

<u>Name of Meet</u>	2010 New Jersey Junior Age Group Championship hosted by Piranha Swimming
<u>Meet Sanction #:</u>	NJS #012910SC
<u>Host Club:</u>	<i>Princeton Piranhas Swim Team</i>
<u>Date of Meet:</u>	Friday, January 29 th , 2010 thru Sunday, January 31 st , 2010
<u>Location:</u>	John Witherspoon Pool, 217 Walnut Lane, Princeton, NJ 08540. The pool is on Guyot Lane. 609-806-4310 This 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".
<u>Meet Director:</u>	Kip Hein, 609-371-2065, khein@swimppst.org
<u>Meet Referee:</u>	Mark Butler, 609-466-8192, Butlerms31@gmail.com
<u>Meet Marshal</u>	Julie Meirs, 609-371-2065, jmeirs@swimppst.org
<u>Entry Coordinator:</u>	Entry Coordinator, Kip Hein E-Mail: khein@swimppst.org <ul style="list-style-type: none"> • Phone: 609-371-2065 • Best time to call between 8:00AM to 3:00 PM and weekends. • Make checks payable to: Princeton Piranhas Swim Team.
<u>Entry Deadline:</u>	All entries must be either MM or TM entries. Entry Deadline: Friday, January 15, 2010 Mail Entries to : Princeton Piranhas Swim Team, 1156 Old York Rd., Hightstown, NJ 08520 <ul style="list-style-type: none"> • Team entries will not be considered as accepted unless the waiver and entry fees have been received. • If you are not e-mailing your entries, then overnight or express mail is recommended, <i>but waive the signature.</i> • It is not necessary to overnight or express mail your hard copy and check which are sent in support of an e-mailed entry.
<u>Meet Format Waiver:</u>	The host club has the right to change the format of the meet with the approval of the sanctioning chairman and age group or senior chairman. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes would be: <ul style="list-style-type: none"> • To allow more swimmers to swim. • To conform to facility capacity limits.
<u>Internet Website Posting:</u>	<ul style="list-style-type: none"> • Meet information, Hy-Tek HYV. Event files and result will be posted on the New Jersey Swimming website. www.njswim.org
<u>Meet Requirement Statement:</u>	<ul style="list-style-type: none"> • This meet qualifies, as "one" of the three required short course meets to be eligible for the New Jersey SC Zone Championship Team or for New Jersey Championship Reimbursement.
<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> • All coaches "on the deck" must be registered members of USA Swimming. • Coaches must show coaching card for entrance to facility. • Coaches must have coaching card visible at all times while on deck. • Coaches must have a visible coach's card when entering hospitality area.
<u>State Championships Restriction</u>	With regards to NJ Swimming's Senior A Championships, and Junior Age Group Championships, a swimmer will only be allowed to compete in 1 of these State Championships.
<u>Swimmer Eligibility:</u>	<ul style="list-style-type: none"> • All swimmers must be members of USA Swimming to enter and compete in this meet. • This is a New Jersey Championship Meet, only New Jersey LSC Registered swimmers are allowed to compete. • All swimmers must be listed on a team's official entry form (hardcopy for TM) to be eligible to participate in this swim meet in any events including relays. • 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. All Unattached swimmers must be listed on the team's official waiver entry form.

	<ul style="list-style-type: none"> All events will be Open events for 14 years or younger competing. This is a Championship meet; all swimmers must have times NO SLOWER THAN the meet qualifying time standards. Proof of time will be required for any event 400 yards and longer, except relays. <p>Individual and Relay Limits:</p> <ul style="list-style-type: none"> New Jersey Swimming only allows swimmers to compete in 3 individual events per day. Swimmers may compete in one (1) relay per day. All relays will be timed finals swimming during the PM/Finals session. All events will be 14 & under events. This meet is designed for 14/Under Girls and 14/Under Boys who meet the qualifying standards.
<u>Meet Format:</u>	<ul style="list-style-type: none"> This meet will be run in accordance to current USA Swimming Rules. This meet will be run as a prelim and final meet for 14/Under girls and 14/Under boys with Bonus, Consolation and Final heats for all individual events. <u>The Bonus heat will be reserved for 12 and under athletes ONLY.</u> The 1650 yard freestyle event will be a timed final contested on Friday evening. Top seeded swimmer of each final event will pick accompanying music from the music DJ for introduction of swimmers for evening finals. All relays will be swum during the Finals session. There will be a podium awards ceremony for male and female events after every male event in Finals. The USA Swimming scratch rule will be in effect. NJ Swimming will be enforcing a \$50 fine to the clubs for each event a swimmer(s) does not show up and compete in during Sunday Night Finals. 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.
<u>Meet Schedule:</u>	<ul style="list-style-type: none"> The building will open at 4:15PM on Friday and at 6:45AM on Saturday and Sunday. This meet will have two AM preliminary sessions followed by a distance session and finals.

