


Name of Meet	<p style="text-align: center;"><b>THE GARDEN STATE CUP</b>  <b>Open and Age Group Bronze Swim Meet</b></p> 
<u>Meet Sanction #:</u>	<b>NJS110511SC</b>
<u>Host Club:</u>	Bayonne Mermaids/Starfish Swim Team
<u>Date of Meet:</u>	Saturday Nov. 5, 2011 and Sunday Nov. 6, 2011
<u>Location:</u>	Lincoln Community School East 30th St., Bayonne, New Jersey
<u>Facility Info:</u>	The Lincoln Community School pool is a six lane, 25 yard pool, with 7 ft. lanes utilizing Anti Lane dividers, Colorado Timing and computerized results. The starting end of the pool is 4 feet deep and the turn end is 4 feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
<u>Meet Director:</u>	Ahmed Abdelaal - <a href="mailto:shrki416@optonline.net">shrki416@optonline.net</a>
<u>Meet Referee:</u>	Jim O'Neill, e-mail: <a href="mailto:swimjim1@juno.com">swimjim1@juno.com</a>
<u>Entry Coordinator:</u>	Ellen Mace <a href="mailto:entries1@juno.com">entries1@juno.com</a>
<u>Entry Deadline:</u>	<p>Entries and fees <b>must be received by 3:00 PM on October 22, 2011</b> and in the hands of the Meet Director. Email Hy-Tek entry file to <a href="mailto:entries1@juno.com">entries1@juno.com</a> or mail it to BE Smartt, Inc. 604 Paxson Avenue, Mercerville, NJ 08619.</p> <p>MEET MANAGEMENT RESERVES THE RIGHT TO RESTRICT THE NUMBER OF ENTRIES TO MEET USS GUIDELINES FOR MEET AND SESSION DURATIONS.</p> <ul style="list-style-type: none"> <li>• All entries will be accepted on a first come basis.</li> <li>• Team entries will not be considered as <u>accepted</u> unless the waiver and entry fees have been received.</li> <li>• Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule.</li> </ul> <p>If you are not e-mailing your entries, then overnight or express mail is recommended, <b><i>but waive the signature.</i></b></p>
<u>Meet Format Waiver:</u>	<p>The host club has the right to change the format of the meet with the approval of the sanctioning chairman and age group or senior chairman. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include:</p> <ul style="list-style-type: none"> <li>• To allow more swimmers to swim.</li> <li>• To conform to facility capacity limits or for facility safety concerns.</li> <li>• To condense the meet into smaller time frame.</li> </ul> <p>Some of the changes that can be made: 1) add a session, 2) heat limit distance events, 3) to condense sessions and 4) eliminate relays.</p>
<u>Internet Website Posting:</u>	<p>Website addresses: <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> and <a href="http://www.njswim.org">www.njswim.org</a></p> <p>Pre-Meet Information posted on websites.</p> <ul style="list-style-type: none"> <li>• Meet Information will be posted on the websites.</li> <li>• Downloadable Hy-Tek Events list (HYV.file) will be posted on the website.</li> <li>• List Warm-up Schedule and Team Warm-up Assignments.</li> <li>• List Timing assignments.</li> </ul> <p>Post-Meet Information posted on websites.</p> <ul style="list-style-type: none"> <li>• Downloadable Results (CL.2 file)</li> <li>• Downloadable Individual Team Results (CL.2 file)</li> </ul>
<u>Meet Requirement Statement:</u>	In order to be eligible for the SC New Jersey Zone Championship Team or for NJ Swimming Athlete Reimbursement for sectional and national level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts towards those participation requirements.
<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> <li>• All coaches "on the deck" must be members of USA Swimming.</li> <li>• Coaches must have coaching card visible at all times while on deck.</li> </ul>

