

Sonny Werblin Recreation Center Rutgers University July 18th-21st, 2019

Hosted by Scarlet Aquatics & New Jersey Swimming



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Meet Sanction

NJ Swimming Sanction #- NJS071819LC

Time Trials Sanction #- NJS071819LC

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

Meet Administration

Meet Referee:	Paul Memont	prmnes@verizon.net
Meet Director:	Ellen Mace	besmarttinc@gmail.com
Administrative Referee:	Dave DiNardo	dave.dinardo@gmail.com
Team Lead Chief Judge:	Val Gibson	vhgswimming@msn.com
Head Starter:	Denice Wepasnick	wepaz@verizon.net
Host Team Contact:	Thomas Speedling	scarletaquatics@gmail.com
Head Marshal:	Kyle Gurkovich	kgurkovich@gmail.com
Entry Coordinator:	Be Smartt Inc	besmarttinc@gmail.com

Facility Information

Sonny Werblin Recreation Center, 656 Bartholomew Rd, Piscataway NJ 08854 (https://goo.gl/maps/n9CP1tTBK9k)

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 are two patio pools available for warm-down. There is seating for 850 spectators, including 400 chair-backed seats. The remaining seating is bleacher style.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Officials

Certified officials wishing to work the meet should submit an application by Monday, July 1st, 2019 for assigned positions. The application form may be found here.

This meet is approved as a National Certification Qualifying Meet for all positions under the National Officials Certification Program. Any official interested in being evaluated should submit an Application to Officiate noting the request Details of the National Certification program may be found on the USA Swimming Website.

There will be an officials' briefing one hour prior to the start of each session, except for the first, which will start 90 minutes prior to the session start. The briefing location will be posted in the control room next to the pool deck.

Dress code: Clean white shoes, white polo over blue pants or skirts for all sessions, shorts or skirts allowed for prelims-finals depending on the weather

Schedule

This schedule is tentative. A final schedule will be published after all entries have been received and certified. It will be e-mailed to all participating teams and posted at www.besmarttinc.com.

	Warm-Up	Prelims	Warm-Up	Finals	
Wednesday	General meeting at 4:00pm		General Warm-up 3:00pm-7:00pm		
Thursday	7:00am-8:50am	9:00am	3:30pm-4:45pm	5:00pm	
Friday	7:00am-8:50am	9:00am	3:30pm-4:45pm	5:00pm	
Saturday	7:00am-8:50am	9:00am	3:30pm-4:45pm	5:00pm	
Sunday	7:00am-8:50am	9:00am	4:00pm-4:45pm	5:00pm	

The pool will be cleared 10 minutes before preliminaries and 15 minutes before finals.

Time trials will be held half an hour after the conclusion of preliminaries, time permitting.

The pools will stay open for 30 minutes after the completion of the last event on each day for warm-down.

Eligibility

This meet is only open to current USA Swimming athletes who have attained a qualifying time that is equal to or faster than the time published for the event on the Eastern Zone web site and included in the appendix to this announcement on page 14.

The qualifying period for this meet is January 1st, 2018 through the meet entry deadline.

Entry Information

GENERAL INFORMATION

The entry coordinator for this meet is Be Smartt Inc. (besmarttinc@gmail.com, 609-558-0988)

ENTRY FEES

Individual events: \$15 Relay events: \$25 Swimmer Surcharge \$15

ENTRY LIMITS

A swimmer may enter any number of events in which they have meet the qualifying time standard, but may not compete in more than three (3) individual events per day, and a total of seven (7) individual events during the meet. Any time trial events entered count towards the individual daily limit.

Each team is allowed to enter up to two (2) relays in each event. At least one swimmer participating in each relay team must also be entered and compete in at least one, non-bonus, individual event. All relay-only swimmers must be listed on the meet entry.

BONUS ENTRIES

A swimmer making one (1) qualifying time will be permitted to enter one (1) bonus event. A swimmer making two (2) qualifying times will be permitted to enter two (2) bonus events. A swimmer making three (3) qualifying times will be permitted to enter (1) bonus event. Swimmers making four (4) our more qualifying times will not be permitted to enter bonus events.

There shall be no bonus entries into the 800 or 1500 freestyle events, except for the following: Any swimmer achieving a qualifying time in the 800 or 1500 freestyle may choose to enter the other distance event as a bonus entry. Swimmers/coaches should contact the entry coordinator in this circumstance to enter the distance event manually.

OME

Entries will open in OME on **Monday May 13th, 2019**. The entry deadline for the meet is **Monday July 8th at 11:59pm**

Times must be entered in the course they were achieved. Converted times will not be accepted.

