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| <u>Name of Meet</u>                   | <b><u>NEW JERSEY SWIMMING'S</u></b><br><b><u>'11-12 SILVER &amp; BRONZE CHAMPIONSHIPS</u></b><br><b><u>NORTH'</u></b><br><i>Sanctioned by NJ Swimming and Hosted by New Jersey Wave Swim Club.</i>   |
| <u>Meet Sanction #:</u>               | New Jersey Sanction #:NJS#031310SCA  |
| <u>Host Club:</u>                     | New Jersey Wave Swim Club  |
| <u>Date of Meet:</u>                  | Saturday, March 13 and Sunday, March 14, 2010  |
| <u>Participating New Jersey Clubs</u> | <b>TEAMS SWIMMING: NORTH SECTION:</b><br>BAC, BB, BMS, CAT, CBGC, CCC, FSPY, GBCY, HAC, JG, LHY, MAY, MCSC, MCY, MYM, NJBL, NJW, NPR, PIAC, PSC, RHSC, RY, STVN, SCY, TWST, WAVE, WEY, WFY.  |
| <u>Location:</u>                      | The pool is located at the Bergen Community College Recreation Center, in Paramus, New Jersey. The pool is a six (6) lane 25 yard pool with non-turbulent lane lines, with pedestal-style starting blocks, and Colorado Timing System. Bleacher seating is available; swimmer's bags and equipment are not permitted in the pool area and must be stored in designated swimmers marshalling rooms. The depth at the start end is 14' deep and the depth at the turn end is 3'8".   |
| <u>Meet Director:</u>                 | <b>Glenn Hilzen – Meet Director</b> (201) 612-0985 or <a href="mailto:gmebmg@optonline.net">gmebmg@optonline.net</a>   |
| <u>Meet Referee:</u>                  | <b>Daniel Bibb-Meet Referee/Officials Coordinator</b> <a href="mailto:danielbib@aol.com">danielbib@aol.com</a>   |
| <u>Meet Marshal:</u>                  | <b>Ken O'Reilly – Meet Marshal/Safety Coordinator</b> <a href="mailto:coachkeno@aol.com">coachkeno@aol.com</a>   |
| <u>Entry Coordinator:</u>             | <b>BE Smartt, Inc.,</b> 604 Paxson Avenue, Mercerville, NJ 08619<br><b>Phone:</b> Ellen 609-558-0988<br><b>Fax:</b> 609-587-7751 <b>E-Mail:</b> <a href="mailto:entries1@jumo.com">entries1@jumo.com</a> <ul style="list-style-type: none"> <li>• When e-mailing your entries, please put NJW2010 in the subject line.</li> <li>• Overnight or express delivery is recommended; however, <b><i>please sign the waiver</i></b> so that the package will be delivered even if no one is there to sign for it.</li> <li>• Call Besmarttinc at 1.609.558.0988</li> <li>• Best time to call after 8:00PM and weekends</li> </ul>  |
| <u>Entry Deadline:</u>                | <ul style="list-style-type: none"> <li>• Team entries will not be considered as <u>accepted</u> unless the waiver and entry fees have been received.</li> <li>• Entry Deadline Date: <b>WEDNESDAY, March 3, 2010</b></li> <li>• Mail Entries to: <b>BE Smartt, Inc.,</b> 604 Paxson Avenue, Mercerville, NJ 08619</li> <li>• When e-mailing your entries, please put NJW2010 in the subject line.</li> <li>• If you are not e-mailing your entries, then overnight or express mail is recommended, <b><i>but waive the signature.</i></b></li> <li>• It is not necessary to use overnight or express mail to send hard copy and check which are sent in support of an e-mailed entry.</li> </ul> |
| <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 would be:</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>      | <b>Swim Meet Website address:</b> <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> & <a href="http://njswim.org/">http://njswim.org/</a><br>Pre-Meet Information posted on website. <ul style="list-style-type: none"> <li>• Meet Information will be posted on the website.</li> <li>• Downloadable Hy-Tek Events list (HYV.file) will be posted on the website.</li> <li>• List Teams whose entries have been received.</li> <li>• List Updated meet schedule.</li> <li>• List Warm-up Schedule and Team Warm-up Assignments.</li> </ul>   |

