

	<h1>Distance Derby 2010</h1> <p>Hosted by Elite Swim Club Saturday, November 20 & Sunday, November 21, 2010 At Newark Academy 91 South Orange Avenue Livingston, New Jersey 07039</p>
<u>Meet Sanction #:</u>	Meet Sanction #NJS112010SCA
<u>Date of Meet:</u>	Saturday, November 20 and Sunday, November 21, 2010.
<u>Location:</u>	<ul style="list-style-type: none"> • The pool is located on the campus of Newark Academy in Livingston, New Jersey. • The pool is a 25 yard, 6-lane pool. The pool uses pedestal-style starting blocks, non-turbulent lane lines and a Colorado Timing system. • There is an observation area with bleachers style seating enough for 150 spectators. • There is an auxiliary gym where swimmers will be located when not swimming. During the 12 & Under sessions, swimmers will be marshaled formally from the gym to the starting blocks. During the 13 & O session and Distance Event sessions, event information will be posted in the gym plus announcements will be made so the swimmers can marshal themselves. • The depth at the starting blocks is 6 feet, 6 inches and the depth at the shallow end is 3 feet, 6 inches.
<u>Meet Director:</u>	Bill Deatly: eliteswimclubnj@comcast.net 908-273-6542 If calling, please phone between 8:00 am and 3:30 pm.-weekdays.
<u>Meet Referee:</u>	Moya Chew-Lai: mailto:emmiexilo@aol.com 973-635-1206
<u>Meet Marshall:</u>	Brandy Deatly: eliteswimclubnj@comcast.net 908-273-6542.
<u>Entry Coordinator:</u>	Bill Deatly, Meet Director, 32 Prospect Street, Summit, NJ 07901. <ul style="list-style-type: none"> • eliteswimclubnj@comcast.net • 908-273-6542 • If calling, please phone between 8:00 am and 3:30 pm-weekdays.
<u>Entry Deadline:</u>	<ul style="list-style-type: none"> • All entries will be accepted on a first come basis. Meet Entries will be taken until the meet/sessions fill. The host club must stay within the four hour per session rule. • Entry Deadline Date: Saturday, November 6, 2010 • Hard copy, waivers and check are to be mailed to: Bill Deatly, Elite Swim Club 32 Prospect Street, Summit, New Jersey 07901 • It is not necessary to use overnight or express mail to send hard copy and check that are sent in support of an e-mailed entry.
<u>Meet Format Waiver:</u>	<p>The host club has the right to change the format of the meet with the approval of the Admin Chair along with either the 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 would be:</p> <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. <p>Some of the changes that can be made: 1) add a session, 2) heat limit distance events and 3) to condense sessions</p>
<u>Internet Website Posting:</u>	<p>Meet Information will be posted on the following 3 websites:</p> <ol style="list-style-type: none"> 1) www.eliteswimclub.org 2) www.besmartinc.com 3) www.njswim.org <p>Pre-Meet Information posted on website.</p> <ul style="list-style-type: none"> • Meet Information will be posted on each website. • Downloadable Hy-Tek Events list (HYV.file) will be posted on each website.

	<ul style="list-style-type: none"> List Teams whose entries have been received on websites 1 & 2. List Individual Team Entries on websites 1 & 2 List “heat limited” events psyche sheet on websites 1 & 2. List Updated meet schedule on each website. List Warm-up Schedule and Team Warm-up Assignments on each website. List Timing assignments on each website. <p>Post-Meet Information posted on website.</p> <ul style="list-style-type: none"> Downloadable Results (CL.2 file) on websites 1 & 2 Downloadable Meet Back-up (Backup.zip File) on websites 1 & 2
<u>Meet Requirement Statement:</u>	<ul style="list-style-type: none"> This meet qualifies as "one" of the three required short course meets to be eligible for the New Jersey SC Zone Championship Team or for New Jersey National Championship Reimbursement. Swimmers who participate in 1 long course meet and 3 short course meets between Sept 1 and August 1 will also be eligible for New Jersey Championship Reimbursement.
<u>Coaches Eligibility:</u>	All coaches “on the deck” must be members of USA Swimming. Coaches will be required to be in possession of their current coaches card.
<u>Swimmer Eligibility:</u>	<ul style="list-style-type: none"> All swimmers must be members of USA Swimming to enter and compete in this meet. Unattached Swimmers. 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. <p>Age Groups offered.</p> <ul style="list-style-type: none"> There will be 10 & Under, 11-12, 12 & Under, 13-14, 15 & Older & Open events offered. There are no time standards being used in this meet. <p>Individual Event Limits:</p> <p style="text-align: center;"><u>This meet has a new format. Please see Entry Limits Section below.</u></p> <ul style="list-style-type: none"> Eligible swimmers may enter events in multiple sessions each day. Age-up date for this meet is: 11/20/10
<u>Entry Limits</u>	<ul style="list-style-type: none"> This meet will be run in accordance to current USA Swimming Rules. This meet will be run as a timed final meet. This meet will be deck seeded with coaches checking in/scratching all swimmers. Swimmers in the 12 & Under sessions will report to the marshalling area for organizing heats and lanes, and will be escorted to the pool. 13 & Older & Open event swimmers will report directly to the blocks. <p style="text-align: center;">NOTE: Swimmers limited to TWO events per day!</p> <p>This meet has a new format: <u>For 12 & Under:</u></p> <p>Sessions #1 & #7 (10 & Under) will be limited to 2 hours.</p> <p>Sessions #3 & #8 (11-12s) will be limited to 2 hours.</p> <p>Session #2 (12 & Under 500 Free) will be limited to 1.5 hours.</p> <p><u>For 13 & Olders & Open Events:</u></p> <p>Sessions #4 & #6 (13-14 and 15 & Older) will be limited to 2 hours.</p> <p>Session #5 (1000 Free) will be limited to 1.5 hours.</p>
<u>Swimmers Unaccompanied by a USAS Certified Coach</u>	Any swimmer entered into this meet that is unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

