

B

13 & Over Bronze Championships

Region B

Hosted by Hamilton Aquatic Club

at Princeton Middle School

(Held under the sanction of USA Swimming)

Meet Sanction #	NJ swimming Sanction #- NJS-TF-030224SCY 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.		
Date of Meet:	Saturday March 2ND to Sunday March 3rd , 2024		
Location:	Princeton Middle School 217 Walnut Lane, Princeton, NJ 08540 The pool is located on the Princeton Middle School campus, and the pool entrance and parking lot are on Guyot Lane.		
Eligible Teams:	APEX, BAC, BWTD, CAT, EEX, GMY, GSCY, HACY, HCY, HQH, JAC, LHY, LIFE, MAY, NJB, NJSD, NJBL, OTT, PAA, PPST, PTAC, SCY, STAC, TWST, WMY, WW, XCEL		
Facility Info:	The Princeton Middle School Pool is an eight-lane, 25 yard, single course pool with Colorado timing system and full display board. The depth of the water at the starting blocks is 8'- 0" and the depth at the turn end is 4'-0".		
Host Team Contact:	Sue Welsh		
Meet Director:	Kip Hein	609-475-2264	kheinswimppst@gmail.com
Meet Referee:	Bach Lequang		blequang@gmail.com
	13 & Over Bronze Championships Region B Official Sign-up Link		
Admin Official:	Kip Hein		kheinswimppst@gmail.com
Safety Marshall:	Sandra Franc Webster Bozzo Steve Paterno		francswiss@me.com Bozzow@rider.edu Stevenpteets01@gmail.com
Entry Coordinator:	Kip Hein	609-371-2065	kheinswimppst@gmail.com
Entries Open:	Immediately (Note: Teams cannot be closed out of this championship meet provided entries are received by the deadline)		
Entry Deadline:	February 22, 2024, at 6 pm		
Swimmer Age	Swimmer ages for this meet are as of: March 2 , 2024		
Entry Fees:	Individual Entry: \$10.00		Relays: \$20.00
	There will be a \$15 athlete surcharge for the meet.		
	<i>Note: There is an additional \$5.00 fee charged for each entry submitted via the Amended Entry Process (see below). However, entries which are amended due to a swimmer achieving a new Gold or Silver time after the original entry is submitted do not incur this additional fee.</i>		
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 13-14, and 15-19 events.• There are minimum ("faster than") and maximum ("no faster than") time standards for this meet. 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.		

Entry Limits:	Daily: 3 Individual Events 1 Relay Event	Meet: 6 Individual Events 2 Relay Events
Checks Payable To:	HAC	
Email Entry Files To:	kheinswimppst@gmail.com	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	

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. This will be published on the meet section of the NJS website and e- mailed to the coaches of participating teams.***

Saturday		Warm-up	Start
Session 1	13-14 Girls and Boys	TBA	TBA
Session 2	13-14 & 15-19 Girls & Boys 1650	TBA	TBA
Session 3	15-19 Girls & Boys	TBA	TBA
Sunday		Warm-up	Start
Session 4	13-14 Girls and Boys	TBA	TBA
Session 5	13-14 & 15-19 Girls & Boys 1000	TBA	TBA
Session 6	15-19 Girls & Boys	TBA	TBA

Scoring:	<ul style="list-style-type: none"> There will be no team scoring.
Awards:	<ul style="list-style-type: none"> Medals will be awarded for 1st -3rd places for 13-14, and 15-19 swimmers. Ribbons will be awarded for 4th-8th places for 13-14, and 15-19 swimmers. In each relay event medals will be awarded for 1st-3rd place relays
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"> Heat sheets will be on Meet Mobile (subscription required).
Concessions:	<ul style="list-style-type: none"> Food will be available in the hallway between the gym and pool.
Vendor:	<ul style="list-style-type: none"> Fine Design T-Shirt vendor will be in attendance
No Show Procedure:	<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.
Internet Website Posting:	<ul style="list-style-type: none"> Meet information, Hy-Tek .HYV Event file and results will be posted on the New Jersey Swimming website. www.njswim.org as well on wpa-sports.com
Meet Requirement Statement:	<ul style="list-style-type: none"> 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:	<p>Google Maps: https://maps.app.goo.gl/Pj2GHTWLsA6uwUV6A</p> <p>Park in the parking lots on Guyot Ave. Follow the sidewalk to the right of the pool and enter the main set of doors marked Pool/Gym. If you are parking on the street, please do not block driveways or you will be towed.</p>

