

EEX Jeffrey S. Mace Memorial Summer Sizzle XXXIII

Hosted by Eastern Express Swim Team
at the Werblin Recreation Center, Rutgers University

Held under the sanction of USA Swimming

Meet Sanction Info:	NJ swimming Sanction # – NJS-PF-062725-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:	Friday June 27th to Sunday June 29th, 2025		
Facility:	Sonny Werblin Recreation Center, Rutgers University <i>(link to facility location & directions, and pool certification information)</i>		
Host Team Contact:	Michael Randazzo	908-448-8476	EasternExpressSwimTeam@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Greg Spicka		gregoryspicka@outlook.com
Admin Officials:	Be Smartt		besmarttinc@gmail.com
Safety Marshall:	Kevin Dobson Shannon Nelson		EasternExpressSwimTeam@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Tuesday May 13th, 2025, at 6:00am		
Entry Deadline:	Tuesday June 17th, 2025, at 6:00pm , or when the meet fills.		
Swimmer Age	Swimmer ages for this meet are as of: June 27th, 2025		
Entry Fees:	Individual Entry: Individual Event: \$15, Relays: \$20		
	<i>There will be a \$15 per swimmer per day surcharge.</i>		
Meet Course:	Long Course Meters (LCM)		
Meet Format:	• This meet will be run as prelims finals, except for the 12 & Under 400 events, and the 800 & 1500 meter freestyle events.. • Open events will have 3 heats at finals, except for the 400 Freestyle and 400 IM, which will have 2. • 13-14 events will have 2 heats at finals, except for the 400 Freestyle and 400 IM, which will have 1. • 12 & Under events will have 1 heat at finals, except for the 400 Freestyle and 400 IM. • There are minimum ("faster than") time standards for this meet. • The Open events have separate SCY and LCM time standards. Converted times are not acceptable for these events. • The 12 & Under and 13-14 events must be entered in SC Yards. The Entry File is not set up to accept converted times; however, if a coach feels that a swimmer in one of these age groups has achieved a cut time by way of a converted LCM or SCM time, they may type in a custom time and send the converted proof of time separately. • Proof of time will be required for all individual events (Hy-Tek proof of time and top times reports will suffice for this purpose). • This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. Once a session has been seeded, swimmers will be responsible for reporting to the blocks on their own.		

Entry Limits:	Daily: 3 Individual Events 2 Relays	Meet: 9 Individual Events 6 Relays
	Teams are limited to three relays (A, B, C) per event.	
Checks Payable To:	Express Sports Inc	
Email Entry Files To:	besmarttinc@gmail.com	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	
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 and a timeline developed.
The schedule will be published on the meet website, the meet section of the NJS website, and e-mailed to the coaches of participating teams.***

Friday		
Session 1	Morning	Open Preliminaries
Session 2	Midday	Open & 13-14 400 Freestyle Preliminaries
Session 3	Afternoon	14 & Under Preliminaries
Session 4	Evening	Finals
Saturday		
Session 5	Morning	Preliminaries
Session 6	Midday	800 Freestyle Timed Finals
Session 7	Afternoon	14 & Under Preliminaries
Session 8	Evening	Finals
Sunday		
Session 9	Morning	Open Preliminaries
Session 10	Midday	1500 Freestyle Timed Finals Slower Heats
Session 11	Afternoon	14 & Under Preliminaries
Session 12	Evening	Finals

Scoring:	Team scoring will be kept to 16 places: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays.
Awards:	- Individual Events: - Open events: Medals will be awarded to the swimmers placing 1st to 3rd. 13-14 & 12 & Under events: Medals will be awarded to the swimmers placing 1st to 3rd, and ribbons to swimmers placing 4th-8th. - Relay Events: Medals will be awarded to the swimmers on the team placing 1st and ribbons to the swimmers on the teams placing 2nd to 3rd. - There will be Team Awards for Top 3 Combined Scores and first overall women/men

Starts:	• 'Fly-over/Over-the-top' starts will be used during this meet during preliminary and timed finals sessions.
Admissions and Programs:	• Rutgers will be selling a limited number of tickets on a session-by-session basis for the meet. Tickets will go on sale the Tuesday 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:	• Rutgers will be selling snacks and drinks.
Vendor:	• Metro Swim Shop will be in attendance.

