



# 2023 Agathe Marten Memorial

Hosted by Clifton Seahawks  
at the Clifton Boys and Girls Club

Held under the sanction of USA Swimming NJ Swimming Sanction #

Meet Sanction #	<b>NJ Swimming Sanction # – NJS-TF-012823SCY</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, January 28 – January 29, 2023</b>		
Location:	<b>Clifton Boys and Girls Club</b> <b>181 Colfax Ave., Clifton, NJ 07013</b> <a href="https://goo.gl/maps/3swxAvuAJrkgBJZx8">https://goo.gl/maps/3swxAvuAJrkgBJZx8</a>		
Facility Info:	Clifton Boys & Girls Club has a 6-lane pool with a warm down pool, bleacher style seating, gym for marshalling and a Colorado Timing System. The diving block end of the pool is 12 feet deep and the turn end of the pool is 4 feet deep.		
Pool Certification Statement:	The competition course has not been certified in accordance with 104.2.2C (4). This rule requires that pools where World and National records are established need to be certified as to their compliance with pool length requirements of that rule. Times from this meet will be included in SWIMS so long as the swim is one of the standard events recognized by USA Swimming.		
Host Team Contact:	<b>Coach Anna Abakumova</b>	<b>973-773-2697 ext. 131</b>	<a href="mailto:cliftonseahawks@gmail.com">cliftonseahawks@gmail.com</a> <b>ENTRIES SENT TO THIS ADDRESS WILL NOT BE ACCEPTED</b>
Meet Director:	<b>Christopher Hyde</b>	<b>201-906-5699</b>	
Meet Referee:	<b>Gretchen Van de Walle</b>		<a href="mailto:nihikers@gmail.com">nihikers@gmail.com</a>
Admin Official:	<b>Christopher Hyde</b> <b>Rina Hyde</b>	<b>201-906-5699</b> <b>646-825-1527</b>	
Safety Marshall:	<b>Nadia Stavko</b>	<b>973-773-2697 ext. 131</b>	
Entry Coordinator:	<b>Christopher Hyde</b>	<b>201-906-5699</b>	<a href="mailto:wintercup@cliftonseahawks.org">wintercup@cliftonseahawks.org</a>
Entries Open:	<b>Monday, December 26, 2022 at 6am EST. Entries will be accepted on a first come first serve basis.</b>		
Entry Deadline:	<b>Saturday, January 7, 2023 at 5pm EST or until full. Only one entry file per team will be accepted.</b>  <b>Post-submission changes to entries will be accepted at sole discretion of the Entry Coordinator. There will be absolutely no changes to entries accepted after the Entry Deadline.</b>		
Swimmer Age:	Age for this meet is calculated as of: <b>Saturday, January 28, 2023</b>		
Entry Fees:	Individual Entry: <b>\$7.00</b> <b>There will be an athlete surcharge of \$10 per day.</b>		
Meet Course:	<b>Short Course Yards (SCY)</b>		
Meet Format:	<ul style="list-style-type: none"> <li>• This meet will be run as a timed final meet.</li> <li>• This meet will be deck seeded with coaches checking in/scratching all swimmers.</li> <li>• Swimmers will report to the marshalling area in the gym for organizing heats and lanes and escorted to the pool.</li> <li>• There will be 8 &amp; under, 10 &amp; under, 11-12 and 13-19 events.</li> </ul>		

Entry Limits:	Daily: Three <b>(3)</b> Individual events	Meet: Six <b>(6)</b> Individual Events
Checks Payable To:	Make checks payable to: <b>BOYS AND GIRLS CLUB OF CLIFTON</b>	
Email Entry Files To:	Email entry files to: <a href="mailto:wintercup@cliftonseahawks.org">wintercup@cliftonseahawks.org</a>	
Checks/ Waivers:	Bring to the first session of the meet where the team is competing.	

