

Name of Meet	NEW JERSEY SWIMMING LONG COURSE MULTI-DAY MEET 2011 XCEL MEET OF XCELLENCE Hosted by: XCEL SWIMMING
Meet Sanction #	New Jersey Swimming Sanction #: NJS#070911LC
Date of Meet	Saturday and Sunday, July 9 TH & 10 TH , 2011.
Location	Facility: DeNunzio Pool is located on Faculty Road off of Route 571 on the Princeton University campus, Princeton, NJ 08540. It is an Olympic-sized 50 meter 8-lane pool with a minimum depth for diving of 9 feet. It is 9 feet at the start end and 17 feet deep at the turn end. There is ample seating for spectators.
Meet Director	Ellen Mace, 609.558.0988, entries1@juno.com .
Meet Referees	Peter Madley, pmadley@gmail.com
Entry Coordinator	BE Smartt, Inc., entries1@juno.com , 609.558.0988.
Meet Marshall	Coach Lucy, headcoach@xcelswimming.org , 609.252.0206
Entry Deadline	<ul style="list-style-type: none"> • No deck entries will be accepted. • Entry forms, verification forms, waiver releases and fees must be received no later than 5:00pm on Saturday, June 25th, 2011. • Please mail entries and fees to: BE Smartt, Inc., 604 Paxson Avenue, Mercerville, NJ 08619 • Phone: 609.558.0988, E-Mail: entries1@juno.com. • Not waiving signature of receipt on Express Mail will delay receipt. • All entry fees must be paid by 7:30 on the day the team is swimming. • Entries will be considered accepted when loaded into Meet Manager. • NO FAX OR PHONE ENTRIES WILL BE ACCEPTED.
Multi-Day LC meet entry process	<p>For the first six (6) days (starting from the date the meet is posted on the NJ Swimming website) NJS LCM Silver time standards will apply (make one cut swim three events). Any swimmer can participate on both days as long as the swimmer has one silver or gold time in each day's events (make 1, swim 3 for each day).</p> <p>If the meet or particular sessions within the meet still have room on the seventh (7) day, the time standards procedure will be lifted. At that point any level swimmer will be allowed to enter up to 6 events.</p>
Meet Format Waiver	<p>The host club has the right to change the format of the meet with the approval of the sanctioning chairman and age group or senior chairman. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for changes would be:</p> <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 a shorter timeframe. <p>Some of the changes that may be made include: 1) adding a session, 2) heat-limiting distance events, 3) condensing sessions, and 4) eliminating relays.</p>
Internet Website Posting	<ul style="list-style-type: none"> • The official meet website is www.besmarttinc.com. • Meet Information, downloadable Hy-Tek Events list (HYV.file), and final results will be posted on the BE Smartt and New Jersey Swimming websites: www.njswim.org.
<u>Meet Requirement Statement:</u>	<ul style="list-style-type: none"> • This meet qualifies, as "one" of the two required long course meets to be eligible for the New Jersey LC Zone Championship Team or for New Jersey National Championship Reimbursement. A swimmer who has participated in 1 long course meet and 3 short course meets from Sept 1 thru Aug 1 will also be eligible for the NJ National Championship Reimbursement.
Coaches Eligibility	<ul style="list-style-type: none"> • All coaches on the deck must be members of USA Swimming. • Coaches must show their coaching card for entrance to facility. • Coaches must show their coaching card before picking up any meet information or scratch sheets. • Coaches must have their coaching card visible at all times while on deck.

	<ul style="list-style-type: none"> Coaches must have a visible coach's card when entering hospitality area or when asking for food at concessions.
Swimmer Eligibility	<ul style="list-style-type: none"> All swimmers must be a member of USA Swimming to enter and compete in this meet. All swimmers must be listed on a team's official entry form to be eligible to participate in this swim meet in any event including relays. See Multi Day LC Process section for qualifications into this meet. All transfer swimmers must swim unattached for 120 days from their last attached competition. Swimmers must use "UN-(New Team Alpha Code)" as their team affiliation. All unattached swimmers must be listed on their team's official waiver entry form. <p><u>Age Groups That Will be Offered</u></p> <ul style="list-style-type: none"> 10/U, 12 & Under & 13 & Older. <p><u>Individual and Relay Limits</u></p> <ul style="list-style-type: none"> Swimmers may compete in up to three (3) individual events per day. Swimmers may compete in two relays per day, per session. <p><u>Age at Meet</u></p> <ul style="list-style-type: none"> Age determination date for this meet is Saturday, July 9, 2011.
Meet Format	<ul style="list-style-type: none"> This meet will be run in accordance with current USA Swimming rules. This meet will be run as a timed final meet. <p><u>How Seeding Will be Done</u></p> <ul style="list-style-type: none"> This meet will be deck seeded with coaches checking in and/or scratching all swimmers. After the heats have been posted, swimmers will report to the blocks on their own. Relays will be run as the first events and last events of each session and will be pre-seeded.
<u>Swimmers Unaccompanied by a USAS Certified Coach:</u>	Any swimmer entered into this meet that is unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Meet Schedule	<ul style="list-style-type: none"> The building will not open before 7:00 a.m. for swimmers and 7:15 a.m. for spectators. This meet will have three sessions on Saturday and three sessions on Sunday. The starting time for all sessions following the morning session will be announced once entries are received and a time line is established.

