



# 2024 NJS 12 & Under Silver/Bronze Championships

Hosted by Cougar Aquatic Team  
at the Jersey Aquatic Center

*Held under the sanction of USA Swimming*

Meet Sanction #	<b>NJ Swimming Sanction # – NJS-TF-022424SCYC</b> <b>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.</b> 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:	<b>Saturday-Sunday February 24<sup>th</sup>-25<sup>th</sup>, 2024</b>		
Location:	<a href="#">Jersey Aquatic Center</a> <i>(link to facility location &amp; directions, and pool certification information)</i>		
Eligible Teams:	<b>BB, CAT, CBGC, EAG, GMY, GSCY, JAC, LIFE, MAY, NJBL, NJSD, SWST, TWST, WEY, WMY, WWAT.</b> <b><i>Teams may be reassigned to another region once entries are received in order to balance numbers and session times. This will be communicated to participating coaches once entries have been processed.</i></b>		
Host Team Contact:	Jon Siegel		<a href="mailto:eliteswimclub@comcast.net">eliteswimclub@comcast.net</a>
Meet Director:	Jon Siegel		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referees:	John Butler		<a href="mailto:j.m.butler@comcast.net">j.m.butler@comcast.net</a>
Admin Official:	Be Smartt Inc		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshall:	Terry Murray Rich Palm		<a href="mailto:teammurray@verizon.net">teammurray@verizon.net</a> <a href="mailto:rich@cougaraquatic.com">rich@cougaraquatic.com</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Immediately</b> <i>(Teams cannot get closed out of this championship meet provided entries are received by the entry deadline)</i>		
Entry Deadline:	<b>Wednesday February 14<sup>th</sup>, 2024</b>		
Swimmer Age	Swimmer ages for this meet are as of: February 24 <sup>th</sup> , 2024		
Entry Fees:	Individual Entry: \$10.00		Relay Event Entry: \$20.00
	<b>There will be an athlete surcharge of \$15 (for the meet).</b> <b><i>Note: There is an additional \$5.00 fee charged for each entry submitted via the Amended Entry Process (see "NJ Swimming Championships additional considerations" section). However, entries which are amended due to a swimmer achieving a new Gold or Silver time after the original entry is submitted do not incur this additional fee.</i></b>		
Meet Course:	Short Course Yards (SCY).		
Meet Format:	<ul style="list-style-type: none"><li>This meet will be run as timed finals.</li><li>There will be 8 &amp; Under, 10 &amp; Under, and 11-12 events.</li><li><b>There are minimum ("faster than") and maximum ("no faster than") time standards for all 9 &amp; Over events. 8 &amp; Under swimmers will require proof of time but do not have faster than or slower than time standards. As this is a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries.</b> (See <i>NJ Swimming Championships additional considerations</i> section for details).</li><li>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.</li></ul>		
Entry Limits:	Daily:	<b>4 Individual Events</b> <b>1 Relay Event</b>	Meet: <b>8 Individual Events</b> <b>2 Relay Events</b>
	Mini Meet:	<b>4 Individual Events</b> <b>2 Relay Events</b>	Mini-Meet: <b>4 Individual Events</b> <b>2 Relay Events</b>
Checks Payable To:	<b>Cougar Aquatic Team, LLC</b>		

Email Entry Files To:	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
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 e- mailed to the coaches of participating teams.***

Saturday		
Session 1	Morning	10 & Under
Session 2	Midday	10 & Under 500 Freestyle
Session 3	Afternoon	11-12
Session 4	Evening	11-12 1000 Freestyle
Sunday		
Session 5	Morning	10 & Under, 8 & Under Mini-Meet
Session 6	Afternoon	11-12
Session 7	Evening	11-12 1650 Freestyle

