

Name of Meet:	<b>EASTERN EXPRESS FEBRUARY SPLASH 2010 No Qualifying Times</b>
Meet Sanction #:	Sanction NJS#020710SC
Host Club:	This meet is hosted by: <b>EASTERN EXPRESS</b>
Date of Meet:	<b>SUNDAY, FEBRUARY 7, 2010</b>
Location:	The College of New Jersey Aquatic Center, located in Packer Hall is off of I-95S, Route 31S, Exit 4, take 31S (Pennington Road) to the entrance of the college. The pool opened in 1987 as one of the finest indoor aquatics facilities in the northeast. The main pool measures 25 yards and has eight competition lanes featuring Omega timing and a warm-up pool; <b>the starting blocks are in the deep end of the pool off the new bulkhead.</b> The depth at the starting blocks is 6.5 feet and the depth at the turn end is 4 feet.
Meet Director:	Ellen W. Mace, <a href="mailto:purplemommy@juno.com">purplemommy@juno.com</a> , 609.558.0988
Meet Referee:	Jill Christen, <a href="mailto:jchristenbeach@comcast.net">jchristenbeach@comcast.net</a> , 609.921.6016
Meet Marshall:	Gray Jones, <a href="mailto:grey.jones@filearning.com">grey.jones@filearning.com</a> , 609.466.9000
Team Contact:	Brent Matheson, <a href="mailto:bmatheson@aol.com">bmatheson@aol.com</a> , 908.295.8133
Entry Coordinator:	BE Smartt, Inc will be the Entry Coordinator, E-Mail address: <a href="mailto:entries1@juno.com">entries1@juno.com</a> <ul style="list-style-type: none"> <li>• 1.609.558.0988</li> <li>• Best time to call after 8:00PM and weekends</li> </ul>
Entry Deadline:	All entries will be accepted on a first come basis. Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. Team entries will not be considered as accepted unless the waiver and entry fees have been received.  Entry Deadline Date: <b>FRIDAY, January 29, 2010</b>  Mail Entries to : BE SMARTT INC., 604 Paxson Avenue, Mercerville, NJ 08619  Even if you are e-mailing your entries, then overnight or express mail is recommended, <b><i>but waive the signature.</i></b>
Entries:	In accordance with NJS policy, team entries may be submitted by E-mail to <a href="mailto:entries1@juno.com">entries1@juno.com</a> . (please use EEXSPLASH10 in subject line) All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail. <ul style="list-style-type: none"> <li>• The meet entry coordinator will respond to e-mails 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 sender'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.</li> <li>• An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each mailed entry.</li> <li>• Incomplete entries will not be accepted.</li> <li>• Deck entries will not be accepted.</li> <li>• Teams entered will be posted on the host club's website.</li> </ul>
Meet Format Waiver:	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. <ul style="list-style-type: none"> <li>• To conform to facility capacity.</li> </ul>
Internet Website Posting:	<ul style="list-style-type: none"> <li>• Meet Website address: <a href="http://www.besmarttinc.com">www.besmarttinc.com</a></li> <li>• Pre-Meet Information posted on website. <ul style="list-style-type: none"> <li>• Meet Information will be posted on the website.</li> <li>• Hy-Tek Events list (HYV.file) will be posted on the website.</li> <li>• List Teams whose entries have been received.</li> <li>• List Updated meet schedule.</li> <li>• List Warm-up Schedule and Team Warm-up Assignments.</li> <li>• List Timing assignments.</li> </ul> </li> <li>• Post-Meet Information posted on website.</li> </ul>

	<ul style="list-style-type: none"> <li>List Downloadable Results (HY3.zip file)</li> <li>List Downloadable Meet Back-up (Backup.zip File)</li> </ul>
<u>Meet Requirement Statement:</u>	This meet qualifies as "one" of the three required <b>SHORT COURSE</b> meets to be eligible for the New Jersey SC Zone Championship Team or for New Jersey National Championship Reimbursement.
<u>Coaches Eligibility:</u>	All coaches "on the deck" must be registered with New Jersey Swimming and be members of USA Swimming. <ul style="list-style-type: none"> <li>Coaches must show coaching card for entrance to facility.</li> <li>Coaches must have coaching card visible at all times while on deck.</li> </ul>
<u>Swimmer Eligibility:</u>	<ul style="list-style-type: none"> <li>All swimmers must be members of USA Swimming to enter and compete in this meet. All swimmers must be listed on a team's official entry form 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.</li> <li>There will 10 &amp; U, 11-12, 13-19 events</li> <li>There will be no qualifying times for this meet.</li> <li>New Jersey Swimming only allows swimmers to compete in 3 individual events per day.</li> <li>Age for this meet is calculated as of <b>February 7, 2010</b></li> </ul>
<u>Meet Format:</u>	This meet will be run in accordance to current USA Swimming Rules. This meet will be run as a timed final meet. 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 directly.
<u>Meet Schedule:</u>	The building opening time is no sooner than: 6:50AM. This meet will have two sessions.