Session Schedule:		Warm-up	Start
I Friday PM	14/Under Girls & Boys 1650 Freestyle	4:30 pm	5:00 pm
II Saturday AM	14/Under Boys, Check-in by 7:30AM	7:00 am	8:05 am
III Saturday PM	14/U Girls, Check-in by 10:45 PM	10:15 pm Approx.	11:30 pm Approx.
IV Saturday Finals	All Finalists and Relay Swimmers	4:30 pm	5:30 pm
V Sunday AM	14/Under Girls, Check-in by 7:30AM	7:00 am	8:05 am
VI Sunday AM	14/Under Boys, Check-in by 11:15 PM	10:45 am Approx.	12:00 am Approx.
VII Sunday Finals	All Finalists and Relay Swimmers	4:30 PM	5:30PM

<u>Warm-up Procedures:</u>	<p>All teams must be given a minimum of thirty minutes of warm-ups.</p> <p>New Jersey Swimming Warm-up and Safety Guidelines:</p> <ul style="list-style-type: none"> Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes. All swimmers are entitled to a fair and comparable warm-up. All teams MUST get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes. All swimmers must enter the pool from the starting end of the pool. Uniformed and designated meet marshals will monitor warm-ups. All general warm-up lanes will swim in a counterclockwise direction. The warm-up sessions will be two 30-minute warm-ups divided by teams. There will be designated sprint lanes/pace lanes during the last 10 minutes. Warm-up schedules will be e-mailed and posted on the website 72 hours prior to the start of the meet. Warm-up for the 1650 events will be open and limited to ½ hour.
<u>Entry Times:</u>	<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 NO SLOWER THAN the qualifying time standard for this meet. All entry times must be in short course yards.

	<ul style="list-style-type: none"> • Proof of time will be required for any individual event 400 yards and longer; Hy-tek proof of time on the entry file will be acceptable.
<u>Check-In:</u>	<ul style="list-style-type: none"> • All check-in sheets must be turned into the control room 30 minutes before the start of each session. 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 his/her name and the event number circled with “SCR” next to the circle. • All distance events will have a positive check-in that will be posted in the control room. • All relay events will have a positive check-in that will be posted in the control room. • Clubs will be fined \$50 per swimmer who fails to show up for Sunday Night Finals. Swimmers failing to show up for an event during Saturday Night Finals will be scratched from the rest of that session or if they have no more events that session, will be scratched from the next session in which they are entered. • Failure to positively check-in a swimmer will result in that swimmer not participating in that event
<u>Starts:</u>	<ul style="list-style-type: none"> • New Jersey Swimming requires that whistle starts be used. • The host club will determine if overhead starts will be used after a time line has been produced. This information will be e-mailed and posted in the pre-meet information.
<u>Distance Events:</u>	<ul style="list-style-type: none"> • The 1000 Freestyle events will be run fastest to slowest as separate sessions at the conclusion of the AM prelims. Girls will swim on Saturday, boys on Sunday. • The 1650 will be contested on Friday evening; fastest to slowest alternating girls and boys. • Heats will be combined to consolidate if appropriate. • Swimmers must have their own timer and a person to count. • Proof of time is required for entry into these events; can be done in TM entry file.
<u>Heat Limited Events:</u>	<p>The following events will have a limited number of heats:</p> <ul style="list-style-type: none"> • The 1650 Freestyle event will be limited to 3 hours. • Upon receipt of all entries (as of entry closing date), these events will be seeded and any swimmer seeded below the time line limit will have a choice of remaining in the meet with expectations of scratching into the event or entering another event. If a swimmer does not swim either event, a refund will be processed to the swimmer’s team within one week of the conclusion of the meet. The meet director will not accept any additional entries/substitutions for these events after the closing date. • Teams and coaches will be contacted if their swimmer falls below the time line limit. This information will also be posted on the New Jersey website www.njswim.org
<u>Relays:</u>	<ul style="list-style-type: none"> • Coaches must turn their relay cards into the computer operator before the relays are swum. Relay cards should list correct swimmers names and order.
<u>Scoring:</u>	<ul style="list-style-type: none"> • There will be No team scoring. • There will be individual scoring.
<u>Awards:</u>	<ul style="list-style-type: none"> • Medals will be awarded to the top 16 swimmers in each individual event. • Medals will be awarded to the top 3 relays in each relay event. • High point award for top 3 girls and top 3 boys.
<u>Entry Fees:</u>	<ul style="list-style-type: none"> • Individual Entry Fee for individual events: \$5.00 • Relay Entry Fee: \$8.00 • Make checks payable to: Princeton Piranhas Swim Team.

