

# Holiday Classic XXXIV

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

*Held under the sanction of USA Swimming*

Meet Sanction Info:	<b>NJ swimming Sanction # – NJS121721SCY</b> <b>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.</b> 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:	<b>Friday December 17<sup>th</sup> to Sunday December 19<sup>th</sup>, 2021</b>		
Location:	<b>Sonny Werblin Recreation Center, Busch Campus, Rutgers University</b> <b>Rutgers University requires all parked vehicles to be registered with the University Parking and Transportation department. A registration link for officials and coaches will be distributed with the Timing &amp; Warm-Up schedule.</b>		
Facility Info:	The Werblin competition pool has two 8-lane 25-yard courses, with a minimum depth for diving of 6 feet. There are two auxiliary pools, known as “patio pools” (for warm-up and warm-down), and seating for 1,000 spectators, including 400 chair-backed seats. The remaining seating is bleacher style. This meet will use the main “Olympic A” course for competition and 6 lanes of the other course for warm-up/warm-down. The patio pools will not be in use for this meet.		
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	<a href="mailto:EasternExpressSwimTeam@gmail.com">EasternExpressSwimTeam@gmail.com</a>
Meet Director:	Ellen Mace	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referees:	Gary Thayer (Friday & Saturday) Bach LeQuang (Sunday)		<a href="mailto:GGHT466@gmail.com">GGHT466@gmail.com</a> <a href="mailto:blequang@gmail.com">blequang@gmail.com</a>
Admin Officials:	Be Smartt		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshall:	Tiny Randazzo		<a href="mailto:EasternExpressSwimTeam@gmail.com">EasternExpressSwimTeam@gmail.com</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>December 1, 2021 at 6:00 am</b>		
Entry Deadline:	<b>Monday December 6<sup>th</sup>, 2021, at 6pm</b>		
Swimmer Age	Swimmer ages for this meet are as of: <b>December 17<sup>th</sup>, 2021</b>		
Entry Fees:	Individual Entry: Timed Final Events: \$5.00 Prelim/Final Events: \$6.00 Distance: \$12.00		Relays: \$9.00
	<b>There will be a swimmer surcharge of \$15 per day.</b>		
Meet Course:	Short Course Yards (SCY)		

Meet Format:	<ul style="list-style-type: none"> <li>• There will be 13-14, and 13 &amp; Over events offered. There will be 1 heat at finals for 13-14 events and 3 heats for 13 &amp; Over events.</li> <li>• This meet will have prelims/finals events morning and evening, with timed final events in the afternoon. The scoring 13-14 500 freestyle &amp; 400 IM are timed finals events and will swim in the morning preliminaries sessions, except for the fastest heat which will swim at finals.</li> <li>• <b>There are minimum “faster than” times for all events. Times must have been achieved since January 1<sup>st</sup> 2018. Proof of time is required for the prelims/finals and the 1000/1650 freestyle events.</b> (Hy-Tek/Team Unify proof of time reports suffice for this purpose)</li> <li>• The 1000 and 1650 freestyle events are timed finals, with slower heats swimming midday and the fastest heat swimming with finals.</li> <li>• <b>Swimmers may compete in either the prelims/finals events or the timed finals events each day.</b> Swimmers may choose to swim in different sessions each day.</li> <li>• <b>All swimmers may compete in the 1000 and 1650 freestyle events provided they meet the qualifying standards.</b></li> <li>• <b>All swimmers may compete in relay events.</b></li> <li>• The preliminary sessions and the 1000/1650 events may be seeded the previous evening by e-mail (see “Check-In” section later). The timed finals sessions will be deck seeded with coaches checking in/scratching swimmers before the session.</li> <li>• Relays will be deck seeded before finals each day.</li> <li>• When a session has been seeded, swimmers will be responsible for reporting to the blocks on their own.</li> </ul>	
Entry Limits:	Daily: <b>3</b> Individual events ( <i>prelims</i> ) <b>4</b> IEs ( <i>timed finals</i> ) <b>3</b> Relays	Meet: <b>12</b> Individual Events <b>7</b> Relays
Checks Payable To:	<b>Express Sports Inc</b>	
Email Entry Files To:	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	