Special Considerations for NJ Swimming Championships

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 on a first come basis. Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. Team entries will be considered accepted when the host club accepts the entries. 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 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.
Proof of Time:	<ul style="list-style-type: none"> This is a NJ Championship event. All entries must be accompanied by a proof of time report: Run a TM entries report with the <i>Include Proof of Time</i> option, or the Team Unify equivalent. This report should be saved as a PDF file and the file emailed to the entry coordinator along with the entry file.
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. See "Proof of Times" above. All entry times must be achieved during the meet qualifying period of January 1st, 2024 through the entry date of the meet.
Entry Amendment Procedures:	<p>Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The process shall be as follows:</p> <ol style="list-style-type: none"> The meet coordinator will enter each team as the entries are received. An entry report for each team will be e-mailed to that team. Upon receipt of the entry report for their team, the coach will be expected to proof the entries for their team. The coach must respond to the email, either indicating that the entries are accepted as is or amending as explained below. After the entry deadline has passed, should a swimmer be missing from the entry list or missing from an event, then the coach can enter the swimmer through the following process: <ul style="list-style-type: none"> The coach needs to make a list of the missing entry information: swimmer's name, USA-S number, event number(s), and entry time(s). The list of the missing swimmers and their events are then to be e-mailed to the Entry Coordinator no later than 9:00pm on the Wednesday before the start of the meet. Please do not email a Hy-Tek file. The entry fee for all events entered in this manner will be the regular entry fee for the event, plus an additional \$5.00 late fee per entry. This money is payable before the start of the meet. If this fee not be paid, then the swimmer(s) will not be permitted to swim in the amended events in the meet. Entries which are amended due to a swimmer achieving a new Gold or Silver time after the original entry is submitted do not incur this additional fee.
Relays	<p>Only swimmers that do not have Silver times in the 50 freestyle may swim on relays. A relay team with any swimmer found to have had a Silver time in the 50 freestyle prior to the meet will be disqualified (even after the conclusion of the meet) and the information will be turned over to New Jersey Swimming for possible further disciplinary actions and fines. (See NJS Policy & Procedures Manual for explanation)</p> <ul style="list-style-type: none"> If a swimmer achieves a silver time in an event during the meet they are still eligible to swim in that leg of the relay 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 The Meet Referee and/or the meet jury will handle any protest of relay swimmers during the meet. New Jersey Swimming will handle any protest of relay swimmers after the meet. (See NJ Swimming Policy & Procedures Manual)

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. Swimmers may not compete in any event in which they have received a New Jersey Swimming Silver Time since January 1st, 2023. • No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. • If a swimmer is entered in the meet, and then achieves a Silver time in one or more of their entered events prior to the start of the meet, that swimmer must be removed from that event(s). Failure to do so will result in the disqualification of the swimmer (even retroactively), and the swimmer's club may be penalized and/or fined by NJ Swimming for each such infraction. The swimmer will be allowed to substitute another eligible event or the entry fee will be refunded if the swimmer cannot/does not wish to compete in a substitute event. • All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form. • 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.
Bronze "Bottom" Cuts:	<ul style="list-style-type: none"> • There are 5 events (50, 100 freestyle, 100 backstroke, 100 breaststroke, and 100 butterfly) that have no bottom cuts. • There are bottom cuts for the 200 yard and above events. • A bronze level swimmer who does not have times faster than any of the 200 bottom cuts may choose one (1) 200 yard event where they do not have the cut in which to participate (giving the swimmer 6 events).

Event List

Session: 1 13-14 Girls & Boys			
Event		Slower than	Bottom cut
1	Girls 13-14 200 Medley Relay		
2	Boys 13-14 200 Medley Relay		
3	Girls 13-14 100 Backstroke	1:10.19	
4	Boys 13-14 100 Backstroke	1:07.29	
5	Girls 13-14 200 IM	2:28.59	2:49.79
6	Boys 13-14 200 IM	2:21.39	2:39.99
7	Girls 13-14 100 Breaststroke	1:20.59	
8	Boys 13-14 100 Breaststroke	1:14.49	
9	Girls 13-14 100 Freestyle	1:01.19	
10	Boys 13-14 100 Freestyle	56.89	
11	Girls 13-14 200 Butterfly	2:49.99	2:52.99
12	Boys 13-14 200 Butterfly	2:25.99	2:38.19
13	Girls 13-14 500 Freestyle	6:08.79	6:47.79
14	Boys 13-14 500 Freestyle	5:38.19	6:26.59