<u>Admissions and Heat Sheets:</u>	<ul style="list-style-type: none"> • Admission will be \$5.00 for each of the prelim sessions and the distance session. • Heat sheets will be printed after all scratches are entered and will be available for \$5.00 per session. • Admission to the PM finals will be \$3.00. • Heat sheets for PM Finals will be free of charge; one per family while supply lasts.
<u>Entries:</u>	<ul style="list-style-type: none"> • In accordance with NJS policy, team entries may be submitted by E-mail to khein@swimppst.org • All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail. • The meet entry coordinator will respond to e-mail entries within 48 hours. If you do not receive an e-mail response within 48 hours, assume that your email has not been received. It then becomes the e-mailer's responsibility to make sure that the host club's meet entry coordinator receives the e-mail. If you do not receive an e-mail response, you must contact the entry coordinator by email or phone or mail in your entries. • An entry summary with a signed NJ Swimming waiver and a check must accompany or follow emailed entries. • Accuracy of seed times is essential. Incomplete entries will not be accepted. • Deck entries will not be accepted. No phone or faxed entries will be accepted.
<u>Results:</u>	<ul style="list-style-type: none"> • All Teams will be asked on the meet summary whether they want results mailed or e-mailed. • Result will be posted on the New Jersey website: www.njswim.org
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none"> • The host club will provide 1 timer for each lane; during the AM Prelim meet sessions. • The host club will provide timers for the finals sessions • The host club will e-mail all club entries back to the participating clubs that are received via email. • The host club will create a warm-up schedule that will be fair and equal to all teams. This warm-up schedule will be e-mailed to all participating clubs and posted on the website: www.njswim.org no later than 72 hours before the meet. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. These timing assignments will be e-mailed to all participating clubs no later than 72 hours before the meet.
<u>Participating Club Responsibilities:</u>	<ul style="list-style-type: none"> • Participating clubs must help with timing. Timing assignments will be emailed to participating clubs and posted on the New Jersey website: www.njswim.org 72-hours prior to the meet. • Participating club parents must stay off the pool deck except for entering seating area. • Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.
<u>Concessions:</u>	Refreshments will be available in the outside hallway.
<u>Vendor:</u>	A swim host vendor will be in attendance.
<u>Hotels:</u>	<ul style="list-style-type: none"> • Holiday Inn, 100 Independence Way, 1-609-520-1200 • Staybridge Suites, 4375 Route1, 1-609-951-0009, ask for sports group rate • Residence Inn by Marriott, 4225 Route 1, 1-732-329-9600, Includes breakfast • Princeton Courtyard by Marriott, Route 1 and Mapleton Road, 1-609-716-9100; includes breakfast.
<u>Directions:</u>	<p>From Route 1: Taking Rt. 1 towards Princeton to Rt. 571 into Princeton. You will come up through the main campus and pass through 4 lights. You will turn at the 5th light which is Nassau Street. Rt. 571 will go off to you left, you will make a right turn onto Nassau Street. At the next traffic light turn left onto Chestnut Street. Proceed to the first stop sign. You go straight and Chestnut turns into Walnut Lane. You will go past Princeton High School on your left; the pool is at the middle school on your Right. Just after you pass the middle school you will turn right onto Guyot Lane. Park in the first parking lot on your left. The parking lot is directly across from the pool. Follow the side walk to the right of the pool and enter the main set of doors.</p> <p>From 206 north: Take Rt. 206 south into Princeton to Nassau Street. Turn left onto Nassau street</p>

