

# A

# 2022 Silver/Bronze Championships

## Region A

Hosted by Cougar Aquatic Team at The Wellness & Events Center NJIT  
(Held under the sanction of USA Swimming)

Meet Sanction Info:	<b>NJ swimming Sanction #—NJS021922SCY</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>Saturday-Sunday February 19<sup>th</sup>-20<sup>th</sup>, 2022</b>			
Location:	<b>NJIT Wellness &amp; Events Center Pool, 104 Lock St, Newark NJ 07103</b>			
Eligible Teams:	<b>ACE, BGCD, CBGC, CAT, EAG, JCB, JFAC, MDY, PAC, SAY, STAR, GMY, TWST, WWAT, WAVE, WEY</b>			
Facility Info:	The NJIT Wellness and Events Center Natatorium is a new state of the art 8-lane 25 yard facility with Colorado timing and Kiefer-McNeil Lane lines. The depth at the starting end is 13 feet and the depth at the turning end is 4'6'.			
Important Information from NJIT	<b>Per NJIT policies:</b> <b>All adults at the meet (coaches, officials, helpers) must be vaccinated against COVID-19. If not boosted, they must show a negative test within 72 hours of the meet.</b> <b>All swimmers at the meet must either be vaccinated or show negative test results from no more than 72 hours prior to the meet.</b> <b>Anyone not able to show vaccination or test status will not be permitted into the building. There will be no refunds for swimmers not admitted.</b>			
Pool Certification Statement:	The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement, and refers to the pre-certification of the pool length measurement in regards to National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C(4) does not impact on the validity of the times achieved in this pool. Times swum at this meet will in fact be entered in SWIMS and are eligible for qualifying for any other USA Swimming sanctioned competition.			
Host Team Contact:	Eric Harse		<a href="mailto:eric@cougaraquatic.com">eric@cougaraquatic.com</a>	
Meet Director:	Eric Harse		<a href="mailto:eric@cougaraquatic.com">eric@cougaraquatic.com</a>	
Meet Referee:	John Butler		<a href="mailto:j.m.butler@comcast.net">j.m.butler@comcast.net</a>	
Admin Official:	Be Smartt Inc		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>	
Safety Marshall:	Terry Murray		<a href="mailto:teammurray@verizon.net">teammurray@verizon.net</a>	
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>	
Entries Open:	<b>Immediately</b>			
Entry Deadline:	<b>Wednesday February 16<sup>th</sup>, at 6:00pm</b>			
Swimmer Age	Swimmer ages for this meet are as of: <b>Saturday February 19<sup>th</sup>, 2022</b>			
Entry Fees:	Individual Entry:	\$6.00	Relay Entry:	\$9.00
	1000 Freestyle Entry:	\$12.00		
	<b>There will be a \$10 per swimmer per day surcharge.</b>			
Meet Course:	Short Course Yards (SCY)			

Meet Format:	<ul style="list-style-type: none"> <li>• This meet will be run as timed finals.</li> <li>• There will be 10 &amp; Under, 11-12, 13-14, 13 &amp; over, and 15-19 events. Some events may swim as combined age groups.</li> <li>• <b>There are minimum (“faster than”) and maximum (“no faster than”) time standards for this meet. As a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries.</b> (See <i>Entry Times</i> 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. <b>Deck entries will not be accepted.</b></li> <li>• Swimmers will wear masks at all times except when in the water.</li> <li>• All other participants will wear masks and maintain safe social distance at all times.</li> </ul>	
Entry Limits:	Daily: <b>3</b> Individual Events <b>1</b> Relay Event	Meet: <b>6</b> Individual Events <b>2</b> Relay Events
Checks Payable To:	<b>Cougar Aquatic Team, LLC</b>	
Email Entry Files To:	<a href="mailto:besmartinc@gmail.com">besmartinc@gmail.com</a>	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	

