

2025 Piranha Fall Rally

November 14-16, 2025

Hosted by Princeton Piranhas Swim Team

Held under the sanction of USA Swimming

<u>Meet Sanction Info:</u>	NJ Swimming Sanction # – NJS-TF-111425-SCY-A 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.		
<u>Date of Meet:</u>	Friday, November 14, Saturday, November 15, and Sunday November 16, 2025		
<u>Location:</u>	Princeton Middle School Pool 217 Walnut Lane, Princeton, NJ 08540 Tel: 609-806-4310 (Day of meet only)		
<u>Facility Info:</u>	The Princeton Middle School Pool is an eight-lane, 25 yard, single course pool with Colorado timing system and full display board. The depth of the water at the starting blocks is 8'-0" and the depth at the turn end is 4'-0". Absolutely NO Chairs allowed in the facility.		
Host Team Contact:	Kip Hein	609-371-2065	kheinswimppst@gmail.com
Meet Director:	Kip Hein	609-371-2065	kheinswimppst@gmail.com
Meet Referee:	Bach Lequang		blequang@gmail.com
Administration Official:	Kip Hein	609-371-2065	kheinswimppst@gmail.com
Safety Marshall:	Julie Meirs Kevin Hom	609-371-2065	teamswimppst@gmail.com teamswimppst@gmail.com
Entry Coordinator:	Kip Hein	609-371-2065	kheinswimppst@gmail.com
Entries Open:	October 13, 2025 at 6:00 am		
Entry Deadline:	October 31, 2025 at 6:00 pm or when the meet has filled, if earlier.		
Swimmer Age:	Age for this meet is calculated as of November 14, 2025		
Entry Fees:	• Entry Fee for individual events: \$8.00/event • 400 IM/500 Freestyle: \$10.00/event • 1000 Freestyle: \$12.00/event • Relay Events \$16/event • Swimmer surcharge \$20.00 / swimmer for the meet		
Meet Course:	Short Course Yards (SCY)		
Events: Friday Distance	• The 11 & over 400 IM, 9-12 500 free, and 11 & Over 1000 Free events will be run fastest to slowest alternating girls and boys heats. • Heats will be combined to save time if appropriate. Swimmers must provide their own counter & timer for this session.		
Meet Format:	• This meet will be run in accordance with current USA Swimming 2025 Technical Rules. • 'NT' or 'No Times' will be accepted for this meet. • The 9-12 500 Free, 11 & over 400 IM, and 11 & Over 1000 free events will be swum on Friday evening. • This meet will have one session on Friday, and two sessions per day on Saturday & Sunday. • This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks.		
Entry Limits:	Daily: (4) Individual events (1) Relay (2) Events Friday		Meet: (10) Individual Events (2) Relays
Checks Payable To:	Princeton Piranhas Swim Team		
Email Entry Files To:	kheinswimppst@gmail.com		
Mail Checks/Reports	Princeton Piranhas Swim Team, 48 Sharon Station Rd., Allentown, NJ 08501		

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.

Session Schedule:		Warm-up	Start
Friday PM Session 1	11 & over 400 IM, 9-12 500 free, 11& over 1000 free	TBA	TBA
Saturday AM Session 2	13-14 Girls & Boys, 15 & Over Girls & Boys	TBA	TBA
Saturday PM Session 3	9-10 & 11-12 Girls & Boys	TBA.	TBA
Sunday AM Session 4	13-14 Girls & Boys, 15 & Over Girls & Boys	TBA	TBA
Sunday PM Session 5	9-10 & 11-12 Girls & Boys	TBA	TBA