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|------------------------------------|--|
|                                    | <ul style="list-style-type: none"> <li>List Timing assignments.</li> </ul> <p>Post-Meet Information posted on website.</p> <ul style="list-style-type: none"> <li>Downloadable Results (HY3.zip file)</li> <li>Downloadable Meet Back-up (Backup.zip File)</li> </ul>  |
| <u>Amending Entries Process</u>    | <p>Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The Entry Coordinator is Ellen Mace, e-mail: <a href="mailto:entries1@juno.com">entries1@juno.com</a> The process shall be as follows:</p> <ol style="list-style-type: none"> <li>The Host Team will enter each team as the entries are received.</li> <li>The entries for each team will be e-mailed to that team.</li> <li>Upon receipt of the entry list for their team, the coach will be expected to proof the entries for their team. The coach must respond to the email, either indicating that the entries are accepted as is or amending as explained below.</li> <li>After the entry deadline (March 3, 2010) has passed, should a swimmer be missing from the entry list or if a swimmer is missing from an event, then the coach can enter the swimmer through the following process: <ul style="list-style-type: none"> <li>The coach needs to make a list of the missing entry information: swimmer's name, USA-S number, event number and entry time.</li> <li>The list of the missing swimmers and their events are then to be e-mailed to the Host Team Entry Coordinator (e-mail:) no later than <a href="mailto:entries1@juno.com">entries1@juno.com</a> than 9:00 PM on the Wednesday (Mar. 10<sup>th</sup>) before the start of the meet. Please do not email a Hy-Tek file.</li> <li>The entry fee for all events entered in this manner will be \$10.00 per event and payable before the start of the meet. Should the entry fee not be paid, the swimmer(s) will not be permitted to swim in the amended events in the meet.</li> </ul> </li> </ol> |
| <u>Meet Requirement Statement:</u> | <ul style="list-style-type: none"> <li>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.</li> </ul>   |
| <u>Coaches Eligibility:</u>        | <ul style="list-style-type: none"> <li>All coaches "on the deck" must be members of USA Swimming. All coaches must have their current card visible. <ul style="list-style-type: none"> <li>Coaches must have a visible coaches card when entering hospitality area or when asking for food at concessions.</li> </ul> </li> </ul>  |
| <u>Swimmer Eligibility:</u>        | <p>This is a New Jersey Championship Meet. Only swimmers registered with New Jersey Swimming may enter any event that they have not achieved a New Jersey Swimming GOLD TIME. (See attached events and time standards). Age as of March 13, 2010 will apply for the whole meet. <u>No entries for swimmers other than 11 &amp; 12 year olds will be accepted for this meet!</u> Only 11-12 events will be run.</p> <ul style="list-style-type: none"> <li>If a swimmer is entered in the meet, and then achieves a Gold time in one or more of their entered events prior to the start of the meet, that swimmer must be removed from that event(s). They will be allowed to substitute another eligible event(s) if they have any or the entry fee will be refunded if a swimmer can not compete in substitute event.</li> <li>All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use a 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>Swimmers may enter as many events that they qualify for but must scratch down to the three events per day. Swimmers who enter more than three events and do not scratch down to the three event limit, then the first three events entered will be considered the entry limit.</li> <li>New Jersey Swimming only allows swimmers to compete in 3 individual events per day.</li> <li>Swimmers may compete in one (1) relay per day.</li> </ul>  |
| <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. When the seeding has been posted, swimmers will report to the blocks on their own.</li> </ul>  |

**MEET INFORMATION:** The meet will have four sessions each day: 11-12 Boys in am followed by a 11-12 Boys Distance Session and 11 & 12 Girls in pm followed by a 11-12 Girls Distance Session. **Exact starting time information will be e-mailed to the clubs after entry registration is completed.** This information will include 500 yd. Freestyle/400 Ind. Medley psyche sheet, meet time line, timing assignments, warm-up procedures, relays, and the appropriate starting and warm-up times.

