

2024 Jeff Lowe Summer Fun

Hosted by Hamilton YMCA Aquatic Club
at the DeNunzio Natatorium, Princeton University
YMCA meet held under the approval of USA Swimming

Meet Approval Info:	NJ Swimming Approval Number – NJS-AP-071524-LCM NJ Swimming Time Trial Approval Number – NJS-TT-071524-LCM 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:	Monday July 15th, 2023		
Location:	<u>DeNunzio Natatorium, Princeton University</u> <i>(link to facility location & directions, and pool certification information)</i>		
Eligibility:	This meet is limited to athletes who are YMCA members in good standing who hold annual full-privilege membership at the YMCA he or she represents.		
Host Team Contact:	Sue Welsh		swelshhacy@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Gary Thayer		gght466@gmail.com
Admin Officials:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshalls:	Sandra Franc Webster Bozzo		francswiss@comcast.net bozzow@rider.edu
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Immediately		
Entry Deadline:	Sunday, July 14th, 2024 at 6pm. Deck entries will be accepted.		
Swimmer Age	Swimmer ages for this meet are as of: July 30th, 2024		
Entry Fees:	Individual Entry: \$12.00 Distance Event Entry: \$15 Individual Deck Entry: \$20.00 Relay Entry: \$20.00 There will be a \$20 per swimmer surcharge. Deck entries will be accepted.		
Meet Course:	Long Course Meters (LCM). Converted times are permitted.		
Meet Format:	<ul style="list-style-type: none">• This meet will be run as timed final meet.• There will be 12 & Over events• This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When the session has been seeded, swimmers will be responsible for reporting to the blocks on their own.		
Entry Limits:	Daily: 6 Individual Events 2 Relay Events	Meet: 6 Individual Events 2 Relay Events	
Checks Payable To:	Hamilton Aquatic Club		
Email Entry Files To:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the meet.		

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 section of the NJS website, the meet website, and e-
mailed to the coaches of participating teams.***

Monday

Session 1	Afternoon	All Events
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Scoring:	<ul style="list-style-type: none">Team scoring will not be kept.
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.
Programs:	<ul style="list-style-type: none">Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Admission:	<ul style="list-style-type: none">Spectators will be allowed into the natatorium subject to capacity constraints.
Concessions:	<ul style="list-style-type: none">None.
Vendor:	<ul style="list-style-type: none">None.
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.
Distance Events	<ul style="list-style-type: none">The 800- and 1500-meter freestyle events will run slowest to fastest.Swimmers must provide their own timers and counters.
Internet Website Posting:	<ul style="list-style-type: none">Internet location for all meet information: http://www.besmarttinc.com

Time Trials

- This meet is approved for time trials for the purpose of qualifying for the 2024 YMCA Long Course National Meet.
- A swimmer must be entered in an individual event in the meet in order to be eligible to swim a time trial event.
- A time trial event will count towards the maximum 6 events allowed.
- The fee for time trial events is \$20. Swimmers/coaches should sign up at the scoring table.

Event List

	Event #	Event
Session: 1 All Events		
	1	Women 200 Medley Relay
	2	Men 200 Medley Relay
	3	Mixed 200 Butterfly
	5	Mixed 50 Freestyle
	7	Mixed 100 Backstroke
	9	Mixed 100 Breaststroke
	11	Mixed 200 IM
	13	Mixed 200 Freestyle
	15	Mixed 50 Butterfly
	17	Mixed 200 Breaststroke
	19	Mixed 50 Backstroke
	21	Mixed 100 Freestyle
	23	Mixed 100 Butterfly
	25	Mixed 50 Breaststroke
	27	Mixed 200 Backstroke
	29	Women 200 Freestyle Relay
	30	Men 200 Freestyle Relay
	31	Mixed 400 Freestyle
	33	Mixed 400 IM
	35	Mixed 800 Freestyle
	37	Mixed 1500 Freestyle

NJS Information and Policies for USA Approved Meets for YMCA

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.
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.
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"> • Swimmers who are not a member of USA Swimming as provided in Article 302 may compete in this meet, however their results will not be entered into the USA swimming data base. • Swimmers must be full privilege members of their respective YMCA. • 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 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

	<p>participating as possible.</p> <ul style="list-style-type: none"> • 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 through 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. • All YMCA coaches are required to maintain current CPR Pro, First Aid, Coaches Safety Training (Safety Training for Swim Coaches or Lifeguard with successful completion of the Safety Training for Swim Coaches online course) and Principles of YMCA Competitive Swimming and Diving certifications. These are verified at the meet. • All participating coaches must have completed the online YMCA coach registration for the current season.
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 or YMCA 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 and will receive free admission.
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 Meet Safety Marshals 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 or locker rooms, or 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>