Scoring:	<ul style="list-style-type: none"> <li>Team scoring will not be kept.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place and ribbons 4<sup>th</sup> through 8<sup>th</sup> place in each individual event.</li> <li>Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place in each relay event.</li> <li>The 500 freestyle and the 11-12 400 IM events are combined Silver/Bronze events and will be awarded as such with medals awarded to 1<sup>st</sup> through 3<sup>rd</sup> place and ribbons 4<sup>th</sup> through 8<sup>th</sup> place in each individual event.</li> <li>A swimmer competing in the Bronze division of an event who achieves a Gold time will not receive an award. (This does not apply to the combined Silver/Bronze events).</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>'Fly-over/Over-the-top' starts will be used during this meet.</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>None.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>None.</li> </ul>
Internet Website Posting:	Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.com</a>
Meet Requirement Statement:	In order to be eligible for the NJ Swimming Zone Championship Team or for NJ Swimming Athlete Travel Grants for sectional and national level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts toward those participation requirements.

## Special Considerations for NJ Swimming Championships

Entry Times:	<ul style="list-style-type: none"> <li>• New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time.</li> <li>• All entry times must be in short course yards. Converted times are permitted. All entry times must meet the time standards for this meet as approved by NJ Swimming.</li> <li>• <b>All entry times must be proved upon meet entry. See "Proof of Times Reporting" below.</b></li> <li>• <b>All entry times must be achieved during the meet qualifying period of January 1<sup>st</sup>, 2023 through the entry date of the meet.</b></li> </ul>
Entry Amendment Procedures:	<p>Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The process shall be as follows:</p> <ol style="list-style-type: none"> <li>1. The meet coordinator will enter each team as the entries are received.</li> <li>2. An entry report for each team will be e-mailed to that team.</li> <li>3. Upon receipt of the entry report 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>4. After the entry deadline has passed, should a swimmer be missing from the entry list or 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(s), and entry time(s).</li> <li>• The list of the missing swimmers and their events are then to be e-mailed to the Entry Coordinator no later than 9:00pm on the Wednesday 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 the regular entry fee for the event, plus an additional \$5.00 late fee per entry. This money is payable before the start of the meet. If this fee not be paid, then the swimmer(s) will not be permitted to swim in the amended events in the meet. <b>Entries which are amended due to a swimmer achieving a new Gold or Silver time after the original entry is submitted do not incur this additional fee.</b></li> </ul> </li> </ol>
Distance Events	<ul style="list-style-type: none"> <li>• The 11-12 1000 and 1650 yard freestyle events are limited to athletes with a provable Gold or Silver time in the 500 Free, or those with a Silver time in the 1000 or 1650 Free, but who do not yet have the 1000 or 1650 Gold time respectively. <b>Athletes will be seeded with their 500 Free time. If a swimmer has a provable silver time in the 1000 or 1650 free, but not in the 500 free, the swimmer may be entered in the 1000/1650 free at the 500 free qualifying time.</b></li> <li>• The 10 &amp; Under 500 yard freestyle and the 11-12 1000 yard Freestyle and 1650 yard Freestyle events will be run fastest to slowest, alternating genders.</li> <li>• Swimmers in the 10 &amp; Under 500 Freestyle, the 11-12 1000 Freestyle, and the 11-12 1650 Freestyle events are responsible for providing their own timers and counters.</li> <li>• In all events of 400 yards or more, heats may be combined at the discretion of the meet referee, without an empty lane between genders.</li> </ul> <p>The 500 Freestyle and 400 IM events will be run and scored as combined Silver/Bronze events.</p>
Relays	<p><b>Only swimmers that do not have Gold times in that stroke and distance can swim on relays. A relay team with any swimmer found to have had a Gold time in that stroke and distance prior to the meet will be disqualified (even after the conclusion of the meet) and the information will be turned over to New Jersey Swimming for possible further disciplinary actions and fines.</b> (See NJS Policy &amp; Procedures Manual for explanation)</p> <ul style="list-style-type: none"> <li>• If a swimmer achieves a gold time in an event during the meet they are still eligible to swim in that leg of the relay</li> <li>• All relays must have the correct four names listed in the correct order for that relay to be eligible. Coaches must turn in completed relay cards, prior to the relay swimming</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 Policy &amp; Procedures Manual)</li> </ul>