# 2021 Holiday Classic XXXIV

\* **Friday December 17<sup>th</sup>**

Facility Opens at 7:00am

## Friday Morning Session #1—Preliminaries

*Swimmers in this session may not compete in Session 2*

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#3	5:35.29	13-14 500 Freestyle <i>Timed Finals*</i>	5:25:29	#4
#5	5:26.29	Open 500 Freestyle <i>Preliminaries</i>	5:02.89	#6
#7	1:17.49	13-14 100 Breaststroke	1:13.59	#8
#9	1:12.09	13 & Over 100 Breaststroke	1:04.79	#10
#11	2:27.49	13-14 200 Butterfly	2:21.29	#12
#13	2:18.69	13 & Over 200 Butterfly	2:07.19	#14
#15	26.99	13-14 50 Freestyle	25.49	#16
#17	25.29	13 & Over 50 Freestyle	22.99	#18
#19	2:25.19	13-14 200 IM	2:19.39	#20
#21	2:16.29	13 & Over 200 IM	2:05.49	#22

\* Fastest heat of these events swims at finals

## Friday Afternoon Session #2—Timed Finals

*Swimmers in this session may not compete in Session 1*

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#101	5:50.29 5:46.29	13-14 50 Freestyle 15 & Over 50 Freestyle	5:40.29 5:22.89	#102
#103	30:49 29.49	13-14 50 Backstroke 15 & Over 50 Backstroke	28.49 26.49	#104
#105	1:21.49 1:18.09	13-14 100 Breaststroke 15 & Over 100 Breaststroke	1:17.59 1:10.79	#106
#107	2:35.49 2:28.69	13-14 200 Butterfly 15 & Over 200 Butterfly	2:29.29 2:17.16	#108
#109	28.79 27.79	13-14 50 Freestyle 15 & Over 50 Freestyle	27.79 25.49	#110
#111	1:12.99 1:08.99	13-14 100 IM 15 & Over 100 IM	1:08.99 1:03.99	#112

## Friday Evening Session #3—Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#3		13 & Over 200 Medley Relay		#4
Finals of Events #3-#22				
#23		13-14 400 Freestyle Relay		#24
#25		13 & Over 400 Freestyle Relay		#26

# 2021 Holiday Classic XXXIV

Saturday December 18<sup>th</sup>

Facility Opens at 7:00am

## Saturday Morning Session #4—Preliminaries/Timed Finals

*Swimmers in this session may not compete in Session 6*

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#31	1:06.89	13-14 100 Butterfly	1:03.89	#32
#33	1:01.99	13 & Over 100 Butterfly	56.69	#34
#35	2:08.19	13-14 200 Freestyle	2:02.69	#36
#37	1:59.99	13 & Over 200 Freestyle	1:49.99	#38
#39	1:07.49	13-14 100 Backstroke	1:05.39	#40
#41	1:02.59	13 & Over 100 Backstroke	57.19	#42
#43	5:07.59	13-14 400 IM <i>Timed Finals</i> †	4:55.29	#44
#45	4:54.39	13 & Over 400 IM <i>Preliminaries</i> **	4:30.79	#46

\*\* Heats swim fast to slow in prelims. † Fastest heat swims at finals.

## Saturday Midday Session #5—1000 Freestyles Timed Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#29	11:32.19	13-14 1000 Freestyle**	11:02.89	#30
	11:19.19	15 & Over 1000 Freestyle	10:33.49	

\*\* Fastest heat swims at finals. Midday heats swim fast to slow.

## Saturday Afternoon Session #6—Timed Finals

*Swimmers in this session may not compete in Session 4*

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#113	1:10.89	13-14 100 Butterfly	1:07.89	#114
	1:07.99	15 & Over 100 Butterfly	1:02.69	
#115	2:16.19	13-14 200 Freestyle	2:10.69	#116
	2:10.99	15 & Over 200 Freestyle	2:00.69	
#117	34.99	13-14 50 Breaststroke	32.99	#118
	33.99	15 & Over 50 Breaststroke	30.99	
#119	1:11.49	13-14 100 Backstroke	1:09.39	#120
	1:08.59	15 & Over 100 Backstroke	1:03.19	
#121	5:17.59	13-14 400 IM	5:07.29	#122
	5:10.39	15 & Over 400 IM	4:46.19	

# 2021 Holiday Classic XXXIV

## Saturday December 18<sup>th</sup>...continued

### Saturday Evening Session #7—Finals

Warm-up: TBA			Meet Start: TBA	
--------------	--	--	-----------------	--

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#27		<b>Mixed</b> 13-14 200 Medley Relay		#27
#28		<b>Mixed</b> 13 & Over 200 Medley Relay		#28
#29		13 & Over 1000 Freestyle**		#30
Finals of Events #31-#42				
#43		13-14 400 IM**		#44
Finals of Events #45-#46				
#47		13 & Over 800 Freestyle Relay		#48

\*\* Fastest heat.

