

2023 NJS 11 & Over Gold Championships

Hosted by Scarlet Aquatics
at the Werblin Recreation Center, Rutgers University
Held under the sanction of USA Swimming

Meet Sanction #	NJ Swimming Sanction # – NJS-PF-031723SCY		
	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:	Friday-Sunday March 17th-19th, 2023		
Location:	Sonny Werblin Recreation Center, Busch Campus, Rutgers University Rutgers University requires all parked vehicles to be registered with the University Parking and Transportation department. A registration link will be distributed with the Timing & Warm-Up schedule and published at www.besmarttinc.com a week before the meet.		
Facility Info:	The Werblin competition pool has two 8-lane 25-yard courses, with a minimum depth for diving of 6 feet. There are two auxiliary pools, known as “patio pools” (for warm-up and warm-down), and seating for 350 spectators. Depending on numbers, this meet may be run in one or two pools. Coaches will be advised of the meet arrangement & schedule after entries have been received. No outside chairs will be allowed anywhere in the facility.		
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:	Thomas Speedling	732-742-4600	scarletaquatics@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Gary Thayer		gght466@gmail.com
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshalls:	Colleen Kurtz Carlos Catalano		scarletaquatics@gmail.com ccatalano.scarlet@gmail.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:	Thursday March 9th, 2023, at 6:00pm		
Swimmer Age	Swimmer ages for this meet are as of: Friday March 17th, 2023		
Entry Fees:	Individual Entry: \$10.00 Relay Entry: \$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 a prelims/finals meet for 13 & over swimmers except for distance events and as a timed final meet for 11-12 swimmers. • There will be 11-12, 13-14, 15 & over, and 13 & over events. The 13 & over events will be divided into 13-14, and 15 & over divisions for reporting and scoring. • Except for the 1000 & 1650 freestyle, the 13 & over events are prelims/finals, with one heat for 13-14 and two heats for 15 & over swimmers. • There are minimum “faster than” and time standards for this meet. This is a New Jersey Swimming Championship and proof of time is required for all individual entries. • 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. 		

Entry Limits:	Daily: 3 Individual Events 13 & Over 4 Individual Events 11-12 2 Relay Event.	Meet: 9 Individual Events 13 & Over 12 Individual Events 11-12 5 Relay Events
Checks Payable To:	Scarlet Aquatic Club	
Email Entry Files To:	besmarttinc@gmail.com	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	

Important Notices

Age-Up Exception applies to this meet

- Any 10-year old, or 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 February 26, 2023 and March 17, 2023, is 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, is 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:

How to enter

- 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.

“B”cuts

- The meet schedule lists “B”cuts for each event in addition to the NJS Gold qualifying time. After entries have been received, if there is still space in the meet, entry will be opened to additional swimmers and swims that make the B cuts. Coaches will be advised by the end of day Friday March 10th of any additional qualifying swims.

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Friday March 17th

Facility Opens at 7:00am

Friday Morning Session #1 – Prelims

Warm-up: 7:15am**

Meet Start: TBA**

Women	“B” Cut	Equal Faster	Age Group and Event	Equal Faster	“B” Cut	Men
#21	59.89 57.79	58.89 56.79	13-14 100 Freestyle 15 & Over 100 Freestyle	55.69 50.69	56.69 51.69	#22
#23	2:28.49 2:24.89	2:26.49 2:22.89	13-14 200 IM 15 & Over 200 IM	2:17.89 2:07.99	2:19.89 2:09.99	#24
#25	1:09.59 1:05.89	1:08.59 1:04.89	13-14 100 Butterfly 15 & Over 100 Butterfly	1:04.49 56.79	1:05.49 57.79	#26
#27	2:49.79 2:45.49	2:47.79 2:43.49	13-14 200 Breaststroke 15 & Over 200 Breaststroke	2:41.39 2:28.29	2:43.39 2:30.29	#28

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Friday March 17th...continued

Friday Midday Session #2 – Distance

Warm-up: TBA**

Meet Start: TBA**

Women	"B" Cut	Equal Faster	Age Group and Event	Equal Faster	"B" Cut	Men
#1	11:37.99	11:27.99	15 & Over 1000 Freestyle	10:49.99	10:59.99	#2
#3	12:11.69	12:01.69	13-14 1000 Freestyle	11:19.99	11:29.99	#4
#5	21:29.09	21:12.59	11-12 1650 Freestyle	21:08.19	21:16.69	#6