**SCHEDULE:** There will be four sessions each day. Expected start times are indicated below; exact session times will be determined based on the meet entries and will be posted to [www.besmarttinc.com](http://www.besmarttinc.com), and sent to participating teams via email.

| Saturday, March 13 |                      | Warm-up           | Start       |
|--------------------|----------------------|-------------------|-------------|
| Session 1          | 11-12 Boys           | 7:00 a.m.         | 8:05 a.m.   |
| Session 2          | 11-12 Boys 400 I.M.  | End of Session #1 | 10 minutes* |
| Session 3          | 11-12 Girls          | End of Session #2 | 65 minutes* |
| Session 4          | 11-12 Girls 400 I.M. | End of Session #3 | 10 minutes* |
| Sunday, March 14   |                      | Warm-up           | Start       |
| Session 5          | 11-12 Boys           | 7:00 a.m.         | 8:05 a.m.   |
| Session 6          | 11-12 Boys 500 Free  | End of Session #5 | 10 minutes* |
| Session 7          | 11-12 Girls          | End of Session #6 | 65 minutes* |
| Session 8          | 11-12 Girls 500 Free | End of Session #7 | 10 minutes* |

**\* NOTE: Clubs will be notified as to exact starting times. There will be a 60 minute warm-up for each non-distance session.**

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| <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 must enter the pool from the starting end of the pool.</li> <li>• Meet marshal will monitor all warm-ups and safety issues.</li> <li>• All general warm-up lanes will swim in a counterclockwise direction.</li> </ul>   |
| <u>Entry Times:</u>         | All seed times must be <b>SLOWER</b> than the New Jersey Gold Time Standards. <b>Entries with "NO TIMES" will not be accepted!</b> Meet Committee will be selected to handle protests including false entry times. All entry times must be in short course yards.  |
| <u>Check-In:</u>            | <b>Coaches must check in All SWIMMERS.</b> Check-in sheets will be in the coach's packet. The coaches can pick up coach's packets after showing their coaching credentials. Check-in will close 30 minutes before the start of each session. There will be no exception to this policy. Swimmers not checked in by the coaches will be scratched. Swimmers checked in who fail to appear for an event without good cause may be scratched from the remainder of the meet. If a swimmer is inadvertently scratched by the coach and is in attendance, reasonable efforts will be made to enter that swimmer into the competition. |
| <u>Starts:</u>              | 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.  |
| <u>Distance Events:</u>     | <ul style="list-style-type: none"> <li>• The 500 yd. Freestyle and 400 yd. Ind. Medley events will be run fastest to slowest.</li> <li>• Swimmer must have their own timer and person to count in the 500 Free and their own timer for the 400 IM.</li> </ul>  |
| <u>Heat Limited Events:</u> | The 500 yd. Freestyle and 400 yd. Ind. Medley may be limited for meet management. If there is a need to limit the 500 yd. Freestyle and the 400 yd. Ind. Medley, swimmers below the cut will be given a chance to enter another event on that day! Refunds will be given to any swimmer that is not allowed to swim these events and who does not swim in a substitute event.  |
| <u>Relays:</u>              | <b>Only swimmers that DO NOT have 'GOLD' times in that stroke and distance can swim on relays. Any swimmer found to have a gold time in that stroke and distance prior to the meet will be removed from the event, the team will be disqualified and the</b>   |