<u>Meet Schedule:</u>	<ul style="list-style-type: none"> On Saturday, building will open at 11:45 am. On Sunday, building will open at 6:45 am. On Saturday, there will be 3 sessions. On Sunday, there will be 5 sessions.
-----------------------	---

Meet Schedule:

Saturday, November 20, 2010		Warm-up	Start
Session 1	10 & Under Day 1 Session	12:00 p.m.	12:40 p.m.
Session 2	12 & Under 500 yd Free Session	2:40 p.m.	3:00 p.m.
Session 3	11 - 12 Day 1 Session	4:30 p.m.	5:10 p.m.
Sunday, November 21, 2010		Warm-up	Start
Session 4	13 & 14 Day 2 Session	7:00 a.m.	7:40 a.m.
Session 5	Open 1000 Free Session	9:40 a.m.	10:00 a.m.
Session 6	15 & Older Day 2 Session	11:30 a.m.	12:10 p.m.
Session 7	10 & Under Day 2 Session	2:10 p.m.	2:50 p.m.
Session 8	11-12 Day 2 Session	4:50 p.m.	5:30 p.m.

<u>Warm-up Procedures:</u>	<p>New Jersey Swimming Warm-up and Safety Guidelines:</p> <ul style="list-style-type: none"> Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Swimming Equipment is NOT ALLOWED in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, snorkels and pull buoys. For Sessions #1, #3, #4, #6, #7 & #8, there will be one or two 20 minute warm-ups, depending on the number of swimmers attending. All teams will be assigned a warm-up lane(s). For Sessions #2 & #5 (12 & Under 500 free & Open 1000 free), there will be a single 20 minute warm-up. There will be no assigned warm-up lanes for these sessions. <p>Entry Into Pool:</p> <ul style="list-style-type: none"> All swimmers must enter the pool feet first from the starting end of the pool. Uniformed and designated meet marshals will monitor warm-ups. <p>Warm-up with assigned lane procedures.</p> <ul style="list-style-type: none"> Teams not sharing a lane can run their own warm-ups. Teams sharing a lane with another team(s) must agree to warm-up within lane. Disagreement among teams within the same lane will result in the lane being a general warm-up lane.
<u>Entry Times:</u>	<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.
<u>Check-In:</u>	<ul style="list-style-type: none"> 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 will result in the swimmer(s) being scratched from the entire session. For Sessions #2 & #5, there will be a positive check-in that will be posted at the scoring table or the control room.
<u>Starts:</u>	<ul style="list-style-type: none"> 'Fly-over' or 'Over-the-top' starts will be used.
<u>Distance Events:</u>	<ul style="list-style-type: none"> The 12 & Under 500 Free (Session #2) and the 1000 yard Freestyle (Session #5) will alternate women and men and be run slowest to fastest. If possible, heats will be combined to consolidate a heat. In Sessions #2 & #5, swimmer must have their own timer and a person to count.
<u>Heat Limited Events:</u>	<ul style="list-style-type: none"> Session #2 (12 & U 500 yd free) & Session #5 (Open 1000 Free): Each Session is limited to a total of 1.5 hours. Teams will be notified upon receipt of their entry if adjustments need to be made to their entries in order to hold the timeline. Session #1, #3, #4, #6, #7 & #8: Each Session is limited to a total of 2 hours. Teams will be notified upon receipt of their entry if adjustments need to be made to their entries in order to hold the timeline.