Friday Afternoon Session #3 – 11-12

Warm-up: TBA**

Meet Start: TBA**

Girls	"B" Cut	Equal Faster	11-12 Event	Equal Faster	"B" Cut	Boys
#7			400 Freestyle Relay			#8
#9	2:14.99	2:12.99	200 Freestyle	2:10.79	2:12.79	#10
#11	1:10.99	1:09.99	100 Backstroke	1:10.09	1:11.09	#12
#13	2:56.89	2:54.89	200 Breaststroke	2:53.39	2:55.39	#14
#15	-	31.69	50 Butterfly	31.99	-	#16
#17	2:33.29	2:31.29	200 IM	2:26.99	2:28.99	#18
#19			200 Medley Relay			#20

Friday Evening Session #4 – Finals

Warm-up: TBA**

Meet Start: TBA**

Women	"B" Cut	Equal Faster	Age Group and Event	Equal Faster	"B" Cut	Men
<i>Finals of Events #21-28. 13-14: 1 heat, 15 & Over: 2 heats</i>						
#29			13 & Over 800 Freestyle Relay			#30

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Saturday March 18th

Facility Opens at 7:00am

Saturday Morning Session #5 – Prelims

Warm-up: 7:15am**

Meet Start: TBA**

Women	"B" Cut	Equal Faster	Age Group and Event	Equal Faster	"B" Cut	Men
#47	5:56.99	5:51.99	13-14 500 Freestyle	5:31.39	5:36.39	#48
	5:42.99	5:37.99	15 & Over 500 Freestyle	5:11.59	5:16.59	
#49	2:25.59	2:23.59	13-14 200 Backstroke	2:20.79	2:22.79	#50
	2:22.59	2:20.59	15 & Over 200 Backstroke	2:08:99	2:10.99	
#51	1:19.59	1:18.59	13-14 100 Breaststroke	1:13.99	1:14.99	#52
	1:17.49	1:16.49	15 & Over 100 Breaststroke	1:05.09	1:06.09	
#53	2:34.29	2:32.29	13-14 200 Butterfly	2:25.99	2:27.99	#54
	2:31.99	2:29.99	15 & Over 200 Butterfly	2:09.69	2:11.69	

Saturday Afternoon Session #6 – 11-12

Warm-up: TBA**

Meet Start: TBA**

Girls	"B" Cut	Equal Faster	11-12 Event	Equal Faster	"B" Cut	Boys
#31	5:28.49	5:24.49	400 IM	5:19.79	5:24.79	#32
#33	28.59	28.09	50 Freestyle	27.69	28.19	#34
#35	2:31.29	2:29.29	200 Backstroke	2:30.49	2:32.49	#36
#37	1:12.49	1:11.49	100 Butterfly	1:11.99	1:12.99	#38
#39	-	37.99	50 Breaststroke	37.49	-	#40
#41			200 Freestyle Relay			#42

Saturday Evening Session #7 – Finals

Warm-up: TBA**

Meet Start: TBA**

Women	"B" Cut	Equal Faster	Age Group and Event	Equal Faster	"B" Cut	Men
#43			13-14 200 Medley Relay			#44
#45			15 & Over 200 Medley Relay			#46
<i>Finals of Events #47-54. 13-14: 1 heat, 15 & Over: 2 heats</i>						
#55			13-14 400 Freestyle Relay			#56
#57			15 & Over 400 Freestyle Relay			#58

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Sunday March 19th

Facility Opens at 7:00am

Sunday Morning Session #8 – Prelims

Warm-up: 7:15am**

Meet Start: TBA**

Women	"B" Cut	Equal Faster	Age Group and Event	Equal Faster	"B" Cut	Men
#83	2:10.49 2:05.99	2:08.49 2:03.99	13-14 200 Freestyle 15 & Over 200 Freestyle	2:00.69 1:51.09	2:02.69 1:53.09	#84
#85	1:08.09 1:06.59	1:07.09 1:05.59	13-14 100 Backstroke 15 & Over 100 Backstroke	1:04.59 58.59	1:05.59 59.59	#86
#87	5:15.69 5:08.99	5:11.69 5:04.99	13-14 400 IM 15 & Over 400 IM	5:02.99 4:41.99	5:06.99 4:45.99	#88
#89	27.79 26.99	27.29 26.49	13-14 50 Freestyle 15 & Over 50 Freestyle	25.59 23.49	26.09 23.99	#90