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|                                    | <p><b>information will be turned over to New Jersey Swimming. (See NJS Verification Form for explanation</b></p> <ul style="list-style-type: none"> <li>• All relays MUST HAVE THE CORRECT FOUR NAMES LISTED AND THE CORRECT order for that relay to be eligible.</li> <li>• Coaches must turn in relay cards prior to that relay swimming listing correct swimmers names and correct order.</li> <li>• Relays will be pre-seeded and teams will report to the block.</li> <li>• The Meet Referee and/or the meet jury will handle any protest of relay swimmers during the meet. New Jersey Swimming will handle any protest of relay swimmers after the meet. (See NJ Swimming verification form.)</li> </ul>   |
| <u>Scoring:</u>                    | Team Scoring will not be kept.  |
| <u>Awards:</u>                     | <ul style="list-style-type: none"> <li>• Medals will be awarded for the top 3 relays in each relay event.</li> <li>• Medals will be awarded for the top 6 swimmers in the Silver Times of an individual event.</li> <li>• Medals will be awarded for the top 6 swimmers in the Bronze Times of an individual event.</li> <li>• A swimmer seeded with a Bronze Time can not receive an award if a 'GOLD' time is achieved.</li> </ul>  |
| <u>Entry Fees:</u>                 | In accordance with New Jersey Swimming rules, entry fees are \$4.00 for each individual event and \$8.00 for relays. Entry fees must accompany official entries. <u>Make checks payable to: New Jersey Wave.</u> After the entry deadline, there will be a \$6 charge for any already paid for deck entries/changes. There will be a \$10 charge for any additional deck entries. (covers NJ fee of \$10 for a late entry!)   |
| <u>Admissions and Programs:</u>    | There will be a \$6.00 per session admission fee. Program for the entire meet will cost \$12.00.  |
| <u>Entries:</u>                    | <ul style="list-style-type: none"> <li>• In accordance with NJS policy, team entries may be submitted by E-mail to: <a href="mailto:entries1@juno.com">entries1@juno.com</a> (When e-mailing your entries, please put NJW2010 in the subject line.)</li> <li>• All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail. Note: Teams should also send a <b>HARD COPY OF THEIR ENTRIES.</b></li> <li>• The meet entry coordinator will respond to e-mail 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 mailed entry.</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> <p><b><u>MAIL ENTRIES:</u></b> Ellen Mace, 604 Paxson Avenue, Mercerville, New Jersey 08619.<br/> <b><u>Express type mail is encouraged! Make sure to sign the waiver so that the package will be delivered even if no one is available for signature. NO FAX OR PHONE ENTRIES.</u></b></p> |
| <u>Results:</u>                    | <ul style="list-style-type: none"> <li>• All Teams will be asked on the meet Summary whether they want results mailed or e-mailed.</li> <li>• Results can be found at <a href="http://www.besmartinc.com">www.besmartinc.com</a></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 and posted on the website: <a href="http://www.besmartinc.com">www.besmartinc.com</a> no later than 72 hours 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 and posted on the website: <a href="http://www.besmartinc.com">www.besmartinc.com</a> no later than 72</li> </ul>  |

