

# JAC Fall Festival

hosted by

**Jersey Aquatic Center**

*Held under the sanction of USA Swimming*

Meet Sanction Info:	<b>NJ Swimming Sanction # - NJS-TF-111723SCYB</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:	Friday, November 17 <sup>th</sup> , - Sunday, November 19 <sup>th</sup> , 2023		
Location:	<b>Jersey Aquatic Center</b> <b>629 Central Ave</b> <b>New Providence, NJ 07974</b>		
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.		
Host Team Contact:	<b>Peter Barry</b>		<a href="mailto:ptbster@gmail.com">ptbster@gmail.com</a>
Meet Director:	<b>Just In Timing</b>		<a href="mailto:justina@justintiming.com">justina@justintiming.com</a>
Meet Referees:	<b>Chris Barry</b> <b>Jim O'Day</b>		<a href="mailto:accebarry@verizon.net">accebarry@verizon.net</a> <a href="mailto:jimoday95@gmail.com">jimoday95@gmail.com</a>
Admin Officials:	<b>Just In Timing</b>		<a href="mailto:justina@justintiming.com">justina@justintiming.com</a>
Safety Marshalls:	<b>Peter Barry</b> <b>Marlene Curtis</b>		<a href="mailto:p.barry@jerseyaquaticcenter.com">p.barry@jerseyaquaticcenter.com</a> <a href="mailto:m.curtis@jerseyaquaticcenter.com">m.curtis@jerseyaquaticcenter.com</a>
Entry Coordinator:	<b>Just in Timing</b>	<b>732-779-6958</b>	<a href="mailto:entries@justintiming.com">entries@justintiming.com</a>
Entries Open:	<b>October 23, 2023 at 6:00 am</b>		
Entry Deadline:	Friday, November 3, 2023		
Swimmer Age	Age for this meet is as of November 17, 2023		
Entry fees:	Individual Entry Fee: \$10		
Entry Surcharges:	Athlete Surcharge: \$20		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"><li>• This meet will be run as a timed final meet.</li><li>• There will be 9-10, 11-12, 13-14, and 15 &amp; Over events.</li><li>• 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.</li></ul>		
Entry Limits:	Daily: 3 Individual events	Meet: 7 Individual Events	
Checks Payable To:	Jersey Aquatic Center		
Email Entry Files To:	<a href="mailto:entries@justintiming.com">entries@justintiming.com</a>		

## Tentative Meet Schedule

***This schedule is tentative pending receipt of entries.  
Depending on the entries, sessions may be combined or split.  
The complete schedule with session warm-up, and start times will be established when all entries have been received and a timeline developed, published on the NJS Website, meet website, and e- mailed to the coaches of participating teams.***

**The building will open to swimmers 30 minutes before the beginning of each warm-up.**

<b>Friday, November 17, 2023</b>		<b>Warm-up</b>	<b>Start</b>
Session 1	Distance	TBA	TBA
<b>Saturday, November 18, 2023</b>		<b>Warm-up</b>	<b>Start</b>
Session 2	13 & Over Girls/Boys	TBA	TBA
Session 3	9-12 Girls/Boys	TBA	TBA
<b>Sunday, November 19, 2023</b>		<b>Warm-up</b>	<b>Start</b>
Session 4	13 & Over Girls/Boys	TBA	TBA
Session 5	9-12 Girls/Boys	TBA	TBA

Scoring:	No scoring
Awards:	No awards
Starts:	'Fly-over/Over-the-top' starts may be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> <li>Spectators will be permitted into the facility. Athlete surcharge will cover admission fees.</li> <li>Heat sheets will be available through Meet Mobile.</li> </ul>
Concessions:	No concessions
Vendor:	No vendor
Medical Information:	<ul style="list-style-type: none"> <li>Jersey Aquatic Center is staffed with certified lifeguards by the host team and all operational personnel are trained in CPR and First Aid.</li> <li>There is an AED on site.</li> <li>There is not an EMT on site.</li> </ul>
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.
Distance Events	<ul style="list-style-type: none"> <li>400IM &amp; 500 Free events will be seeded fastest to slowest, alternating girls/boys.</li> <li>We reserve the right to limit the number of heats in the 500 and 400 IM so the timeline for the meet is manageable. If we do limit any of these events we will contact the teams 1 week before the meet.</li> <li>Swimmers are only allowed to swim 1 event in session 1, Friday night.</li> </ul>
Internet Website Posting:	Internet location for all meet information: <a href="https://www.jerseyaquaticcenter.com/page/home">https://www.jerseyaquaticcenter.com/page/home</a>
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
Directions:	<a href="https://maps.app.goo.gl/eiQzE8u1K97rkyCLA">https://maps.app.goo.gl/eiQzE8u1K97rkyCLA</a>

**Session 1: Friday PM Distance**

<b>Girls</b>	<b>Age Group and Event</b>	<b>Boys</b>
1	13 & Over 500 Free	2
3	12 & Under 200 Free	4
5	13 & Over 400 IM	6