Scoring:	- There will be No team scoring. - There will be No individual scoring.
Awards:	- Awards will be given in the 9-10 & 11-12 events only. - Medals will be awarded for the top 3 in individual events. - Ribbons will be awarded for 4th through 16th place for individual events. - Medals will be awarded for the top 3 in relay events only.
Starts:	Overhead starts will be used.
Admissions and Programs:	Spectators will be allowed. No Admission - Heat Sheets (and Results) will be available on Meet Mobile
Concessions:	Limited concessions will be available.
Vendor:	No vendor will be in attendance.
Medical Information:	- The Princeton Middle Pool is staffed with certified lifeguards by the host team and all operational personnel are trained in CPR and First Aid. - There is an AED on site. There is not an EMT on site.
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.
Internet Website Posting:	Meet information, Hy-Tek .HYV Event file and results will be posted on the New Jersey Swimming website. www.njswim.org
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.
Directions:	Google Maps: https://maps.app.goo.gl/Pj2GHTWLsA6uwUV6A Park in the parking lots on Guyot Ave. Follow the sidewalk to the right of the pool and enter

	the main set of doors marked Pool/Gym. If you are parking on the street, please do not block driveways or you will be towed.
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Order of Events

Session 1 Friday Night		
Girls	Event	Boys
1	11 & Over 400 IM	2
3	9-12 500 Freestyle	4
5	11 & Over 1000 Freestyle	6

Session 2 Saturday Morning 13& Overs		
Girls	Event	Boys
7	13-14 200 Freestyle Relay	8
9	15 & Over 200 Freestyle Relay	10
11	13-14 100 Freestyle	12
13	15 & Over 100 Freestyle	14
15	13-14 100 Breaststroke	16
17	15 & Over 100 Breaststroke	18
19	13-14 200 Backstroke	20
21	15 & Over 200 Backstroke	22
23	13-14 100 Butterfly	24
25	15 & Over 100 Butterfly	26
27	13-14 200 IM	28
29	15 & Over 200 IM	30

Session 3 Saturday Afternoon 12 & Unders		
Girls	Event	Boys
31	9-10 200 Freestyle Relay	32
33	11-12 200 Freestyle Relay	34
35	11-12 100 Breaststroke	36
37	9-10 100 Breaststroke	38
39	11-12 50 Freestyle	40
41	9-10 50 Freestyle	42
43	11-12 100 IM	44
45	9-10 100 IM	46
47	11-12 50 Backstroke	48
49	9-10 50 Backstroke	50
51	11-12 200 Backstroke	52
53	9-10 100 Butterfly	54
55	11-12 100 Butterfly	56
57	9-10 200 Freestyle	58
59	11-12 200 Freestyle	60

Session 4 Sunday Morning 13& Overs		
Girls	Event	Boys
61	13-14 200 Medley Relay	62
63	15 & Over 200 Medley Relay	64
65	13-14 200 Breaststroke	66
67	15 & Over 200 Breaststroke	68
69	13-14 50 Freestyle	70
71	15 & Over 50 Freestyle	72
73	13-14 100 Backstroke	74
75	15 & Over 100 Backstroke	76
77	13-14 200 Butterfly	78
79	15 & Over 200 Butterfly	80
81	13-14 200 Freestyle	82
83	15 & Over 200 Freestyle	84

Session 5 Sunday Afternoon 12 & Unders		
Girls	Event	Boys
85	9-10 200 Medley Relay	86
87	11-12 200 Medley Relay	88
89	11-12 100 Freestyle	90
91	9-10 100 Freestyle	92
93	11-12 50 Breaststroke	94
95	9-10 50 Breaststroke	96
97	11-12 200 Breaststroke	98
99	9-10 100 Backstroke	100
101	11-12 100 Backstroke	102
103	9-10 50 Butterfly	104
105	11-12 50 Butterfly	106
107	11-12 200 Butterfly	108
109	9-10 200 IM	110
111	11-12 200 IM	112

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: Meet entry 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 follows the practice of not entering a meet with 'NT' or 'No Time'. Unless otherwise stated in the meet announcement, "NT's" will not be accepted. • 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.
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 2025 Technical 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 2025 Technical Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (2025 MAAPP). • 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 2025 Technical Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (2025 MAAPP). • 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 2025 Technical 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 (2025 MAAPP)	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 ("2025 MAAPP"), and that they understand that compliance with the 2025 MAAPP policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy:	Swimwear must conform to USA Swimming 2025 Technical 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.