



2022 CAT Distance Challenge at Montclair State

Hosted by Cougar Aquatic Team at Panzer Athletic Center Pool MSU
(Held under the sanction of USA Swimming)

Meet Sanction Info:	<p>NJ swimming Sanction – ?? 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.</p>		
Date of Meet:	Saturday-Sunday May 14th-15th, 2022		
Location:	Panzer Athletic Center Pool, Montclair State University, Montclair NJ 07043		
Facility Info:	The Panzer Athletic Center pool is a 6-lane 25-yard facility with Daktronics timing. The depth at the starting end is 10 feet and the depth at the turning end is 3.5 feet.		
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.		
Montclair State University Policy:	All attendees at the meet, swimmers, coaches, officials, and timers must wear a mask if not swimming.		
Host Team Contact:	Eric Harse		eric@cougaraquatic.com
Meet Director:	Eric Harse		eric@cougaraquatic.com
Meet Referee:	John Kelly		Johnfk41965@gmail.com
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshall:	Terry Murray		teammurray@verizon.net
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Immediately.		
Entry Deadline:	Tuesday May 10th, 2022, at 6pm		
Swimmer Age	Swimmer ages for this meet are as of: Saturday May 14th, 2022		
Entry Fees:	Individual Entry	\$5.00	
	Distance Entry	\$12.00	
	There will be a \$10 per swimmer per day surcharge.		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> • This meet will be run as timed finals. • There will be open events. Results will be reported by age groups. • There are qualifying times for this meet. Swimmers must meet the qualifying time for each event they enter. • Swimmers will wear masks at all times except when in the water. • All other participants will wear masks and maintain safe social distance at all times. 		
Entry Limits:	Daily: 2 Individual Events		Meet: 4 Individual Events
Checks Payable To:	Cougar Aquatic Team, LLC		
Email Entry Files To:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		



2021 Cougar Distance Challenge

Saturday May 14th

Facility Opens at 10:45am

Saturday Morning Session #1—Open Women

Warm-up: 11:00am

Meet Start: 11:35am

Women	Age Group & Event	Equal Faster
#1	11-12 400 IM	6:36.19
	13-14 400 IM	6:09.69
	15 & Over 400 IM	5:58.99
#3	11-12 1000 Freestyle	14:15.49
	13-14 1000 Freestyle	12:52.29
	15 & Over 1000 Freestyle	12:41.09

Saturday Afternoon #2—Open Men

Warm-up: 11:00am

Meet Start: 11:35am

Men	Age Group & Event	Equal Faster
#2	11-12 400 IM	6:36.19
	13-14 400 IM	6:04.29
	15 & Over 400 IM	5:43.19
#4	11-12 1000 Freestyle	14:15.49
	13-14 1000 Freestyle	12:29.49
	15 & Over 1000 Freestyle	11:59.19

Sunday May 15th

Facility Opens at 10:45am

Sunday Morning Session #3—Open Men

Warm-up: 11:00am

Meet Start: 11:35am

Men	Age Group & Event	Equal Faster
#6	11-12 500 Freestyle	7:10.99
	13-14 500 Freestyle	6:33.19
	15 & Over 500 Freestyle	6:01.69
#8	11-12 1650 Freestyle	22:51.49
	13-14 1650 Freestyle	20:20.29
	15 & Over 1650 Freestyle	19:30.99

Sunday Afternoon #4—Open Women

Warm-up: 11:00am

Meet Start: 11:35am

Men	Age Group & Event	Equal Faster
#5	11-12 500 Freestyle	7:10.99
	13-14 500 Freestyle	6:34.99
	15 & Over 500 Freestyle	6:22.19
#7	11-12 1650 Freestyle	22:53.49
	13-14 1650 Freestyle	20:51.69
	15 & Over 1650 Freestyle	20:38.99



