



2024 TYR LC Winter Invitational

(Closed Sanctioned Meet)

Hosted by Scarlet Aquatics

at the Werblin Recreation Center, Rutgers University

Held under the sanction of USA Swimming

Meet Sanction #	NJ Swimming Sanction # – NJS-PF-011224LCM 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.		
Dates of Meet:	Friday-Sunday January 12th-14th, 2023		
Link to Facility Info:	Sonny Werblin Recreation Center, Rutgers University		
Invited Teams:	Invited Teams: Asphalt Green, Badger Swim Club, Bluefish Swim Club, Chelsea Piers Aquatic Club, Clifton Boys & Girls Club, Commonwealth Swimming, Condors Swim Club, Cougar Aquatic Team, Eastern Express Swim Team, Empire Swimming, Fullerton Aquatic Sports Team, Jersey Wahoos, Long Island Aquatic Club, Monmouth Barracudas, North Baltimore Aquatic Club, Peddie Aquatics, Plymouth Whitemarsh Aquatic Club, Ridgefield Aquatic Club, Scarlet Aquatics, Suburban Seahawks Swim Club, Summit Area YMCA, Westchester Aquatic Club, Wilmington Aquatic Club, This is a closed sanctioned meet. Only invited teams listed may send entries. Teams not on the above list may petition host for entry, which will be considered after entries are received by the aforementioned clubs.		
Facility Info:	The Sonny Werblin Recreation Center pool is an 8-lane, 50-meter pool, with pedestal starting blocks and a Colorado Timing system. The water depth in the competition pool is 6 feet at the scoreboard end and 14 feet at the dive end. There is an auxiliary pool (patio pool) for warm-up and warm-down throughout the meet, and seating for 350 spectators.		
Host Team Contact:	Bill Deatly	917-861-2015	eliteswimclubnj@comcast.net
Meet Director:	Be Smartt Inc		besmarttinc@gmail.com
Meet Referee:	Friday: Rob Curry Saturday: Ernesto Martinez Sunday: Craig Iorizzo		rcsauce@yahoo.com emathletics@gmail.com Ciorizzo@yahoo.com
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshalls:	Angel Camacho Brandy Deatly		anglcamacho@gmail.com eliteswimclub@comcast.net
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Friday December 22nd, 2023, at 6:00am		
Entry Deadline:	Friday January 5th, 2024, at 6:00pm		
Swimmer Age	Swimmer ages for this meet are as of: January 14th, 2024		
Entry Fees:	Individual Timed Final Entry: \$8.00, 400 Freestyle/IM Entry: \$10.00 Individual Prelim/Final Entry: \$10.00, Distance Event Entry: \$14.00 Relay Entry: \$12.00 There will be an athlete surcharge of \$15 per day for prelims/finals swimmers, an athlete surcharge of \$10 per day for age-group timed finals athletes, and \$10 for relay-only athletes.		
Meet Course:	Long Course Meters (LCM).		

Meet Format:	<ul style="list-style-type: none"> This meet will have Open prelims/finals events, with 3 heats in finals. Open Distance events (800/1500 freestyle) are timed finals with the fastest heat swimming at finals. There will be 10 & Under, 11-12, 11-14, and 13-14 timed final events in the afternoon age-group sessions. There are minimum, "faster than", time standards for this meet. Converted times are acceptable. 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: 4 Individual Events (timed finals) 3 Individual Events (prelims/finals) 1 Relay Event	Meet: 12 Individual Events (timed finals) 9 Individual Events (prelims/finals) 3 Relay Events
Checks Payable To:	Ultimate Athletic Performance LLC	
Email Entry Files To:	besmartinc@gmail.com	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	
No Show Policy	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.	

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. This will be published on the meet section of the NJS website and emailed to the coaches of participating teams.

