

2022 STAC Great Gobbled Meet

Saturday, November 5th and Sunday, November 6th, 2022

Hosted By Streamline Aquatic Club

At Jersey Aquatic Center

(Held under the sanction of USA Swimming.)

Meet Sanction Info:	<p>NJ Swimming Sanction # - NJS-TF-110522SCY</p> <p>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.</p> <p>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:	November 5th - 6th, 2022		
Location:	Jersey Aquatic Center 629 Central Ave. 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 meet). The depth of the auxiliary pool ranges from 6'3" to 4'. There is bleacher seating on deck for up to 250 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:	Clare Zeszotarski	908-208-3457	administrator@njstac.org
Meet Director:	Allison Nash	973-615-0023	meets@jerseyaquaticcenter.com
Meet Referee:	Christopher Barry	908-612-3480	accebarry@verizon.net
Administration Official:	Allison Nash	973-615-0023	meets@jerseyaquaticcenter.com
Safety Marshall:	Brian Greene	908-655-7253	bgreene@jerseyaquaticcenter.com
Entry Coordinator:	Allison Nash	973-615-0023	meetsjerseyaquatic@gmail.com
Entries Open:	Tuesday, October 11, 2022 at 6 am		
Entry Deadline:	Tuesday, October 25, 2022		
Swimmer Age:	Age for this meet is calculated as of November 5, 2022		
Entry Fees:	Individual Event: \$6.00 Distance Event: \$9.00 Relay Event: \$12.00 <i>There will be a \$15 athlete surcharge per meet.</i>		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> ● This meet will be run as a timed final meet. ● There will be 8 & Under, 9-10, 11-12, 13 & Over, and Open events ● There are no time standards for this meet. ● This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own. 		
Entry Limits:	Daily: <i>4 Individual Events</i> <i>1 Relay</i>	Meet: <i>8 Individual Events</i> <i>2 Relays</i>	
Checks Payable To:	Streamline Aquatics Club		
Email Entry Files To:	meets@jerseyaquaticcenter.com		
Mail Checks/Reports	Bring to the first session of the meet where the team is competing and a non-perishable food item to be donated to the local food bank.		

2022 STAC Great Gobbled Meet

Saturday, November 5th, 2022

Facility will not open before 8:40am

Session 1

12 & Under Morning Session

Warm-up: 9:00am

Start: TBD

Girls	Age Group and Event	Boys
#1	10 & Under 200 Freestyle Relay	#2
#3	11-12 200 Freestyle Relay	#4
#5	12 & Under 200 IM	#6
#7	12 & Under 100 Backstroke	#8
#9	12 & Under 50 Freestyle	#10
#11	8 & Under 25 Breaststroke	#12
#13	12 & Under 200 Breaststroke	#14
#15	12 & Under 100 Butterfly	#16
#17	12 & Under 50 Breaststroke	#18
#19	8 & Under 25 Freestyle	#20
#21	12 & Under 200 Freestyle	#22

Session 2

Open 400 IM and 1650 Freestyle Mid-Day Session

Warm-up: TBD

Start: TBD

Women	Open Event	Men
#23	400 IM	#24
#25	1650 Freestyle	#26

Session 3

13 & Over Afternoon Session

Warm-up: TBD

Start: TBD

Women	13 & Over Event	Men
#27	13-14 200 Freestyle Relay	#28
#29	15 & Over 200 Freestyle Relay	#30
#31	200 Freestyle	#32
#33	50 Freestyle	#34
#35	200 Breaststroke	#36
#37	100 Backstroke	#38
#39	100 Butterfly	#40
#41	100 IM	#42