Meet Notes

Scratch Rule:	• This meet will follow USA Swimming Rule 207.11.6.D and rule 207.11.6.E for scratches from finals. • A swimmer who fails to scratch from finals within the deadlines outlined in rule 207.11.6.3 and then fails to swim the event at finals will be barred from further competition in the meet. • In addition, the club of a swimmer who qualifies for finals, bonus or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in according to the above procedures may be fined \$150 for each occurrence. (This section supersedes the "scratch rule" section in the general NJS Information and Policies for Sanctioned Meets)
Additional Entry Information	• All entry times must be achieved during the meet qualifying period of March 1st, 2024, through the entry deadline. • Swimmers entering Morning Open Prelims and Distance Timed Final Events may do so with LC Meters or SC Yards entry times. Note that there are different time standards for the two courses. At Prelims, all yards times will be seeded in the first heats, followed by all lc meter entry times. No converted times are permitted. • Entry times for 12 & Under and 13-14 events must be in short course yards. • Proof of time is required for all entries (see below). • Incorrect entries: — Entries without proof of time — Entries using previous years' event files ...will be rejected and teams will need to resubmit their entries using the current/correct event file. Only at this point will the entry be considered 'accepted' and placed in line for processing. • This meet is following 'OME' protocol in that entries are considered 'locked' upon first submission and acceptance into the meet • If there is still room in the meet after the first wave of entries, additional athletes and entries will be accepted, but these may not substitute swimmers already entered. As in OME, once a swimmer is entered, they are in the meet.
Distance Events (800 & 1500)	• The 800 and 1500 freestyle events are timed finals. • These events will be seeded and scored as 'Open' but have different qualifying times for 14 & Under and 15 & Over Swimmers. • All Heats of the 800 will swim Midday on Saturday, and swim fast-to-slow, alternating 2 heats of women, 2 heats of men. • The slower heats of the 1500 will swim Sunday midday fast to slow, alternating single heats of each gender. • Genders may be combined in the slower heats of the midday sessions to save time, without a lane between the two genders. • The fastest heats of the 1500 Freestyle Events will compete in Event # Order at Sunday Evening Finals. • Swimmers competing in the midday sessions must provide their own timers and counters. Swimmers competing at in the fastest heats of 1500 at finals must provide counters.

400 Freestyle	- The 12 & Under 400-Freestyle Events are Timed Finals and will swim at the end of the 14 & Under preliminary session on Friday. - The Preliminary Heats of the 400 Freestyle for Open and 13-14 Events will be swum Midday on Friday following Morning Open Prelims: - Preliminary heats of the Open and 13-14 events will swim fast to slow alternating two heats of women, two heats of men, with all heats of the Open events swimming before the 13-14s. - Slower heats may be combined to save time. - Swimmers must provide their own timers for the midday prelims
50-Meter Events:	- Swimmers entering the 50-meter freestyle, breaststroke, backstroke and butterfly events may qualify by any of these methods: - Meeting the qualifying time for the event - Qualifying for any other event in the same session - Having the qualifying time in the 100 or 200 of the corresponding stroke
Bonus Events:	- Every Swimmer with at least one individual qualifying time may enter up to 2 Bonus Events according to the parameters below: 100m Events = No Restrictions 200m & 400m Events = Must Be Within 4-seconds of the cut in course of entry 800-Free = Must Have Cut for the 1500 1500-Free = Must Have Cut for the 800 50m Events = see separate 50s section for bonus eligibility rules, these do not count against an athlete's bonus event total
Heat-Limited Events	- Once all entries have been received and processed, the entry coordinator will determine whether it will be necessary to heat-limit any distance event (400 IM, and 400 and longer freestyle events). - Psych sheets will be posted on all the meet websites no later than the Monday prior to the start of the meet. - Every effort will be made to allow as many athletes to compete in these events as possible. - Additional swimmers will be added if there are scratches in the event and/or there is extra space on the timeline. Refunds will be processed after the meet only for swimmers not given the opportunity to participate in the event, not for those following normal scratch procedures. - Approximately one week before the meet, all coaches with swimmers in an oversubscribed distance event will be e-mailed and asked to declare any scratches that they know of in advance.

