

Holiday Classic XXXVI

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

Meet Sanction Info:	NJ swimming Sanction # – NJS-PF-121523SCYA Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.		
Date of Meet:	Friday December 15th to Sunday December 17th, 2023		
Facility Information:	<u>Sonny Werblin Recreation Center, Rutgers University</u> <i>(Link to Address, Directions, & Facility Information)</i>		
Host Team Contact:	Michael Randazzo	908-448-8476	EasternExpressSwimTeam@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Gary Thayer		gght466@gmail.com
Admin Officials:	Be Smartt		besmarttinc@gmail.com
Safety Marshall:	Kevin Dobson Shannon Nelson		EasternExpressSwimTeam@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Friday November 3rd , 2023, at 6:00am		
Entry Deadline:	Wednesday December 6th, 2023, at 6:00pm		
Swimmer Age	Swimmer ages for this meet are as of: December 15th, 2023		
Entry Fees:	Individual Entry:	\$12.00	Relays: \$18.00
	1000/1650 Freestyle Entry:	\$15.00	
	There will be a swimmer surcharge of \$15 per day.		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none">• There will be 12 & Under, 13-14, 15 & Over, and Open events offered.• This meet will have prelims/finals events morning and evening, with timed final events in the afternoon. There will be 2 heats at finals for 13-14 events and 3 heats for Open events.• The scoring 13-14 500 freestyle & 400 IM are timed finals events and will swim in the morning preliminaries sessions, except for the fastest heat which will swim at finals.• There are minimum “faster than” times for all events. Times must have been achieved since January 1st, 2022. Proof of time is required for the prelims/finals and the 1000/1650 freestyle events. (Hy-Tek/Team Unify proof of time reports suffice for this purpose)• The 1000 and the Open 1650 freestyle events are timed finals, with slower heats swimming midday and the fastest heat swimming with finals.• Swimmers may compete in either the prelims/finals events or the timed finals events each day. Swimmers may choose to swim in different sessions each day.• All swimmers may compete in the 1000 and 1650 freestyle events provided they meet the qualifying standards.• All swimmers may compete in relay events.• 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 (<i>prelims</i>) 4 Individual events (<i>timed finals</i>) 2 Relays		Meet: 12 Individual Events 6 Relays
	Teams are limited to three relays (A, B, C) per event.		

Checks Payable To:	Express Sports Inc
Email Entry Files To:	besmarttinc@gmail.com
Checks/Waivers:	Bring to the first session of the meet where the team is competing.

Tentative Meet Schedule

***This schedule is tentative pending receipt of entries.
Depending on the entries, sessions may be combined or split.
The complete schedule with session warm-up and start times will be established when
all entries have been received and a timeline developed.
The schedule will be published on the meet website, the meet section section of the NJS website,
and e-mailed to the coaches of participating teams.***

Friday		
Session 1	Morning	Preliminaries
Session 2	Midday	500 Freestyle
Session 3	Afternoon	Timed Finals
Session 4	Evening	Finals
Saturday		
Session 5	Morning	Preliminaries
Session 6	Late Morning	400 IM
Session 7	Midday	1000 Freestyle
Session 8	Afternoon	Timed Finals
Session 9	Evening	Finals
Sunday		
Session 10	Morning	Preliminaries
Session 11	Midday	1650 Freestyle
Session 12	Afternoon	Timed Finals
Session 13	Evening	Finals

Scoring:	<ul style="list-style-type: none"> Team scoring will be kept. 16 place scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays. Only the 12 & Under events in the afternoon timed finals sessions will score.
Awards:	<ul style="list-style-type: none"> Medals will be awarded to the fastest 3 swimmers in each individual scoring event. Ribbons will be awarded to swimmers in 4th through 8th place in each individual scoring event. Medals will be awarded to the 1st place team and ribbons to the teams placing 2nd and 3rd in each scoring relay event. Non-scoring events in the afternoon timed finals sessions will not receive awards.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet during preliminary and timed finals sessions.
Admissions & Programs:	<ul style="list-style-type: none"> Rutgers will be selling a limited number of tickets on a session by session basis for the meet. Ticket sales information will be published at besmarttinc.com two weeks before the meet start. Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Concessions:	<ul style="list-style-type: none"> Rutgers will be selling a snacks and drinks.