	and continue to Chestnut Street. At the traffic light turn left onto Chestnut Street. Proceed to the first stop sign. You go straight and Chestnut turns into Walnut Lane. You will go past Princeton High School on your left; the pool is at the middle school on your right. Just after you pass the middle school you will turn right onto Guyot Lane. Park in the first parking lot on your left. The parking lot is directly across from the pool. Follow the side walk to the right of the pool and enter the main set of doors.
<u>Order of Events:</u>	Events will be swum in the same order in the finals as in preliminaries, with the exception of the 1650 and 1000 free, which are timed final events. All relays will be in the Finals session. Teams are limited to only two relays per event.

EVENTS, QUALIFYING TIMES AND SESSIONS

Session	Event	Qualifying Time
Session #1		
Fri PM	Event 1 Girls 14 & U 1650 Free	21:53.19
Fri PM	Event 2 Boys 14 & U 1650 Free	21:36.99
Session #2		
Sat AM	Event 4 Boys 14&U 500 Free	5:54.09
Sat AM	Event 6 Boys 14&U 100 Breast	1:20.09
Sat AM	Event 8 Boys 14&U 200 Back	2:32.59
Sat AM	Event 10 Boys 14&U 100 Fly	1:10.99
Sat AM	Event 12 Boys 14&U 100 Free	1:00.49
Sat AM	Event 14 Boys 14&U 200 IM	2:28.09
Session #3		
Sat PM	Event 3 Girls 14&U 500 Free	5:59.49
Sat PM	Event 5 Girls 14&U 100 Breast	1:20.19
Sat PM	Event 7 Girls 14&U 200 Back	2:33.19
Sat PM	Event 9 Girls 14&U 100 Fly	1:12.39
Sat PM	Event 11 Girls 14&U 100 Free	1:01.49
Sat PM	Event 13 Girls 14&U 200 IM	2:31.89
Sat PM	Event 15 Girls 14&U 1000 Free (30 min w-up after prelims)	13:08.29
Session #4		
FINALS	Finals for Events #3 thru 14 plus	
ONLY	Event 17 Girls 14&U 200 Medley Relay	
	Event 18 Boys 14&U 200 Medley Relay	
Session #5		
Sun AM	Event 19 Girls 14&U 400 IM	5:24.79
Sun AM	Event 21 Girls 14&U 50 Free	28.29
Sun AM	Event 23 Girls 14&U 200 Breast	2:53.89
Sun AM	Event 25 Girls 14&U 200 Free	2:14.09
Sun AM	Event 27 Girls 14&U 100 Back	1:10.69
Sun AM	Event 29 Girls 14&U 200 Fly	2:45.99
Session #6		
Sun PM	Event 20 Boys 14&U 400 IM	5:25.79
Sun PM	Event 22 Boys 14&U 50 Free	27.49
Sun PM	Event 24 Boys 14&U 200 Breast	2:53.69
Sun PM	Event 26 Boys 14&U 200 Free	2:11.49
Sun PM	Event 28 Boys 14&U 100 Back	1:10.29
Sun PM	Event 30 Boys 14&U 200 Fly	2:42.99
Sun PM	Event 16 Boys 14&U 1000 Free (30 min w-up after prelims)	12:59.99
Session #7		
FINALS	Finals for Events #19 thru 30 plus	
ONLY	Event 31 Girls 14&U 200 Free Relay	
	Event 32 Boys 14&U 200 Free Relay	