Coaches may return to entries to modify times provided they have not checked-out. Once an entry has been checked out, events may be added, but not deleted or edited.

Coaches will be sent confirmation of entries by e-mail once they have completed their entries.

Questions regarding USA Swimming online meet entry should be directed to Jaime Lewis, <u>ilewis@usaswimming.org</u>, 719-886-3581.

TIMES ACHIEVED AFTER JULY 7TH

Swimmers achieving qualifying times at meets between July 8th and July 14th are due by 10:00pm EDT on Monday July 15th. These entries should be submitted as a Hy-Tek TM Entry File via e-mail to besmarttinc@gmail.com. A proof of time report showing where these times were achieved must accompany any entry. These times must be verifiable from official meet results, otherwise they will be scratched.

This entry process is for athletes achieving **first time cuts.** They may not be used to submit time updates.

LATE ENTRIES

Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- Late entries must be submitted in the same manner as new qualifying times (see above).
- Entries must be received no later than 10:00pm EDT, Tuesday July 16th.
- The team or athlete must pay a one-time processing fee of \$150 *and* entry fees of \$30 per individual events.

PROOF OF TIME

Verification of times for all events (including relays) is required. Times submitted through OME will be automatically verified against the USA Swimming SWIMS database unless a custom time is used. Coaches entering swimmers into events with custom times must be prepared to prove the times with a copy of the official meet results where the swimmer the time was achieved. Any proof of time must be submitted prior to the scratch/positive check-in deadline for the session in which the event is being swum.

FAX/DECK ENTRIES

Faxed, and deck entries will not be accepted.

PAYMENT

Payment by check for any entries must be received at or before the pre-meet general meeting on Wednesday July 17th, 2019. Checks should be made payable to **Scarlet Aquatic Club.** If payment is not received by this time, the entries in question will be scratched from the meet.

The preference is for coaches to bring checks to the pre-meet general meeting. However, if the team will not be attending the meeting, they may be mailed to *Be Smartt Inc, 604 Paxson Ave, Mercerville NJ 08619* so that they arrive by Monday July 15th.

Registration

Coaches' packets and credentials for athletes, coaches and officials will be available at the swim meet entrance area from 2:00pm to 30 minutes after the General Meeting on Wednesday, and 7:00am-10:00am, Thursday and Friday. For registration Saturday and Sunday, please see the Meet Director. Swimmers will not be issued credentials without a coach present. If a swimmer will be attending the meet unaccompanied by a coach, the home club coach must find another coach attending the meet who is willing to be a supervising coach (per USA Swimming rule 202.5.2).

Deck Access

All coaches planning to attend the meet **must** be included with the entry for the confirmation of coach credentials prior to arriving at the meet. Any coach not on the original entry **must** show proof of current credentials prior to receiving a coach's packet or deck credentials. Only swimmers, coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. The credentials must be visible at all times when on deck.

Teams will be allocated free deck passes for coaches using the following formula:

1-5 swimmers in individual events, or 1 relayonly team with any number of alternates	1 coaching pass
6-12 swimmers in individual events	2 coaching passes
13-22 swimmers in individual events	3 coaching passes
23-30 swimmers in individual events	4 coaching passes
31-39 swimmers in individual events	5 coaching passes
40-49 swimmers in individual events	6 coaching passes
50+ swimmers in individual events	7 coaching passes
Unattached swimmers entered without a team	1 coaching pass

Unattached swimmers with a team will be counted in the numbers for the team

Additional deck passes may be purchased at the Meet Registration Desk for \$35.

Coaches must request deck passes through OME. Deck passes will only be issued to individuals registered with USA Swimming. All coaches must be prepared to show current USA Swimming credentials (2019 registration card or Deck Pass app) at the registration table to receive their deck pass.

Replacement deck pass credentials will be available at the Meet Registration Desk for \$10.

Swimmers will not be issued credentials without a coach present. See Registration for details.

General Meeting

There will be a pre-meet general meeting in the Conference Room on Wednesday July 17th at 4pm. All final meet decisions will be communicated at this meeting. Coaches and teams are accountable for the information presented. Accordingly, coaches should ensure that their club is represented at this meeting.

A cell phone number will be requested from every team at this meeting. It will be used to inform coaches when their swimmers are scratched into a prelims/finals event and to request confirmation of the swim. However, coaches are always responsible to check their swimmers' statuses before leaving the facility.

Meet Format

The meet will be swum with circle-seeded preliminary heats in the morning sessions with C-Final (18 & Under only), B-Final, and A-Final (in that order) heats in the evening sessions, unless otherwise noted. All relay events, and the 800 and 1500 freestyle events, will be swum as timed final events.