Friday		
Session 1	Morning	Open Preliminaries
Session 2	Midday	Open Distance
Session 3	Afternoon	Age-Group Timed Finals
Session 4	Evening	Finals
Saturday		
Session 5	Morning	Open Preliminaries
Session 6	Afternoon	Age-Group Timed Finals
Session 7	Evening	Finals
Sunday		
Session 8	Morning	Open Preliminaries
Session 9	Midday	Open Distance
Session 10	Afternoon	Age-Group Timed Finals
Session 11	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.
Awards:	<ul style="list-style-type: none"> • None.
Starts:	<ul style="list-style-type: none"> • 'Fly-over/Over-the-top' starts will be used during this meet during preliminary and timed finals events. Officials will have discretion to use during finals.
Admissions and 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. Tickets will go on sale Tuesday morning before the meet. Tickets may be purchased at go.rutgers.edu/swimmeet-tickets. • Programs will be available via the Meet Mobile app (fee) and on besmarttinc.com (free).
Concessions:	<ul style="list-style-type: none"> • Rutgers will have limited snacks and beverages available in the upper lobby.
Vendor:	<ul style="list-style-type: none"> • There may be a vendor at the meet. This information will be communicated to participating teams when known.
Heat Limited Events (800 & 1500 Freestyle):	<ul style="list-style-type: none"> • The 800 and 1500 freestyle sessions will be limited to 1 hour 45 minutes, with entries accepted on a first come, first served basis. • Teams with swimmers who are beyond the session limit will be notified at least one week prior to the meet. Such swimmers may come and see if they scratch into the session. Otherwise refunds will be given to swimmers closed out of the event, or the swimmers may select another event if the meet is not oversubscribed. • The 800 and 1500 freestyle events will swim fast to slow, alternating genders, with the fastest heat swimming at finals. Slower heats may be combined without an empty lane between genders. • Swimmers are responsible to provide their own counter for these events.
Scratch Rule:	<ul style="list-style-type: none"> • The meet will follow USA Swimming rule 207.11.6.D and rule 207.11.6.E for scratches from finals. • A swimmer who fails to scratch from finals within the deadlines outlined in rule 207.11.6.E and then fails to swim the event at finals will be barred from further competition for the remainder of the meet. • In addition, the club of a swimmer who qualifies for finals or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in accordance to the above procedures may be fined \$50 for each occurrence.

Event List

A list of events by sessions is [here](#)

Session	Event #	Event				Equal/Faster
3	1	Women	13-14	200	Free	2:32.09
3	2	Men	13-14	200	Free	2:26.79
3	3	Women	11-12	50	Back	38.29
3	4	Men	11-12	50	Back	38.39
3	5	Women	10 & U	50	Free	37.49
3	6	Men	10 & U	50	Free	36.99
3	7	Women	13-14	100	Breast	1:29.89
3	8	Men	13-14	100	Breast	1:25.49
3	9	Women	11-12	400	Free	5:24.09
3	10	Men	11-12	400	Free	5:22.69
3	11	Women	10 & U	100	Back	1:38.79
3	12	Men	10 & U	100	Back	1:36.29
3	13	Women	11-14	200	Fly	2:49.29
3	14	Men	11-14	200	Fly	2:42.29
3	15	Women	11-12	50	Breast	41.99
3	16	Men	11-12	50	Breast	42.09
3	17	Women	10 & U	100	Breast	1:49.69
3	18	Men	10 & U	100	Breast	1:47.39
3	19	Women	13-14	200	IM	2:52.89
3	20	Men	13-14	200	IM	2:44.59
2	21	Women		800	Free	9:55.59
2	22	Men		1500	Free	17:59.59
1	23	Women		200	Free	2:18.79
1	24	Men		200	Free	2:10.49
1	25	Women		100	Breast	1:23.99
1	26	Men		100	Breast	1:15.99
1	27	Women		200	Back	2:37.79
1	28	Men		200	Back	2:24.79
1	29	Women		200	IM	2:37.69
1	30	Men		200	IM	2:27.39
4	31	Women		800	Free Relay	
4	32	Men		800	Free Relay	
6	33	Women	11-12	50	Free	33.59
6	34	Men	11-12	50	Free	32.39
6	35	Women	13-14	50	Free	33.09
6	36	Men	13-14	50	Free	31.09
6	37	Women	10 & U	50	Fly	43.19
6	38	Men	10 & U	50	Fly	41.69
6	39	Women	11-12	100	Fly	1:21.59
6	40	Men	11-12	100	Fly	1:20.49
6	41	Women	11-14	200	Back	2:51.19
6	42	Men	11-14	200	Back	2:45.69
6	43	Women	10 & U	200	IM	3:24.69