<u>Swimmer Eligibility:</u>	<ul style="list-style-type: none"> <li>All swimmers must be members of USA Swimming to enter and compete in this meet.</li> <li>All swimmers must be listed on a team's official entry form to be eligible to participate in this swim meet in any events including relays.</li> <li>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.</li> <li>There will be 10 &amp; Under, 11-12, and Open Events.</li> <li>All swimmers must have times slower than the current New Jersey Silver Time Standards. For the Open events, the time standards are the NJ 13-14 Bronze Time Standards.</li> <li>New Jersey Swimming only allows swimmers to compete in 3 individual events per day.</li> <li>Age for this meet is: <b>Saturday, November 5<sup>th</sup>, 2011</b></li> </ul>
<u>Swimmers Unaccompanied by a USAS Certified Coach:</u>	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. If a swimmer is not accompanied by a USA Swimming member coach, then it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
<u>Meet Format:</u>	<ul style="list-style-type: none"> <li>This meet will be run in accordance to current USA Swimming Rules.</li> <li>This meet will be run as a time final meet.</li> <li>This meet will be deck seeded with coaches checking in/scratching all swimmers.</li> <li>Swimmers will report to the marshalling area for organizing heats and lanes and escorted to the pool.</li> <li>Swimmers will have access to the adjoining gym for marshalling and for waiting between events.</li> </ul>
<u>Meet Schedule:</u>	<ul style="list-style-type: none"> <li>The building will open at 7:45AM.</li> <li>See event list below.</li> </ul>

**Meet Schedule:**

<b>Saturday, November 5<sup>TH</sup>, 2011</b>		<b>Warm-up</b>	<b>Start</b>
Session 1	10 & Under and 11-12 Girls & Boys	7:55 A.M.	9:00 A.M.
Session 2	Open Events Girls and Boys	TBA*	TBA*
Session 2A	500 Freestyles	10 min after Session 2	TBA*
<b>Sunday, November 6<sup>TH</sup>, 2011</b>			
Session 3	10 & Under and 11-12 Girls & Boys	7:55 A.M.	9:00 A.M.
Session 4	Open Events Girls and Boys	TBA*	TBA*
Session 4A	1000 Freestyles	10 min. after Session 4	TBA*

- **Warmup and start times will be determined when all entries have been received.**

<u>Warm-up Procedures:</u>	<ul style="list-style-type: none"> <li>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.</li> <li>All swimmers are entitled to a fair and comparable warm-up. All teams <b>WILL</b> get the same opportunity for general warm-up lanes, sprint lanes, and pace lanes.</li> <li>All swimmers must enter the pool from the starting end of the pool.</li> <li>New Jersey Swimming officials will monitor warm-ups.</li> <li>All general warm-up lanes will swim in a counterclockwise direction.</li> <li>There will be a one-hour warm-up session with sprint lanes offered in the final 15 minutes of warm-ups. <b>Depending on the number of entries</b>, the warm-up sessions will be two 30-minute warm-ups divided by teams. In this case, there will be designated sprint lanes/pace lanes during the last 10 minutes. All clubs will be notified by e-mail about these warm-up changes.</li> </ul>
<u>Entry Times:</u>	<ul style="list-style-type: none"> <li>New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time.</li> <li>All entry times must be in short course yards.</li> </ul>