# 2022 Silver/Bronze Championship Region A

Saturday February 19<sup>th</sup>

Facility Opens at 7:40am

## Saturday Morning Session #1—13-19

Warm-up: 8:00am

Meet Start: TBA

Women	Equal/ Faster	Slower	Event	Slower	Equal/ Faster	Men
#1		<b>*US</b>	13-14 200 Freestyle Relay	<b>*US</b>		#2
#3		<b>*US</b>	15-19 200 Freestyle Relay	<b>*US</b>		#4
#5		1:08.40 1:06.30	13-14 100 Backstroke 15-19 100 Backstroke	1:05.40 1:01.59		#6
#7	2:51.89 2:45.29	2:29.39 2:18.39	13-14 200 IM 15-19 200 IM	2:23.09 2:11.19	2:45.99 2:35.99	#8
#9	6:04.99 5:52.99	5:50.59 5:34.59	13-14 500 Freestyle 15 & Over 500 Freestyle	5:44.49 5:15.19	6:03.19 5:31.69	#10
#11		1:22.49 1:19.39	13-14 100 Breaststroke 15-19 100 Breaststroke	1:14.49 1:10.49		#12
#13		59.99 58.49	13-14 100 Freestyle 15-19 100 Freestyle	56.99 53.19		#14
#15	2:58.99 2:53.79	2:35.19 2:32.19	13-14 200 Butterfly 15-19 200 Butterfly	2:29.89 2:16.39	2:55.59 2:40.59	#16

\* In order to swim in a freestyle relay designated as a Silver/Bronze event, no swimmer on that relay may have had a previous Upper Silver time in the 50 freestyle.

## Saturday Midday Session #2—Distance

Warm-up: TBA

Meet Start: TBA

Women	Equal/ Faster	Slower	Event	Slower	Equal/ Faster	Men
#17	20:21.69 20:08.99	19:52.19 19:47.19	13-14 1650 Freestyle 15-19 1650 Freestyle	19:25.19 18:40.99	19:50.29 19:00.99	#18
#19	6:40.99†	21:44.49	11-12 1650 Freestyle	21:43.79	6:40.99†	#20
#21	7:39.49	7:24.79	10 & Under 500 Freestyle	7:24.79	7:39.49	#22

† Entry and seeding for these events is based on the swimmer's 500 freestyle time, but swimmers must not have previously achieved an Upper Silver time in the 1650 freestyle. (See eligibility for swimmers who have a Lower Silver time in the 1650 freestyle but not in the 500 freestyle).

# 2022 Silver/Bronze Championship Region A

## Saturday February 19<sup>th</sup>...continued

### Saturday Afternoon Session #3—12 & Under

Warm-up: TBA

Meet Start: TBA

Girls	Equal/ Faster	Slower	Event	Slower	Equal/ Faster	Boys
#23		<b>*US</b>	11-12 200 Medley Relay	<b>*US</b>		#24
#25		<b>*US</b>	10 & Under 200 Medley Relay	<b>*US</b>		#26
#27		33.09	11-12 50 Butterfly	32.99		#28
#29		1:27.99	10 & Under 100 IM	1:27.99		#30
#31		2:42.59	11-12 200 Back	2:40.59		#32
#33		1:16.29	10 & Under 100 Freestyle	1:16.29		#34
#35		1:25.19	11-12 100 Breast	1:23.39		#36
#37		40.39	10 & Under 50 Backstroke	40.39		#38
#39		1:04.59	11-12 100 Freestyle	1:03.29		#40
#41		2:41.49	11-12 200 IM	2:39.69		#42
#43		1:33.09	10 & Under 100 Butterfly	1:33.09		#44
#45		2:51.99	11-12 200 Butterfly	2:53.49		#46
#47		44.89	10 & Under 50 Breaststroke	44.89		#48
#49		34.89	11-12 50 Backstroke	34.39		#50
#51	6:40.99	6:17.69	11-12 500 Freestyle	6:16.49	6:40.99	#52

**\* In order to swim in a relay designated as a Silver/Bronze event, no swimmer on that relay may have had a previous Upper Silver time in the stroke that they are swimming.**

# 2022 Silver/Bronze Championship Region A

Sunday February 20<sup>th</sup>

Facility Opens at 7:40am

## Sunday Morning Session #4—13 & Over

Warm-up: 8:00am

Meet Start: TBA

Women	Equal/ Faster	Slower	Event	Slower	Equal/ Faster	Men
#53		<b>*US</b>	13-14 200 Medley Relay	<b>*US</b>		#54
#55		<b>*US</b>	15-19 200 Medley Relay	<b>*US</b>		#56
#57	2:54.39 2:45.99	2:29.89 2:22.99	13-14 200 Backstroke 15-19 200 Backstroke	2:23.59 2:14.19	2:47.99 2:38.69	#58
#59		27:79 27.09	13-14 50 Freestyle 15-19 50 Freestyle	26.09 24.29		#60
#61	5:39.69 5:28.99	5:25.39 5:13.99	13-14 400 IM 15-19 400 IM	5:15.49 4:56.99	5:34.29 5:13.19	#62
#63	3:14.89 3:07.69	2:51.49 2:46.39	13-14 200 Breaststroke 15-19 200 Breaststroke	2:45.39 2:33.79	3:10.89 2:57.59	#64
#65		1:08.69 1:05.79	13-14 100 Butterfly 15-19 100 Butterfly	1:05.99 1:01.79		#66
#67	2:30.99 2:26.59	2:09.89 2:06.79	13-14 200 Freestyle 15-19 200 Freestyle	2:06.29 1:56.89	2:27.99 2:16.79	#68