Swimmer Eligibility:	<ul style="list-style-type: none"> <li>• <b>This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet.</b> Swimmers may not compete in any event in which they have received a New Jersey Swimming <b>Gold Time</b> since January 1<sup>st</sup>, 2023.</li> <li>• No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.</li> <li>• <b>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).</b> Failure to do so will result in the disqualification of the swimmer (even retroactively), and the swimmer's club may be penalized and/or fined by NJ Swimming for each such infraction. The swimmer will be allowed to substitute another eligible event or the entry fee will be refunded if the swimmer cannot/does not wish to compete in a substitute event.</li> <li>• <b>Similarly, if a swimmer was initially entered in the Bronze division of an event, and then achieves a Silver time in the event prior to the start of this meet, then that swimmer's entry must be amended so they compete in the Silver division of the event.</b> Again, failure to do so may result in the penalties stated above.</li> <li>• All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation.</li> </ul>
State Championships Restriction:	<ul style="list-style-type: none"> <li>• <b>Swimmers may not compete in a given event at both a Silver/Bronze Championship meet and the SC Gold meet, unless they achieve the SC Gold qualifying time in that event at the Silver/Bronze meet, or at another Sanctioned or Approved meet attended in between the Silver/Bronze meet and the Gold meet.</b></li> </ul>

## Event List

Session #	Event #	Event	Equal/Faster	Slower
1	1	Girls 10 & Under 200 Medley Relay Silver/Bronze		
1	2	Boys 10 & Under 200 Medley Relay Silver/Bronze		
1	3	Girls 10 & Under 100 IM Bronze		1:39.10
1	4	Boys 10 & Under 100 IM Bronze		1:39.10
1	5	Girls 10 & Under 100 IM Silver	1:39.09	1:21.90
1	6	Boys 10 & Under 100 IM Silver	1:39.09	1:21.90
1	7	Girls 10 & Under 100 Freestyle Bronze		1:21.80
1	8	Boys 10 & Under 100 Freestyle Bronze		1:21.80
1	9	Girls 10 & Under 100 Freestyle Silver	1:21.79	1:12.30
1	10	Boys 10 & Under 100 Freestyle Silver	1:21.79	1:12.30
1	11	Girls 10 & Under 50 Backstroke Bronze		44.90
1	12	Boys 10 & Under 50 Backstroke Bronze		44.90
1	13	Girls 10 & Under 50 Backstroke Silver	44.89	38.70
1	14	Boys 10 & Under 50 Backstroke Silver	44.89	38.70
1	15	Girls 10 & Under 100 Butterfly Bronze		1:52.90
1	16	Boys 10 & Under 100 Butterfly Bronze		1:52.90
1	17	Girls 10 & Under 100 Butterfly Silver	1:52.89	1:37.80
1	18	Boys 10 & Under 100 Butterfly Silver	1:52.89	1:37.40
1	19	Girls 10 & Under 50 Breaststroke Bronze		52.10
1	20	Boys 10 & Under 50 Breaststroke Bronze		52.10
1	21	Girls 10 & Under 50 Breaststroke Silver	52.09	45.00
1	22	Boys 10 & Under 50 Breaststroke Silver	52.09	45.00
2	23	Girls 10 & Under 500 Freestyle Silver/Bronze		7:24.70
2	24	Boys 10 & Under 500 Freestyle Silver/Bronze		7:24.70
3	25	Girls 11-12 200 Medley Relay Silver/Bronze		
3	26	Boys 11-12 200 Medley Relay Silver/Bronze		
3	27	Girls 11-12 500 Freestyle Silver/Bronze		6:03.00
3	28	Boys 11-12 500 Freestyle Silver/Bronze		5:57.30
3	29	Girls 11-12 50 Butterfly Bronze		35.00
3	30	Boys 11-12 50 Butterfly Bronze		36.30
3	31	Girls 11-12 50 Butterfly Silver	34.99	31.70
3	32	Boys 11-12 50 Butterfly Silver	36.29	32.00
3	33	Girls 11-12 200 Backstroke Bronze		2:38.40
3	34	Boys 11-12 200 Backstroke Bronze		3:08.00
3	35	Girls 11-12 200 Backstroke Silver	2:38.39	2:29.30
3	36	Boys 11-12 200 Backstroke Silver	3:07.99	2:30.50
3	37	Girls 11-12 100 Breaststroke Bronze		1:30.20
3	38	Boys 11-12 100 Breaststroke Bronze		1:31.30
3	39	Girls 11-12 100 Breaststroke Silver	1:30.19	1:22.30
3	40	Boys 11-12 100 Breaststroke Silver	1:31.29	1:21.20
3	41	Girls 11-12 100 Freestyle Bronze		1:04.90
3	42	Boys 11-12 100 Freestyle Bronze		1:05.60
3	43	Girls 11-12 100 Freestyle Silver	1:04.89	1:01.40
3	44	Boys 11-12 100 Freestyle Silver	1:05.59	1:00.40