Event List

- Events are listed in session order.
- Events grouped with a solid box around them will alternate genders.
- ** 50-meter events have multiple qualifying methods. See notes above.
- † 13-14 and 12 & Under only have SCY qualifying times. See notes above.

Round	Event #	Event	Equal/Faster LCM	Equal/Faster SCY
Session: 1 Friday Open Preliminaries				
Prelims	115	Women 50 Freestyle	**29.19	**24.99
Prelims	116	Men 50 Freestyle	**26.19	**22.59
Prelims	121	Women 200 Butterfly	2:34.99	2:14.99
Prelims	122	Men 200 Butterfly	2:20.99	2:03.49
Prelims	127	Women 100 Backstroke	1:11.99	1:01.49
Prelims	128	Men 100 Backstroke	1:05.49	55.99
Prelims	133	Women 200 Breaststroke	2:56.99	2:31.99
Prelims	134	Men 200 Breaststroke	2:41.99	2:16.99
Session: 2 Friday 400 Freestyle Preliminaries				
Prelims	109	Women 400 Freestyle	4:47.49	5:16.99
Prelims	110	Men 400 Freestyle	4:27.99	4:56.99
Prelims	107	Girls 13-14 400 Freestyle	†	5:31.99
Prelims	108	Boys 13-14 400 Freestyle	†	5:16.99
Session: 3 Friday 14 & Under Preliminaries				
Finals	101	Mixed 12 & Under 200 Medley Relay		
Finals	102	Mixed 13-14 200 Medley Relay		
Prelims	111	Girls 12 & Under 50 Freestyle	†	**28.19
Prelims	112	Boys 12 & Under 50 Freestyle	†	**28.19
Prelims	113	Girls 13-14 50 Freestyle	†	**26.39
Prelims	114	Boys 13-14 50 Freestyle	†	**24.79
Prelims	117	Girls 12 & Under 200 Butterfly	†	2:31.99
Prelims	118	Boys 12 & Under 200 Butterfly	†	2:31.99
Prelims	119	Girls 13-14 200 Butterfly	†	2:21.99
Prelims	120	Boys 13-14 200 Butterfly	†	2:14.99
Prelims	123	Girls 12 & Under 100 Backstroke	†	1:11.99
Prelims	124	Boys 12 & Under 100 Backstroke	†	1:11.99
Prelims	125	Girls 13-14 100 Backstroke	†	1:04.99
Prelims	126	Boys 13-14 100 Backstroke	†	1:00.99
Prelims	129	Girls 12 & Under 200 Breaststroke	†	2:51.49
Prelims	130	Boys 12 & Under 200 Breaststroke	†	2:51.49
Prelims	131	Girls 13-14 200 Breaststroke	†	2:40.99
Prelims	132	Boys 13-14 200 Breaststroke	†	2:32.99
Finals	105	Girls 12 & Under 400 Freestyle	†	5:50.99
Finals	106	Boys 12 & Under 400 Freestyle	†	5:50.99

