual Entry: Prelim/Final Events: \$9.00, Distance: \$14.00 Time Trial Events: \$6.		
Meet Course:	Long Course Meters (LCM) Entry times must be in Short Course Yards (SCY) Time Trials: Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> This meet will be run as prelims/finals except for the 800/1500 meter freestyle events. This meet will use 7 lanes for preliminaries and the midday heats of the 800/1500 freestyles. For finals and the fastest heat of the 1500 freestyle, 6 lanes will be used. The other lane(s) will be available for warm-down. There are minimum ("faster than") time standards for this meet. As a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries. (See <i>Entry Times</i> section for details). 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	Meet: 6 Individual Events
Checks Payable To:	Scarlet Aquatic Club	
Email Entry Files To:	besmarttinc@gmail.com	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	

2020 Senior State Championships

Friday February 14th

Facility Opens at 4:45pm

Friday Evening Session #0—Time Trials

Warm-up: 5:00pm

Meet Start: TBA

See the "Time Trials" section for information on entering.

Saturday February 15th

Facility Opens at 9:00am

Saturday Morning Session #1—Preliminaries—7 Competition Lanes

Warm-up: 9:15am

Meet Start: TBA

Women	Equal/Faster	Event	Equal/Faster	Men
#3	5:05.39	400 IM	4:43.89	#4
#5	2:45.19	200 Breaststroke	2:32.69	#6
#7	1:05.69	100 Butterfly	59.89	#8
#9	57.69	100 Freestyle	52.49	#10
#11	2:26.49	200 Backstroke	2:15.79	#12
#13	5:42.89	400 Freestyle	5:22.89	#14

* Qualifying times are SCY—For 400 freestyle LCM use 500 freestyle SCY time.

Saturday Midday Session #2—800 Freestyle—7 Competition Lanes

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster*	Event	Equal/Faster*	Men
#1	11:51.09	800 Freestyle†	11:29.09	#2

* Qualifying times are SCY—For 800 LCM use 1000 SCY time.

† Fastest 6 swimmers will swim at finals.

Saturday Evening Session #3—Finals—6 Competition Lanes

Warm-up: 5:00pm

Meet Start: 5:45pm

The fastest heat of the 800 freestyle plus 18 swimmers (three heats) from events #3-#14 will qualify for finals Saturday.

The USA Swimming Championships Scratch Rule will be in effect.



2020 Senior State Championships

Sunday February 16th

Facility Opens at 7:00am

Sunday Morning Session #4—Preliminaries—7 Competition Lanes

Warm-up: 7:15am

Meet Start: 8:00am

Women	Equal/Faster*	Event	Equal/Faster*	Men
#17	2:06.69	200 Freestyle	1:56.29	#18
#19	1:05.99	100 Backstroke	1:03.09	#20
#21	1:17.39	100 Breaststroke	1:10.89	#22
#23	2:23.69	200 IM	2:13.99	#24
#25	26.69	50 Freestyle	24.29	#26
#27	2:28.49	200 Butterfly	2:19.69	#28

* Qualifying times are SCY

Sunday Midday Session #5—1500 Freestyle Timed Finals—7 Competition Lanes

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster*	Event	Equal/Faster*	Men
#15	19:30.09	1500 Freestyle†	19:00.09	#16

* Qualifying times are SCY—For 1500 LCM use 1650 SCY time. For 800 LCM use 1000 SCY time.

† Fastest 6 swimmers will swim at finals.

Sunday Evening Session #6—Finals—6 Competition Lanes

Warm-up: TBA

Meet Start: TBA

The fastest heat of the 1500s plus 18 swimmers (three heats) from events #17-#28 will qualify for finals Sunday. The USA Swimming Championships Scratch Rule will be in effect.



Tentative Meet Schedule**

Friday February 14 th		Warm-up	Start
Facility Opens at 4:45pm			
Session 0	SCY Time Trials	5:00pm	5:45pm
Saturday February 15 th		Warm-up	Start
Facility Opens at 9:00am			
Session 1	Preliminaries	9:15am	TBA**
Session 2	800 Freestyle	TBA**	TBA**
Session 3	Finals	5:00pm	5:45pm
Sunday February 16 th		Warm-up	Start
Facility Opens at 7:00am			
Session 4	Preliminaries	7:15am	8:00am
Session 5	1500 Freestyle	TBA**	TBA**
Session 7	Finals	5:00pm	5:00pm

**This schedule is preliminary. The final schedule will depend on entries received and will be e-mailed to participating teams and published on the meet web site 1 week before the meet.

