



2023 NJS 10 & Under Gold Championships

Hosted by Cougar Aquatic Team
at Jersey Aquatic Center

(Held under the sanction of USA Swimming)

Meet Sanction Info:	NJ swimming Sanction # – NJS-TF-031123SCY 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.		
Dates of Meet:	Saturday March 11th to Sunday March 12th, 2023		
Location:	Jersey Aquatic Center , 629 Central Ave, New Providence NJ.		
Facility Info:	The pool is Olympic-sized: 25 Yards by 50 meters and utilizes 10 lanes in Short Course competition layout. The pool uses pedestal-style blocks with non-turbulent lane lines and an Omega Timing System. 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 are a two lane buffer and 10 lanes available for warm-up and warm-down. 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). The copy of such certification is on file with USA Swimming.		
Host Team Contact:	Eric Harse		eric@cougaraquatic.com
Meet Director:	Eric Harse		eric@cougaraquatic.com
Meet Referee:	John Butler		j.m.butler@comcast.net
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshalls:	Terry Murray Rich Palm		teammurray@verizon.net rich@cougaraquatic.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Immediately (Teams cannot get closed out of this championship meet provided entries are received by the entry deadline)		
Entry Deadline:	Wednesday March 1st, 2023, at 6pm		
Swimmer Ages:	Swimmer ages for this meet are as of: March 11th, 2023		
Entry Fees:	Individual Entry: \$10.00	Relay: \$20.00.	
	There will be an athlete surcharge of \$15 per day		
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 8 & Under, and 10 & Under events. • There are minimum ("faster than") time standards for all 10 & Under individual events and the 8 & Under 100 IM. As a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries. (See <i>Entry Times</i> section for details). • This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When a session has been seeded, swimmers will be responsible for reporting to the blocks on their own. • Deck entries will not be accepted. 		

Entry Limits:	Daily: 4 Individual Events 1 Relay Event	Meet: 8 Individual Events 2 Relay 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.	

Important Schedule Note

Depending on the number of entries, the meet will follow one of these schedules:

1. One session per day with all 8 & Under swimmers on Saturday.
2. One session per day with the 8 & Under swimmers divided by team between Saturday & Sunday.
3. Two sessions per day with teams divided between morning & afternoon sessions.
4. Two sessions per day with 8 & Under swimmers divided by teams between Saturday and Sunday.

This is to allow for reasonable occupancy and session lengths. Coaches will be notified by e-mail of the schedule once all entries are received. In the event that sessions are divided, the results from both sessions will be combined for awards.

2023 10 & Under Gold Championships

Saturday March 11th

Facility Opens at 6:45am

Saturday Morning Session #1—10 & Under

Warm-up: 7:00am

Meet Start: 7:55am

Girls	Equal/Faster	Age Group & Event	Equal/Faster	Boys
#1		10 & Under 200 Medley Relay		#2
#3	2:41.29	10 & Under 200 Freestyle	2:41.29	#4
#5		8 & Under 25 Freestyle		#6
#7	1:23.19	10 & Under 100 Backstroke	1:23.19	#8
#9		8 & Under 25 Backstroke		#10
#11	32.69	10 & Under 50 Freestyle	32.69	#12
#13		8 & Under 25 Breaststroke		#14
#15	2:52.69	10 & Under 200 IM	2:52.69	#16
#17		8 & Under 25 Butterfly		#18
#19	42.69	10 & Under 50 Butterfly	42.69	#20
#21		8 & Under 50 Freestyle		#22
#23	1:33.99	10 & Under 100 Breaststroke	1:33.99	#24
#25	1:39.09	8 & Under 100 IM	1:39.09	#26
#27	7:24.69	10 & Under 500 Freestyle	7:24.69	#28

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Sunday March 12th

Facility Opens at 6:45am

Sunday Morning Session #2—10 & Under

Warm-up: 7:00am

Meet Start: 7:55am

Girls	Equal/Faster	10 & Under Event	Equal/Faster	Boys
#29		200 Freestyle Relay		#30
#31	38.69	50 Backstroke	38.69	#32
#33	1:12.29	100 Freestyle	1:12.29	#34
#35	44.99	50 Breaststroke	44.99	#36
#37	1:37.39	100 Butterfly	1:37.39	#38
#39	1:21.89	100 IM	1:21.89	#40

Tentative Meet Schedule**

Saturday		Warm-up	Start
Facility Opens at 6 45am			
Session 1	10 & Under	7:00am	7:55am
Sunday		Warm-up	Start
Facility Opens at 6:45am			
Session 2	10 & Under	7:00	7:55am

****This schedule is tentative until entries have been received. Once session times have been determined, depending on the meet entries, they will be published on the Be Smartt web site and e-mailed to coaches of all participating teams at least one week before the meet. See also the note about possible schedules on page 2.**