Vendor:	<ul style="list-style-type: none"> Metro Swim Shop will be in attendance.
No Show Policy:	<ul style="list-style-type: none"> No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer's maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.
Scratch Rule:	<ul style="list-style-type: none"> This 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 207.11.6.3 and then fails to swim the event at finals will be barred from further competition in the meet. In addition, the club of a swimmer who qualifies for finals, bonus or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in according to the above procedures may be fined \$150 for each occurrence. (This section supersedes the "scratch rule" section in the general NJS Information and Policies for Sanctioned Meets)
Distance Events (1000 & 1650)	<ul style="list-style-type: none"> The 1000 and 1650 freestyle events are timed finals. The slower heats of the 1000 and 1650 freestyles will be swum fastest to slowest as a separate session after the AM prelims on Saturday and Sunday. The fastest heats (top 8 swimmers) of the 1000 and 1650 will compete during the evening finals session. Heats of Women & Men may be combined to conserve time and space. Swimmers must provide their own timers and counters. Proof of time is required for entry into these events. 14 & Under Distance Standards: There are different qualifying standards for all athletes 14 & under. These events will be contested and scored as an Open event – no 14 & Under Finals Heat or separate awards.
500 Freestyle/400 IM Events in Friday/Saturday Prelims sessions	<ul style="list-style-type: none"> The 13-14 Events will be Timed Finals, with the fastest 8 swimmers competing at Evening Finals. All other heats will be swum after the main preliminaries session. The Open 500 Free and 400 IM are Prelims/Finals Events, with prelim heats swimming fast-to-slow. The swimming order in the prelims session will be the two fastest 13-14 heats not in finals, followed by Heats 1 & 2 of the Open event (the 2 Circle-Seeded heats), then alternating single heats of 13-14 and Open events fast-to-slow. The slowest heats may be combined.
50-yard events in afternoon timed finals sessions	<ul style="list-style-type: none"> Swimmers entering the 50-yard events in the afternoon timed finals session may qualify by: <ul style="list-style-type: none"> Qualifying for another event in the session, Having a meet qualifying time in the 100 or 200 of the stroke, or Having a qualifying time for the 50-yard event itself.
Bonus Events:	<ul style="list-style-type: none"> Any swimmer qualifying for at least one morning preliminary event may enter up two two bonus preliminary events of 200 yards or less throughout the meet.
Heat-Limited Events	<ul style="list-style-type: none"> Once all entries have been received and processed, the entry coordinator will determine whether it will be necessary to heat-limit any distance event (400 IM, and 500 and longer freestyle events). Psych sheets will be posted on all the meet websites no later than the Monday prior to the start of the meet. Every effort will be made to allow as many athletes to compete in these events as possible. Additional swimmers will be added if there are scratches in the event and/or there is extra space on the timeline. Refunds will be processed after the meet only for swimmers not given the opportunity to participate in the event, not for those following normal scratch procedures. Approximately one week before the meet, all coaches with swimmers in an oversubscribed distance event will be e-mailed and asked to declare any scratches that they know of in advance.

Event List – Prelim/Finals & Distance Events

There are two event files for this meet as there are different time standards for the afternoon timed-finals events. A full list of events by session with qualifying times is [here](#). The distance events are included in both files for convenience; the time standards are the same and either may be used for entries.