**Meet Schedule:**

	<b>Age Groups</b>	<b>Warm-ups</b>	<b>Meet Start</b>
Session 1	All 10 & Unders & 11-12	6:55 AM	8:00 AM
Session 2	All 13/19's	12:40 PM (Approx. TBA)	1:45 PM (Approx. TBA)

<u>Warm-up Procedures:</u>	<ul style="list-style-type: none"> <li>All teams must be given a minimum of thirty minutes of warm-ups.</li> <li>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.</li> <li>All swimmers must enter the pool from the starting end of the pool.</li> <li>New Jersey Swimming officials will monitor warm-ups.</li> </ul> <p><u>Warm-up Procedures based upon number of entries:</u></p> <ul style="list-style-type: none"> <li>There will be a one-hour warm-up session with sprint lanes offered in the final 15 minutes of warm-ups.</li> <li><u>OR (based on the number of swimmers/teams in the meet)</u> 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. Teams will be notified via email 72 hours prior to the meet about changes in warm up times.</li> </ul>
<u>Entry Times:</u>	<ul style="list-style-type: none"> <li>New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time</li> </ul>
<u>Check-In:</u>	<ul style="list-style-type: none"> <li>All check-in sheets must be turned into the scoring table 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. Swimmers who have failed to be properly checked-in may be scratched from their event(s).</li> </ul>
<u>Starts:</u>	<ul style="list-style-type: none"> <li>New Jersey Swimming requires that whistle starts be used.</li> <li>The host club will determine if "overhead/fly-over" starts will be used after a time line has been produced. This information will be published in the pre-meet information which will be e-mailed 72 hours prior to the meet to participating clubs.</li> </ul>
<u>Relays:</u>	No relays
<u>Scoring:</u>	No scoring.
<u>Awards:</u>	Medals will be awarded for the top 3 places in each age groups (10 & U, 11/12, 13/14, 15/19)
<u>Entry Fees:</u>	Individual Entry Fee: \$3.00. Make checks payable to: <b>EXPRESS SPORTS INC.</b> (All entry fees are non-refundable)

<u>Admissions and Programs:</u>	Admission will be \$6.00 per session. Cost of Program will be \$3.00 per session.
<u>Results:</u>	All Teams must request on the Meet Summary whether they want results mailed or e-mailed.
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none"> <li>The host club will provide a single timer in each lane throughout the meet.</li> <li>The entry coordinator will create a warm-up schedule and timing assignments 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: <a href="http://www.besmartinc.com">www.besmartinc.com</a> no later than 72 hours before the meet.</li> </ul>
<u>Participating Club Responsibilities:</u>	<ul style="list-style-type: none"> <li>Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: <a href="http://www.besmartinc.com">www.besmartinc.com</a> 72-hours prior to the meet.</li> <li>Participating club parents must stay off the pool deck except for timing assignments.</li> <li>Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</li> </ul>
<u>Food Concessions:</u>	A food concession or vending machines will be available.
<u>Vendor:</u>	A vendor will be selling merchandise at the meet.
<u>Directions:</u>	The College of New Jersey is off of I-95S, Route 31S, Exit 4, take 31S (Pennington Road) to the entrance of the college. Please use lots 3, 4, or 5 for parking; they are to the right of the Pennington Road entrance to the college.