## Sunday December 19<sup>th</sup>

Facility Opens at 7:00am

### Sunday Morning Session #8—Preliminaries

*Swimmers in this session may not compete in Session 10 except relay only swimmers*

Warm-up: 7:15am			Meet Start: TBA	
-----------------	--	--	-----------------	--

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#57	58.99	13-14 100 Freestyle	55.79	#58
#59	54.99	13 & Over 100 Freestyle	49.99	#60
#63	2:46.29	13-14 200 Breaststroke	2:38.29	#64
#65	2:35.49	13 & Over 200 Breaststroke	2:22.89	#66
#67	2:23.19	13-14 200 Backstroke	2:17.19	#68
#69	2:17.39	13 & Over 200 Backstroke	2:04.69	#70
#49		<b>Mixed</b> 13-14 200 Freestyle Relay		#49
#50		<b>Mixed</b> 13 & Over 200 Freestyle Relay		#50

### Sunday Midday Session #9—1650 Freestyle Timed Finals

Warm-up: TBA			Meet Start: TBA	
--------------	--	--	-----------------	--

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#51	19:12.49	13-14 1650 Freestyle*	18:19.49	#52
#55	18:50.69	13 & Over 1650 Freestyle*	17:36.39	#62

\* See "Distance Events" for order of swimming.

Fastest heat of the 13 & Over 1650 freestyle will swim during the finals session. All heats of the 13-14 1650 freestyle will swim in this session.

# 2021 Holiday Classic XXXIV

## Sunday December 19<sup>th</sup>...continued

### Sunday Afternoon Session #10—Timed Finals

*Swimmers in this session may not compete in Session 8 except in the relay*

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#123	1:02.59 1:00.69	13-14 100 Freestyle 15 & Over 100 Freestyle	59.79 55.29	#124
#125	2:52.29 2:47.49	13-14 200 Breaststroke 15 & Over 200 Breaststroke	2:46.29 2:34.89	#126
#127	29.99 28.99	13-14 50 Butterfly 15 & Over 50 Butterfly	27.99 25.99	#128
#129	2:33.19 2:29.39	13-14 200 Backstroke 15 & Over 200 Backstroke	2:27.19 2:16.69	#130
#131	2:33.19 2:28.29	13-14 200 IM 15 & Over 200 IM	2:27.39 2:17.49	#132

### Sunday Evening Session #11—Finals

Warm-up: TBA

Meet Start: TBA

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#53		13 & Over 200 Freestyle Relay		#54
#55		Women 13 & Over 1650 Freestyle**		
Finals of Events #57-#60				
		Men 13 & Over 1650 Freestyle**		#62
Finals of Events #63-#70				
#71		13-14 400 Medley Relay		#72
#73		Open 400 Medley Relay		#74

\*\* Fastest heat.

## Tentative Meet Schedule\*\*

Friday December 17 <sup>th</sup>		Warm-up	Start
Facility Opens at 7:00am			
Session 1	Preliminaries	TBA**	TBA**
Session 2	Timed Finals	TBA**	TBA**
Session 3	Finals	TBA**	TBA**
Saturday December 18 <sup>th</sup>		Warm-up	Start
Facility Opens at 7:00am			
Session 4	Preliminaries	TBA**	TBA**
Session 5	1000 Freestyles Timed Finals	TBA**	TBA**
Session 6	Timed Finals	TBA**	TBA**
Session 7	Finals	TBA**	TBA**
Sunday December 19 <sup>th</sup>		Warm-up	Start
Facility Opens at 7:00am			
Session 8	Preliminaries	TBA**	TBA**
Session 9	1650 Freestyles Timed Finals	TBA**	TBA**
Session 10	Timed Finals	TBA**	TBA**
Session 11	Finals	TBA**	TBA**

**\*\* Session start times will be determined when all entries are received and a meet schedule will be e-mailed to coaches of participating teams and published at [www.besmarttinc.com](http://www.besmarttinc.com).**

