

Entries for
2019 EEX
Jeffrey S Mace
Summer Sizzle XXIX
will open

Monday
May 20th
at

6:00am

No entries will be accepted
before that time

The 29th Jeffrey S Mace Memorial Summer Sizzle

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

Held under the sanction of USA Swimming

Meet Sanction #	NJ swimming Sanction #- NJS062819LC 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 28th to Sunday June 30th, 2019		
Location:	Sonny Werblin Recreation Center, Busch Campus, Rutgers University Rutgers University now requires all parked vehicles to be registered with the University Parking and Transportation department. A registration link will be distributed with the Timing & Warm-Up schedule and published at www.besmarttinc.com a week before the meet.		
Facility Info:	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 is an auxiliary pool (patio pool) for warm-up and warm-down throughout the meet, and seating for 1,000 spectators, including 400 chair-backed seats. The remaining seating is bleacher style.		
Pool Certification Statement:	The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.		
Host Team Contact:	Michael Randazzo	908-448-8476	EasternExpressSwimTeam@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Bill Tucker		wtucker370@gmail.com
Admin Officials:	Ellen Mace, John Lister		besmarttinc@gmail.com
Safety Marshall:	Craig Haywood		EasternExpressSwimTeam@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Monday May 20th, 2019, at 6am		
Entry Deadline:	Friday June 14th, 2019, at 6pm		
Swimmer Age	Swimmer ages for this meet are as of June 28th, 2019		
Entry Fees:	Individual Entry: Timed Final Events: \$7.00, Prelim/Final Events: \$8.00, Distance: \$14.00, Relays: \$11.00.		
Meet Course:	Long Course Meters (LCM)		
Meet Format:	<ul style="list-style-type: none"> • This meet will be run as timed finals for 14 & Under events, distance events, and the Sunday afternoon 50s. • This meet will be run as prelims/finals for Open events, with four heats at finals—three heats for the 400 Freestyle and 400 IM. <i>The slowest final in each event will be reserved for swimmers 18 & Under.</i> • There will be 10 & Under, 11-12, 11 & Over, 13-14, 15 & Over, and Open Events. • Swimmers aged 14 and under who qualify may swim in either the Open prelims/finals events or the afternoon timed finals sessions, but not both on any given day. They may choose which to swim, each day. They may also swim a distance event on Saturday and Sunday, if they qualify. • Swimmers 15 & Over, may not swim in both the Open prelims/finals events and the afternoon timed finals session on Sunday. <p><i>...continued</i></p>		



Meet Format <i>continued:</i>	<ul style="list-style-type: none"> • There are minimum (“faster than”) time standards for this meet. Converted times are not acceptable for this meet: there are separate SCY and LCM time standards. Proof of time will be required for all Open and distance individual events. (Hy-Tek proof of time reports will suffice for this purpose). • Proof of time is required for all Open events. See “Proof of Time” section for details. • Teams are limited to a roster of no more than 40 swimmers competing in the Open events and 40 swimmers competing in the 14 & Under timed finals events. (See “Team Limits” section for details) • This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When a session has been seeded, swimmers will be responsible for reporting to the blocks on their own. 	
Entry Limits:	Daily: 3 Individual Events (11-12, 13-14, Open) 4 Individual Events (10 & Under) 2 Relays	Meet: 9 Individual Events (11-12, 13-14, Open) 9 Individual Events (10 & Under) 6 Relays
Checks Payable To:	Express Sports Inc	
Email Entry Files To:	besmarttinc@gmail.com	

2019 Jeffrey S Mace Memorial Summer Sizzle

Friday June 28th

Facility Opens at 7:00am

All Qualifying times are “Equal/Faster”. Converted times not accepted. See separate SCY cuts