Should there be more than 600 swimmers (not counting relay-only swimmers) in the meet, this will be adjusted to 4 finals, in which case the D-Final will be 18 & Under swimmers only.

DISTANCE FREESTYLE

Positive check-in is required for all 800 and 1500 freestyle events. See *Scratches* section for instructions.

Thursday events (W 800, M 1500) will swim at prelims with the fastest heat of each event in the finals session. All other heats will swim after the slower heats of the 200 freestyle relay, fastest to slowest, alternating genders. The fastest heats will swim in numerical order at finals.

Sunday events (W 1500, M 800) will swim at prelims with the fastest heat of each event in the finals session. Athletes may elect to swim in the preliminary session at positive check-in on Saturday. Slower heats will swim in the afternoon so that the second fastest men's heat is timed to end at 4:30pm. Heats will swim slowest to fastest, alternating genders such that the second fastest men's heat is the last to swim. The fastest heats of swimmers who did not indicate an "early swim" preference will swim at finals in numerical order.

All swimmers in the early heats of distance events must provide their own timers and counters.

RELAY EVENTS

Positive check-in of all relays is required before the scratch deadline the previous evening. **Relays that** are not checked-in by the deadline may be seeded in the slowest heat, time permitting.

Slower heats of relays will swim in the morning prelims session, slowest to fastest. The fastest two heats of each relay will swim in the evening finals session.

Each team is permitted an A and B relay only in each event.

Swimmers may only compete on one relay team per relay event, either the A relay or B relay, but not both. Each relay must have at least one swimmer who qualifies and competes in at least one non-bonus individual event.

Coaches will be provided with forms for relay names. They will be available at the pre-meet General Meeting and in the Control Room throughout the meet. Relay names must be turned into the Control Room at least one hour before the relay swims but may be changed up to the time of the swim.

Sunday Relays (400 Medley Relay) Any relay that wishes to swim in the preliminaries session on Sunday may do so. All Sunday relays will be asked to indicate a preference for preliminaries or finals at positive check-in on Saturday. The fastest two heats of relays that wish to swim during the evening finals will swim then. All other Sunday relays will swim during the Sunday morning preliminaries.

A/B FLIGHT FORMAT

Depending on the number of entries, and at the discretion of the Meet Referee and Meet Director, the preliminary sessions may be conducted in an "A/B flight" format. If adopted, details of this procedure, including the number of heats of each event to be swim in the "A flight" will be announced at the General Meeting.

FLYOVER STARTS

Flyover starts may be used at the discretion of the Meet Referee during all preliminary sessions. This information will be communicated to coaches at the General Meeting.

Scratch Procedure, Positive Check-in, and seeding

NCR duplicate scratch forms will be provided to coaches. They will be at the registration table until the General Meeting. They will be at the General Meeting, then afterwards will be in the Control Room for the remainder of the meet. Coaches will be able to turn in their scratches using the forms at these locations and will receive a signed, time-stamped duplicate receipt.

SCRATCH DEADLINES INCLUDING POSITIVE CHECK-IN FOR RELAYS AND DISTANCE EVENTS

Wednesday, for Thursday events: **15 minutes after the General Meeting**. Positive check-in for 200 freestyle relay, W 800 freestyle, and M 1500 freestyle.

Thursday, for Friday events: **6:00pm.** Positive check-in for 400 freestyle relay

Friday, for Saturday events: **6:00pm.** Positive check-in for 800 freestyle relay

Saturday, for Sunday events: **6:00pm.** Positive check-in for 400 medley relay, W 1500 freestyle, M 800 freestyle

Events will be seeded after the scratch deadline and heat sheets will be available in the control room for coaches and online at (www.besmarttinc.com) approximately half an hour afterwards.

SEEDING

Events will be seeded in the following order:

- 1. Long Course Meters times
- 2. Short Course Meters times
- 3. Short Course Yards times
- 4. Bonus Events using the above schedule

No-Show

After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event preliminary or timed final heat in which they have been entered and have not scratched or declared a false start will be barred from further individual and relay events that day. In order to swim any events on remaining days, the swimmer and/or their coach must positively checkin with the Administrative Referee prior to the scratch deadline of that day's events.

Scratching from Finals

This meet will follow the USA Swimming National Championship Scratch Rules, as specified in Rule 207.11.6. Specific procedures will be explained at the General Meeting on Wednesday afternoon.

The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any swimmer initially announced that qualified for Finals who does not show up to compete without properly scratching will be subjected to a \$50 fine. Checks should be made payable to the Eastern Zone.