**Session 2: Saturday AM 13/Over Girls & Boys**

<b>Girls</b>	<b>Age Group and Event</b>	<b>Boys</b>
7	13-14 200 Free	8
9	15 & Over 200 Free	10
11	13-14 100 Back	12
13	15 & Over 100 Back	14
15	13-14 100 Breast	16
17	15 & Over 100 Breast	18
19	13-14 50 Free	20
21	15 & Over 50 Free	22
23	13-14 200 Fly	24
25	15 & Over 200 Fly	26

**Session 3: Saturday PM 9-12 Girls & Boys**

<b>Girls</b>	<b>Age Group and Event</b>	<b>Boys</b>
27	9-12 200 IM	28
29	9-10 50 Free	30
31	11-12 50 Free	32
33	9-10 100 Breast	34
35	11-12 100 Breast	36
37	9-10 50 Back	38
39	11-12 50 Back	40
41	9-10 100 Fly	42
43	11-12 100 Fly	44

**Session 4: Sunday AM 13/Over Girls & Boys**

<b>Girls</b>	<b>Age Group and Event</b>	<b>Boys</b>
45	13-14 100 Free	46
47	15 & Over 100 Free	48
49	13-14 200 Back	50
51	15 & Over 200 Back	52
53	13-14 200 Breast	54
55	15 & Over 200 Breast	56
57	13-14 100 Fly	58
59	15 & Over 100 Fly	60
61	13-14 200 IM	62
63	15 & Over 200 IM	64

**Session 5: Sunday PM 9-12 Girls & Boys**

	<b>Age Group and Event</b>	<b>Boys</b>
65	9-10 100 Free	66
67	11-12 100 Free	68
69	9-10 50 Breast	70
71	11-12 50 Breast	72
73	9-10 100 Back	74
75	11-12 100 Back	76
77	9-10 50 Fly	78
79	11-12 50 Fly	80
81	9-10 100 IM	82
83	11-12 100 IM	84

## NJS Information and Policies for USA Sanctioned Meets

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>
Spectator Considerations:	<ul style="list-style-type: none"> <li>• <b>As per USA Swimming Safe Sport Protocols, Parents or legal guardians will have access to their child and an opportunity to observe their child if the facility protocols allow for spectators.</b></li> </ul>
Entry Info:	<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.</li> <li>• Team entries will be considered accepted when the host club accepts the entries.</li> <li>• Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule.</li> <li>• <b>Special Notice:</b> Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. 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>• Unless otherwise specified in the earlier Meet Course section, entry times should be for the course that the meet is going to be swum, with converted times being permitted.</li> </ul>
Relays:	<ul style="list-style-type: none"> <li>• Relay scratches should be turned in at the required time noted by the meet director.</li> <li>• Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.</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. All Unattached swimmers must be listed on the team's official waiver entry form.</li> <li>• All swimmers 18 &amp; Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.</li> </ul>
Check-In:	<ul style="list-style-type: none"> <li>• All check-in sheets must be turned into the scoring table before the start of each session. Check-in times will be noted on the check in sheets. 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.</li> <li>• Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</li> </ul>
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 Meet 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"> <li>• The host club will help provide timers for the meet.</li> <li>• The host club will e-mail entry verification 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.</li> <li>• The host club will create timing assignments that are fair and equitable with as many teams participating as possible.</li> <li>• Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs no later than 1 week before the meet.</li> </ul>
<p>Participating Club Responsibilities:</p>	<ul style="list-style-type: none"> <li>• Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs 1 week prior to the meet.</li> <li>• Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck.</li> <li>• Participating clubs should help with officiating whenever possible.</li> </ul>
<p>Coaches Conduct &amp; Eligibility:</p>	<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.</li> <li>• All Coaches must have some form of USA coaching credential verification with them at all times.</li> </ul>
<p>Officials Conduct &amp; Eligibility:</p>	<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 to receive credit for the session.</li> </ul>
<p>Meet Format Waiver:</p>	<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 Administrative vice chair and either the Age Group or Senior vice chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include: <ul style="list-style-type: none"> <li>• To allow more swimmers to swim.</li> <li>• To conform to facility capacity limits or for facility safety concerns.</li> <li>• To condense the meet into smaller time frame.</li> <li>• Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.</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 not allowed 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 and Safety Marshalls will monitor warm-ups.</li> <li>• All general warm-up lanes will swim in a counterclockwise direction.</li> </ul>
Results:	<ul style="list-style-type: none"> <li>• Meet result files for TM will be emailed to all participating teams.</li> <li>• Meet results will be posted on the meet website and on the New Jersey Swimming Website: <a href="http://www.njswim.org">www.njswim.org</a></li> </ul>
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 or locker rooms.
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 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"> <li>• Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition. "Tech suits" are not permitted at this meet for 12 &amp; 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; <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> </ul> <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>