## 2023 Agathe Marten Memorial

Saturday, January 28, 2023

### Session #1

Age Group	Events	Girls
13-19	200 Breast	#1
11-12	50 Fly	#2
13-19	100 Back	#3
11-12	100 Free	#4
13-19	200 IM	#5
11-12	50 Back	#6
13-19	100 Fly	#7
11-12	100 IM	#8
13-19	50 Free	#9

### Session #2

Age Group	Events	Boys
13-19	200 Breast	#10
11-12	50 Fly	#11
13-19	100 Back	#12
11-12	100 Free	#13
13-19	200 IM	#14
11-12	50 Back	#15
13-19	100 Fly	#16
11-12	100 IM	#17
13-19	50 Free	#18

## Sunday, January 29, 2023

### Session #3

Girls	Age Group	Events	Boys
#19	8 & under	25 Free	#20
#21	10 & under	50 Back	#22
#23	8 & under	25 Breast	#24
#25	9 & 10	50 Fly	#26
#27	8 & under	25 Back	#28
#29	9 & 10	50 Breast	#30
#31	8 & under	25 Fly	#32

### Session #4

Girls	Age Group	Events	Boys
#33	11-12	200 IM	#34
#35	11-12	100 Fly	#36
#37	11-12	50 Breast	#38
#39	11-12	100 Back	#40
#41	11-12	50 Free	#42

### Session #5

Girls	Age Group	Events	Boys
#43	13-19	200 Free	#44
#45	13-19	100 Breast	#46
#47	13-19	200 Back	#48
#49	13-19	100 Free	#50
#51	13-19	200 fly	#52

## Tentative Meet Schedule

Saturday, January 28, 2023		Warm-up	Start
Session 1	13-19, 11-12 Girls	8:25 a.m.	TBA** (Approx. 9:30 a.m.)
Session 2	13-19, 11-12 Boys	TBA** (Approx. 12:35 p.m.)	TBA** (Approx. 1:40 p.m.)
Sunday, January 29, 2023		Warm-up	Start
Session 3	10 & Under Girls & Boys	7:25 a.m.	TBA** (Approx. 8:30 a.m.)
Session 4	11-12	TBA** (Approx. 10:50 a.m.)	TBA** (Approx. 11:50a.m.)
Session 5	13-19	TBA** (Approx. 2:00 p.m.)	TBA** (Approx. 3:05 p.m.)

The building opening time for Saturday is 6:45am both days. **\*\*FINALIZED MEET SCHEDULE with starting times for all sessions will be determined after entries are received and a time line created.**

Scoring:	Team Scoring will not be kept.
Awards:	Medals will be awarded for the top 3 individuals in each event.
Starts:	Fly-over/Over-the top starts will be used during this meet.
Surcharge & Programs	There will be a \$10.00 per day swimmer surcharge. Heat sheets will online at <a href="http://cliftonseahawks.org">cliftonseahawks.org</a> (free) and Meet Mobile (subscription required)
Concessions:	Food and drink will be available at reasonable cost.
Vendor:	A swim vendor will be at the meet.
Locker Rooms	<ul style="list-style-type: none"> <li>• <b>If only one locker room/restroom:</b> If Athletes and Adults including Coaches &amp; 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.</li> <li>• <b>If multiple facilities:</b> There is a separate locker room/restroom for athletes <b>only!</b> All other adults including Coaches &amp; Officials need to make sure that you are only using the facility marked for you.</li> </ul>
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 on a first come basis until the meet is full.</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> <li>• Special Notice: All entry 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.</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.</li> </ul>
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 60 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation.</li> <li>• All Unattached swimmers must be listed on the team's official waiver entry form.</li> <li>• <b>All swimmer 18 &amp; Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.</b></li> </ul>