<u>Scoring:</u>	<ul style="list-style-type: none"> • Team Scoring will not be kept.
<u>Awards:</u>	<ul style="list-style-type: none"> • Medals will be awarded for the top 3 swimmers in each individual event. • Heat Winner awards (Derby) will be given out for each heat winner in each event.
<u>Entry Fees:</u>	<ul style="list-style-type: none"> • Individual Entry Fee: \$3.00 Make checks payable to: Elite Swim Club • Host club has the right to scratch teams/swimmers for lack of payment of entry fees.
<u>Admissions and Programs:</u>	<ul style="list-style-type: none"> • Admission will be \$5.00 per session. • Cost of Program will be \$5.00 for the entire meet.
<u>Entries:</u>	<ul style="list-style-type: none"> • In accordance with NJS policy, team entries may be submitted by E-mail to eliteswimclubnj@comcast.net • All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail. • 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. • An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each mailed entry. Receipt of this package will be the controlling date regarding the 1st come, first served entry date. • Accuracy of seed times is essential. Incomplete entries will not be accepted. • Deck entries, phone entries & faxed entries will not be accepted. • "NT's" entries are not permitted.
<u>Results:</u>	<ul style="list-style-type: none"> • All Teams are asked on the meet Summary whether they want results mailed or e-mailed.
<u>Host Club Responsibilities:</u>	<p>The host club responsibilities:</p> <ul style="list-style-type: none"> • The host club will provide a single timer in each lane through out the meet. • The host club will have stopwatches available for volunteers helping to time. • The host club will e-mail all club entries back to the participating clubs. • 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 and posted on websites 1, 2 & 3 a minimum of 1 week prior to the meet. • 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 and posted on the websites 1, 2 & 3 no less than 1 week prior to the meet.
<u>Participating Club Responsibilities:</u>	<p>Participating Clubs responsibilities:</p> <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 websites 1, 2 & 3 a minimum of 1 week prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. • Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.
<u>Concessions:</u>	Food and drink will be available at a concession stand adjacent to the pool.
<u>Vendor:</u>	Metro Swim Shop will be the vendor for the meet.
<u>Directions:</u>	<p><u>DIRECTIONS TO NEWARK ACADEMY:</u></p> <ul style="list-style-type: none"> • From North: I-287 South toward Morristown-Somerville. Merge onto NJ-24 East via exit 37 towards Springfield. Just under two miles take Exit 2B toward Florham Park onto CR-510 (CR-510=Columbia Turnpike=South Orange Avenue). Newark Academy is 4 miles on the left. • From South #1: From GSP: North on GSP to exit 142 (at Union Toll booth-far right as possible) to Rt. 78 East. Take 1st exit and cross over Rt. 78 and re-enter Rt. 78 going West. Bear right onto Route 24 West. Take Exit 2B toward Florham Park onto CR-510 (CR-510=Columbia Turnpike=South Orange Avenue). Newark Academy is 4 miles on the left. • From South #2: From I-287: I-287 North towards Morristown. Merge onto NJ-24 East via

	<p>exit 37 towards Springfield. Just under two miles take Exit 2B toward Florham Park onto CR-510 (CR-510=Columbia Turnpike=South Orange Avenue). Newark Academy is 4 miles on the left.</p> <ul style="list-style-type: none"> • From East: Rt. 78 West toward Clinton. Bear right onto Route 24 West. Take Exit 2B toward Florham Park onto CR-510 (CR-510=Columbia Turnpike=South Orange Avenue). Newark Academy is 4 miles on the left. • From West: Rt. 78 East to I-287 North. Merge onto NJ-24 East via exit 37 towards Springfield. Just under two miles take Exit 2B toward Florham Park onto CR-510 (CR-510=Columbia Turnpike=South Orange Avenue). Newark Academy is 4 miles on the left.
<u>Hotels:</u>	<p><u>ACCOMMODATIONS:</u></p> <ul style="list-style-type: none"> • Westin Hotel: 2 Whippany Road, Morristown, New Jersey 07960 973-539-7300 • Madison Hotel: 1 Convent Road, Morristown, New Jersey 07960 973-285-1800 • Wellesley Hotel Whippany: 1255 Route 10, Whippany, New Jersey 07981 800-780-5733 <p>Summerfield Suites: 194 Park Avenue, Morristown, New Jersey 07960 973-971-0008</p>

Saturday Events

NOTE: Swimmers limited to TWO events per day!

SESSION #1 – 10 & Under Day 1 Session

Warm –Up: 12:00 p.m. Session Starts: 12:40 p.m.