Session #	Event #	Event	Equal/Faster	Slower
3	45	Girls 11-12 200 Butterfly Bronze		3:07.30
3	46	Boys 11-12 200 Butterfly Bronze		2:59.80
3	47	Girls 11-12 200 Butterfly Silver	3:07.29	2:50.00
3	48	Boys 11-12 200 Butterfly Silver	2:59.79	2:50.50
3	49	Girls 11-12 50 Backstroke Bronze		35.70
3	50	Boys 11-12 50 Backstroke Bronze		37.70
3	51	Girls 11-12 50 Backstroke Silver	35.69	32.90
3	52	Boys 11-12 50 Backstroke Silver	37.69	33.20
3	53	Girls 11-12 200 IM Bronze		2:40.90
3	54	Boys 11-12 200 IM Bronze		2:39.41
3	55	Girls 11-12 200 IM Silver	2:40.89	2:31.30
3	56	Boys 11-12 200 IM Silver	2:39.40	2:27.00
4	57	Girls 11-12 1000 Freestyle Silver	7:32.29	
4	58	Boys 11-12 1000 Freestyle Silver	7:03.09	
5	59	Girls 10 & Under 200 Freestyle Relay Silver/Bronze		
5	60	Boys 10 & Under 200 Freestyle Relay Silver/Bronze		
5	61	Girls 8 & Under 100 Freestyle Relay		
5	62	Boys 8 & Under 100 Freestyle Relay		
5	63	Girls 10 & Under 200 Freestyle Bronze		3:09.40
5	64	Boys 10 & Under 200 Freestyle Bronze		3:09.40
5	65	Girls 10 & Under 200 Freestyle Silver	3:09.39	2:41.30
5	66	Boys 10 & Under 200 Freestyle Silver	3:09.39	2:41.30
5	67	Girls 8 & Under 50 Freestyle		
5	68	Boys 8 & Under 50 Freestyle		
5	69	Girls 8 & Under 25 Freestyle		
5	70	Boys 8 & Under 25 Freestyle		
5	71	Girls 10 & Under 100 Backstroke Bronze		1:34.40
5	72	Boys 10 & Under 100 Backstroke Bronze		1:34.40
5	73	Girls 10 & Under 100 Backstroke Silver	1:34.39	1:23.20
5	74	Boys 10 & Under 100 Backstroke Silver	1:34.39	1:23.20
5	75	Girls 8 & Under 50 Backstroke		
5	76	Boys 8 & Under 50 Backstroke		
5	77	Girls 8 & Under 25 Backstroke		
5	78	Boys 8 & Under 25 Backstroke		
5	79	Girls 10 & Under 50 Butterfly Bronze		50.80
5	80	Boys 10 & Under 50 Butterfly Bronze		50.80
5	81	Girls 10 & Under 50 Butterfly Silver	50.79	40.90
5	82	Boys 10 & Under 50 Butterfly Silver	50.79	41.80
5	83	Girls 8 & Under 50 Butterfly		
5	84	Boys 8 & Under 50 Butterfly		
5	85	Girls 8 & Under 25 Butterfly		
5	86	Boys 8 & Under 25 Butterfly		
5	87	Girls 10 & Under 100 Breaststroke Bronze		1:49.70
5	88	Boys 10 & Under 100 Breaststroke Bronze		1:49.70
5	89	Girls 10 & Under 100 Breaststroke Silver	1:49.69	1:34.00
5	90	Boys 10 & Under 100 Breaststroke Silver	1:49.69	1:34.00
5	91	Girls 8 & Under 50 Breaststroke		