Round	Event #	Event	Equal/Faster LCM	Equal/Faster SCY
Session: 4 Friday Finals				
Finals	103	Mixed 200 Medley Relay		
Finals	<i>Finals of Events 107-134 in numerical order</i>			
Finals	135	Women 400 Freestyle Relay		
Finals	136	Men 400 Freestyle Relay		
Session: 5 Saturday Open Preliminaries				
Prelims	213	Women 200 Freestyle	2:16.99	1:58.99
Prelims	214	Men 200 Freestyle	2:04.49	1:48.99
Prelims	219	Women 100 Breaststroke	1:21.99	1:10.49
Prelims	220	Men 100 Breaststroke	1:13.99	1:02.49
Prelims	225	Women 50 Backstroke	**32.99	**28.49
Prelims	226	Men 50 Backstroke	**30.49	**25.99
Prelims	231	Women 100 Butterfly	1:10.99	1:00.99
Prelims	232	Men 100 Butterfly	1:02.99	54.99
Prelims	237	Women 400 IM	5:21.99	4:43.99
Prelims	238	Men 400 IM	5:00.99	4:21.99
Session: 6 Saturday 800 Freestyle				
Finals	201	Women 800 Freestyle	9:54.99	10:54.99
Finals	202	Men 800 Freestyle	9:14.99	10:14.99
Session: 7 Saturday 14 & Under Preliminaries				
Finals	203	Girls 12 & Under 200 Medley Relay		
Finals	204	Boys 12 & Under 200 Medley Relay		
Finals	205	Girls 13-14 200 Medley Relay		
Finals	206	Boys 13-14 200 Medley Relay		
Prelims	209	Girls 12 & Under 200 Freestyle	†	2:12.99
Prelims	210	Boys 12 & Under 200 Freestyle	†	2:12.99
Prelims	211	Girls 13-14 200 Freestyle	†	2:06.99
Prelims	212	Boys 13-14 200 Freestyle	†	1:58.99
Prelims	215	Girls 12 & Under 100 Breaststroke	†	1:21.99
Prelims	216	Boys 12 & Under 100 Breaststroke	†	1:21.99
Prelims	217	Girls 13-14 100 Breaststroke	†	1:14.99
Prelims	218	Boys 13-14 100 Breaststroke	†	1:10.99
Prelims	221	Girls 12 & Under 50 Backstroke	†	**32.99
Prelims	222	Boys 12 & Under 50 Backstroke	†	**32.99
Prelims	223	Girls 13-14 50 Backstroke	†	**30.49
Prelims	224	Boys 13-14 50 Backstroke	†	**28.49
Prelims	227	Girls 12 & Under 100 Butterfly	†	1:11.99
Prelims	228	Boys 12 & Under 100 Butterfly	†	1:11.99
Prelims	229	Girls 13-14 100 Butterfly	†	1:03.99
Prelims	230	Boys 13-14 100 Butterfly	†	59.99
Finals	233	Girls 12 & Under 400 IM	†	5:13.99
Finals	234	Boys 12 & Under 400 IM	†	5:13.99
Prelims	235	Girls 13-14 400 IM	†	4:59.99
Prelims	236	Boys 13-14 400 IM	†	4:43.99

Round	Event #	Event	Equal/Faster LCM	Equal/Faster SCY
Session: 8 Saturday Finals				
Finals	207	Women 200 Medley Relay		
Finals	208	Men 200 Medley Relay		
Finals	<i>Finals of Events 209-232, 236-240 in numerical order</i>			
Finals	239	Women 800 Freestyle Relay		
Finals	240	Men 800 Freestyle Relay		
Session: 9 Sunday Open Preliminaries				
Prelims	311	Women 200 Backstroke	2:33.99	2:12.99
Prelims	312	Men 200 Backstroke	2:20.99	2:00.99
Prelims	317	Women 50 Breaststroke	**36.49	**31.99
Prelims	318	Men 50 Breaststroke	**32.99	**28.99
Prelims	325	Women 100 Freestyle	1:02.99	54.49
Prelims	326	Men 100 Freestyle	57.49	49.49
Prelims	333	Women 50 Butterfly	**31.49	**27.49
Prelims	334	Men 50 Butterfly	**28.99	**24.99
Prelims	339	Women 200 IM	2:33.99	2:13.99
Prelims	340	Men 200 IM	2:20.99	2:01.49
Session: 10 Sunday 1500 Freestyle Slower Heats				
Finals-S	319	Women 1500 Freestyle	19:00.99	18:20.99
Finals-S	328	Men 1500 Freestyle	17:50.99	17:10.99