Sunday Midday Session #9 – Distance

Warm-up: TBA**

Meet Start: TBA**

Women	"B" Cut	Equal Faster	Age Group and Event	Equal Faster	"B" Cut	Men
#59	20:03.79	19:47.29	15 & Over 1650 Freestyle	18:05.49	18:21.99	#60
#61	20:19.49	20:02.99	13-14 1650 Freestyle	19:00.19	19:16.69	#62
#63	12:55.99	12:45.99	11-12 1000 Freestyle	12:40.59	12:50.59	#64

Sunday Afternoon Session #10 – 11-12

Warm-up: TBA**

Meet Start: TBA**

Girls	"B" Cut	Equal Faster	11-12 Event	Equal Faster	"B" Cut	Boys
#65	6:07.99	6:02.99	500 Freestyle	5:57.29	6:03.29	#66
#67	-	32.89	50 Backstroke	33.19	-	#68
#69	2:51.99	2:49.99	200 Butterfly	2:50.49	2:52.29	#70
#71	1:23.29	1:22.29	100 Breaststroke	1:21.19	1:22.19	#72
#73	1:02.39	1:01.39	100 Freestyle	1:00.39	1:01.39	#74
#75	-	1:11.49	100 IM	1:10.79	-	#76
#77			400 Medley Relay			#78

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Sunday March 19th...continued

Sunday Evening Session #11 – Finals

Warm-up: TBA**

Meet Start: TBA**

Women	"B" Cut	Equal Faster	Age Group and Event	Equal Faster	"B" Cut	Men
#79			13-14 200 Freestyle Relay			#80
#81			15 & Over 200 Freestyle Relay			#82
<i>Finals of Events #83-90. 13-14: 1 heat, 15 & Over: 2 heats</i>						
#91			13-14 400 Medley Relay			#92
#93			15 & Over 400 Medley Relay			#94

Tentative Meet Schedule

This schedule is tentative pending receipt of entries. The complete schedule will be established when all entries have been received and a timeline developed, published on the meet website, and e-mailed to the coaches of participating teams.

Friday March 17 th		Warm-up	Start
Facility opens at 7:00am			
Session 1	Preliminaries	7:15am	TBA**
Session 2	Distance	TBA**	TBA**
Session 3	11-12 Timed Finals	TBA**	TBA**
Session 4	Finals	TBA**	TBA**
Saturday March 18 th		Warm-Up	Start
Facility opens at 7:00am			
Session 5	Preliminaries	7:15am	TBA**
Session 6	11-12 Timed Finals	TBA**	TBA**
Session 7	Finals	TBA**	TBA**
Sunday March 19 th		Warm-Up	Start
Facility opens at 7:00am			
Session 8	Preliminaries	7:15am	TBA**
Session 9	Distance	TBA**	TBA**
Session 10	11-12 Timed Finals	TBA**	TBA**
Session 11	Finals	TBA**	TBA**

Scoring:	<ul style="list-style-type: none"> • Team scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays. • Swimmers 20 years and older will swim "exhibition" – they will swim in prelims only. • Relays with 20 years and older swimmers participating will not score.
Awards:	<ul style="list-style-type: none"> • Medals will be awarded to the fastest 8 swimmers in each individual event. • Medals will be awarded to the fastest 3 teams in relay events. • There will be awards for the top three scoring teams.