Scoring

Scoring will be to 16 places:

Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

Awards

TEAM AWARDS

The top 3 teams in Women's and Men's scoring, and the first place team in Combined scoring will receive awards.

INDIVIDUAL AWARDS

 1^{st} , 2^{nd} , and 3^{rd} place medals will be awarded for both individual and relay events. There will not be an awards ceremony. Awards will be available approximately 10 minutes after the completion of finals and coaches should pick up all awards for their team at the end of each evening.

Warm-Up Procedure

Current NJ Swimming and USA Swimming rules will govern all aspects of warm-up. There will be no diving and feet-first entry is required, except in designated lanes and at designated times.

Warm-up procedures are as follows and will be posted on deck:

- General warm-up all lanes until 40 minutes prior to the meet start, then only lanes 3-7.
- Sprint lane (Lane 2), or lanes (Lanes 2 & 7) as needed from 40 minutes prior to meet start
- Pace lanes, 1 & 8, 40 minutes prior to meet start
- The pool will be cleared 10 minutes prior to preliminaries start and 15 minutes prior to finals start
- Training equipment will not be allowed during the last hour of each warm-up session.
- The patio pools will open for warm-down at meet start.

Time Trials

Time trials will be offered each day, time permitting.

All time trials will be seeded by time and will start approximately 30 minutes after the conclusion of the preliminaries session each day.

Time trials may be seeded as mixed events and genders in heats with no open lanes. Events longer than 200 meters may be similarly combined regardless of distance.

Time trials are open to all swimmers entered into the meet, including relay-only swimmers. Each swimmer is limited to a maximum of three time trials during the meet. Any time trial events count towards an athlete's daily maximum of three events.

NCR duplicate forms will be provided in the Control Room for coaches to enter time trials. Registration for the day's trials will close at 10am each day, unless otherwise announced at the General Meeting.

Time trials on Thursday, Friday, and Saturday will end no later than 4:00pm

Time trials on Sunday will end no later than 30 minutes prior to the start of the early heats of the Sunday distance events.

Swimmers must provide their own timers, and counters, if required.

The 800 and 1500 freestyle time trials will only be offered on one day. This will be determined by the Meet Referee and announced at the General Meeting.

Time Trial Entry Fee: \$15 per event.

Time trial event order. Events will be swum according to the order of the competition events:

Thursday: Thursday/Friday/Saturday/Sunday events Friday: Friday/Saturday/Sunday/Thursday events Saturday: Saturday/Sunday/Thursday/Friday events Sunday: Sunday/Thursday/Friday/Saturday events

Meet Juries

The Meet Juries will be announced by the Meet Referee at the General Meeting. Written protests involving eligibility or technical rules, except disqualification due to the judgement decisions of the deck officials, shall be made to the Meet Referee within 30 minutes of the protested act or occurrence. Any protest filed will be referred to the appropriate jury. There is a \$50 fee for a protest made by anyone other than registration personnel. The fee is refundable if the protest is upheld (USA Swimming Rules 207.11.4, 207.11.5)

Timers

Teams attending the meet should be prepared to provide timers. The Meet Director reserves the right to assign teams with lane assignments for timer coverage depending on entries.

All swimmers in the early heats of the Thursday and Sunday distance events must provide their own timers and counters.

Medical Assistance

Anyone requiring medical assistance should contact a lifeguard or member of the meet staff on deck, or any Rutgers Recreation staff member outside of the deck area.

Locker Rooms

Locker rooms will be available for athletes, coaches, and officials. Locks left on lockers overnight will be cut by Rutgers Recreation staff and the contents of the locker removed. Rutgers University, Scarlet Aquatics, and NJ Swimming are **not** responsible for lost or stolen property.

Hospitality

OFFICIALS, COACHES, AND MEET STAFF

There will be a hospitality area for officials, coaches, and meet staff in the Conference Room. Coaches and meet staff must have appropriate credentials to enter the hospitality area. Beverages and snacks will be available in the Pool Classroom.

Breakfast: 7am-9am, Lunch: 11am-1pm, Dinner: 5p-6:30pm

ATHLETES

Hospitality for athletes will be available in the first bay of the multisports area. Athletes must present their swimmer credentials in order to enter.

Spectator Admission and Heat Sheets

DELUXE PACKAGE

\$100 for the entire meet. Includes reserved parking and seating in the natatorium. Also, includes breakfast sandwich for AM sessions, slice of pizza for evening sessions, bottle of water and printed program. This package may be purchased through **scarletaquatic.com**.

REGULAR PACKAGE

\$45 for the entire meet. Includes first come first served seating in the natatorium (in the non-reserved area) or seating in the multisports area, where the meet will be streamed live. This package may be purchased through scarletaquatic.com.