**MEET SCHEDULE: Sunday, Feb. 7, 2010 – Morning Session – 12 & Under**  
**Warm-up: 6:55 a.m. Meet Start: 8:00 a.m.**

**Event**

- Event 1 Women 10&U 200 IM
- Event 1 Women 11-12 200 IM
- Event 2 Men 10&U 200 IM
- Event 2 Men 11-12 200 IM
- Event 3 Women 10&U 50 Free
- Event 3 Women 11-12 50 Free
- Event 4 Men 10&U 50 Free
- Event 4 Men 11-12 50 Free
- Event 5 Women 10&U 100 Breast
- Event 5 Women 11-12 100 Breast
- Event 6 Men 10&U 100 Breast
- Event 6 Men 11-12 100 Breast
- Event 7 Women 10&U 100 Back
- Event 7 Women 11-12 100 Back
- Event 8 Men 10&U 100 Back
- Event 8 Men 11-12 100 Back
- Event 9 Women 10&U 100 Fly
- Event 9 Women 11-12 100 Fly
- Event 10 Men 10&U 100 Fly
- Event 10 Men 11-12 100 Fly
- Event 11 Women 10&U 200 Free
- Event 11 Women 11-12 200 Free
- Event 12 Men 10&U 200 Free
- Event 12 Men 11-12 200 Free

Event 13 Women 10&U 100 IM  
Event 13 Women 11-12 100 IM  
Event 14 Men 10&U 100 IM  
Event 14 Men 11-12 100 IM  
Event 15 Women 10&U 50 Breast  
Event 15 Women 11-12 50 Breast  
Event 16 Men 10&U 50 Breast  
Event 16 Men 11-12 50 Breast  
Event 17 Women 10&U 50 Back  
Event 17 Women 11-12 50 Back  
Event 18 Men 10&U 50 Back  
Event 18 Men 11-12 50 Back  
Event 19 Women 10&U 50 Fly  
Event 19 Women 11-12 50 Fly  
Event 20 Men 10&U 50 Fly  
Event 20 Men 11-12 50 Fly  
Event 21 Women 10&U 100 Free  
Event 21 Women 11-12 100 Free  
Event 22 Men 10&U 100 Free  
Event 22 Men 11-12 100 Free  
Event 23 Women 11-12 200 Back\*  
Event 24 Men 11-12 200 Back\*  
Event 25 Women 11-12 200 Breast\*  
Event 26 Men 11-12 200 Breast\*  
Event 27 Women 11-12 200 Fly\*  
Event 28 Men 11-12 200 Fly\*

\*These events might be combined

**MEET SCHEDULE: Sunday, Feb. 7, 2010 – Afternoon Session – 13 & Over**  
**Warm-up: 12:40 p.m. (Approx. TBA) Meet Start: 1:45 p.m. (Approx. TBA)**

## **Event**

Event 29 Women 13-14 500 Free  
Event 29 Women 15-19 500 Free  
Event 30 Men 13-14 500 Free  
Event 30 Men 15-19 500 Free  
Event 31 Women 13-14 50 Free  
Event 31 Women 15-19 50 Free  
Event 32 Men 13-14 50 Free  
Event 32 Men 15-19 50 Free  
Event 33 Women 13-14 200 Breast  
Event 33 Women 15-19 200 Breast  
Event 34 Men 13-14 200 Breast  
Event 34 Men 15-19 200 Breast  
Event 35 Women 13-14 200 Back  
Event 35 Women 15-19 200 Back  
Event 36 Men 13-14 200 Back  
Event 36 Men 15-19 200 Back

Event 37 Women 13-14 200 Fly  
Event 37 Women 15-19 200 Fly  
Event 38 Men 13-14 200 Fly  
Event 38 Men 15-19 200 Fly  
Event 39 Women 13-14 100 Free  
Event 39 Women 15-19 100 Free  
Event 40 Men 13-14 100 Free  
Event 40 Men 15-19 100 Free  
Event 41 Women 13-14 200 IM  
Event 41 Women 15-19 200 IM  
Event 42 Men 13-14 200 IM  
Event 42 Men 15-19 200 IM  
Event 43 Women 13-14 100 Breast  
Event 43 Women 15-19 100 Breast  
Event 44 Men 13-14 100 Breast  
Event 44 Men 15-19 100 Breast  
Event 45 Women 13-14 100 Back  
Event 45 Women 15-19 100 Back  
Event 46 Men 13-14 100 Back  
Event 46 Men 15-19 100 Back  
Event 47 Women 13-14 100 Fly  
Event 47 Women 15-19 100 Fly  
Event 48 Men 13-14 100 Fly  
Event 48 Men 15-19 100 Fly  
Event 49 Women 13-14 200 Free  
Event 49 Women 15-19 200 Free  
Event 50 Men 13-14 200 Free  
Event 50 Men 15-19 200 Free  
Event 51 Women 13-14 400 IM  
Event 51 Women 15-19 400 IM  
Event 52 Men 13-14 400 IM  
Event 52 Men 15-19 400 IM