Meet Schedule**

Saturday		Warm-up	Start
Facility Opens at 10:45am			
Session #1	Open Women	11:00am	11:35am
Session #2	Open Men	TBA**	TBA**
Sunday		Warm-up	Start
Facility Opens at 10:45am			
Session #3	Open Men	11:00am	11:35am
Session #4	Open Women	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"> There will be no team scoring.
Awards:	<ul style="list-style-type: none"> There will be no awards.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts may be used during this meet. This information will be distributed with the warm-up schedule after entries have been received.
Surcharge and Programs:	<ul style="list-style-type: none"> There will be a \$10 per swimmer per day surcharge. Heat sheets will be online at www.besmartinc.com and on Meet Mobile. Only parents timing their swimmers will be allowed into the facility.
Concessions:	<ul style="list-style-type: none"> None.
Vendor:	<ul style="list-style-type: none"> None.
Locker Rooms:	<ul style="list-style-type: none"> If only one locker room/restroom: If Athletes and Adults including Coaches & Officials must use the same facility, make sure you are not alone with an athlete in the locker room, including using the restroom. Be proactive and tell the meet director immediately if this happens, even when no fault of your own. If multiple facilities: There is a separate locker room/restroom for athletes only! All other adults including Coaches & Officials need to make sure that you are only using the facility marked for you.
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 prior to the entry deadline from teams assigned to the meet. 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.
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. 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.
Distance Events	<ul style="list-style-type: none"> Swimmers must provide their own timers. Swimmers must provide their own counters for the 500, 1000, and 1650 freestyle events. Events will swim slow to fast, alternating genders. Slower heats may combine genders without leaving an empty lane between them.
Relays	<ul style="list-style-type: none"> None.



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. All swimmers 18 & 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.
Adaptive Provisions:	<p>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).</p>
Host Club Responsibilities:	<ul style="list-style-type: none"> 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. Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website www.besmartinc.com the day after entries close.
Participating Club Responsibilities:	<ul style="list-style-type: none"> Parents of participating swimmers should be prepared to time. The host club will provide stopwatches. Participating clubs should help with officiating whenever possible. Officials should contact the meet referee (see page 1) with the sessions where they are available to assist.
Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> 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). Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions. 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. 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. 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 Conduct & Eligibility:	<ul style="list-style-type: none"> 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). Make sure all interactions with athletes are observable and interruptible. Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards. Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. All officials must wear the standard white and blue uniform. 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. • Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. • 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.
Check-In:	<ul style="list-style-type: none"> • The meet will be pre-seeded.
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:	<p>Internet location for all meet information: http://www.besmarttinc.com.</p> <ul style="list-style-type: none"> • Heat Sheets and real-time results will be available during the meet. • Downloadable Results (Zipped .CL2 & .HY3 files) for TM will be provided post meet. • Printable meet results (.PDF files) will be provided post meet.
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.
Minor Athlete Abuse Prevention Policy (MAAPP)	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 policy is a condition of participation in the conduct of this competition.



Tech Suit/Swimwear Policy:	<p>Swimwear must conform to USA Swimming Rules:</p> <ul style="list-style-type: none"> • 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 can be found on the NJ Swimming Website; www.njswim.org. • Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body • 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.
COVID-19 Assumption of Risk Disclaimer	<p>The host team has taken enhanced health and safety measures for all participants. All persons participating must follow all posted instructions while at the Panzer Athletic 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 Panzer Athletic Center Pool are voluntarily assuming all risks related to exposure to COVID-19.</p>
Meet Requirement Statement:	<p>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.</p>
Directions:	<p>Google Maps: https://goo.gl/maps/Bjxh7who72HoUNz67</p>





**NEW JERSEY
SWIMMING**

2022 CAT Distance Challenge at Montclair State

Hosted by Cougar Aquatic Team

Saturday May 14th-Sunday May 15th

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, Montclair State University, 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 Cougar Aquatic Team Cougar Distance Challenge Meet on May 14th-15th, 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.



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:

Entry Fee Summary:

_____ Timed Final individual event entries @ \$5.00 = \$ _____

_____ Distance Timed Final individual event entries @ \$12.00 = \$ _____

_____ Athletes @ \$10.00/day surcharge = \$ _____

Total: \$ _____

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



2022 Cougar Distance Challenge Meet Panzer Athletic 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
 - **Covid Ambassador:** Eric Harse, 908-451-9891, 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.
- **Montclair State University Police: 973-655-5222**

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.
- Only parents timing their swimmers will be allowed into the facility.
- 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

- Cougar Aquatic Team staff will contact the local health department **immediately** by phone (973-571-2800) 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 Panzer Athletic 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.