Starts:	<ul style="list-style-type: none"> • 'Fly-over/Over-the-top' starts will be used during this meet.
Programs:	<ul style="list-style-type: none"> • Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Admissions:	<ul style="list-style-type: none"> • Rutgers will be selling a limited number of tickets on a session-by-session basis for the meet. Tickets will go on sale Tuesday March 7th. Tickets may be purchased at go.rutgers.edu/swimmeet-tickets.
Concessions:	<ul style="list-style-type: none"> • Rutgers will have a limited concessions service in the lobby.
Vendor:	<ul style="list-style-type: none"> • None.
Locker Rooms:	<ul style="list-style-type: none"> • If only one locker room/restroom: If Athletes and Adults including Coaches & Officials must use the same facility, make sure you are not alone with an athlete in the locker room, including using the restroom. Be proactive and tell the meet director immediately if this happens, even when no fault of your own. • If multiple facilities: There is a separate locker room/restroom for athletes only! All other adults including Coaches & Officials need to make sure that you are only using the facility marked for you. • Parents are not permitted in the athlete locker room at any time.
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. • 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 (1650 & 1000)	<ul style="list-style-type: none"> • The 1000 and 1650 freestyle events are timed finals. • They will be run fastest to slowest. • Depending on the entries, these events may alternate age groups or genders to balance out the timeline for the two pools, if numbers require two pools. • Heats may be combined to save time, without there necessarily being an empty lane. • Swimmers must provide their own timers and counters.
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 turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. • A relay with a 20 year or older swimmer will not score. • Unattached swimmers may not swim in any relay.

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. • 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. • 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.
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. • Exception: See “Important Notice” on page 2 – swimmers <i>may</i> be invited to swim in the SC Gold championship if there is room once entries have been received and a timeline established.
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 provide timers in each lane throughout the meet. • 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.
Participating Club Responsibilities:	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. 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 should contact the meet referee (<i>See Page 1</i>) with their availability.
Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP 2.0). • Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions. • As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping. • All coaches “on the deck” must be currently registered coach members of USA Swimming. Verification can be in the form of a current USA Swimming membership card or Coaches Pass available thru the USA swimming Deck Pass App. • Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. <p>All Coaches must have some form of USA coaching credential verification with them at all times.</p>
Officials Conduct & Eligibility:	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP 2.0). • Make sure all interactions with athletes are observable and interruptible. • Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.

	<ul style="list-style-type: none"> Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. All officials must wear the standard white and blue uniform. Officials will be required to work the entire session and will receive free admission.
Meet Format Waiver:	<ul style="list-style-type: none"> This meet will be run in accordance to current USA Swimming Rules. The host club has the right to change the format of the meet with the approval of the Administrative vice chair and either the Age Group or Senior vice chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include: <ul style="list-style-type: none"> To allow more swimmers to swim. To conform to facility capacity limits or for facility safety concerns. To condense the meet into smaller time frame. Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.
Warm-up Procedures:	<ul style="list-style-type: none"> Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. 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 for prelims and timed finals:	<ul style="list-style-type: none"> 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.
Scratch Rule:	<ul style="list-style-type: none"> The meet will follow USA Swimming rule 207.11.6.D and rule 207.11.6.E for scratches from finals. 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. 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.
Internet Website Posting:	<p>Internet location for all meet information: http://www.besmarttinc.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 starting 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 (<i>MAAPP 2.0</i>)	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 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 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. <p>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>
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 Werblin Recreation Center Pool. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. All persons visiting the Werblin Recreation Center Pool voluntarily assume all risks related to exposure to COVID-19.</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.
Hotels:	<ul style="list-style-type: none"> The Doubletree Executive Somerset on Atrium Drive The Crowne Plaza, 732-716-1175 The Courtyard by Marriott on Davidson Avenue
Medical Information:	<ul style="list-style-type: none"> The Werblin Recreation Facility is staffed by certified lifeguards and all operational personnel are trained in CPR and First Aid. There is an AED on site (by reception) and EMT service on the campus.
Directions:	<p>Google Maps: https://goo.gl/maps/KiPCdDs6bP54JpmP7</p> <p>Rutgers will have posted signs indicating which of the parking lots are for the swim meet. Please use one of these lots. Rutgers campus police may ticket automobiles that are parked in lots other than those designated for the swim meet!</p>



NEW JERSEY
SWIMMING

2023 NJS/Scarlet 11 & Over Gold Championships

Friday-Sunday March 17th-19th

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, Rutgers University, Scarlet Aquatics, 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 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 NJS/Scarlet 13 & Over Gold Championships meet on March 17th-19th, 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:

Entry Fee Summary:	_____ Individual event entries @ \$10.00 =	\$_____
	_____ Relay event entries @ \$20.00	\$_____
	_____ Swimmer surcharge @ \$15.00/swimmer/day =	\$_____
	Total:	\$_____

Make checks payable to: **Scarlet Aquatic Club**