DAILY ADMISSION

\$10 per session. Includes first come first served seating in the natatorium (in the non-reserved area) or seating in the multisports area, where the meet will be streamed live.

HEAT SHEETS

Heat sheets will be posted online at www.besmarttinc.com and on the Meet Mobile app.

Concessions

Rutgers will be operating a concession stand in the back hallway during the meet.

Vendor

There will be a vendor at the meet.

General Rules

Current USA Swimming rules will govern all competition. The USA Swimming Code of Conduct will be enforced.

It is understood and agreed that USA Swimming, New Jersey Swimming, Scarlet Aquatics, Rutgers University, Be Smartt Inc, and their staffs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Proper conduct on the part of all swimmers and spectators is expected at all times, and will be enforced by coaches, meet marshals, Rutgers employees, and the Rutgers Police Department.

Access to the deck is restricted to properly credentialed athletes, coaches, officials, and meet staff. All non-athletes must wear a credential while on deck and present it to meet management upon request.

Use of audio or visual recording devices, including cell phones is not permitted in changing areas, rest rooms, or locker rooms. Photography from behind the starting blocks is not permitted.

Deck changes are prohibited.

Shaving is not permitted in the locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited in and over the venue.

Glass containers are not permitted anywhere within the recreation center.

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.

Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent it, will be fined the sum of \$100, and no further entries will be accepted from the club until the said fine is paid. All swimmers, coaches, and officials must be properly registered with USA Swimming.

Event Schedule

Women	Event & Meters Distance	Men	
	Day 1 Thursday, July 18th		
1	200 Individual Medley	2	
3	100 Freestyle	4	
5	100 Breaststroke	6	
7	800 Freestyle**		
	1500 Freestyle**	8	
9	200 Freestyle Relay	10	
	Day 2 Friday, July 19 th		
11	200 Freestyle	12	
13	100 Butterfly	14	
15	400 Individual Medley	16	
17	400 Freestyle Relay	18	
	Day 3 Saturday, July 20th		
19	200 Butterfly	20	
21	100 Backstroke	22	
23	400 Freestyle	24	
25	800 Freestyle Relay	26	
	Day 4 Sunday, July 21st		
27	200 Backstroke	28	
29	50 Freestyle	30	
31	200 Breaststroke	32	
33	1500 Freestyle**		
	800M Freestyle**	34	
35	400 Medley Relay	36	

^{**} See *Distance Events* on page 7 for scheduling of these events

Qualifying Times

Women		Women		Men		
LCM	SCM	SCY	Events	SCY	SCM	LCM
28.29	27.09	24.79	50 Freestyle	22.39	24.69	25.49
1:00.69	58.89	53.09	100 Freestyle	48.49	53.89	55.49
2:11.09	2:07.89	1:55.19	200 Freestyle	1:46.29	1:57.99	2:01.29
4:37.69	4:29.29	5:08.79	400/500 Freestyle	4:47.39	4:09.89	4:17.59
9:34.99	9:19.99	10.39.79	800 1000 Freestyle	10:02.49	8:43.49	9:06.39
18:16.79	17:43.29	17.54.39	1500/1650 Freestyle	16.43.99	16:35.19	17:21.99
1:07.89	1:05.79	59.29	100 Backstroke	54.49	59.99	1:01.99
2:26.99	2:23.29	2:09.09	200 Backstroke	1:58.59	2:11.79	2:14.79
1:17.89	1:15.49	1:08.19	100 Breaststroke	1:01.49	1:08.99	1:09.69
2:49.39	2:44.79	2:29.39	200 Breaststroke	2:14.99	2:29.89	2:32.59
1:06.49	1:04.99	58.59	100 Butterfly	53.29	58.99	1:00.29
2:29.09	2:25.59	2:12.09	200 Butterfly	2:01.19	2:14.19	2:16.29
2:28.69	2:24.79	2:10.99	200 Individual Medley	1:59.39	2:12.59	2:16.19
5:20.49	5:07.29	4:38.39	400 Individual Medley	4:15.09	4:43.19	4:49.89
1:57.79	1:56.19	1:44.59	4 X 50 Freestyle Relay	1:32.69	1:42.19	1:45.49
4:14.99	4:10.89	3:45.79	4 X 100 Freestyle Relay	3:21.89	3:44.09	3:48.69
9:06.29	8:58.89	8:05.39	4 X 200 Freestyle Relay	7:22.39	8:06.69	8:14.79
4:42.09	4:28.29	4:10.29	4 X 100 Medley Relay	3:45.99	4:14.59	4:18.69