

# Berkeley Aquatic Club's 29th Annual Memorial Day Invitational

Held under the sanction of USA Swimming.

Meet Approval #	NJS.....LCB  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.		
Dates of Meet:	Friday, May 27, 2022 Saturday, May 28, 2022 Sunday, May 29, 2022		
List of Invited Teams:	ABF-NE, CAT-NJ, CJAC-NJ, CS-NE, EEX-NJ, JW-MA, LIAC-MR, SCAR-NJ, SMAC-ME, SSC-MA, STAR-NI, YMID-MR  (If the meet doesn't fill after the above teams have sent in their entries, the meet host reserves the right to invite additional teams.)		
Location:	<b>Berkeley Aquatic Club Center of Excellence</b> 629 Central Avenue New Providence, NJ 07974		
Facility Info:	The pool is Olympic-sized: 25 yards by 50 meters and utilizes 10 lanes in Short Course or Long Course competition layout. The pool uses pedestal-style blocks with non-turbulent lane lines and an Omega Timing System. Under Long Course layout, the depth of the pool at the starting end is 6'9" and at the turning end is 5 feet. Under Short Course layout, the depth of the 10 competition lanes is 6'9". There are an additional 12 Short Course lanes for use during the general warm-up period that vary in depth from 5' to 6' 9". During Short Course competition, there shall be a two-lane buffer and 10 lanes available for warm-up and warm-down. There is also one 3 lane by 25 yard auxiliary pool for warm-up and warm-down. (This pool is only open during Long Course meets). The depth of the auxiliary pool ranges from 6'3" to 4'. There is bleacher seating on deck for up to 250 athletes. Additional bleacher seating is available above the pool deck for up to 300 spectators.  Parking is available in the facility lot ONLY. Parking in the lots of any surrounding businesses is strictly prohibited unless otherwise directed.		
Pool Certification Statement:	The competition course has been certified in accordance with 104.2.2C(4).		
Host Team Contact:	Allison Nash		Email: <a href="mailto:allison@berkeleyaquatic.com">allison@berkeleyaquatic.com</a>
Meet Director:	Allison Nash	Phone: 973-615-0023	Email: <a href="mailto:allison@berkeleyaquatic.com">allison@berkeleyaquatic.com</a>
Meet Referee:	Christopher Barry	Phone: 908-612-3480	Email: <a href="mailto:accebarry@verizon.net">accebarry@verizon.net</a>
Administration Official:	Allison Nash	Phone: 973-615-0023	Email: <a href="mailto:allison@berkeleyaquatic.com">allison@berkeleyaquatic.com</a>
Safety Marshall:	Allison Nash	Phone: 973-615-0023	Email: <a href="mailto:allison@berkeleyaquatic.com">allison@berkeleyaquatic.com</a>
Entry Coordinator:	Allison Nash	Phone: 973-615-0023	Email: <a href="mailto:bacmeetentries@berkeleyaquatic.com">bacmeetentries@berkeleyaquatic.com</a>
Entries Open:			
Entry Deadline:	Friday, May 16, 2022		
Swimmers Age:	Swimmer ages for this meet are as of: Friday, May 27, 2022		

Entry Fees: (non-refundable)	Senior Prelim/Final Events: \$10.00 Age Group Individual Events: \$9.00 Relay Events: \$13.00	Distance Events: \$16.00
Meet Course:	Long Course Meters (LCM)	
Meet Format:	<p>This Meet will be run in accordance with current USA Swimming Rules and will be <b><i>by invitation only</i></b>.</p> <p>All Age Group events will be swum as timed finals. Senior individual events, with the exception of the 800 and 1500, will be a Trials and Finals format with bonus, consolation and championship finals (fastest 28 swimmers from preliminaries) being held in the evening session. (The bonus and consolation finals heats will run in 10 lanes while the championship finals heats will run in 8 lanes.) The 1500 and 800 will be swum as timed finals. The 1500 will be swum Friday. The 800 Freestyle will be swum on Sunday with the fastest heat of both the Women and Men swimming with Finals. (The remaining heats of the 800 Freestyle will be swum fastest to slowest at the end of Sunday's AM Session.)</p> <p>The Meet will run as a three-day Meet: Friday will run timed finals 1500 freestyle and Saturday and Sunday with Prelim/Finals with an Age Group Session running between the Prelims and Finals.</p> <p>The Meet will be deck seeded with coaches checking in/scratching swimmers. With the potential exception of the 50 Freestyle, swimmers will report directly to their lanes without marshaling.</p> <p>Teams are limited to three (3) relays per event. All relays are timed finals. The top 16 seeded relays after positive check-in will be swim at night. All other heats of relays will be run at the end of the preliminary session. On Sunday, the relays will run prior to the 800 Freestyle heats. Teams must check in for the 1500 Freestyle 30 minutes prior to the start of Friday's Session. Teams must check in for the 800 Freestyle within one hour of the start of the Sunday's Preliminary Session in the control room.</p> <p>There will be positive check-in for relays in the control room. Relays that want to be swum only in the morning session must note that on the positive check-in sheet not more than a half hour after warm-ups end.</p>	
Entry Limits:	<p>Swimmers may swim three (3) individual events and one (1) relay per day. Athletes will be permitted one (1) bonus swim per day <b><u>ON SESSIONS IN WHICH THEY ARE ALREADY ENTERED</u></b> as long as the bonus swim does not cause the athlete to exceed the daily entry limit. <b><u>Athletes may add a bonus swim in a 50/100/200m event ONLY.</u></b></p>	
Checks Payable To:	<b>BAC</b>	
Email Entry Files To:	bacmeetentries@berkeleyaquatic.com	
Mail Checks/Reports	Berkeley Aquatic Club – BAC Memorial Day Invitational 629 Central Avenue New Providence, NJ 07974	