<u>Check-In:</u>	All check-in sheets must be turned into the scoring table 30 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 his/her 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.
<u>Starts:</u>	<ul style="list-style-type: none"> <li>The host club will determine if 'Fly-over'/'Over-the-top' starts will be used after a time line has been produced. This information will be posted in the pre-meet information.</li> </ul>
<u>Scoring:</u>	<ul style="list-style-type: none"> <li>Team Scoring will not be kept.</li> </ul>
<u>Awards:</u>	<ul style="list-style-type: none"> <li>Medals will be awarded for the top 3 eligible finishers in each event.</li> <li></li> </ul>
<u>Entry Fees:</u>	<ul style="list-style-type: none"> <li>Individual even entry fee: \$4.00</li> <li>Relay event entry fee: \$8.00</li> <li>Make checks payable to: <b>BAYONNE MERMAIDS-STARFISH SWIM TEAM</b></li> </ul>
<u>Admissions and Programs:</u>	<ul style="list-style-type: none"> <li>Admission will be \$5.00 per session and Cost of Program will be \$5.00 per session.</li> </ul>
<u>Entries:</u>	<ul style="list-style-type: none"> <li>In accordance with NJS policy, team entries may be submitted by E-mail: <a href="mailto:entries1@juno.com">entries1@juno.com</a></li> <li>All entries must be Hy-Tek program entries attached to an e-mail.</li> <li>The meet entry coordinator will respond to e-mails entries within 48 hours. If you do not receive an e-mail response within 48 hours, assume that your email has not been received. It then becomes the e-mailer's responsibility to make sure that the host club's meet entry coordinator receives the e-mail. If you do not receive an e-mail response, you must contact the entry coordinator by email or phone or mail in your entries.</li> <li>An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each entry. Mail to BE Smartt, Inc. 604 Paxson Avenue, Mercerville, NJ 08619.</li> <li>Accuracy of seed times is essential. Incomplete entries will not be accepted.</li> <li>Deck entries will not be accepted. No phone or faxed entries will be accepted.</li> </ul>
<u>Results:</u>	<ul style="list-style-type: none"> <li>All Teams will be sent results via email.</li> <li>Results can be ordered from the admission table. For a cost of \$5.00</li> </ul>
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none"> <li>The host club will provide a single timer in each lane through out the meet.</li> <li>The host club will have stopwatches available for volunteers helping to time.</li> <li>The host club will e-mail all club entries back to the participating clubs.</li> <li>The host club will create a warm-up schedule that will be fair and equal to all teams. This warm-up schedule will be e-mailed to all participating clubs no later than one week before the meet.</li> <li>The host club will create timing assignments that are fair and equitable with as many teams participating as possible. These timing assignments will be e-mailed to all participating clubs no later than one week before the meet.</li> </ul>
<u>Participating Club Responsibilities:</u>	<ul style="list-style-type: none"> <li>Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs one week prior to the meet.</li> <li>Participating club parents must stay off the pool deck except for timing assignments.</li> <li>Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</li> </ul>
<u>Concessions:</u>	<ul style="list-style-type: none"> <li>Food will be available in the lobby of the school building.</li> </ul>
<u>Vendor:</u>	<ul style="list-style-type: none"> <li>A vendor will be selling swimming items during the meet.</li> </ul>

<u>Directions:</u>	N.J. TURNPIKE EXIT 14A (Bayonne) proceed along AVENUE E to East 30th Street. Make left proceed over railroad overpass. Lincoln Community School is on the right. Entrance to pool is through schoolyard on East 30th Street. Parking is available at the garage on Avenue E and 30th St. Additional parking is available at the Light Rail Train Station on East 32nd St. and Prospect Ave.
<u>Hotels in the Area:</u>	Best Western Newark Airport West, 101 International Way, Newark, NJ 973-621-6200 Hilton Newark Airport, 1170 Spring St., Elizabeth, NJ 908-351-3900 Days Inn Newark Airport, 450 US Rte 1 South, Newark, NJ 973-242-0900 Hampton Inn Newark Airport, 1128-38 Spring St, Elizabeth, NJ 908-355-0500

**THE GARDEN STATE CUP**  
**Open and Age Group Bronze Swimming Meet**  
**Saturday and Sunday, November 5<sup>th</sup> & 6<sup>th</sup>, 2011**  
**Lincoln Community School Pool, Bayonne, New Jersey**  
**East 30th Street at Prospect/Avenue F**



Saturday, November 5<sup>th</sup>, 2011

Session 1

Warm-Up 7:55AM; Start 9:00AM

**AGE GROUP EVENTS**

<b>WOMEN</b>	<b>slower than</b>	<b>EVENTS</b>	<b>slower than</b>	<b>Men</b>
1	2:58.29	10/U 200 Yard Freestyle	2:58.29	2
3	2:31.79	11/12 200 Yard Freestyle	2:31.79	4
5	43.89	10/U 50 Yard Backstroke	43.89	6
7	1:21.89	11/12 100 Yard Backstroke	1:21.89	8
9	42.99	10/U 50 Yard Butterfly	42.99	10
11	1:21.99	11/12 100 Yard Butterfly	1:21.99	12
13	36.19	10/U 50 Yard Freestyle	36.19	14
15		11/12 200 Yard Freestyle Relay		16
17		10/U 200 Yard Freestyle Relay		18

Saturday, November 5<sup>th</sup>, 2011

Session 2

Warm-Up TBA (Approx - 1:25PM; Start 2:30PM)