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|  | hours before the meet.  |  |  |  |   |
| <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 and posted on the swim meet website: <a href="http://www.besmartinc.com">www.besmartinc.com</a> 72-hours 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>  | Snacks, water, and soft drinks will be available.   |  |  |  |   |
| <u>Vendor:</u>   | Swim New Jersey Swim Shop: 1310 HWY 71 Belmar, NJ 07719<br>732-280-8804 web: <a href="http://www.swimnewjersey.com">www.swimnewjersey.com</a>   |  |  |  |   |
| <u>Hotels</u>  | <table border="0"> <tr> <td> <b>Crown Plaza Hotel</b><br/> 601 From Road<br/> Paramus, NJ 07652<br/> (201) 262-4955 </td> <td> <b>Holiday Inn of Paramus</b><br/> 50 N. State Route 17<br/> Paramus, NJ 07652<br/> (201) 843-5400 </td> </tr> <tr> <td> <b>Comfort Inn &amp; Suites</b><br/> 211 Route 17 South<br/> Paramus, NJ 07652<br/> (201) 261-8686 </td> <td> <b>Hyatt Place Fairlawn/Paramus</b><br/> 41-01 Broadway (Route 208 North)<br/> Fairlawn, NJ 07410<br/> (201) 475-3888 </td> </tr> </table>  | <b>Crown Plaza Hotel</b><br>601 From Road<br>Paramus, NJ 07652<br>(201) 262-4955 | <b>Holiday Inn of Paramus</b><br>50 N. State Route 17<br>Paramus, NJ 07652<br>(201) 843-5400 | <b>Comfort Inn &amp; Suites</b><br>211 Route 17 South<br>Paramus, NJ 07652<br>(201) 261-8686 | <b>Hyatt Place Fairlawn/Paramus</b><br>41-01 Broadway (Route 208 North)<br>Fairlawn, NJ 07410<br>(201) 475-3888 |
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| <u>Directions To Bergen Community College:</u>   | <p>Bergen Community College is located in Paramus, New Jersey; with entrances on Paramus Road, and Midland Avenue.</p> <p>Garden State Parkway North to exit 163 (RT. 17 North) Go 0.5 miles on Rt. 17 to Midland Avenue exit – Glen Rock, continue right and proceed on overpass (over Rt. 17) to traffic light. Continue straight 1.3 miles until traffic light at Paramus Road. Make left onto Paramus Road and continue for 1.0 miles pass first traffic light. Take jug-handle <u>prior</u> to 2<sup>nd</sup>. traffic light and bear right as you proceed into Bergen Community College. Use Parking lots “B”, “C”, or “D”. Pool is located up path past security station in the building to the left of the tennis courts.</p> |  |  |  |   |

**NEW JERSEY SWIMMING**  
**11-12 SILVER & BRONZE CHAMPIONSHIPS – North**  
**SATURDAY, MARCH 13, 2010 ORDER OF EVENTS**

**SESSION #1 - 11-12 Boys:**

**Warm –Up:** 7:00 a.m. (Split Warm-up: Two 25 minute warm-ups divided by teams/ followed by the last 10 minutes = 6 one way sprint lanes for all teams.

**Meet Starts:** 8:05 a.m.

| Boys<br>Evt. # | Age Group<br>Event           | Silver Time Stand.:<br>Slower Than Gold: | Bronze Time Stand.:<br>Slower Than Silver: |
|----------------|------------------------------|--|--|
| #1             | 11-12 - 200 yd. Medley Relay | N/A                                      | N/A  |
| #2             | 11-12 - 100 yd. Ind. Medley  | 1:11.59                                  | 1:20.29                                    |
| #3             | 11-12 - 200 yd. Freestyle    | 2:16.79                                  | 2:31.79                                    |
| #4             | 11-12 - 50 yd. Breaststroke  | :37.89                                   | :41.99                                     |
| #5             | 11-12 - 200 yd. Butterfly    | 2:46.99                                  | 2:59.99                                    |
| #6             | 11-12 - 100 yd. Backstroke   | 1:12.39                                  | 1:21.89                                    |
| #7             | 11-12 – 200 yd. Breaststroke | 3:02.09                                  | 3:17.99                                    |
| #8             | 11-12 - 50 yd. Butterfly     | :32.49                                   | :35.49                                     |

**SESSION #2 - 11-12 Boys 400 yd. Ind. Medley:**

**Warm –Up:** TBA (at the conclusion of session #5 – 10 minute warm-up)

| Boys<br>Evt. # | Age Group<br>Event          | Silver Time Stand.:<br>Slower Than Gold: | Bronze Time Stand.:<br>Slower Than Silver: |
|----------------|-----------------------------|--|--|
| #9             | 11-12 - 400 yd. Ind. Medley | 5:45.49                                  | 6:06.19                                    |

**SESSION #3 - 11-12 Girls:**

**Warm –Up:** TBA (Split Warm-up: Two 25 minute warm-ups divided by teams/ followed by the last 10 minutes = 6 one way sprint lanes for all teams.