# 2022 Memorial Day Invitational

## Order of Events

*USA Swimming Age Group Motivational Times will be used.*

*All Senior events will use 17 - 18 BB times for all events 400 distance and below.*

*For the Senior 800 and 1500, the 17 - 18 A times will be used.*

*All age group events will use corresponding BB time for that age group.*

## Friday (Timed Final) Session

Warm-Up: 4:00 PM

Meet Starts: 5:05 PM

WOMEN Event #	AGE GROUP	EVENT	MEN Event #
1	SENIOR	1500 Free*	2

\*The 17 - 18 USA Swimming Age Group Motivational A Time will be used.

## Saturday Prelim/Final Sessions

Warm-Up: 7:15 AM

Meet Starts: 8:20 AM

WOMEN's Event #	AGE GROUP	EVENT	MEN's Event #
3	SENIOR	200 IM	4
5	SENIOR	200 Breast	6
7	SENIOR	100 Free	8
9	SENIOR	200 Fly	10
11	SENIOR	100 Back	12
13	SENIOR	400 Free	14
15	SENIOR	400 Free Relay	16

## Saturday Age Group Session

Warm-Up: 12:45 PM – 1:30 PM

Meet Starts: 1:35 PM

WOMEN'S Event #	AGE GROUP	EVENT	MEN's Event #
17	13/14	200 Free	18
19	11/12	50 Back	20
21	10/U	50 Free	22
23	13/14	100 Back	24
25	11/12	400 Free	26
27	10/U	100 Back	28
29	13/14	200 Breast	30
31	11/12	100 Free	32
33	10/U	100 Breast	34
35	13/14	400 IM	36
37	10/U	200 IM	38
39	11/12	100 Fly	40

41	13/14	200 Fly	42
43	10/U	50 Fly	44
45	11/12	50 Breast	46
47	13/14	50 Free	48

## Sunday Prelim/Finals Sessions

Warm-Up: 7:15 AM

Meet Starts: 8:20 AM

WOMEN's Event #	AGE GROUP	EVENT	MEN's Event #
49	SENIOR	800 Freestyle	50
51	SENIOR	100 Breast	52
53	SENIOR	200 Free	54
55	SENIOR	100 Fly	56
57	SENIOR	400 IM	58
59	SENIOR	50 Free	60
61	SENIOR	200 Back	62
63	SENIOR	400 Med. Relay	64

## Sunday Age Group Session

Warm-Up: 12:45 PM – 1:30 PM

Meet Starts: 1:35 PM

WOMEN'S Event #	AGE GROUP	EVENT	MEN'S Event #
65	11/12	50 Free	66
67	10/U	50 Back	68
69	13/14	400 Free	70
71	11/12	100 Breast	72
73	13/14	100 Fly	74
75	10/U	100 Free	76
77	11/12	100 Back	78
79	13/14	200 Back	80
81	10/U	100 Fly	82
83	11/12	200 IM	84
85	13/14	100 Breast	86
87	10/U	50 Breast	88
89	11/12	50 Fly	90
91	13/14	100 Free	92
93	10/U	200 Free	94
95	11/12	200 Free	96
97	13/14	200 IM	98

## Meet Schedule and Session Times (TENTATIVE)

Friday, May 27, 2022	Warm-Up	Start
Senior Prelims	4:00 PM – 5:00 PM	5:05 PM

The Doors will Open at 3:45 PM.