Adaptive Provisions:	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 a single timer in each lane throughout the meet.</li> <li>• The host club will have stopwatches available for volunteers helping to time.</li> <li>• The host club will e-mail all club entries back to the participating clubs.</li> <li>• The host club will create a warm-up schedule that will be fair and equal to all teams. This warmup schedule will be e-mailed to all participating clubs and posted on the websites <a href="https://www.cliftonseahawks.org">https://www.cliftonseahawks.org</a> <a href="https://www.njswim.org">https://www.njswim.org</a> no later than 1 week before the meet.</li> </ul>
Participating Club Responsibilities:	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.
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>
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. All Coaches must have some form of USA coaching credential verification with them at all times.</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 sanctioning Chairman and either the Age Group or Senior Chairman.</li> <li>• 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.</li> <li>• To condense the meet into smaller time frame.</li> <li>• Some of the changes that can be made: <ul style="list-style-type: none"> <li>○ 1) change estimated start times,</li> <li>○ 2) combine sessions,</li> <li>○ 3) condense sessions, and</li> <li>○ 4) limit the number of swimmers.</li> </ul> </li> </ul> </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. Teams will be assigned lanes according to the size of their entries, to achieve a fair and comparable warm-up for all swimmers.</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. Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</li> </ul>
No Show Procedure:	<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>
Internet Website Posting:	<p>Internet location for all meet information: <a href="http://www.cliftonseahawks.org">http://www.cliftonseahawks.org</a></p> <p>Pre-Meet Information posted on website:</p> <ul style="list-style-type: none"> <li>• Meet Information will be posted on the website.</li> <li>• Downloadable Hy-Tek Events list (.HYV file) will be posted on the website.</li> <li>• List Teams whose entries have been received.</li> <li>• List “heat limited” events psych sheet.</li> <li>• List Updated meet schedule.</li> <li>• List Warm-up Schedule and Team Warm-up Assignments.</li> <li>• List Timing assignments.</li> </ul> <p>Post-Meet Information posted on website:</p> <ul style="list-style-type: none"> <li>• Downloadable Results (Zipped .CL2 &amp; .HY3 files) for TM</li> <li>• Printable meet results (.PDF file),</li> </ul>
Results:	<ul style="list-style-type: none"> <li>• The TM results file will be emailed to all participating teams.</li> <li>• Result will be posted on the New Jersey website: <a href="https://www.njswim.org/">https://www.njswim.org/</a> and <a href="https://www.cliftonseahawks.org">https://www.cliftonseahawks.org</a></li> </ul>
USA-S Racing Start Certification Statement:	<p>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.</p>
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.</p>
USA-S Deck Change Policy Statement:	<p>Deck Changes are prohibited.</p>
Minor Athlete Abuse Prevention Policy (MAAPP)	<p>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 MAAPP is a condition of participating in the conduct of this competition.</p>

<p>USA-S Drone Policy Statement:</p>	<p>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.</p>
<p>Tech Suit/Swimwear Policy:</p>	<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 a swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.</li> </ul>
<p>COVID-19 Assumption of Risk Disclaimer</p>	<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 facility. 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 host facility voluntarily assume all risks related to exposure to COVID-19.</b></p>
<p>Meet Requirement Statement:</p>	<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>
<p>Hotel:</p>	<p>Howard Johnson Inn, Clifton, New Jersey La Quinta Inn and Suites, Clifton, New Jersey</p>



NEW JERSEY  
SWIMMING

## 2023 Agathe Marten Memorial

Saturday and Sunday, January 28 – January 29, 2023

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

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NJ SWIMMING, CLIFTON BOYS & GIRLS CLUB 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 Agathe Marten Memorial meet on **January 28-29, 2023** are registered members of USA Swimming. All USA Swimming members are correctly entered according to; Article 302.4 of the USA Swimming Rules and Regulations. False Registration: An LSC may impose a fine of up to \$100 per event against a member coach or a member club's representative signing a document which indicates a swimmer is registered with USA Swimming for a meet when that swimmer is not properly registered or eligible to compete for that club. This will be enforced by the LSC and the LSC will be entitled to the fines imposed.

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



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

**Club Name/Club Code** \_\_\_\_\_

**Signature of Coach and/or Parent/Guardian** \_\_\_\_\_

**Telephone** \_\_\_\_\_ **E-Mail Address** \_\_\_\_\_

**Name(s) of Coach(es):** \_\_\_\_\_

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

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

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**Entry Fee Summary:** \_\_\_\_\_ Individual event entries @ \$7.00 = \$ \_\_\_\_\_  
\_\_\_\_\_ Swimmer surcharge @ \$10 per swimmer per day = \$ \_\_\_\_\_

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

**MAKE CHECKS PAYABLE TO: Boys & Girls Club of Clifton**