**Meet Starts:** 65 Minutes after start of Warm-ups

| Girls<br>Evt. # | Age Group<br>Event           | Silver Time Stand.:<br>Slower Than Gold: | Bronze Time Stand.:<br>Slower Than Silver: |
|-----------------|------------------------------|--|--|
| #10             | 11-12 - 200 yd. Medley Relay | N/A                                      | N/A  |
| #11             | 11-12 - 100 yd. Ind. Medley  | 1:10.39                                  | 1:20.29                                    |
| #12             | 11-12 - 200 yd. Freestyle    | 2:15.09                                  | 2:31.79                                    |
| #13             | 11-12 - 50 yd. Breaststroke  | :37.39                                   | :41.99                                     |
| #14             | 11-12 - 200 yd. Butterfly    | 2:46.99                                  | 2:59.99                                    |
| #15             | 11-12 - 100 yd. Backstroke   | 1:10.69                                  | 1:21.89                                    |
| #16             | 11-12 – 200 yd. Breaststroke | 2:57.19                                  | 3:17.99                                    |
| #17             | 11-12 - 50 yd. Butterfly     | :31.49                                   | :35.49                                     |

**SESSION #4 - 11-12 Girls 400 yd. Ind. Medley:**

**Warm –Up:** TBA (at the conclusion of session #7 – 10 minute warm-up)

| Girls<br>Evt. # | Age Group<br>Event          | Silver Time Stand.:<br>Slower Than Gold: | Bronze Time Stand.:<br>Slower Than Silver: |
|-----------------|-----------------------------|--|--|
| #18             | 11-12 - 400 yd. Ind. Medley | 5:42.29                                  | 6:06.19                                    |

**NEW JERSEY SWIMMING**  
**11-12 SILVER & BRONZE CHAMPIONSHIPS – North**  
**SUNDAY, MARCH 14, 2010 ORDER OF EVENTS**

**SESSION #5 - 11-12 Boys:**

**Warm –Up:** 7:00 a.m. (Split Warm-up: Two 25 minute warm-ups divided by teams/ followed by the last 10 minutes = 6 one way sprint lanes for all teams.

**Meet Starts:** 8:05 a.m.

| Boys<br>Evt. # | Age Group<br>Event              | Silver Time Stand.:<br>Slower Than Gold: | Bronze Time Stand.:<br>Slower Than Silver: |
|----------------|---------------------------------|--|--|
| #19            | 11-12 - 200 yd. Freestyle Relay | N/A                                      | N/A  |
| #20            | 11-12 - 100 yd. Freestyle       | 1:02.49                                  | 1:08.29                                    |
| #21            | 11-12 - 50 yd. Backstroke       | :33.79                                   | :37.09                                     |
| #22            | 11-12 - 100 yd. Butterfly       | 1:14.09                                  | 1:21.99                                    |
| #23            | 11-12 - 100 yd. Breaststroke    | 1:22.49                                  | 1:29.89                                    |
| #24            | 11-12 - 50 yd. Freestyle        | :28.39                                   | :31.39                                     |
| #25            | 11-12 – 200 yd. Backstroke      | 2:38.99                                  | 2:53.99                                    |
| #26            | 11-12 - 200 yd. Ind. Medley     | 2:35.89                                  | 2:51.79                                    |

**SESSION #6 - 11-12 Boys 500 yd. Freestyle:**

**Warm –Up:** TBA (at the conclusion of session #1 – 10 minute warm-up)

| Boys<br>Evt. # | Age Group<br>Event        | Silver Time Stand.:<br>Slower Than Gold: | Bronze Time Stand.:<br>Slower Than Silver: |
|----------------|---------------------------|--|--|
| #27            | 11-12 - 500 yd. Freestyle | 6:09.29                                  | 6:40.99                                    |

**SESSION #7 - 11-12 Girls:**

**Warm –Up:** TBA (Split Warm-up: Two 25 minute warm-ups divided by teams/ followed by the last 10 minutes = 6 one way sprint lanes for all teams.