Scoring:	<ul style="list-style-type: none"> <li>Team scoring will be kept.</li> <li>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.</li> <li>Events in the afternoon timed finals sessions will not score.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>Medals will be awarded to the top 3 swimmers in each individual event.</li> <li>Medals will be awarded to the top 3 relay teams in each relay event.</li> <li>There will be plaques awarded to the highest-scoring 3 teams, the highest-scoring women's and men's teams.</li> <li>Events in the afternoon timed finals sessions will not receive awards.</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>'Fly-over/Over-the-top' starts may be used during this meet during preliminary and timed finals sessions. This information will be communicated to teams with the timing &amp; warm-up information.</li> </ul>
Surcharge and Programs:	<ul style="list-style-type: none"> <li>There will be a \$15.00 per day swimmer surcharge.</li> <li>Heat sheets will be online at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> (free) and Meet Mobile (subscription required)</li> </ul>
Spectator Considerations	<ul style="list-style-type: none"> <li>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.</li> <li><b>In accordance with Rutgers University policies, spectators will not be allowed into the facility.</b></li> <li><b>The event will be live streamed.</b></li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>None. The Rutgers concession stand will not be open.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>To be decided.</li> </ul>

Entry Info:	<ul style="list-style-type: none"> <li>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.</li> <li>All entries will be accepted on a first come basis.</li> <li><b>Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes.</b> If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.</li> <li>Team entries will be considered accepted when the host club accepts the entries.</li> <li>Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule.</li> </ul>
Entry Times:	<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> <li>All entry times must be in short course yards. Converted times are permitted.</li> </ul>
Distance Events (1000 & 1650)	<ul style="list-style-type: none"> <li>The 1000 and 1650 freestyle events are timed finals.</li> <li>The 1000 and 1650 freestyles will be swum fastest to slowest as a separate session after the AM prelims on Saturday and Sunday.</li> <li>The 1650 freestyle events will be swum separately as 13-14, and 13 &amp; Over, and will be seeded fast to slow. Heats will alternate by gender, and swimmers in the slowest heats may be combined without an empty lane between genders.</li> <li>The fastest heats (top 8 swimmers) of the 1000 and 13 &amp; Over 1650 will compete during the evening finals session.</li> <li>Heats of Women &amp; Men may be combined to conserve time and space.</li> <li>Swimmers must provide their own counters.</li> <li><b>Proof of time</b> is required for entry into these events.</li> <li><b>13-14 Distance Standards:</b> There are different qualifying standards in the 1000 Freestyle for all athletes 13-14-years. These events will be contested and scored as 13 &amp; Over; no 13-14 Finals Heat or separate awards.</li> </ul>
13-14 400 IM/500 Freestyle Events	<ul style="list-style-type: none"> <li>The 13-14 events are timed finals, with the fastest heat swimming at finals.</li> </ul>
Heat-Limited Events	<ul style="list-style-type: none"> <li>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 500 and longer freestyle events).</li> <li>Psych sheets will be posted on all the meet websites no later than the Monday prior to the start of the meet.</li> <li>Every effort will be made to allow as many athletes to compete in these events as possible.</li> <li>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 <b>not given the opportunity</b> to participate in the event, not for those following normal scratch procedures.</li> <li>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.</li> </ul>
Relays:	<ul style="list-style-type: none"> <li>Relay scratches should be turned in at general session check-in.</li> <li>Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.</li> <li>There will also be mixed relays. Each mixed relay must consist of two women and two men, in any order.</li> <li><b>Teams will be limited to three (A, B, and C) relay entries per event.</b></li> </ul>
Swimmer Eligibility:	<ul style="list-style-type: none"> <li>No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.</li> <li>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><b>All swimmers 18 &amp; 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.</b></li> </ul>

Adaptive Provisions:	<ul style="list-style-type: none"> <li>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).</li> </ul>
Host Club Responsibilities:	<ul style="list-style-type: none"> <li>The host club will e-mail entry verification back to the participating clubs.</li> <li>The host club will create a warm-up schedule that will be fair and equal to all teams.</li> <li>The host club will create timing assignments that are fair and equitable with as many teams participating as possible.</li> <li>Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> no later than 1 week before the meet.</li> </ul>
Participating Club Responsibilities:	<ul style="list-style-type: none"> <li>Participating clubs will be contacted about assistance with timing.</li> <li>Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</li> </ul>
Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> <li>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).</li> <li>Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.</li> <li>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.</li> <li>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 card or Coaches Pass available thru the USA swimming Deck Pass App.</li> <li>Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility.</li> <li>All Coaches must have some form of USA coaching credential verification with them at all times.</li> </ul>
Officials Conduct & Eligibility:	<ul style="list-style-type: none"> <li>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).</li> <li>Make sure all interactions with athletes are observable and interruptible.</li> <li>Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</li> <li>Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help.</li> <li>All officials must wear the standard white and blue uniform.</li> <li>Officials will be required to work the entire session and will receive free admission.</li> </ul>
Meet Format Waiver:	<ul style="list-style-type: none"> <li>This meet will be run in accordance to current USA Swimming Rules.</li> <li>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"> <li>To allow more swimmers to swim.</li> <li>To conform to facility capacity limits or for facility safety concerns.</li> <li>To condense the meet into smaller time frame.</li> </ul> </li> <li>Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.</li> </ul>