Friday Morning Session #1—Open Preliminaries

Warm-up: 7:15am

Meet Start: TBA

Women	SCY QT	LCM QT	Open Event	LCM QT	SCY QT	Men
#201	24.99	29.49	50 Freestyle	26.49	22.79	#202
#203	2:13.99	2:33.99	200 IM	2:21.99	2:03.99	#204
#205	1:00.99	1:10.99	100 Butterfly	1:03.99	55.49	#206

Friday Midday Session #2—Open 400 Freestyle

Warm-up: 7:15am

Meet Start: TBA

Women	SCY QT	LCM QT	Open Event	LCM QT	SCY QT	Men
#207	5:17.99	4:47.99	400 Freestyle	4:29.99	4:56.99	#208



2019 Jeffrey S Mace Memorial Summer Sizzle

Friday June 28th...continued

All Qualifying times are "Equal/Faster". Converted times not accepted. See separate SCY cuts

Friday Afternoon Session #3—14 & Under Timed Finals

Warm-up: TBA

Meet Start: TBA

Girls	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Boys
#101	56.99	1:05.39	13-14 100 Freestyle	1:02.69	54.29	#102
#103	1:01.49	1:10.99	11-12 100 Freestyle	1:10.99	1:01.49	#104
#105	1:11.89	1:22.89	10 & Under 100 Freestyle	1:22.89	1:11.89	#106
#107	2:18.99	2:41.39	13-14 200 Backstroke	2:35.39	2:12.99	#108
#109	2:30.99	2:50.99	11-12 200 Backstroke	2:50.99	2:30.99	#110
#111	38.49	44.19	10 & Under 50 Backstroke	44.19	38.49	#112
#113	1:13.99	1:25.99	13-14 100 Breaststroke	1:21.59	1:09.99	#114
#115	1:20.49	1:32.49	11-12 100 Breaststroke	1:32.49	1:20.49	#116
#117	1:35.59	1:47.99	10 & Under 100 Breaststroke	1:47.99	1:35.59	#118
#119	2:22.99	2:43.29	13-14 200 Butterfly	2:36.89	2:14.99	#120
#121	2:34.99	2:55.99	11-12 200 Butterfly	2:55.99	2:34.99	#122
#123	38.29	43.59	10 & Under 50 Butterfly	43.59	38.29	#124
#125	26.59	30.19	13-14 50 Freestyle	28.49	24.99	#126
#127	27.79	31.99	11-12 50 Freestyle	31.99	27.79	#128
#129	2:53.99	3:19.89	10 & Under 200 IM	3:19.89	2:53.99	#130
#131	4:56.99	5:35.99	13-14 400 IM**	5:21.99	4:36.99	#132
#133	5:19.99	6:05.99	11-12 400 IM**	6:05.99	5:19.99	#134
#135			10 & Under 200 Medley Relay			#136
#137			13-14 200 Medley Relay			#138
#139			11-12 200 Medley Relay			#140

** These events are heat limited. See "Heat-limited Events" section for details.

Friday Evening Session #4—Open Finals

Warm-up: TBA

Meet Start: TBA

Women	SCY QT	LCM QT	Open Event	LCM QT	SCY QT	Men
Finals of Events #201-206, 4 heats each						
Finals of Events #207-#208, 3 heats each						
#209			400 Freestyle Relay			#210



2019 Jeffrey S Mace Memorial Summer Sizzle

Saturday June 29th

Facility Opens at 7:00am

All Qualifying times are "Equal/Faster". Converted times not accepted. See separate SCY cuts

Saturday Sunrise Session #5—Open 400 IM Preliminaries

Warm-up: 7:15am

Meet Start: TBA

Women	SCY QT	LCM QT	Open Event	LCM QT	SCY QT	Men
#413	4:46.99	5:24.99	400 IM	5:03.99	4:25.99	#414

Saturday Morning Session #6—Open Preliminaries

Warm-up: TBA

Meet Start: TBA

Women	SCY QT	LCM QT	Open Event	LCM QT	SCY QT	Men
#405	1:01.49	1:11.99	100 Backstroke	1:05.49	55.99	#406
#409	1:10.49	1:21.99	100 Breaststroke	1:14.49	1:03.49	#410
#411	1:58.49	2:16.99	200 Freestyle	2:04.49	1:48.49	#412