Session	Event #	Event				Equal/Faster
6	44	Men	10 & U	200	IM	3:21.69
6	45	Women	11-12	100	Breast	1:32.49
6	46	Men	11-12	100	Breast	1:31.79
6	47	Women	13-14	100	Free	1:10.29
6	48	Men	13-14	100	Free	1:07.89
6	49	Women	10 & U	200	Free	2:55.19
6	50	Men	10 & U	200	Free	2:55.39
6	51	Women	11-12	200	Free	2:34.39
6	52	Men	11-12	200	Free	2:33.39
6	53	Women	11-14	400	IM	6:01.09
6	54	Men	11-14	400	IM	5:46.29
6	55	Women	10 & U	50	Breast	49.99
6	56	Men	10 & U	50	Breast	49.39
5	57	Women		400	IM	5:30.09
5	58	Men		400	IM	5:08.69
5	59	Women		50	Free	30.09
5	60	Men		50	Free	27.49
5	61	Women		100	Fly	1:11.29
5	62	Men		100	Fly	1:05.59
5	63	Women		400	Free	4:46.59
5	64	Men		400	Free	4:30.49
7	65	Women		400	Medley Relay	
7	66	Men		400	Medley Relay	
10	67	Women	11-12	100	Free	1:12.09
10	68	Men	11-12	100	Free	1:10.19
10	69	Women	13-14	400	Free	5:14.09
10	70	Men	13-14	400	Free	5:07.09
10	71	Women	10 & U	50	Back	45.09
10	72	Men	10 & U	50	Back	44.99
10	73	Women	11-12	50	Fly	36.19
10	74	Men	11-12	50	Fly	35.79
10	75	Women	13-14	100	Fly	1:17.39
10	76	Men	13-14	100	Fly	1:13.69
10	77	Women	10 & U	100	Free	1:24.19
10	78	Men	10 & U	100	Free	1:21.99
10	79	Women	11-12	100	Back	1:23.69
10	80	Men	11-12	100	Back	1:23.49
10	81	Women	11-14	200	Breast	3:12.29
10	82	Men	11-14	200	Breast	3:06.09
10	83	Women	10 & U	100	Fly	1:40.09
10	84	Men	10 & U	100	Fly	1:38.59
10	85	Women	11-12	200	IM	2:56.69
10	86	Men	11-12	200	IM	2:55.69
10	87	Women	13-14	100	Back	1:20.29
10	88	Men	13-14	100	Back	1:17.09
9	89	Women		1500	Free	18:52.59
9	90	Men		800	Free	9:21.49

Session	Event #	Event				Equal/Faster
8	91	Women		200	Breast	2:59.09
8	92	Men		200	Breast	2:43.59
8	93	Women		100	Back	1:13.29
8	94	Men		100	Back	1:08.09
8	95	Women		200	Fly	2:34.39
8	96	Men		200	Fly	2:23.69
8	97	Women		100	Free	1:05.09
8	98	Men		100	Free	59.69
11	99	Women		400	Free Relay	
11	100	Men		400	Free Relay	

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 meet has closed or after the entry deadline (whichever comes first) except for events that may be scratched from the 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. ● All entry times must be in long course meters. Converted times are 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>

<p>Host Club Responsibilities:</p>	<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.
<p>Participating Club Responsibilities:</p>	<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.
<p>Coaches Conduct & Eligibility:</p>	<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.
<p>Officials Conduct & Eligibility:</p>	<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.
<p>Meet Format Waiver:</p>	<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.
<p>Warm-up Procedures:</p>	<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.
<p>Results:</p>	<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
<p>USA-S Racing Start Certification Statement:</p>	<p>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.</p>

Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, and behind the starting blocks.
USA-S Deck Change Policy Statement:	Deck changes are prohibited.
USA-S Drone Policy Statement:	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Minor Athlete Abuse Prevention Policy (MAAPP 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>