\* In order to swim in a medley relay designated as a Silver/Bronze event, no swimmer on that relay may have had a previous Upper Silver time in the 50 freestyle, if they are swimming the freestyle leg, or in the 100 of the stroke that they are swimming in the other legs

## Sunday Midday Session #5—Distance

Warm-up: TBA

Meet Start: TBA

Women	Equal/ Faster	Slower	Event	Slower	Equal/ Faster	Men
#69	12:06.59 11:55.00	12:22.29 12:11.09	13-14 1000 Freestyle 15-19 1000 Freestyle	11:42.79 11:20.59	11:59.49 11:29.19	#70
#71	6:40.99†	13:13.39	11-12 1000 Freestyle	13:12.99	6:40.99†	#72

† Entry and seeding for these events is based on the swimmer's 500 freestyle time, but swimmers must not have previously achieved an Upper Silver time in the 1000 freestyle. (See eligibility for swimmers who have a Lower Silver time in the 1000 freestyle but not in the 500 freestyle).

# 2022 Silver/Bronze Championship Region A

## Sunday February 20<sup>th</sup>...continued

### Sunday Afternoon Session #6—12 & Under

Warm-up: TBA

Meet Start: TBA

Girls	Equal/ Faster	Slower	Event	Slower	Equal/ Faster	Boys
#73		<b>*US</b>	11-12 200 Freestyle Relay	<b>*US</b>		#74
#75		<b>*US</b>	10 & Under 200 Freestyle Relay	<b>*US</b>		#76
#77	6:36.19	5:48.09	11-12 400 IM	5:47.69	6:36.19	#78
#79		2:45.59	10 & Under 200 Freestyle	2:45.59		#80
#81		38.69	11-12 50 Breaststroke	38.49		#82
#83		1:28.59	10 & Under 100 Backstroke	1:28.59		#84
#85		2:22.59	11-12 200 Freestyle	2:20.79		#86
#87		39.49	10 & Under 50 Butterfly	39.49		#88
#41		1:15.59	11-12 100 Backstroke	1:14.99		#90
#91		1:40.39	10 & Under 100 Breaststroke	1:40.39		#92
#93		1:15.19	11-12 100 IM	1:14.39		#94
#95		34.39	10 & Under 50 Freestyle	33.99		#96
#97		3:04.59	11-12 200 Breaststroke	3:04.09		#98
#99		3:09.19	10 & Under 200 IM	3:09.19		#100
#101		29.49	11-12 50 Freestyle	29.19		#102
#103		1:15.29	11-12 100 Butterfly	1:14.69		#104

**\* In order to swim in a freestyle relay designated as a Silver/Bronze event, no swimmer on that relay may have had a previous Upper Silver time in the 50 freestyle.**

## Meet Schedule\*\*

Saturday		Warm-up	Start
Facility Opens at 7:40am			
Session #1	13 & Over	8:00am	TBA**
Session #2	All age group Distance	TBA**	TBA**
Session #3	12 & Under	TBA**	TBA**
Sunday		Warm-up	Start
Facility Opens at 7:40am			
Session #4	13 & Over	8:00am	TBA**
Session #5	11 & Over Distance	TBA**	TBA**
Session #6	12 & Under	TBA**	TBA**

**\*\* Timing is tentative pending receipt of entries. A final schedule will be developed and published after all entries have been received.**