Warm-up Procedures:	<ul style="list-style-type: none"> <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>• Swimming Equipment is <b>not allowed</b> in any pool for the duration of the meet. This includes kick boards, hand paddles, and pull buoys.</li> <li>• All swimmers are entitled to a fair and comparable warm-up. All teams <b>must</b> receive the same opportunities for warm-up lanes, sprint lanes, and pace lanes.</li> <li>• All swimmers must enter the pool feet first from the starting end of the pool.</li> <li>• New Jersey Swimming officials will monitor warm-ups.</li> <li>• All general warm-up lanes will swim in a counterclockwise direction.</li> <li>• For the main preliminaries sessions, there will be two 30 minute warm-ups, or three 25 minute warm-ups, divided by teams, this will be determined after entries have been received.</li> <li>• Warm-up for the 1000 and 1650 may begin in Olympic B and continue in the competition pool (time permitting), until the start of the distance session.</li> </ul>
Check-In:	<ul style="list-style-type: none"> <li>• For the afternoon timed finals sessions, 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.</li> <li>• Check-in for prelims and distance sessions will be determined once all entries are received. This may be on-deck check-in or e-mail check-in the previous evening. Details will be distributed with warm-up information.</li> <li>• Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</li> </ul>
No Show Procedure for Prelims and Timed Finals:	<ul style="list-style-type: none"> <li>• No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event for preliminary sessions and timed finals events. 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.</li> </ul>
Scratch Rule:	<ul style="list-style-type: none"> <li>• The meet will follow USA Swimming rule 207.11.6.D and rule 207.11.6.E for scratches from finals.</li> <li>• 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.</li> <li>• 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.</li> </ul>
Internet Website Posting:	<p>Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.com</a></p> <p><b>Pre-Meet Information posted on website:</b></p> <ul style="list-style-type: none"> <li>• Meet Information will be posted on the website.</li> <li>• Downloadable Hy-Tek Events list (.HYV file) will be posted on the website.</li> <li>• List Teams whose entries have been received.</li> <li>• List "heat limited" events psych sheet.</li> <li>• List Updated meet schedule.</li> <li>• List Warm-up Schedule and Team Warm-up Assignments.</li> <li>• List Timing assignments.</li> </ul> <p><b>Post-Meet Information posted on website:</b></p> <ul style="list-style-type: none"> <li>• Downloadable Results (Zipped .CL2 &amp; .HY3 files) for TM</li> <li>• Printable meet results (.PDF file),</li> </ul>
Results:	<ul style="list-style-type: none"> <li>• Meet result files for TM will be emailed to all participating teams.</li> <li>• Meet results will be posted on the meet website and on the New Jersey Swimming Website: <a href="http://www.njswim.org">www.njswim.org</a></li> </ul>

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 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), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.
Swimwear Policy:	<p><b>Swimwear must conform to USA Swimming Rules.</b></p> <ul style="list-style-type: none"> <li>• Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition.</li> <li>• Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body.</li> </ul> <p>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.</p>
COVID-19 Assumption of Risk Disclaimer	<p><b>The host team has taken enhanced health and safety measures for all participants. All persons participating must follow all posted instructions while at the Werblin Recreation Center Pool. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable.</b></p> <p><b>All persons visiting the Werblin Recreation Center Pool voluntarily assume all risks related to exposure to COVID-19.</b></p>
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"> <li>• The Doubletree Executive Somerset on Atrium Drive</li> <li>• The Crowne Plaza, 732-716-1175</li> <li>• The Courtyard by Marriott on Davidson Avenue</li> </ul>
Directions:	<p><b>Google Maps: <a href="https://goo.gl/maps/KiPCdDs6bP54JpmP7">https://goo.gl/maps/KiPCdDs6bP54JpmP7</a></b></p> <p><b>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!</b></p>



**NEW JERSEY  
SWIMMING**

## **Holiday Classic XXXIV**

Friday-Sunday December 17<sup>th</sup>-19<sup>th</sup>, 2021

### **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.

### **Covid-19 Waiver**

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

### **Meet Verification**

I hereby certify that all entered swimmers and coaches listed on the waiver form for the 2021 Eastern Express Holiday Classic XXXIV meet on **December 17<sup>th</sup>-19<sup>th</sup>, 2021** 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.