2022 STAC Great Gobbled Meet

Sunday, November 6th, 2022

Facility will not open before 8:40am

Session 4

12 & Under Morning Session

Warm-up: 9:00am

Start: TBD

Girls	Age Group and Event	Boys
#43	10 & Under 200 Medley Relay	#44
#45	11-12 200 Medley Relay	#46
#47	12 & Under 200 Backstroke	#48
#49	12 & Under 100 Breaststroke	#50
#51	12 & Under 50 Backstroke	#52
#53	8 & Under 25 Backstroke	#54
#55	12 & Under 200 Butterfly	#56
#57	12 & Under 100 Freestyle	#58
#59	12 & Under 50 Butterfly	#60
#61	8 & Under 25 Butterfly	#62
#63	12 & Under 100 IM	#64

Session 5

Open 500 Freestyle Mid-Day Session

Warm-up: TBD

Start: TBD

Women	Open Event	Men
#65	500 Freestyle	#66

Session 6

13 & Over Afternoon Session

Warm-up: TBD

Start: TBD

Women	13 & Over Event	Men
#67	13-14 200 Medley Relay	#68
#69	15 & Over 200 Medley Relay	#70
#71	200 IM	#72
#73	100 Freestyle	#74
#75	200 Butterfly	#76
#77	100 Breaststroke	#78
#79	200 Backstroke	#80

Meet Schedule:

Saturday		Warm-up	Start
Session 1	12 & Under	9:00am	TBA**
Session 2	Open 400 IM	TBA (approx 12:15pm)**	TBA**
Session 3	13 & Over	TBA (approx 2:45pm)**	TBA**
Sunday		Warm-up	Start
Session 4	12 & Under	9:00am	TBA**
Session 5	Open 500 Freestyle	TBA (approx 12:15pm)**	TBA**
Session 6	13 & Over	TBA (approx 2:45pm)**	TBA**

Scoring:	<ul style="list-style-type: none"> There will be No team scoring. There will be No individual scoring.
Awards:	<ul style="list-style-type: none"> Ribbons will be awarded for the top eight swimmers in each individual event. Ribbons will be awarded to the top three relays in each relay event. Heat winners will be awarded Thanksgiving-themed token.
Starts:	<ul style="list-style-type: none"> Overhead starts may be used at the discretion of the meet referee.
Admissions and Programs:	<ul style="list-style-type: none"> In lieu of admission fees, we ask you to please donate a non perishable food item to be donated to the Somerset County Food Pantry. Heat Sheets (and Results) will be available on Meet Mobile.
Spectator Considerations:	<ul style="list-style-type: none"> Spectators will be allowed into the facility.
Concessions:	May be available.
Vendor:	No Vendor
Locker Rooms:	<p>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.</p> <p>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.</p>
Entry Information:	<ul style="list-style-type: none"> There will be no refunds after the entry deadline except for events that may be scratched from meet by the Entry Coordinator or Meet Director, or as otherwise directed by NJ Swimming. Entries will be acknowledged within 48 hours of receipt. All entries will be accepted on a first come basis. Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. Team entries will be considered accepted when the host club accepts the entries. Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. The Meet Director reserves the right to limit entries, events or heats in order to conform USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund. Special Notice: All entries fees must be paid no later than Session Check-in. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team
Entry Times:	<ul style="list-style-type: none"> New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. All entry times must be in short course yards.
Distance Events:	<ul style="list-style-type: none"> The 400 yard IM and 500 yard Freestyle events will be run slowest to fastest, alternating genders. Heats may be combined without an empty lane to save time. Swimmers are responsible to supply a timer for the 400 IM and the 500 and 1650 freestyle. Swimmers are responsible to supply a counter for the 1650 and the 500 freestyle.
Heat Limited Events:	Heats will be limited to fit as many swimmers into the session as we can.
Relays:	<ul style="list-style-type: none"> All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in. Coaches must notify the control room of any changes prior to the start of the event. Unattached swimmers may not swim in any relay.