<u>Girls Evt. #</u>	<u>Time Standard Slower Than:</u>	<u>Age Group Event</u>	<u>Time Standard Slower Than:</u>	<u>Boys Evt. #</u>
#1	N/A	10 & Under 200 yard Freestyle	N/A	#2
#3	N/A	10 & Under 100 yard Butterfly	N/A	#4
#5	N/A	10 & Under 100 yard Backstroke	N/A	#6

SESSION #2 – 12 & Under 500 Free Session:

Warm –Up: 2:40 p.m. Session Starts: 3:00 p.m.

<u>Girls Evt. #</u>	<u>Time Standard Slower Than:</u>	<u>Age Group Event</u>	<u>Time Standard Slower Than:</u>	<u>Boys Evt. #</u>
#7	N/A	12 & Under 500 yard Freestyle	N/A	#8

Events will be swum slowest to fastest, alternating girls and boys.

SESSION #3 – 11-12 Day 1 Session

Warm –Up: 4:30 p.m. Session Starts: 5:10 p.m.

<u>Girls Evt. #</u>	<u>Time Standard Slower Than:</u>	<u>Age Group Event</u>	<u>Time Standard Slower Than:</u>	<u>Boys Evt. #</u>
#9	N/A	11-12 200 yard Butterfly	N/A	#10
#11	N/A	11-12 200 yard Breaststroke	N/A	#12
#13	N/A	11-12 200 yard IM	N/A	#14

Sunday Events

NOTE: Swimmers limited to TWO events per day!

SESSION #4 – 13 & 14 Day 2 Session

Warm –Up: 7:00 a.m. Session Starts: 7:40 a.m.

<u>Girls Evt. #</u>	<u>Time Standard Slower Than:</u>	<u>Age Group Event</u>	<u>Time Standard Slower Than:</u>	<u>Boys Evt. #</u>
#15	N/A	13-14 400 yard IM	N/A	#16
#17	N/A	13-14 200 yard Breaststroke	N/A	#18
#19	N/A	13-14 200 yard Butterfly	N/A	#20
#21	N/A	13-14 500 yard Freestyle	N/A	#22
#23	N/A	13-14 200 yard Backstroke	N/A	#24

SESSION #5 – Open 1000 Free Session:

Warm –Up: 9:40 a.m. Session Starts: 10:00 a.m.

<u>Girls Evt. #</u>	<u>Time Standard Slower Than:</u>	<u>Age Group Event</u>	<u>Time Standard Slower Than:</u>	<u>Boys Evt. #</u>
#25	N/A	Open 1000 yard Free	N/A	#26

Events will be swum slowest to fastest, alternating girls and boys.

SESSION #6 – 15 & Older Day 2 Session

Warm –Up: 11:30 a.m. Session Starts: 12:10 p.m.

<u>Girls Evt. #</u>	<u>Time Standard Slower Than:</u>	<u>Age Group Event</u>	<u>Time Standard Slower Than:</u>	<u>Boys Evt. #</u>
#27	N/A	15 & Older 400 yard IM	N/A	#28
#29	N/A	15 & Older 200 yard Breaststroke	N/A	#30
#31	N/A	15 & Older 200 yard Butterfly	N/A	#32
#33	N/A	15 & Older 500 yard Freestyle	N/A	#34
#35	N/A	15 & Older 200 yard Backstroke	N/A	#36

SESSION #7 – 10 & Under Day 2 Session

Warm –Up: 2:10 p.m. Session Starts: 2:50 p.m.

<u>Girls Evt. #</u>	<u>Time Standard Slower Than:</u>	<u>Age Group Event</u>	<u>Time Standard Slower Than:</u>	<u>Boys Evt. #</u>
#37	N/A	10 & Under 100 yard Breaststroke	N/A	#38
#39	N/A	10 & Under 200 yard IM	N/A	#40
#41	N/A	10 & Under 100 yard Freestyle	N/A	#42

SESSION #8 – 11-12 Day 1 Session

Warm –Up: 4:50 p.m. Session Starts: 5:30 p.m.

<u>Girls Evt. #</u>	<u>Time Standard Slower Than:</u>	<u>Age Group Event</u>	<u>Time Standard Slower Than:</u>	<u>Boys Evt. #</u>
#43	N/A	11-12 400 yard IM	N/A	#44
#45	N/A	11-12 200 yard Backstroke	N/A	#46
#47	N/A	11-12 200 yard Freestyle	N/A	#48

New Jersey Swimming Inc.

Official Meet Verification Form

Club Name: _____ Club Code: _____

Club E-Mail Address: _____

Head Coaches Name: _____

Club Address: _____



**NEW JERSEY
SWIMMING**

I hereby certify that all swimmers and coaches listed on the entry or hard copy with disk entries, for Distance Derby 2010 to be held on November 20 & November 21, 2010 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.

Signature _____ Date _____
(Signature cannot be photocopied)

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 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 _____