Session	Event #	Event				Equal/Faster
4	201	Mixed		200	Medley Relay	
2	203	Women	13-14	500	Free	5:31.99
2	204	Men	13-14	500	Free	5:16.99
2	205	Women		500	Free	5:16.99
2	206	Men		500	Free	4:55.99
1	207	Women	13-14	50	Free	26.39
1	208	Men	13-14	50	Free	24.79
1	209	Women		50	Free	24.99
1	210	Men		50	Free	22.79
1	211	Women	13-14	200	Fly	2:21.99
1	212	Men	13-14	200	Fly	2:13.99
1	213	Women		200	Fly	2:14.99
1	214	Men		200	Fly	2:04.99
1	215	Women	13-14	100	Back	1:04.99
1	216	Men	13-14	100	Back	1:00.99
1	217	Women		100	Back	1:01.49
1	218	Men		100	Back	55.99
1	219	Women	13-14	200	Breast	2:40.99
1	220	Men	13-14	200	Breast	2:32.99
1	221	Women		200	Breast	2:31.99
1	222	Men		200	Breast	2:18.99
4	223	Women	13-14	400	Free Relay	
4	224	Men	13-14	400	Free Relay	
4	225	Women		400	Free Relay	
4	226	Men		400	Free Relay	
9	401	Women		200	Medley Relay	
9	402	Men		200	Medley Relay	
7	403A	Women	14 & U	1000	Free	11:14.99
7	403B	Women	15 & O	1000	Free	10:59.99
7	404A	Men	14 & U	1000	Free	10:39.99
7	404B	Men	15 & O	1000	Free	10:19.99
5	405	Women	13-14	100	Breast	1:14.99
5	406	Men	13-14	100	Breast	1:10.99
5	407	Women		100	Breast	1:10.49
5	408	Men		100	Breast	1:03.49
5	409	Women	13-14	200	Free	2:06.99
5	410	Men	13-14	200	Free	1:58.99
5	411	Women		200	Free	1:58.99
5	412	Men		200	Free	1:48.99
5	413	Women	13-14	100	Fly	1:03.99
5	414	Men	13-14	100	Fly	59.99
5	415	Women		100	Fly	1:00.99

Session	Event #	Event				Equal/Faster
5	416	Men		100	Fly	55.49
6	417	Women	13-14	400	IM	4:59.99
6	418	Men	13-14	400	IM	4:43.99
6	419	Women		400	IM	4:45.99
6	420	Men		400	IM	4:24.99
9	421	Women		800	Free Relay	
9	422	Men		800	Free Relay	
13	601	Women		200	Free Relay	
13	602	Men		200	Free Relay	
11	603A	Women	14 & U	1650	Free	18:59.99
11	603B	Women	15 & O	1650	Free	18:29.99
10	605	Women	13-14	200	Back	2:19.99
10	606	Men	13-14	200	Back	2:11.99
10	607	Women		200	Back	2:12.99
10	608	Men		200	Back	2:01.99
10	609	Women	13-14	100	Free	57.99
10	610	Men	13-14	100	Free	54.49
10	611	Women		100	Free	54.49
10	612	Men		100	Free	49.49
11	614A	Men	14 & U	1650	Free	18:19.99
11	614B	Men	15 & O	1650	Free	17:19.99
10	615	Women	13-14	200	IM	2:21.99
10	616	Men	13-14	200	IM	2:13.99
10	617	Women		200	IM	2:13.99
10	618	Men		200	IM	2:02.99
13	619	Women	13-14	400	Medley Relay	
13	620	Men	13-14	400	Medley Relay	
13	621	Women		400	Medley Relay	
13	622	Men		400	Medley Relay	

Event List – Distance & Timed Finals

There are two event files for this meet as there are different time standards for the afternoon timed-finals events. A full list of events by session with qualifying times is [here](#). The distance events are included in both files for convenience; the time standards are the same and either may be used for entries.