<b>Session #</b>	<b>Event #</b>	<b>Event</b>	<b>Equal/Faster</b>	<b>Slower</b>
5	92	Boys 8 & Under 50 Breaststroke		
5	93	Girls 8 & Under 25 Breaststroke		
5	94	Boys 8 & Under 25 Breaststroke		
5	95	Girls 10 & Under 50 Freestyle Bronze		37.00
5	96	Boys 10 & Under 50 Freestyle Bronze		37.00
5	97	Girls 10 & Under 50 Freestyle Silver	36.99	32.70
5	98	Boys 10 & Under 50 Freestyle Silver	36.99	32.70
5	99	Girls 8 & Under 100 IM		
5	100	Boys 8 & Under 100 IM		
5	101	Girls 10 & Under 200 IM Bronze		3:30.70
5	102	Boys 10 & Under 200 IM Bronze		3:30.70
5	103	Girls 10 & Under 200 IM Silver	3:30.69	2:52.70
5	104	Boys 10 & Under 200 IM Silver	3:30.69	2:52.70
5	105	Girls 8 & Under 100 Medley Relay		
5	106	Boys 8 & Under 100 Medley Relay		
6	107	Girls 11-12 200 Freestyle Relay Silver/Bronze		
6	108	Boys 11-12 200 Freestyle Relay Silver/Bronze		
6	109	Girls 11-12 400 IM Silver/Bronze		5:24.50
6	110	Boys 11-12 400 IM Silver/Bronze		5:19.80
6	111	Girls 11-12 50 Breaststroke Bronze		43.10
6	112	Boys 11-12 50 Breaststroke Bronze		43.70
6	113	Girls 11-12 50 Breaststroke Silver	43.09	38.00
6	114	Boys 11-12 50 Breaststroke Silver	43.69	37.50
6	115	Girls 11-12 200 Freestyle Bronze		2:19.10
6	116	Boys 11-12 200 Freestyle Bronze		2:18.40
6	117	Girls 11-12 200 Freestyle Silver	2:19.09	2:13.00
6	118	Boys 11-12 200 Freestyle Silver	2:18.39	2:10.80
6	119	Girls 11-12 100 Backstroke Bronze		1:13.90
6	120	Boys 11-12 100 Backstroke Bronze		1:17.40
6	121	Girls 11-12 100 Backstroke Silver	1:13.89	1:10.00
6	122	Boys 11-12 100 Backstroke Silver	1:17.39	1:10.10
6	123	Girls 11-12 100 IM Bronze		1:15.40
6	124	Boys 11-12 100 IM Bronze		1:16.10
6	125	Girls 11-12 100 IM Silver	1:15.39	1:11.50
6	126	Boys 11-12 100 IM Silver	1:16.09	1:10.80
6	127	Girls 11-12 200 Breaststroke Bronze		3:37.00
6	128	Boys 11-12 200 Breaststroke Bronze		3:32.20
6	129	Girls 11-12 200 Breaststroke Silver	3:36.99	2:54.90
6	130	Boys 11-12 200 Breaststroke Silver	3:32.19	2:53.40
6	131	Girls 11-12 50 Freestyle Bronze		29.60
6	132	Boys 11-12 50 Freestyle Bronze		30.00
6	133	Girls 11-12 50 Freestyle Silver	29.59	28.10
6	134	Boys 11-12 50 Freestyle Silver	29.99	27.70
6	135	Girls 11-12 100 Butterfly Bronze		1:27.10
6	136	Boys 11-12 100 Butterfly Bronze		1:45.00
6	137	Girls 11-12 100 Butterfly Silver	1:27.09	1:11.50
6	138	Boys 11-12 100 Butterfly Silver	1:44.99	1:12.00