Scoring:	<ul style="list-style-type: none"> <li>• There will be no team scoring.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>• There will be medals for the fastest three swimmers in each division (Silver/Bronze) in each individual event. There will be ribbons for 4<sup>th</sup>-8<sup>th</sup> places in each division of individual events.</li> <li>• The 500, 1000, and 1650 freestyle events are Silver-only events.</li> <li>• There will be awards for the fastest three teams in each relay event.</li> <li>• A swimmer competing in the Bronze division of an event who achieves a Gold time will not receive an award.</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>• 'Fly-over/Over-the-top' starts will be used during this meet.</li> </ul>
Admissions and Programs:	<ul style="list-style-type: none"> <li>• There will be a \$10.00 per day swimmer surcharge.</li> <li>• Heat sheets will be available online at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> and Meet Mobile</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 NJIT 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.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>• None.</li> </ul>
Locker Rooms:	<ul style="list-style-type: none"> <li>• <b>Locker room use will be restricted to emergency use only. In accordance with NJ Department of Health protocols, they will not be available for changing or showering.</b></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 prior to the entry deadline from teams assigned to the meet.</li> <li>• Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes.</li> <li>• Team entries will be considered accepted when the host club accepts the entries.</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. All entry times must meet the time standards for this meet as approved by NJ Swimming.</li> </ul> <p><b>All entries must be accompanied by e-mailed proof of time (see below). Entries without proof of time will not be accepted.</b></p>
Entry Amendment Procedures:	<p>Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The process shall be as follows:</p> <ol style="list-style-type: none"> <li>1. The meet coordinator will enter each team as the entries are received.</li> <li>2. An entry report for each team will be e-mailed to that team.</li> <li>3. Upon receipt of the entry report for their team, the coach will be expected to proof the entries for their team. The coach must respond to the email, either indicating that the entries are accepted as is or amending as explained below.</li> <li>4. After the entry deadline has passed, should a swimmer be missing from the entry list or missing from an event, then the coach can enter the swimmer through the following process: <ul style="list-style-type: none"> <li>• The coach needs to make a list of the missing entry information: swimmer's name, USA-S number, event number(s), and entry time(s).</li> <li>• The list of the missing swimmers and their events are then to be e-mailed to the Entry Coordinator no later than 9:00pm on the Wednesday before the start of the meet. Please do not email a Hy-Tek file.</li> </ul> </li> </ol> <ul style="list-style-type: none"> <li>• The entry fee for all events entered in this manner will be the regular entry fee for the event, plus an additional \$5.00 late fee per entry. This money is payable before the start of the meet. If this fee not be paid, then the swimmer(s) will not be permitted to swim in the amended events in the meet. <b>Entries which are amended due to a swimmer achieving a new Upper Silver time after the original entry is submitted do not incur this additional fee.</b></li> </ul>

Distance Events	<ul style="list-style-type: none"> <li>The 11-12 1000 and 1650 yard freestyle events are limited to athletes with a provable Gold or Silver time in the 500 Free, or those with a Silver time in the 1000 or 1650 Free, but who do not yet have the 1000 or 1650 Gold time respectively. Athletes will be seeded with their 500 Free time. If a swimmer has a provable silver time in the 1000 or 1650 free, but not in the 500 free, the swimmer may be entered in the 1000/1650 free at the 500 free qualifying time.</li> <li>Swimmers in the 10 &amp; Under 500 Freestyle, the 11-12 1000 Freestyle, and the 11-12 1650 Freestyle events are responsible for providing their own timers and counters.</li> <li>In all events of 400 yds or more, heats may be combined at the discretion of the meet referee.</li> <li>Swimmers must provide their own counters for the 500, 1000 and 1650 freestyle events.</li> </ul>
Relays:	<p><b>Only swimmers that do not have Upper Silver times in that stroke and distance can swim on relays. For 13 &amp; Over relays, swimmers in the freestyle leg must not have an Upper Silver time in the 50 freestyle. Swimmers in the other legs must not have an Upper Silver time in the stroke that they are swimming. A relay team with any swimmer found to have had a Gold time in that stroke and distance prior to the meet will be disqualified (even after the conclusion of the meet) and the information will be turned over to New Jersey Swimming for possible further disciplinary actions and fines.</b> (See NJS Policy &amp; Procedures Manual for explanation)</p> <ul style="list-style-type: none"> <li>All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer 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>Unattached swimmers may not swim in any relay.</li> </ul>
Swimmer Eligibility:	<ul style="list-style-type: none"> <li><b>This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet.</b> Swimmers may not compete in any event in which they have received a New Jersey Swimming <b>Upper Silver Time</b> in the age group in which they are competing.</li> <li>No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.</li> <li><b>If a swimmer is entered in the meet, and then achieves a Gold time in one or more of their entered events prior to the start of the meet, that swimmer must be removed from that event(s). Failure to do so will result in the disqualification of the swimmer (even retroactively), and the swimmer's club may be penalized and/or fined by NJ Swimming for each such infraction.</b> The swimmer will be allowed to substitute another eligible event or the entry fee will be refunded if the swimmer cannot/does not wish to compete in a substitute event.</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>
13 & Over Bronze "Bottom" Cuts:	<ul style="list-style-type: none"> <li>There are 5 events (50, 100 freestyle, 100 backstroke, 100 breaststroke, and 100 butterfly) that have no bottom cuts for the bronze division.</li> <li>There are bottom cuts for the bronze division of 200 yard and longer events.</li> <li><b>A bronze level swimmer who does not have times faster than any of the 200 bottom cuts may choose one (1) 200 yard event where they do not have the cut in which to participate (giving the swimmer 6 events).</b></li> <li><b>A bronze level swimmer may not choose an event 400 yards or longer. These events are open to silver level swimmers only.</b></li> </ul>
State Championships Restriction:	<ul style="list-style-type: none"> <li><b>Swimmers may not compete in a given event at both a Silver/Bronze Championship meet and the SC JO meet, unless they achieve the SC JO qualifying time in that event at the Silver/Bronze meet, or at another Sanctioned or Approved meet attended in between the Silver/Bronze meet and JOs.</b></li> </ul>