Saturday, May 28 and Sunday, May 29, 2022	Warm-Up	Start
---	---------	-------

Senior Prelims	7:15 AM - 8:15 AM	8:20 AM
Age Group	12:45 PM - 1:30 PM	1:35 PM
Senior Finals	5:30 PM	6:30 PM

**The Doors will Open at 7:00 AM Both Days.**

Scoring:	This Meet will not be scored.
Awards:	Medals will be presented to the top 3 finishers in Individual Events and to the top 3 finishers in Relay Events.
Starts:	'Fly-Over' or 'Over-the-Top' starts will <b>NOT</b> be used.
Admissions and Programs:	There will be a \$25.00 per day swimmer surcharge for swimmers participating in prelims/finals events. Heat Sheets (and Results) will be available for free on both Meet Mobile.
Concessions:	Concessions may be for sale throughout the Meet.
Vendor:	A vendor may be present.
Locker Rooms:	<b>Parents/Coaches/Non-Athletes are NOT permitted in the athlete locker rooms at any time.</b>
Entry Information:	<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> </ul>
Entry Times:	<ul style="list-style-type: none"> <li>● Athletes may enter the meet using conforming and non-conforming times in this order: LCM (Long Course Meters), SCM (Short Course Meters), then SCY (Short Course Yards). Converted times are not permitted. All entry times must meet the time standards for this meet as approved by NJ Swimming.</li> <li>● New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time.</li> <li>● Entry times can be in LCM, SCY, or SCM.. Converted times are not permitted. All entry times must meet the time standards for this meet as approved by NJ Swimming.</li> </ul>
Distance Events:	<ul style="list-style-type: none"> <li>● The Senior 800 and 1500 Freestyles are timed final events and will be limited to the fastest 30 entries (3 heats) unless time permits more heats to be swum.</li> <li>● All heats of the 1500 will be swum Friday evening fastest to slowest.</li> <li>● The 800 Freestyle will be swum on Sunday with the fastest heat (10 athletes) swimming with Finals Sunday evening. The remaining heats will swim at the end of the Preliminary Session (fastest to slowest) immediately following the Relays.</li> <li>● There will be positive check-in for both the 800 and 1500 in the Control Room. (Teams must check in for the 1500 Freestyle 30 minutes prior to the start of Friday's Session. Teams must check in for the 800 Freestyle within one hour of the start of the Sunday's Preliminary Session.)</li> <li>● Swimmers in the 800 and 1500 Freestyle events must provide a single timer and a counter (unless in fastest heat of 800 being swum at finals.)</li> <li>● They will run fastest to slowest.</li> <li>● Depending on the entries, these events may alternate genders.</li> <li>● Heats may be combined to save time, without there necessarily being an empty lane.</li> </ul>
Heat Limited Events:	The 800 and 1500 are limited to three (3) heats (30 swimmers), unless time permits more heats to be swum. That decision will be made the day of the meet, after scratches. Psych Sheets will be posted on <a href="http://www.berkeleyaquaticclub.com">www.berkeleyaquaticclub.com</a> . If the Meet Director suspects that the number of heats will be limited, they will contact all clubs with swimmers entered in the distance events by e-mail, not later than the Thursday before the Meet. In the event that Berkeley Aquatic Club limits the number of heats of the distance events and some swimmers who have previously entered are not allowed to swim, entry fees will be refunded at the control room after the distance event is seeded and heat sheets are posted.
Swimmer Eligibility:	<ul style="list-style-type: none"> <li>● No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming 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><i>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.</i></b></li> </ul>