**Information below must be submitted to the club hosting the meet before the start of the meet along with payment.**

**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:**

\_\_\_\_\_

---

<b>Entry Fee Summary:</b>	_____ Prelim/Final individual event entries @ \$6.00 =	\$_____
	_____ Timed Final individual event entries @ \$5.00 =	\$_____
	_____ Distance individual event entries @ \$12.00 =	\$_____
	_____ Relay event entries @ \$9.00 =	\$_____
	_____ Swimmer surcharge @ \$15.00/swimmer/day =	\$_____
	Total:	\$_____

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

## 2021 EEX Holiday Classic XXXIV, Werblin Recreation Center—COVID 19 Protocol

- In applying for this sanctioned event, Eastern Express Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, NJ Swimming, the State of New Jersey and the Middlesex County Department of Health.
- **COVID Contact Person** The Manager/Head Lifeguard on duty will serve as the immediate COVID contact person.
  - **Main Covid Contact Person:** Michael Randazzo, 908-883-2687, [EasternExpressSwimTeam@gmail.com](mailto:EasternExpressSwimTeam@gmail.com)
  - **Covid Ambassador:** Michael Randazzo, 908-883-2687, [EasternExpressSwimTeam@gmail.com](mailto:EasternExpressSwimTeam@gmail.com)

### Personal Protective Equipment (PPE)

- All staff will be required to wear masks when not on stand and where social distancing may not be possible.
- The first aid room and COVID room will hold extra PPE for emergencies.
- Staff will be required to wear masks and gloves when helping patrons or providing aid.

### COVID-19 Awareness Training

- All staff members will be trained on the New Jersey Department of Health guidelines to keep themselves and the patrons safe. COVID- 19 awareness training will continue throughout the season as more information and courses are provided.

### Police Notification Policy

- In the event of non-compliance to social distancing guidelines, management will be trained to give a warning. If the patron is still non-compliant the police will be called. There will be no tolerance for non-compliance.
- **Rutgers Police: 732-932-7211**

### Screening and Documenting Staff

- Temperatures will be taken of all staff members prior to entering the facility. No staff member will be allowed to work with a temperature reading of 100.4 degrees or higher.
- Any staff with symptoms of COVID- 19 will be encouraged to stay home and will require a note from a physician to return to work. Symptoms related to COVID-19 include:
  - *Fever or chills*
  - *Cough*
  - *Shortness of breath or difficulty breathing*
  - *Fatigue*
  - *Muscle or body aches*
  - *Headache*
  - *New loss of taste or smell*
  - *Congestion or runny nose*
  - *Nausea or vomiting*
  - *Diarrhea*

### Admittance and Access to the Facility

- Face masks will be required upon entering and exiting of the facility and patrons will be reminded to remain a minimum of 6 feet apart. Patrons will be encouraged to maintain social distancing as they enter the facility.
- Face masks will not be required in the water.
- Each patron will receive a temperature check with a digital thermometer upon entry and any patron with a temperature of 100.4°F or higher will not be permitted into the facility.
- Parents will not be allowed into the facility. They will be able to view the meet and their children via video streaming.
- Swimmers will sit on the bleachers and must wear a mask while not swimming and maintain 6 feet social distancing protocol.

### Infection Control Strategies

#### Communication with Local Health Authority

- Eastern Express and/or Rutgers Recreation Staff will contact the local health department **immediately** by phone (732-745-8490) if there is a suspected case of COVID-19. When reporting the staff will give pool location and where the patient resides.
- If the local health department cannot be reached, the New Jersey Department of Health will be contacted (800-367-6543, after hours emergency number 609-392-2020)
- If the Newark Academy Pool experiences a confirmed case of COVID-19, management will work with the Local Health Authority to determine if the facility should be shut down temporarily.

#### Restrooms and Shower Access

- The health and safety of swimmers and staff remains our highest priority.
- Locker/Bathroom use will only be for emergency use of the restroom.