**OPEN EVENTS**

<b>WOMEN</b>	<b>slower than</b>	<b>EVENTS</b>	<b>slower than</b>	<b>Men</b>
19	2:16.79	200 Yard Freestyle	2:14.89	20
21	1:13.79	100 Yard Butterfly	1:10.99	22
23	2:59.89	200 Yard Breaststroke	2:55.89	24
25	1:02.89	100 Yard Freestyle	1:01.49	26
27	2:36.89	200 Yard Ind. Medley	2:34.49	28
29	6:04.99	500 Yard Freestyle	6:03.19	30

Sunday, November 6<sup>th</sup>, 2011

Session 3

Warm-Up 7:55AM; Start 9:00AM

**AGE GROUP EVENTS**

<b>WOMEN</b>	<b>slower than</b>	<b>EVENTS</b>	<b>slower than</b>	<b>Men</b>
31	6:40.99	11/12 500 Yard Freestyle	6:40.99	32
33	1:22.09	10/U 100 Yard Freestyle	1:22.09	34
35	1:29.89	11/12 100 Yard Breaststroke	1:29.89	36
37	48.19	10/U 50 Yard Breaststroke	48.19	38
39	2:51.79	11/12 200 Yard Ind. Medley	2:51.79	40
41	1:34.39	10/U Yard Ind. Medley	1:34.39	42
43	1:08.29	11/12 100 yard Freestyle	1:08.29	44
45		10/U 200 Yard Med. Relay		46
47		11/12 200 Yard Med. Relay		48

Sunday, November 6<sup>th</sup>, 2011

Session 4

Warm-Up TBA (Approx - 1:25PM; Start 2:30PM)

**OPEN EVENTS**

<b>WOMEN</b>	<b>slower than</b>	<b>EVENTS</b>	<b>slower than</b>	<b>Men</b>
49	5:39.69	400 Yard Ind. Medley	5:34.29	50
51	1:13.59	100 Yard Backstroke	1:11.59	52
53	28.99	50 Yard Freestyle	27.99	54
55	2:43.99	200 Yard Butterfly	2:40.59	56
57	1:22.49	100 Yard Breaststroke	1:20.39	58
59	2:39.39	200 Yard Backstroke	2:35.69	60
61	12:22.29	1000 Yard Freestyle	11:59.49	62

**THE GARDEN STATE CUP**  
**Open & Age Group Bronze Swim Meet**  
 Saturday & Sunday, November 5<sup>th</sup> & 6<sup>th</sup>, 2011



**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, Inc., the Bayonne Board of Education, the City of Bayonne, the YMCA, the Bayonne Mermaids-Starfish Swim Team, BE Smartt, Inc. and their staffs for any injuries and/or expenses occurred by me/us at the swim meet, or while on the road to and from the meet. I/we am/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 swimmers and coaches listed on the NJSI master Entry Sheet or hard copy with disk entries are registered members of New Jersey Swimming/ United States Swimming. All United States Swimming numbers are correctly listed and unless otherwise noted, are not required to swim unattached (UN) due to the 120 day transfer. 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:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_ **e-mail ADDRESS:** \_\_\_\_\_

**NAME(S) of COACH(ES):** \_\_\_\_\_

**NAME and PHONE NUMBER of person to contact regarding this entry:**  
 \_\_\_\_\_

**NAME and ADDRESS of person to receive final results:**  
 \_\_\_\_\_

\*\*\*\*\*  
**ENTRY FEE SUMMARY:** \_\_\_\_\_ Individual event entries @ \$4.00 = \$ \_\_\_\_\_  
 \_\_\_\_\_ Relay event entries @ \$8.00 = \$ \_\_\_\_\_

**MAKE CHECKS PAYABLE TO:**  
 BAYONNE MERMAIDS-STARFISH                      **TOTAL ENTRY FEES = \$** \_\_\_\_\_

**Article 302.4 of the United States 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 United States 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.

**LIST ALL UNATTACHED SWIMMERS:**

Unattached Swimmer \_\_\_\_\_,      Unattached Swimmer \_\_\_\_\_  
 Unattached Swimmer \_\_\_\_\_,      Unattached Swimmer \_\_\_\_\_  
 Unattached Swimmer \_\_\_\_\_,      Unattached Swimmer \_\_\_\_\_  
 Unattached Swimmer \_\_\_\_\_,      Unattached Swimmer \_\_\_\_\_