Entry Times:	<ul style="list-style-type: none"> <li>● <b>USA Swimming National Age Group Motivational Times will be used for this meet.</b></li> <li>● You may click here for the Standards: <a href="#">USA Swimming National Age Group Motivational Times</a></li> <li>● All Senior/Open Events will use the 17 - 18 <b>BB</b> time with the exception of the 800 and 1500 freestyle. For those distance events, the 17 - 18 <b>A</b> time will be the standard.</li> <li>● For all age group events, the BB time will be used for the corresponding age.</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:	Berkeley Aquatic Club will provide 50% of all volunteers.
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 the 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 with 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 a smaller time frame.</li> <li>● Some of the changes that may be made: 1) add a session 2) condense sessions 3) eliminate relays.</li> </ul> </li> </ul>
Warm-Up Procedures:	<p>The sanctioning, and/or age group, and/or senior chairman must approve all new warm-up schedules.</p> <p><b>New Jersey Swimming Warm-up and Safety Guidelines:</b></p> <p>Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines (<a href="https://www.teamunify.com/SubTabGeneric.jsp?team=eznjslsc&amp;stabid=69121">https://www.teamunify.com/SubTabGeneric.jsp?team=eznjslsc&amp;stabid=69121</a>).</p> <ul style="list-style-type: none"> <li>● Pending the finalized Meet Schedule, there will be an open one hour warm up period before each session. Each session will begin 5 minutes after the conclusion of the warm-up period. For the first 30 minutes, teams will be assigned lanes for general warm-ups. After 30 minutes, Lanes 1 and 10 will</li> </ul>

	<p>become Pace lanes and lanes 2 and 9 will become Sprint lanes. At the discretion of the Meet Referee, lanes 3 and 8 may also become Sprint lanes. The remaining lanes will be general warm-up available to all teams without Sprint or Pace.</p> <ul style="list-style-type: none"> <li>•</li> <li>• All swimmers are entitled to a fair and comparable warm-up. All teams <b>MUST</b> get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes.</li> <li>• <b>Entry/Exit Into/Out of Pool:</b></li> <li>• All swimmers must enter the pool from the starting end of the pool.</li> <li>• All swimmers must enter feet first.</li> <li>• Swimmers must exit the pool at the start/turn ends, not on the side of the pool.</li> <li>• <b>New Jersey Swimming officials will monitor warm-ups.</b></li> <li>• <b>Uniformed and designated meet marshals will also monitor warm-ups.</b></li> <li>• All general warm-up lanes will swim in a counterclockwise direction.</li> <li>• When all teams are assigned their own warm-up lanes, (without any team sharing a lane with another team) teams can run their own warm-ups without Sprints or Pace.</li> <li>• <b>Auxiliary Pool</b></li> <li>• The Auxiliary Pool will be open for warm-up/cool down during sessions.</li> <li>• PLEASE NOTE: Swimmers are prohibited from using and 'gear' or 'equipment' or swimming aids during any warm-up or warm-down without formal approval from the Meet Referee in either the competition pool or the warm-up/warm-down pool.</li> </ul>
Check-In:	<ul style="list-style-type: none"> <li>• All check-in sheets must be turned into the control room 30 minutes before the start of the session. Swimmers who are present and swimming will have lines through their names. <b>Swimmers who are being scratched will have their names circled with '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. Please use a simple line, not a scribble, so that the name can still be read.</b> Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</li> <li>• There will be positive check-in for the Senior 1500 and 800 as outlined.</li> <li>• There will be positive check-in for the Relays in the control room within 30 minutes of the Session starting.</li> </ul>
No Show Policy:	<p>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.</p>
Relays:	<p>Teams are limited to three (3) relay entries per event. All relays are timed finals. The top 20 seeded relays after positive check-in will be swim at night unless the relays have been checked-in as explained below and specified that the relays will be swum only in the morning. All other heats of relays will be run at the end of the preliminary session prior to Distance Events if applicable.</p> <p>There will be positive check-in for relays in the control room in the morning, due not more than 30 minutes after the start of the applicable Session. Relays that want to be swum only in the morning session must note that on the positive check-in sheet during the positive check in period. If more than 20 relays will be swum (after scratches) then those relays that want to swim in the morning will be placed in morning heats. If 20 or fewer relays remain after scratches, all relays will be swum at night.</p> <p>All relays must have the correct four names listed on the relay card in the correct order for that relay to be eligible. Coaches must turn in relay cards no later than 60 minutes prior to the beginning of the event in the session the relay will be swum. All swimmers must be listed in the team's official entry file in order to participate in the meet, including Relay-Only Swimmers. (It is the coach's responsibility to make sure their Relay-Only swimmers are entered into the Meet by the Meet entry deadline.) The order of swimmers and the names may be changed by notifying the Lane Timer in the relay lane or the Control Room but this must be done before the first swimmer steps on the blocks at the start of the heat. No changes will be made after the Relay is swum.</p>
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> </ul> <p>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.</p>