**Meet Starts:** 65 Minutes after start of Warm-ups.

| Girls<br>Evt. # | Age Group<br>Event              | Silver Time Stand.:<br>Slower Than Gold: | Bronze Time Stand.:<br>Slower Than Silver: |
|-----------------|---------------------------------|--|--|
| #28             | 11-12 - 200 yd. Freestyle Relay | N/A                                      | N/A  |
| #29             | 11-12 - 100 yd. Freestyle       | 1:01.69                                  | 1:08.29                                    |
| #30             | 11-12 - 50 yd. Backstroke       | :32.79                                   | :37.09                                     |
| #31             | 11-12 - 100 yd. Butterfly       | 1:12.79                                  | 1:21.99                                    |
| #32             | 11-12 - 100 yd. Breaststroke    | 1:21.49                                  | 1:29.89                                    |
| #33             | 11-12 - 50 yd. Freestyle        | :28.29                                   | :31.39                                     |
| #34             | 11-12 – 200 yd. Backstroke      | 2:35.09                                  | 2:53.99                                    |
| #35             | 11-12 - 200 yd. Ind. Medley     | 2:34.09                                  | 2:51.79                                    |

**SESSION #8 - 11-12 Girls 500 yd. Freestyle:**

**Warm –Up:** TBA (at the conclusion of session #3 – 10 minute warm-up)

| Girls<br>Evt. # | Age Group<br>Event        | Silver Time Stand.:<br>Slower Than Gold: | Bronze Time Stand.:<br>Slower Than Silver: |
|-----------------|---------------------------|--|--|
| #36             | 11-12 - 500 yd. Freestyle | 6:06.29                                  | 6:40.99                                    |
|                 |                           |  |  |

**NEW JERSEY SWIMMING**  
**'11-12 SILVER & BRONZE CHAMPIONSHIPS – North'**  
**March 13 and 14, 2010**

**ENTRY SUMMARY**

**TEAM:** \_\_\_\_\_ **USA CLUB CODE:** \_\_\_\_\_

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

**CLUB MAILING ADDRESS:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**ENTRY CONTACT PERSON:** \_\_\_\_\_

Phone No. \_\_\_\_\_ Fax No. \_\_\_\_\_ E-Mail \_\_\_\_\_

**TIMERS/OFFICIALS CONTACT PERSON:** \_\_\_\_\_

Phone No. \_\_\_\_\_ Fax No. \_\_\_\_\_ E-Mail \_\_\_\_\_

**ENTRY FEE SUMMARY:**

Number of Individual Entries: \_\_\_\_\_ X \$4.00 = \$ \_\_\_\_\_

Number of Relay Entries: \_\_\_\_\_ X \$8.00 = \$ \_\_\_\_\_

TOTAL ENTRY FEES = \$ \_\_\_\_\_

**Please make checks payable to: New Jersey Wave.**

**WAIVER**

In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/our heirs, administrators and assignors, waive and release any and all claims against USA SWIMMING, Bergen Community College, BE SMARTT, Inc., and New Jersey Wave and their staff 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 an/are bona-fide amateur athlete(s), USA SWIMMING registered and eligible to compete in all of the events I/we have entered.

**Signature:** \_\_\_\_\_  
(Club Official, Coach, and/or Parent or Guardian)

**Date:** \_\_\_\_\_

# New Jersey Swimming Inc.

## Meet Verification Form

Club Name \_\_\_\_\_ Club Code \_\_\_\_\_

Coach's Name \_\_\_\_\_ Phone # \_\_\_\_\_

E-mail Address \_\_\_\_\_

Postal Address \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



**NEW JERSEY  
SWIMMING**

I hereby certify that all swimmers and coaches listed on the entry or hard copy with disk entries, for the **2010 Silver/Bronze Championship Meet** to be held on **March 13 & 14, 2010** are registered members of New Jersey Swimming/ United States Swimming. **I realize that any swimmer found to have a gold time in that stroke and distance in a relay prior to or at the meet will be removed from the event, the relay team will be disqualified and the information will be turned over to New Jersey 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 UN-ATTACHED SWIMMERS HERE**

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

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

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