Saturday Midday Session #7—Open 1500 Freestyle Timed Finals

Warm-up: TBA

Meet Start: TBA

Women	SCY QT	LCM QT	Open Event	LCM QT	SCY QT	Men
#403	18:29.99	19:09.99	1500 Freestyle**	18:09.99	17:19.99	#408

** Fast to slow, alternating genders. Fastest heat of each gender swims at finals.



2019 Jeffrey S Mace Memorial Summer Sizzle

Saturday June 29th...continued

All Qualifying times are "Equal/Faster". Converted times not accepted. See separate SCY cuts

Saturday Afternoon Session #8—14 & Under Timed Finals

Warm-up: TBA

Meet Start: TBA

Girls	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Boys
#301	2:04.99	2:23.39	13-14 200 Freestyle	2:18.39	1:58.99	#302
#303	2:12.99	2:32.99	11-12 200 Freestyle	2:32.99	2:12.99	#304
#305	32.69	36.99	10 & Under 50 Freestyle	36.99	32.69	#306
#307	2:39.99	3:04.99	13-14 200 Breaststroke	2:57.99	2:32.99	#308
#309	2:52.99	3:16.99	11-12 200 Breaststroke	3:16.99	2:52.99	#310
#311	42.99	49.79	10 & Under 50 Breaststroke	49.79	42.99	#312
#313	1:04.99	1:15.29	13-14 100 Butterfly	1:11.29	1:01.59	#314
#315	1:10.99	1:21.99	11-12 100 Butterfly	1:21.99	1:10.99	#316
#317	1:26.69	1:36.89	10 & Under 100 Butterfly	1:36.89	1:26.69	#318
#319	1:04.99	1:15.59	13-14 100 Backstroke	1:12.49	1:01.59	#320
#321	1:09.99	1:20.99	11-12 100 Backstroke	1:20.99	1:09.99	#322
#323	1:23.19	1:35.29	10 & Under 100 Backstroke	1:35.29	1:23.19	#324
#325	2:18.99	2:42.29	13-14 200 IM	2:35.09	2:12.99	#326
#327	2:30.99	2:50.99	11-12 200 IM	2:50.99	2:30.99	#328
#329	2:36.39	2:58.49	10 & Under 200 Freestyle	2:58.49	2:36.39	#330
#331			13-14 200 Freestyle Relay			#332
#333			11-12 200 Freestyle Relay			#333
#335			10 & Under 200 Freestyle Relay			#336

Saturday Evening Session #9—Open Finals

Warm-up: TBA

Meet Start: TBA

Women	SCY QT	LCM QT	Open Event	LCM QT	SCY QT	Men
#401			200 Medley Relay			#402
#403			1500 Freestyle†			
Finals of Events #406, #405, 4 heats each, <i>swum Men first.</i>						
			1500 Freestyle†			#408
Finals of Events #409-#412, 4 heats each Finals of Events #413-#414, 3 heats each						
#415			800 Freestyle Relay			#416

† *Fastest heat.*



2019 Jeffrey S Mace Memorial Summer Sizzle

Sunday June 30th

Facility Opens at 7:00am

All Qualifying times are "Equal/Faster". Converted times not accepted. See separate SCY cuts

Sunday Morning Session #10—Open Preliminaries

Warm-up: 7:15am

Meet Start: TBA

Women	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Men
#605	2:12.99	2:33.99	200 Backstroke	2:21.99	2:02.99	#606
#607	2:31.99	2:56.99	200 Breaststroke	2:43.99	2:18.99	#608
#609	53.99	1:02.99	100 Freestyle	57.49	49.49	#610
#611	2:14.99	2:34.99	200 Butterfly	2:21.99	2:04.99	#612