Session	Event #	Event				Equal/Faster
3	101	Women	12 & U	200	Free Relay	
3	102	Men	12 & U	200	Free Relay	
3	103	Women	13 & O	200	Free Relay	
3	104	Men	13 & O	200	Free Relay	
3	105	Women	12 & U	500	Free	6:06.99
3	106	Men	12 & U	500	Free	6:06.99
3	107	Women	13-14	500	Free	5:51.99
3	108	Men	13-14	500	Free	5:36.99
3	109	Women	15 & O	500	Free	5:36.99
3	110	Men	15 & O	500	Free	5:15.99
3	111	Women	12 & U	50	Free	29.69
3	112	Men	12 & U	50	Free	29.69
3	113	Women	13-14	50	Free	28.39
3	114	Men	13-14	50	Free	26.79
3	115	Women	15 & O	50	Free	26.99
3	116	Men	15 & O	50	Free	24.79
3	117	Women	12 & U	200	Fly	2:35.99
3	118	Men	12 & U	200	Fly	2:35.99
3	119	Women	13-14	200	Fly	2:29.99
3	120	Men	13-14	200	Fly	2:21.99
3	121	Women	15 & O	200	Fly	2:22.99
3	122	Men	15 & O	200	Fly	2:12.99
3	123	Women	12 & U	100	Back	1:14.99
3	124	Men	12 & U	100	Back	1:14.99
3	125	Women	13-14	100	Back	1:08.99
3	126	Men	13-14	100	Back	1:04.99
3	127	Women	15 & O	100	Back	1:05.49
3	128	Men	15 & O	100	Back	59.99
3	129	Women	12 & U	200	Breast	2:59.99
3	130	Men	12 & U	200	Breast	2:59.99
3	131	Women	13-14	200	Breast	2:48.99
3	132	Men	13-14	200	Breast	2:40.99
3	133	Women	15 & O	200	Breast	2:39.99
3	134	Men	15 & O	200	Breast	2:26.99
3	135	Women	12 & U	100	IM	1:13.99
3	136	Men	12 & U	100	IM	1:13.99
3	137	Women	13-14	100	IM	1:09.99
3	138	Men	13-14	100	IM	1:06.99

Session	Event #	Event				Equal/Faster
3	139	Women	15 & O	100	IM	1:07.99
3	140	Men	15 & O	100	IM	1:02.99
8	301	Women	12 & U	200	Medley Relay	
8	302	Men	12 & U	200	Medley Relay	
8	303	Women	13 & O	200	Medley Relay	
8	304	Men	13 & O	200	Medley Relay	
8	305	Women	12 & U	100	Breast	1:24.99
8	306	Men	12 & U	100	Breast	1:24.99
8	307	Women	13-14	100	Breast	1:18.99
8	308	Men	13-14	100	Breast	1:14.99
8	309	Women	15 & O	100	Breast	1:14.49
8	310	Men	15 & O	100	Breast	1:07.49
8	311	Women	12 & U	200	Free	2:18.99
8	312	Men	12 & U	200	Free	2:18.99
8	313	Women	13-14	200	Free	2:14.99
8	314	Men	13-14	200	Free	2:06.99
8	315	Women	15 & O	200	Free	2:06.99
8	316	Men	15 & O	200	Free	1:56.99
8	317	Women	12 & U	50	Back	34.99
8	318	Men	12 & U	50	Back	34.99
8	319	Women	13-14	50	Back	31.99
8	320	Men	13-14	50	Back	29.99
8	321	Women	15 & O	50	Back	30.99
8	322	Men	15 & O	50	Back	27.99
8	323	Women	12 & U	100	Fly	1:14.99
8	324	Men	12 & U	100	Fly	1:14.99
8	325	Women	13-14	100	Fly	1:07.99
8	326	Men	13-14	100	Fly	1:03.99
8	327	Women	15 & O	100	Fly	1:04.99
8	328	Men	15 & O	100	Fly	59.49
8	329	Women	12 & U	400	IM	5:25.99
8	330	Men	12 & U	400	IM	5:25.99
8	331	Women	13-14	400	IM	5:15.99
8	332	Men	13-14	400	IM	4:59.99
8	333	Women	15 & O	400	IM	5:01.99
8	334	Men	15 & O	400	IM	4:40.99
7	403A	Women	14 & U	1000	Free	11:14.99
7	403B	Women	15 & O	1000	Free	10:59.99
7	404A	Men	14 & U	1000	Free	10:39.99
7	404B	Men	15 & O	1000	Free	10:19.99
12	501	Mixed	12 & U	200	Medley Relay	
12	502	Mixed	13 & O	200	Medley Relay	
12	503	Women	12 & U	200	Back	2:31.99