Round	Event #	Event	Equal/Faster LCM	Equal/Faster SCY
Session: 11 Sunday 14 & Under Preliminaries				
Finals	301	Girls 12 & Under 200 Freestyle Relay		
Finals	302	Boys 12 & Under 200 Freestyle Relay		
Finals	303	Girls 13-14 200 Freestyle Relay		
Finals	304	Boys 13-14 200 Freestyle Relay		
Prelims	307	Girls 12 & Under 200 Backstroke	†	2:27.99
Prelims	308	Boys 12 & Under 200 Backstroke	†	2:27.99
Prelims	309	Girls 13-14 200 Backstroke	†	2:19.99
Prelims	310	Boys 13-14 200 Backstroke	†	2:11.99
Prelims	313	Girls 12 & Under 50 Breaststroke	†	**36.99
Prelims	314	Boys 12 & Under 50 Breaststroke	†	**36.99
Prelims	315	Girls 13-14 50 Breaststroke	†	**33.99
Prelims	316	Boys 13-14 50 Breaststroke	†	**31.99
Prelims	321	Girls 12 & Under 100 Freestyle	†	1:01.99
Prelims	322	Boys 12 & Under 100 Freestyle	†	1:01.99
Prelims	323	Girls 13-14 100 Freestyle	†	57.99
Prelims	324	Boys 13-14 100 Freestyle	†	53.99
Prelims	329	Girls 12 & Under 50 Butterfly	†	**31.99
Prelims	330	Boys 12 & Under 50 Butterfly	†	**31.99
Prelims	331	Girls 13-14 50 Butterfly	†	**29.49
Prelims	332	Boys 13-14 50 Butterfly	†	**27.49
Prelims	335	Girls 12 & Under 200 IM	†	2:28.99
Prelims	336	Boys 12 & Under 200 IM	†	2:28.99
Prelims	337	Girls 13-14 200 IM	†	2:20.99
Prelims	338	Boys 13-14 200 IM	†	2:12.99
Session: 12 Sunday Finals				
Finals	305	Women 200 Freestyle Relay		
Finals	306	Men 200 Freestyle Relay		
Finals	<i>Finals of Events 307-318, 319 Fastest Heat, Finals of Event 321-326, 328 Fastest Heat, Finals of Events 328-340, all in numerical order</i>			
Finals	341	Women 400 Medley Relay		
Finals	342	Men 400 Medley Relay		

NJS Information and Policies for USA Sanctioned Meets

Locker Rooms:	• 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:	• 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:	• There will be no refunds after the entry deadline except for events that may be scratched from meet by the Entry Coordinator or Meet Director, or as otherwise directed by NJ Swimming. Entries will be acknowledged within 48 hours of receipt. • All entries will be accepted on a first come basis. • Team entries will be considered accepted when the host club accepts the entries. • Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. • Special Notice: Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.
Entry Times:	• New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. • Unless otherwise specified in the earlier Meet Course section, entry times should be for the course that the meet is going to be swum, with converted times being permitted.
Relays:	• 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:	• 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:	• 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:	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).
Host Club Responsibilities:	• The host club will help provide timers for the meet. • The host club will e-mail entry verification back to the participating clubs. • The host club will create a warm-up schedule that will be fair and equal to all teams. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. • Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs no later than 1 week before the meet.
Participating Club Responsibilities:	• 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:	• 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 credential or Coaches Pass available thru the USA swimming Deck Pass App. • Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. • All Coaches must have some form of USA coaching credential verification with them at all times.
Officials Conduct & Eligibility:	• 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 credentials. • 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 in OTS.
Meet Format Waiver:	• 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: • 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:	• 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 Marshals will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction.
Results:	• 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, 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:	Swimwear must conform to USA Swimming Rules. • 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. 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.