Sunday Afternoon #11—400 Freestyle, 50s Timed Finals

These events do NOT score

Warm-up: TBA

Meet Start: TBA

Girls	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Boys
#501	6:50.39	6:09.89	10 & Under 400 Freestyle	6:09.89	6:50.39	#502
#503	25.99	29.99	11 & Over 50 Freestyle	27.99	23.99	#504
#505	36.99	42.49	11-12 50 Breaststroke	42.49	36.99	#506
#507	1:13.99	1:25.99	13-14 50 Breaststroke†	1:21.59	1:09.99	#508
#509	1:10.49	1:21.99	15 & Over 50 Breaststroke†	1:14.49	1:03.49	#510
#511	5:59.99	5:25.99	11-12 400 Freestyle (Fastest two heats of each gender)	5:25.99	5:59.99	#512
#513	1:01.49	1:11.99	15 & Over 50 Backstroke†	1:05.49	55.99	#514
#515	1:04.99	1:15.59	13-14 50 Backstroke†	1:12.49	1:01.59	#516
#517	32.99	37.79	11-12 50 Backstroke	37.79	32.99	#518
#519	5:39.99	5:05.99	13-14 400 Freestyle (Fastest two heats of each gender)	4:55.99	5:25.99	#520
#521	1:00.99	1:10.99	15 & Over 50 Butterfly†	1:03.99	55.49	#522
#523	1:04.99	1:15.29	13-14 50 Butterfly†	1:11.29	1:01.59	#524
#525	31.99	36.69	11-12 50 Butterfly	36.69	31.99	#526
#527	—	—	13-14 400 Freestyle (Remaining Heats) ‡	—	—	#528
#529	—	—	11-12 400 Freestyle (Remaining Heats) ‡	—	—	#530

† These events are 100s in the TM Event File. Enter with 100 time. See "Sunday 50s" section for details

‡ Heats will round-robin and may be combined, depending on numbers.



2018 Jeffrey S Mace Memorial Summer Sizzle

Sunday June 30th...continued

All Qualifying times are "Equal/Faster". Converted times not accepted. See separate SCY cuts

Sunday Late Afternoon Session #12—Open 800 Freestyle Timed Finals

Warm-up: TBA

Meet Start: TBA

Women	SCY QT	LCM QT	Open Event	LCM QT	SCY QT	Men
#603	11:04.99	9:59.99	800 Freestyle†	9:19.99	10:24.99	#604

† Slowest to fastest, alternating genders. Fastest heat swims at finals.

Sunday Evening Session #13—Open Finals

Warm-up: TBA

Meet Start: TBA

Women	SCY QT	LCM QT	Age Group and Event	LCM QT	SCY QT	Men
#601		1:57.99	200 Freestyle Relay	1:47.99		#602
Fastest Heat of Events #603-#604						
Finals of Events #605-#612, 4 heats each						
#613		4:45.99	400 Medley Relay	4:25.99		#614

Meet Schedule

Friday June 29 th		Warm-up	Start
<i>Facility Opens at 7:00am</i>			
Session 1	Open Preliminaries	7:15am	TBA**
Session 2	Open 400 Freestyle	TBA**	TBA**
Session 3	14 & Under Timed Finals	TBA**	TBA**
Session 4	Open Finals	TBA**	TBA**
Saturday June 30 th		Warm-up	Start
<i>Facility Opens at 7:00am</i>			
Session 5	Open 400 IM Preliminaries	7:15am	TBA**
Session 6	Open Preliminaries	TBA**	TBA**
Session 7	Open 1500 Freestyle Timed Finals	TBA**	TBA**
Session 8	14 & Under Timed Finals	TBA**	TBA**
Session 9	Open Finals	TBA**	TBA**
Sunday July 1 st		Warm-up	Start
<i>Facility Opens at 7:00am</i>			
Session 10	Open Preliminaries	7:15am	TBA**
Session 11	400 Freestyle, 50s Timed Finals	TBA**	TBA**
Session 12	Open 800 Freestyle Timed Finals	TBA**	TBA**
Session 13	Open Finals	TBA**	TBA**

** Session start times to be determined when all entries are received.

† Warm-up for the 400s will be during the morning session in the patio pool. The session will start 5 minutes after the completion of the morning preliminaries session.