Scoring:	<ul style="list-style-type: none"> There will be no team scoring.
Awards:	<ul style="list-style-type: none"> Medals will be awarded to 1st through 3rd place and ribbons 4th through 16th place in each individual event. Medals will be awarded to 1st through 3rd place in each relay event. In the event that sessions are split (<i>see page 2</i>), the results of each event will be combined for awards.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> Spectators will be allowed into the facility up to its capacity. <p>Two spectators only per family please.</p> <ul style="list-style-type: none"> Heat sheets will be available online at www.besmarttinc.com and Meet Mobile.
Concessions:	<ul style="list-style-type: none"> None.
Vendor:	<ul style="list-style-type: none"> Metro Swim Shop will be on site as the swim equipment vendor for the meet.
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. • All entries must be accompanied by e-mailed proof of time (see below). Entries without proof of time will not be accepted. • Special Notice: All entry fees must be paid no later than 1st 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. Converted times are permitted. All entry times must meet the time standards for this meet as approved by NJ Swimming. • All entry times must be proved upon meet entry. This may be done via the "Include proof of time" option when generating the meet entry report. Even though there are no qualifying times for most 8 & Under events, proof of time is still required. • Where the TM proof of time option is not available, separate report(s), detailing where times were achieved must be sent with the entry e-mail. Mailed paper reports are not acceptable. References to published times in SWIMS and swimcloud.com are acceptable. • All entry times must be achieved during the meet qualifying period of January 1st, 2022 through the entry date of the meet.
Distance Events:	<ul style="list-style-type: none"> • Swimmers in the 500 freestyle must provide a person to count.
Relays	<ul style="list-style-type: none"> • All relays must have the correct four names listed in the correct order for that relay to be eligible. Coaches must turn in completed relay cards, prior to the relay swimming
Swimmer Eligibility:	<ul style="list-style-type: none"> • This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet. • 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 60 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.
Age-Up Exception Policy for Gold Meets:	<ul style="list-style-type: none"> • Any 10-year old swimmer who has one or more Gold times prior to the 12&Under Silver meets on February 25, 2023, and then ages up between February 26, 2023 and March 17, 2023, are eligible to swim those events from their prior age group at the Gold Meet. Such entries should be made using the qualifying time for their age group as their entry time as follows below: • Any 12-year old swimmer who has one or more Gold times prior to the 12&Under Silver meets on February 25, 2023, and then ages up between March 11, 2023 and March 17, 2023, are eligible to swim those events from their prior age group at the Gold Meet. Such entries should be made using the qualifying time for their age group as their entry time as follows below: • Any 14-year old swimmer who has one or more Gold times prior to the 13 & over Silver meets on March 10, 2023, and then ages up between March 11, 2023 and March 17, 2023, are eligible to swim those events from their prior age group at the Gold Meet. Such entries should be made using the qualifying time for their age group as their entry time as follows below: <p>How to enter</p> <ul style="list-style-type: none"> • Enter the swimmer at the qualifying time for the event. • Provide proof of the original qualifying time, as a separate PDF, or reference to SWIMS results. • Please note in the entry e-mail that this swim is an age-up exception.
State Championships Restriction:	<ul style="list-style-type: none"> • Swimmers may not compete in a given event at both a Silver Championship meet and the SC Gold Championship meet, unless they achieve the SC Gold qualifying time in that event at the Silver meet, or at another Sanctioned or Approved meet attended in between the Silver meet and the Gold Championship.

<p>Adaptive Provisions:</p>	<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>
<p>Host Club Responsibilities:</p>	<ul style="list-style-type: none"> • The host club will coordinate timing. • 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. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. • Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website www.besmarttinc.com no later than 1 week before the meet.
<p>Participating Club Responsibilities:</p>	<ul style="list-style-type: none"> • Participating clubs must provide all timers. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.besmarttinc.com 1 week prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck. • Participating clubs should help with officiating whenever possible. Officials from the participating clubs should contact the meet referee (see page 1) with their availability.
<p>Coaches Conduct & Eligibility:</p>	<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.
<p>Officials Conduct & Eligibility:</p>	<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.
<p>Meet Format Waiver:</p>	<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. Teams will be assigned lanes according to the size of their entries, to achieve a fair and comparable warm-up for all swimmers. • 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"> • 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.
No Show Policy	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.besmartinc.com</p> <p>Pre-Meet Information posted on website:</p> <ul style="list-style-type: none"> • Meet Information will be posted on the website. • Downloadable Hy-Tek Events list (.HYV file) will be posted on the website. • List Teams whose entries have been received. • List “heat limited” events psych sheet. • List Updated meet schedule. • List Warm-up Schedule and Team Warm-up Assignments. • List Timing assignments. <p>Post-Meet Information posted on website:</p> <ul style="list-style-type: none"> • Downloadable Results (Zipped .CL2 & .HY3 files) for TM • Printable meet results (.PDF file),
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, locker rooms, or behind the blocks.
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>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. “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.
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.
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 Jersey Aquatic Center. 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 Jersey Aquatic Center voluntarily assume all risks related to exposure to COVID-19.</p>
Medical Information:	<ul style="list-style-type: none"> • Jersey Aquatic Center is staffed by certified lifeguards and all operational personnel are trained in CPR and First Aid. • There is an AED on site.
Directions:	Google Maps: https://goo.gl/maps/Bv4ShSHmfk7iScWT9



NEW JERSEY
SWIMMING

2023 NJS 10 & Under Gold Championship

Hosted by Cougar Aquatic Team
Saturday-Sunday March 11th-12th, 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, Jersey Aquatics Center, Cougar Aquatic Team, 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 Cteam 10 & Under Gold Championship Swim Meet on March 11th-12th, 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. s

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 event entries @ \$10.00 =	\$ _____
_____	Relay event entries @ \$20.00 =	\$ _____
_____	Swimmer surcharge @ \$15.00/per day =	\$ _____
	Total:	\$ _____

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