Session: 2 Saturday 1650 Free			
Event		Slower than	Bottom cut
15	Girls 13-14 1650 Freestyle	22:09.99	23:23.49
16	Boys 13-14 1650 Freestyle	20:43.19	22:18.89
17	Girls 15-19 1650 Freestyle	20:59.99	23:05.19
18	Boys 15-19 1650 Freestyle	18:30.39	21:35.39

Session: 3 15-19 Girls & Boys			
Event		Slower than	Bottom cut
19	Girls 15-19 200 Medley Relay		
20	Boys 15-19 200 Medley Relay		
21	Girls 15-19 100 Backstroke	1:06.79	
22	Boys 15-19 100 Backstroke	1:00.99	
23	Girls 15-19 200 IM	2:22.89	2:46.79
24	Boys 15-19 200 IM	2:09.89	2:31.69
25	Girls 15-19 100 Breaststroke	1:18.49	
26	Boys 15-19 100 Breaststroke	1:07.89	
27	Girls 15-19 100 Freestyle	58.59	
28	Boys 15-19 100 Freestyle	51.99	
29	Girls 15-19 200 Butterfly	2:41.99	2:45.29
30	Boys 15-19 200 Butterfly	2:17.99	2:31.29
31	Girls 15-19 500 Freestyle	5:37.99	6:40.59
32	Boys 15-19 500 Freestyle	5:11.59	6:10.59

Session: 4 13-14 Girls & Boys			
Event		Slower than	Bottom cut
33	Girls 13-14 200 Freestyle Relay		
34	Boys 13-14 200 Freestyle Relay		
35	Girls 13-14 200 Freestyle	2:10.79	2:32.09
36	Boys 13-14 200 Freestyle	2:03.79	2:22.99
37	Girls 13-14 100 Butterfly	1:13.19	
38	Boys 13-14 100 Butterfly	1:08.39	
39	Girls 13-14 200 Backstroke	2:28.99	2:46.79
40	Boys 13-14 200 Backstroke	2:26.09	2:36.29
41	Girls 13-14 50 Freestyle	28.19	
42	Boys 13-14 50 Freestyle	26.89	
43	Girls 13-14 200 Breaststroke	2:50.89	3:10.89
44	Boys 13-14 200 Breaststroke	2:41.39	2:56.59
45	Girls 13-14 400 IM	5:37.59	6:03.59
46	Boys 13-14 400 IM	5:06.49	5:41.49

Session: 5 Sunday 1000 free			
Event		Slower than	Bottom cut
47	Girls 13-14 1000 Freestyle	12:39.99	14:01.99
48	Boys 13-14 1000 Freestyle	11:45.99	13:21.19
49	Girls 15-19 1000 Freestyle	11:49.99	13:49.19
50	Boys 15-19 1000 Freestyle	11:15.99	12:52.99

Session: 6 15-19 Girls & Boys			
Event		Slower than	Bottom cut
51	Girls 15-19 200 Freestyle Relay		
52	Boys 15-19 200 Freestyle Relay		
53	Girls 15-19 200 Freestyle	2:03.99	2:29.39
54	Boys 15-19 200 Freestyle	1:53.69	2:16.49
55	Girls 15-19 100 Butterfly	1:06.69	
56	Boys 15-19 100 Butterfly	58.19	
57	Girls 15-19 200 Backstroke	2:20.59	2:42.39
58	Boys 15-19 200 Backstroke	2:09.49	2:27.99
59	Girls 15-19 50 Freestyle	26.59	
60	Boys 15-19 50 Freestyle	23.99	
61	Girls 15-19 200 Breaststroke	2:52.99	3:05.99
62	Boys 15-19 200 Breaststroke	2:28.29	2:48.19
63	Girls 15-19 400 IM	5:12.49	5:55.89
64	Boys 15-19 400 IM	4:41.99	5:26.99

NJS Information and Policies for USA Sanctioned Meets

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.
Spectator Considerations:	<ul style="list-style-type: none"> • 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.
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 on a first come basis. • Team entries will be considered accepted when the host club accepts the entries. • Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. • Special Notice: 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.
Swimmer Eligibility:	<ul style="list-style-type: none"> • No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. • All transfer swimmer(s) must swim unattached for 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.
Check-In:	<ul style="list-style-type: none"> • 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. • Failure to follow this procedure may result in the swimmer(s) being scratched from the session.

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>
Host Club Responsibilities:	<ul style="list-style-type: none"> • The host club will help provide timers for 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 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 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.
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. • All Coaches must have some form of USA coaching credential verification with them at all times.
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. • 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 to receive credit for the session.
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 and Safety Marshalls will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction.
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 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"> • 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>