Session	Event #	Event				Equal/Faster
12	504	Men	12 & U	200	Back	2:31.99
12	505	Women	13-14	200	Back	2:27.99
12	506	Men	13-14	200	Back	2:19.99
12	507	Women	15 & O	200	Back	2:20.99
12	508	Men	15 & O	200	Back	2:09.99
12	509	Women	12 & U	50	Breast	38.99
12	510	Men	12 & U	50	Breast	38.99
12	511	Women	13-14	50	Breast	35.99
12	512	Men	13-14	50	Breast	32.99
12	513	Women	15 & O	50	Breast	34.99
12	514	Men	15 & O	50	Breast	30.99
12	515	Women	12 & U	100	Free	1:04.99
12	516	Men	12 & U	100	Free	1:04.99
12	517	Women	13-14	100	Free	1:01.99
12	518	Men	13-14	100	Free	58.49
12	519	Women	15 & O	100	Free	58.99
12	520	Men	15 & O	100	Free	53.99
12	521	Women	12 & U	50	Fly	33.99
12	522	Men	12 & U	50	Fly	33.99
12	523	Women	13-14	50	Fly	30.99
12	524	Men	13-14	50	Fly	28.99
12	525	Women	15 & O	50	Fly	29.99
12	526	Men	15 & O	50	Fly	26.99
12	527	Women	12 & U	200	IM	2:34.99
12	528	Men	12 & U	200	IM	2:34.99
12	529	Women	13-14	200	IM	2:29.99
12	530	Men	13-14	200	IM	2:21.99
12	531	Women	15 & O	200	IM	2:21.99
12	532	Men	15 & O	200	IM	2:10.99
11	603A	Women	14 & U	1650	Free	18:59.99
11	603B	Women	15 & O	1650	Free	18:29.99
11	614A	Men	14 & U	1650	Free	18:19.99
11	614B	Men	15 & O	1650	Free	17:19.99

NJS Information and Policies for USA Sanctioned Meets	
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.
Spectator Considerations:	<ul style="list-style-type: none"> • As per USA Swimming Safe Sport Protocols, Parents or legal guardians will have access to their child and an opportunity to observe their child if the facility protocols allow for spectators.
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. • Team entries will be considered accepted when the host club accepts the entries. • Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. • Special Notice: Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. 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. • Unless otherwise specified in the earlier Meet Course section, entry times should be for the course that the meet is going to be swum, with converted times being permitted.
Relays:	<ul style="list-style-type: none"> • Relay scratches should be turned in at the required time noted by the meet director. • Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.
Swimmer Eligibility:	<ul style="list-style-type: none"> • 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 60 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form. • All swimmers 18 & Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.
Check-In:	<ul style="list-style-type: none"> • All check-in sheets must be turned into the scoring table before the start of each session. Check-in times will be noted on the check in sheets. 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.
Adaptive Provisions:	<p>USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Meet Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).</p>

Host Club Responsibilities:	<ul style="list-style-type: none"> • The host club will help provide timers for the meet. • 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 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 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.
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 2.0). • 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 2.0). • 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 to receive credit for the session.
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 and Safety Marshalls will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction.
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, behind the starting blocks, or locker rooms.
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 2.0)	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 2.0"), and that they understand that compliance with the MAAPP 2.0 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 a swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.</p>