Scoring:	<ul style="list-style-type: none"> Team scoring will be kept. 18 place scoring will be 25-21-20-19-18-17-16-13-12-11-10-9-7-5-4-3-2-1.
Awards:	<ul style="list-style-type: none"> Medals will be awarded to the top 6 swimmers in each individual event.
Starts:	<ul style="list-style-type: none"> '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:	<ul style="list-style-type: none"> Admission will be \$10.00 per session (morning, distance and finals sessions).
Concessions:	<ul style="list-style-type: none"> Rutgers will be operating a food and refreshments stand in the hallway.
Vendor:	<ul style="list-style-type: none"> Metro Swim Shop will be in attendance.
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. All entries must be accompanied by e-mailed proof of time (see below). Entries without proof of time will not be accepted. 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.



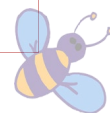
Entry Times:	<ul style="list-style-type: none"> New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. All entry times must be in short course yards. Converted times are permitted. All entry times must meet the minimum standard for Senior States as approved by NJ Swimming. 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. All entry times must be achieved during the meet qualifying period of January 1st, 2019 through the entry date of the meet.
State Championships Restriction:	Swimmers may not compete in the same event(s) at both the Junior Age Group Championships and at the Senior States meet.
Entry Amendment Procedures:	<ul style="list-style-type: none"> Coaches will be permitted to amend in their meet entries for this meet with qualifying times achieved after the standard entry deadline. Teams may send an updated TM entry file by email to the entry coordinator on Monday, February 10th, 2020 that reflects competition results from the weekend of February 8th-9th. No other updates/amendments will be accepted.
Distance Events (1500 & 800)	<ul style="list-style-type: none"> The 800 and 1500 Freestyle events are timed finals. They will be run fastest to slowest, alternating genders. There will be 7 swimmers per heat. The fastest 6 swimmers in each gender will swim in evening finals session. Heats of women & men will be combined if needed to conserve time and space. Swimmers must provide their own timers and counters.
Heat Limited Events:	<ul style="list-style-type: none"> The 1500/800 Freestyle events may be limited based on the number of entries. Any swimmer who does not make the cut will be refunded their entry fee or can enter another event, providing they have the necessary qualifying time. The heat limits, if necessary, will be determined after entries are received and a timeline developed. Coaches will be informed by e-mail if they have swimmers who will not be swimming due to limits.
Swimmer Eligibility:	<ul style="list-style-type: none"> 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.
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 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:	<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. Officials from the participating clubs should contact the meet referee (see page 1) with their availability.



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 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 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. 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:	<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.
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.



Time Trial Events:	<ul style="list-style-type: none"> • This meet is sanctioned for time trials, which will be held Friday evening. • Time trials will be short course yards (SCY). • A swimmer must be entered in an individual event during the meet in order to be eligible to swim a time trial event. • A swimmer may compete in a maximum of three (3) time trials during the session. • Coaches should send swimmers' names, desired events, and seed times to besmarttinc@gmail.com by Monday February 10th at 6:00pm, or until the session fills. The session will be timed to finish before 9:30pm before scratches. • Afterwards a session schedule will be developed and e-mailed to the coaches of participating teams. • Events may be mixed gender. • The order of events for time trials will be as specified in the NJ Swimming Policy Handbook.
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 <p>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.</p>
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"> • 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><i>Google Maps: https://goo.gl/maps/LMEr1Wng4p22</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

2020 Senior State Championships

Hosted by Scarlet Aquatics

Friday-Sunday February 14th-16th

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 Aquatics, Rutgers University, Scarlet Aquatic Club, 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 Senior State Championship Meet** on **February 14th-16th, 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 prelims/finals event entries @ \$9.00 =	\$ _____
	_____	800/1500 event entries @ \$14.00 =	\$ _____
		Total:	\$ _____

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