Scoring:	<ul style="list-style-type: none"> Team scoring will be kept. Open events will be to 24 places, age group timed finals will be to 16 places. 24 place scoring will be 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays. 16 place scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays.
Awards:	<ul style="list-style-type: none"> Medals will be awarded to the top 3 swimmers in each individual event. Medals will be awarded to the top 3 relay teams in each relay event.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet during preliminary and timed finals sessions.
Admissions and Programs:	<ul style="list-style-type: none"> Admission will be \$10.00 for morning, distance and afternoon sessions. Heat sheets will be posted online at www.besmarttinc.com at no cost and will be made available through Meet Mobile. Admission to the Open finals will be \$7.00. Multi-day, multi-session passes will be available that will include a souvenir meet program. Details will be circulated to coaches of participating teams one week before the meet with the timing & warm-up schedules and posted on the meet web site. There will be no admission refunds should events be curtailed/canceled due to circumstances beyond the control of the host team.
Concessions:	<ul style="list-style-type: none"> Rutgers will be operating a food and refreshments stand in the hallway.
Vendor:	<ul style="list-style-type: none"> A swim vendor will be in attendance.
Entry Info:	<ul style="list-style-type: none"> 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. Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. 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. Incorrect entries: <ul style="list-style-type: none"> —Entries with more than 40 Open swimmers or more than 40 14 & Under swimmers —Entries without proof of time for Open Events —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. Payment Policy: All entry fees must be paid no later than Session Check-in. If a team fails to pay, all of that team's swimmers <i>may</i> be scratched at the discretion of the Host Team.
Entry Times:	<ul style="list-style-type: none"> New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. Entry times may be in long course meters or short course yards. Note that there are different time standards for the two courses. No converted times are permitted.
Proof of Time:	<ul style="list-style-type: none"> All entry times must be proved upon meet entry. This may be done via the "Include proof of time" option when generating the meet entry report. Where the TM proof of time option is not available, separate report(s), detailing where times were achieved must be sent with the entry e-mail. Mailed paper reports are not acceptable. References to published times in SWIMS are acceptable. All entry times must be achieved during the meet qualifying period of June 1st, 2017 through the entry date of the meet.
Sunday 50s:	<ul style="list-style-type: none"> 13-14, 15 & Over swimmers entering the 50 backstroke/breaststroke/butterfly events on Sunday afternoon must use their 100 time for the corresponding stroke. These events appear in the TM file as 100s of stroke. The events will be seeded using these 100 times.