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. <p>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.</p>
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 all club entries back to the participating clubs that are received via email. • The host club will provide a time line one week before the meet. • The host club will create a warm-up schedule that will be fair and equal to all teams. • This warm-up schedule will be e-mailed to all participating clubs and posted on the website: www.njswim.org no later than 1 week before the meet
Participating Club Responsibilities:	<ul style="list-style-type: none"> • Participating club swimmers will be responsible for providing timers and counters. • Participating club parents must stay off the pool deck except for participating officials unless timing or counting. • Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.
Officials Conduct & Eligibility:	<p>This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0).</p> <p>Make sure all interactions with athletes are observable and interruptible.</p> <p>Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</p> <p>Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help.</p> <p>All officials must wear the standard white and blue uniform.</p> <p>Officials will be required to work the entire session.</p>
Coaches Conduct & Eligibility:	<p>This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0).</p> <p>Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.</p> <p>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.</p> <p>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.</p> <p>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.</p>

Meet Format Waiver:	<ul style="list-style-type: none"> • This meet will be run in accordance with current USA Swimming Rules. • The host club has the right to change the format of the meet with the approval of the sanctioning Chairman and either the Age Group or Senior Chairman. • These changes would be made for a more efficient swim meet for the swimmers and the host club. • Reasons for these changes include: 1) To allow more swimmers to swim, 2) To conform to facility capacity limits, 3) To condense the meet into smaller time frame. • Some of the changes that can be made: 1) change estimated start times, 2) combine sessions and 3) limit the number of swimmers.
Warm-up Procedures:	<p>New Jersey Swimming Warm-up and Safety Guidelines:</p> <ul style="list-style-type: none"> • Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes. Teams will conduct sprints, and pace in their warm up lanes. • All swimmers are entitled to a fair and comparable warm-up. All teams MUST get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes. • All swimmers must enter the pool from the starting end of the pool. • Uniformed and designated meet marshals will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction. • The warm-up sessions will be one 30-minute warm-ups divided by teams. • Warm-up schedules will be e-mailed and posted on the website 1 week prior to the start of the meet.
Check-In:	All check-in sheets must be turned into the control table 30 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. Failure to follow this procedure may result in the swimmer(s) being scratched from the session.
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:	Meet information, Hy-Tek .HYV Event file and results will be posted on the New Jersey Swimming website. www.njswim.org
Results:	<ul style="list-style-type: none"> • Results will be emailed to all participating teams. • Result will be posted on the New Jersey website: www.njswim.org • Results will also be available on Meet Mobile
USA-S Racing Start Certification Statement:	Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.
Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the blocks.
USA-S Deck Change Policy Statement:	Deck Changes are prohibited.
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 2.0”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
USA-S Drone Policy Statement:	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Tech Suit/Swimwear Policy:	<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 a swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.

<p>Meet Requirement Statement:</p>	<p>In order to be eligible 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>
<p>Directions:</p>	<p>Address: 629 Central Avenue New Providence, NJ 07974</p> <p>Directions:</p> <p>From 78 East 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. Jersey Aquatic Center will be 0.3 miles after this turn on the right-hand side of the road.</p> <p>From 78 West 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. Jersey Aquatic Center will be 0.3 miles after this turn on the right-hand side of the road.</p> <p>From Interstate 287 Take Exit 21A (Route 78/New York City). Follow “From 78 West” directions above.</p>



**NEW JERSEY
SWIMMING**

**2022 STAC Great Gobbled Meet
Hosted by Streamline Aquatics Club**

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, Jersey Aquatic Center, Streamline Aquatics 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.

Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form for the **STAC Great Gobbled Meet on November 5 and November 6, 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.

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.

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

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

Club Name/Club Code _____

Signature of Coach and/or Parent/Guardian _____

Telephone _____ E-Mail Address _____

Name(s) of Coach(es):

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

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

Entry Fee Summary:

_____	Individual Events @ \$5.00 =	\$ _____
_____	Relays @ \$9.00 =	\$ _____
_____	Swimmer surcharge @ \$10.00 =	\$ _____
	Total:	\$ _____

MAKE CHECKS PAYABLE TO: Streamline Aquatics Club