<b>Session #</b>	<b>Event #</b>	<b>Event</b>	<b>Equal/Faster</b>	<b>Slower</b>
7	139	Girls 11-12 1650 Freestyle Silver	7:32.29	
7	140	Boys 11-12 1650 Freestyle Silver	7:03.09	



## NJS Information and Policies for USA Sanctioned Meets

Locker Rooms:	<ul style="list-style-type: none"> <li>• <b>If only one locker room/restroom:</b> If Athletes and Adults including Coaches &amp; 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.</li> <li>• <b>If multiple facilities:</b> There is a separate locker room/restroom for athletes <b>only!</b> All other adults including Coaches &amp; Officials need to make sure that you are only using the facility marked for you.</li> </ul>
Spectator Considerations:	<ul style="list-style-type: none"> <li>• <b>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.</b></li> </ul>
Entry Info:	<ul style="list-style-type: none"> <li>• 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.</li> <li>• All entries will be accepted on a first come basis.</li> <li>• Team entries will be considered accepted when the host club accepts the entries.</li> <li>• Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule.</li> <li>• <b>Special Notice:</b> 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.</li> </ul>
Swimmer Eligibility:	<ul style="list-style-type: none"> <li>• No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.</li> <li>• 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.</li> <li>• All swimmers 18 &amp; 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.</li> </ul>
Check-In:	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</li> </ul>

Adaptive Provisions:	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).
Host Club Responsibilities:	<ul style="list-style-type: none"> <li>• The host club will help provide timers for the meet.</li> <li>• The host club will e-mail entry verification 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.</li> <li>• The host club will create timing assignments that are fair and equitable with as many teams participating as possible.</li> <li>• Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs no later than 1 week before the meet.</li> </ul>
Participating Club Responsibilities:	<ul style="list-style-type: none"> <li>• Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs 1 week prior to the meet.</li> <li>• Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck.</li> <li>• Participating clubs should help with officiating whenever possible.</li> </ul>
Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> <li>• 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).</li> <li>• Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.</li> <li>• 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.</li> <li>• 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.</li> <li>• Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility.</li> <li>• All Coaches must have some form of USA coaching credential verification with them at all times.</li> </ul>
Officials Conduct & Eligibility:	<ul style="list-style-type: none"> <li>• 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).</li> <li>• Make sure all interactions with athletes are observable and interruptible.</li> <li>• Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</li> <li>• Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help.</li> <li>• All officials must wear the standard white and blue uniform.</li> <li>• Officials will be required to work the entire session to receive credit for the session.</li> </ul>
Meet Format Waiver:	<ul style="list-style-type: none"> <li>• This meet will be run in accordance to current USA Swimming Rules.</li> <li>• 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"> <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> <li>• Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.</li> </ul> </li> </ul>

Warm-up Procedures:	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys.</li> <li>• All swimmers must enter the pool feet first from the starting end of the pool.</li> <li>• New Jersey Swimming officials and Safety Marshalls will monitor warm-ups.</li> <li>• All general warm-up lanes will swim in a counterclockwise direction.</li> </ul>
Results:	<ul style="list-style-type: none"> <li>• Meet result files for TM will be emailed to all participating teams.</li> <li>• Meet results will be posted on the meet website and on the New Jersey Swimming Website: <a href="http://www.njswim.org">www.njswim.org</a></li> </ul>
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 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"> <li>• 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 &amp; 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; <a href="http://www.njswim.org">www.njswim.org</a>.</li> <li>• Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body.</li> </ul> <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>