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"> <li>The host club will provide all timers in each lane throughout the meet.</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.</li> <li>Swimming Equipment is <b>not allowed</b> in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys.</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> </ul>
Check-In:	<ul style="list-style-type: none"> <li>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>Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</li> </ul>

No Show Procedure:	No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer's maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.
Internet Website Posting:	Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.com</a> . <ul style="list-style-type: none"> <li>Heat Sheets and real-time results will be available during the meet.</li> <li>Downloadable Results (Zipped .CL2 &amp; .HY3 files) for TM will be provided post meet.</li> <li>Printable meet results (.PDF files) will be provided post meet.</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 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.
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.
Tech Suit/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. <b>"Tech suits" are not permitted at this meet for 12 &amp; under swimmers.</b> "Tech Suits" are defined, as suits that have bonded seams, kinetic tape, or meshed seams. A list of restricted suits can be found on the NJ Swimming Website; <a href="http://www.njswim.org">www.njswim.org</a>.</li> <li>Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body</li> <li>Pursuant to USA Swimming Rule 205.10.1, it is permissible for the swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.</li> </ul>
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 Wellness &amp; Events 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. All persons visiting the Wellness &amp; Events Center Pool are voluntarily assuming 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>Doubletree by Hilton, 1048 Raymond Blvd, Newark NJ 07102 973-622-5000</li> </ul>
Directions:	<b>Google Maps: <a href="https://goo.gl/maps/9qqESYpu2j99o1WG7">https://goo.gl/maps/9qqESYpu2j99o1WG7</a></b>



NEW JERSEY  
SWIMMING

## 2022 NJS Silver/Bronze Championship Region A

*Hosted by Cougar Aquatic Team*

Saturday-Sunday February 19<sup>th</sup>-20<sup>th</sup>, 2022

### 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, Cougar Aquatic Team LLC, New Jersey Institute of Technology, 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 against 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 **2022 NJS Silver/Bronze Championship Region A Meet** on **February 19th-20th, 2022** 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:

\_\_\_\_\_

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**Entry Fee Summary:**

\_\_\_\_\_ Timed final individual event entries @ \$6.00 = \$\_\_\_\_\_

\_\_\_\_\_ Timed final distance event entries @ \$12.00 = \$\_\_\_\_\_

\_\_\_\_\_ Swimmer surcharge @ \$10.00/swimmer/day = \$\_\_\_\_\_

Total: \$\_\_\_\_\_

Make checks payable to: **Cougar Aquatic Team LLC.**

## 2022 NJS Silver/Bronze Championship Region A, Wellness & Events Center Pool—COVID 19 Protocol

- In applying for this sanctioned event, Cougar Aquatic 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 Essex County Department of Health.
- **COVID Contact Person** The Manager/Deck Supervisor on duty will serve as the immediate COVID contact person.
  - **Main Covid Contact Person:** Eric Harse, 908-451-9891, [eric@cougaraquatic.com](mailto:eric@cougaraquatic.com)
  - **Covid Ambassador:** Eric Harse, 908-451-9891, [eric@cougaraquatic.com](mailto:eric@cougaraquatic.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 tent 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.
- **NJIT Police: 973-596-3111**

### 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

- There will be a separate entrance (Main Entrance) and exits (scoreboard end) so that there is no cross path between entering and exiting patrons.
- 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 in the gymnasium and must wear a mask while not swimming and maintain 6 feet social distancing protocol.

### Infection Control Strategies

#### Communication with Local Health Authority

- Cougar Aquatic Team staff will contact the local health department **immediately** by phone (973-648-7500) 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 Wellness & Events Center 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.