Internet Website Posting and Results:	<p>The meet announcement, Hy-Tek Event List (.HYV file), and final meet results will be posted on New Jersey Swimming website <a href="http://www.njswim.org">www.njswim.org</a>.</p> <p>The following will be posted on the Berkeley Aquatic Club Website <a href="http://www.berkeleyaquaticclub.com">www.berkeleyaquaticclub.com</a></p> <p><b>Before the meet, we will post:</b>  Meet Announcement  Downloadable Hy-Tek Events List (.HYV file)  Psych Sheets  Meet Schedule  Warm-Up Schedule and Team Warm-Up Assignments</p> <p><b>During the meet, the following will be available:</b>  All attempts will be made to post results on Meet Mobile throughout the Meet.</p> <p><b>After the meet, we will post (www.berkeleyaquaticclub.com):</b>  Downloadable Results (.CL2 file), and  Printable Results (.PDF file)</p> <p>Results will also be available on the New Jersey Swimming Website (<a href="http://www.njswim.org">www.njswim.org</a>) soon after the conclusion of the Meet.</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.
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:	<p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. In addition, volunteers and spectators cannot use any of the above on deck.</p> <p>Flash Photography is strictly prohibited during the start of each race.</p>
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. "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>
Directions:	<p><b>Address:</b>  629 Central Avenue  New Providence, NJ 07974</p> <p><b>Directions:</b></p>



	<p><b>From 78 East</b> Take Exit 44 toward New Providence/County Highway 527. At the end of the exit ramp turn left onto County Road 527/Glenside Avenue. After ½ mile, turn Left onto Glenside Road. Glenside Road will become South Street/County Highway 647. Turn Left onto Central Avenue. Berkeley Aquatic will be 0.3 miles after this turn on the right-hand side of the road.</p> <p><b>From 78 West</b> Take Exit 43 and merge onto Diamond Hill Road/County Highway 655. In a little less than a mile, turn right onto Mountain Avenue/County Highway 622. Again, in a little less than a mile, turn left onto South Street/County Highway 647. In 0.8 miles, turn left onto Central Avenue. Berkeley Aquatic will be 0.3 miles after this turn on the right-hand side of the road.</p> <p><b>From Interstate 287</b> Take Exit 21 A (Route 78 East/New York City). Follow ‘From 78 West’ directions above.</p>
Accommodations:	<p><b>Best Western PLUS Murray Hill Hotel and Suites</b> 535 Central Avenue New Providence, NJ 07974 (908) 665-9200</p>



**NEW JERSEY  
SWIMMING**

## 2022 BAC Memorial Day Invitational

Friday, May 27, Saturday, May 28, and Sunday,  
May 29, 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, Berkeley Aquatic Club Center of Excellence, Berkeley Aquatic Club 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 **Berkeley Aquatic Club Memorial Day Invitational May 27 through May 29** 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:**

---

**Entry Fee Summary:**

_____ Prelims/finals individual event entries @ \$10.00 =	\$ _____
_____ Age Group timed finals entries @ \$9.00=	\$ _____
_____ Timed final distance event entries @ \$16.00 =	\$ _____
_____ Relay event entries @ \$13.00 =	\$ _____
_____ Swimmer surcharge @ \$25.00 per swimmer	\$ _____
Total:	\$ _____

Checks made payable to: **BAC**

## **Berkeley Aquatic Club – COVID 19 PROTOCOLS – Berkeley Aquatic Club Center of Excellence**

- In applying for this sanctioned event, the Host, Berkeley Aquatic Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, NJ Swimming (LSC), the State of New Jersey and the Union 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:** Peter Barry (908) 797-8167 [peter@berkeleyaquatic.com](mailto:peter@berkeleyaquatic.com)
- **Covid Ambassador:** Allison Nash (973) 615-0023 [allison@berkeleyaquatic.com](mailto:allison@berkeleyaquatic.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.
- **New Providence Police Dept Number: (908) 665-1111**
- **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.
- The Berkeley Aquatic Club Center of Excellence will be operating a reduced capacity.
- Each patron will receive a temperature check with a digital thermometer upon entry and any patron with a temperature of 100.4 or higher will not be permitted into the facility.
- Parents will be allowed to observe from outside the facility through the poolside windows while wearing masks and maintaining 6 feet social distancing protocol.

- Swimmers will sit on deck around the pool and must wear a mask while not swimming and maintain 6 feet social distancing protocol.

#### **Communication with Local Health Authority**

- Berkeley Aquatic Club Staff will contact the local health department IMMEDIATELY by phone (201-634-2600) if we suspect a confirmed 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 (1-800-367-6543). If after hours, then an emergency after hour's phone number will be called (609) 392-2020.
- If the Berkeley Aquatic Club Center of Excellence 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.