Team Limits:	<ul style="list-style-type: none"> Teams are limited to rosters of no more than 40 swimmers participating in the Open prelims/finals sessions and no more than 40 swimmers participating in the 14 & under timed finals sessions. A swimmer who participates in one session on one day and the other on other days counts as ½ to each of the totals. This includes any unattached swimmers transferring to the team. In addition, teams may have up to two relay only swimmers participating in the 14 & Under timed finals relays. Note: Swimmers entering the meet who have achieved at least ONE 2018 Winter Junior National Cut will not be counted against their team's 40-swimmer limit for Prelims/Finals Session. In other words, teams may enter 40 Athletes in addition to their Winter Junior Qualifiers. (ie: if a team has 7 swimmers with Winter Junior Cuts, that team may enter a maximum 47 total athletes for Prelims/Finals.
Distance Events (800 & 1500)	<ul style="list-style-type: none"> The 800 and 1500 freestyle events are timed finals. The 1500 will be run fastest to slowest in a separate session at the conclusion of the AM prelims on Saturday. The 800 will be swum slowest to fastest in a separate session before finals on Sunday Events will alternate genders. Slow heats may be combined if necessary, and genders may not be separated by an empty lane. The fastest heat (top 8 swimmers) of each event will compete during the evening finals session. Swimmers must provide their own timers and counters.
Open 400 Freestyle:	<ul style="list-style-type: none"> Open 400 freestyle will swim in a separate session after end of the Friday preliminaries. The preliminary heats of these events will swim fast to slow: <ul style="list-style-type: none"> 3 fastest heats of Women, followed by 3 fastest heats of Men The remainder of the heats will alternate genders In the slower heats, genders may be combined if necessary without an empty lane. Swimmers need to provide their own timers in preliminary heats of these events.
Open 400 IM:	<ul style="list-style-type: none"> The Open 400 IM will swim in a separate “sunrise” session before the main preliminaries session on Saturday The preliminary heats of these events will swim slow to fast, alternating genders. In the slower heats, genders may be combined if necessary without an empty lane. Swimmers need to provide their own timers in preliminary heats of these events.
Heat-Limited Events	<ul style="list-style-type: none"> The age group 400 IMs will be limited to 3 heats per gender for 13-14 and two heats per gender for 11-12. Psych sheets will be posted on the meet web site one week before the meet. Coaches and swimmers may decide to choose a different event. Once scratches have been processed and the session has been seeded, swimmers who are unable to swim because of the heat limits will receive a refund.
Relays:	<ul style="list-style-type: none"> Relay scratches should be turned in at general session check-in. Coaches must turn in relay cards listing correct swimmers’ names and correct order prior to the start of the event. All Heats of Open Relays will swim during the Evening Finals Sessions. Teams are limited three relays per event for the evening finals relays. Teams are limited to two relays per event for the afternoon 14 & Under Timed Finals relays.
Swimmer Eligibility:	<ul style="list-style-type: none"> 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 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.



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:	<ul style="list-style-type: none"> • The host club will provide a single timer in each lane throughout the meet, except for distance events, the 400 IM and 400 Freestyle preliminaries sessions when swimmers will provide their own timers and lap counters. • 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 for all teams. • Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website www.besmarttinc.com no later than 1 week before the meet.
Participating Club Responsibilities:	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.besmarttinc.com 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. List the club contact for club officials on the meet summary.
Coaches Eligibility:	<ul style="list-style-type: none"> • All coaches “on the deck” must be currently registered coach members of USA Swimming. Verification may be in the form of a current USA Swimming membership card 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:	<ul style="list-style-type: none"> • Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. • Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards. • All officials must wear the standard white and blue uniform except for evenings finals sessions, when a Hawaiian shirt is preferred. • Officials will be required to work the entire session and will receive free admission.
Meet Format Waiver:	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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:	<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. • Swimming Equipment is not allowed in any pool during warm-up or competition. This includes kick boards, hand paddles, and pull buoys. • All swimmers are entitled to a fair and comparable warm-up. All teams must receive the same opportunities for warm-up lanes, sprint lanes, and pace lanes. • All swimmers must enter the pool feet first from the starting end of the pool. • New Jersey Swimming officials will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction. • Warm-up for the 400, 800 and 1500 may begin in the patio pool, and continue in the competition pool (time permitting), until the start of the distance session.
Check-In:	<ul style="list-style-type: none"> • All check-in sheets must be turned into the scoring table 35 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 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.
No Show Procedure:	<ul style="list-style-type: none"> • No penalty will be incurred for an unscratched swimmer in preliminaries and timed finals 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.
Scratch Rule:	<ul style="list-style-type: none"> • The 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.E and then fails to swim the event at finals will be barred from further competition for the remainder of the meet. • In addition, the club of a swimmer who qualifies for finals or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in accordance to the above procedures may be fined \$50 for each occurrence.
Internet Website Posting:	<p>Internet location for all meet information: http://www.besmarttinc.com</p> <p>Pre-Meet Information posted on website:</p> <ul style="list-style-type: none"> • Meet Information will be posted on the website. • Downloadable Hy-Tek Events list (.HYV file) will be posted on the website. • List Teams whose entries have been received. • List Updated meet schedule. • List Warm-up Schedule and Team Warm-up Assignments. • List Timing assignments. <p>Post-Meet Information posted on website:</p> <ul style="list-style-type: none"> • Downloadable Results (Zipped .CL2 & .HY3 files) for TM • Printable meet results (.PDF file),
Results:	<ul style="list-style-type: none"> • 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 or locker rooms.
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.
Tech Suit/Swimwear Policy:	Swimwear must conform to USA Swimming 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 may be found on the NJ 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.
Hotels:	<ul style="list-style-type: none"> • The Crowne Plaza, 732-716-1175 • The Courtyard by Marriott on Davidson Avenue • The Doubletree Executive Somerset on Atrium Drive
Directions:	<p><i>Directions to Sonny Werblin Recreation Center:</i> Address: 656 Bartholomew Rd, Piscataway NJ 08854</p> <p>Garden State Parkway Southbound Turn off at Exit 129 and take the New Jersey Turnpike South. Exit the Turnpike at Exit 9, follow NJ Turnpike directions below.</p> <p>Garden State Parkway Northbound Turn off at Exit 105 and follow signs for Route 18 North. After approximately 24 miles, you will pass the entrance for the New Jersey Turnpike. Continue on Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p>Interstate 287 Turn off at Exit 9 Bound Brook/Highland Park. Proceed East on River Road towards Highland Park. Continue on River Road and you will pass under the overpass for Route 18. Turn left at the next traffic light onto North. Take the next exit on Route 18 North, Campus Road. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p>New Jersey Turnpike Exit the Turnpike at Exit 9, bear right after the tollbooths and follow signs for Route 18 North—New Brunswick. Stay to the left to continue on Route 18 North. Proceed along Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p>US Route 1 Turn off at exit marked Route 18 North—New Brunswick. Proceed along Route 18 North. After approximately 3.7 miles Route 18 will cross the Raritan River. Continue on Route 18 North to the Campus Rd exit ramp on the right. Follow Campus Road to a traffic circle. Turn right at the traffic circle onto Bartholomew Rd. The Recreation Center is on your left.</p> <p>Rutgers will have posted signs indicating which of the parking lots are for the swim meet. Please use one of these lots. Rutgers campus police may ticket automobiles that are parked in lots other than those designated for the swim meet!</p>





NEW JERSEY SWIMMING

The 29th Jeffrey S Mace Memorial Summer Sizzle

Friday-Sunday June 28th-30th, 2019

Waiver

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, NJ Swimming, Rutgers University, Eastern Express Swimming, Be Smartt Inc. and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form, for the **Jeffrey S Mace Summer Sizzle meet, June 28th-30th, 2019** are registered members of USA Swimming. All USA Swimming members are correctly entered according to; Article 302.4 of the USA Swimming Rules and Regulations. False Registration: An LSC may impose a fine of up to \$100 per event against a member coach or a member club's representative signing a document which indicates a swimmer is registered with USA Swimming for a meet when that swimmer is not properly registered or eligible to compete for that club. This will be enforced by the LSC and the LSC will be entitled to the fines imposed.

Also, I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

Club Name/Club Code _____

Signature of Coach and/or Parent/Guardian _____

Telephone _____ E-Mail Address _____

Name(s) of Coach(es): _____

Name/E-Mail/Phone Number of person to contact regarding this entry: _____

NAME/E-Mail/Phone Number of person to contact regarding timers/officials: _____

Entry Fee Summary:	_____ Prelim/Final Individual event entries @ \$8.00 =	\$ _____
	_____ Timed-Final individual event entries @ \$7.00 =	\$ _____
	_____ 800/1500 Timed-Final individual event entries @ \$14.00 =	\$ _____
	_____ Relay event entries @ \$11.00 =	\$ _____
	Total:	\$ _____

Make checks payable to: **Express Sports Inc**