MEET SCHEDULE

Saturday, July 9, 2011		Warm-Up	Start
Session 1	12/Under Girls & Boys Events	7:10 a.m.	8:15 a.m.
Session 2	11/12-- 200's and 10/U 400 Frees	End of Session #1 *	30 minutes *
Session 3	13/Over Girls and Boys Events	End of Session #2 *	65 minutes *
Sunday, July 10, 2011		Warm-up	Start
Session 1	12/Under Girls & Boys Events	7:10 a.m.	8:15 a.m.
Session 2	11/12-- 200's and 10/U 400 Frees	End of Session #1 *	30 minutes *
Session 3	13/Over Girls and Boys Events	End of Session #2 *	65 minutes *

* Starting times for all sessions after the first session each day will be determined after entries are received and a time line created!

Warm-Up Procedures	<ul style="list-style-type: none"> Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines and will include general warm-up lanes, sprint lanes, and pace lanes.
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	<p><u>Entry Into Pool</u></p> <ul style="list-style-type: none"> All swimmers must enter the pool from the starting end of the pool. <p><u>Host Team Monitoring Warm-Ups</u></p> <ul style="list-style-type: none"> New Jersey Swimming officials will monitor warm-ups. All general warm-up lanes will swim in a counterclockwise direction. <p><u>Warm-Up Schedules</u></p> <ul style="list-style-type: none"> The warm-up sessions will be 30-minute each, divided by teams. There will be designated sprint lanes and pace lanes during the last 10 minutes of each session, unless additional warmup sessions are warranted.
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 long course meters. Converted times from SCY or SCM are acceptable for this meet.
Check-In	<ul style="list-style-type: none"> All check-in sheets must be turned into the scoring table 30 minutes before the start of each session. Swimmers who are competing will have a line through their name. Swimmers who are to be scratched for <u>all events in the session</u> will have their names circled with "SCR" noted next to the circle. Swimmers scratching a single event will have a line through his or her name and the event number circled with "SCR" next to the circle. Failure to follow the check-in procedure will result in the swimmer(s) being scratched from the session. All distance events will have a positive check-in that will be posted at the scoring table or the control room.
Starts	"Fly-over" ("over-the-top") starts may be used at the discretion of the meet referee.
Distance Events – 400m Freestyle and 400m Individual Medley	<ul style="list-style-type: none"> Will be run slowest to fastest.
Heat-Limited Events	<ul style="list-style-type: none"> The 400m Freestyle and 400 Individual Medley (no more than four heats) will be "Heat-Limited" Events. Swimmers below the "heat limit" number will have the option of changing to another event. See posting on www.besmartinc.com Swimmers can stay in those "heat-limited" events with the possibility that scratches or the timeline will allow the opportunity to swim. In either case, if that swimmer is below the "heat limit" number and does not swim, he or she will have the entry fee refunded. Refunds will be mailed to the team within two weeks of the conclusion of the meet.
Relays	<ul style="list-style-type: none"> All relays MUST HAVE THE CORRECT FOUR NAMES LISTED AND THE CORRECT ORDER for that relay to be eligible. Coaches must turn in a relay card prior to a relay swimming; it must list correct swimmers' names in correct order.
Scoring	Team Scoring will not be kept.
Awards	<ul style="list-style-type: none"> Medals will be awarded for the top 3 relays in each relay event. Medals will be awarded for the top 3 swimmers in each age group; 10/under, 11/12, 13/14 and 15/Over
Entry Fees	<ul style="list-style-type: none"> Individual Entry Fee: \$5.00. Relay Entry Fee: \$9.00. Make checks payable to <u>XCEL Swimming</u>.
Admissions and Programs	<ul style="list-style-type: none"> Admission will be \$7.00 per session. Cost of the program will be \$6/per day
Entries	<ul style="list-style-type: none"> In accordance with New Jersey Swimming policy, team entries may be submitted by e-mail to entries1@juno.com. All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail. Subject line should include XCEL LC 2011 The meet entry coordinator will respond to e-mails entries within 48 hours. If you do not receive an e-mail response within 48 hours, assume that your email has not been received. It then becomes the e-mailer's responsibility to make sure that the host club's

	<p>meet entry coordinator receives the e-mail. If you do not receive an e-mail response, you must contact the entry coordinator by email or phone or mail in your entries.</p> <ul style="list-style-type: none"> • An Entry Summary along with a signed New Jersey Swimming waiver and a check for <u>all</u> entry fees must accompany or follow each mailed entry. • Accuracy of seed times is essential. Incomplete entries will not be accepted. • Deck, phone, and/or faxed entries will not be accepted.
Results	<ul style="list-style-type: none"> • Results will be sent via email at the conclusion of the meet.
Host Club Responsibilities	<ul style="list-style-type: none"> • Provide a single timer in each lane throughout the meet. • Have stopwatches available for volunteers helping to time. • Create a warm-up schedule that will be fair and equitable to all teams. This warm-up schedule will be e-mailed to all participating clubs no later than one week before the meet. • Create timing assignments that are fair and equitable with as many teams participating as possible. These timing assignments will be e-mailed to all participating clubs no later than one week before the meet.
Participating Club Responsibilities	<ul style="list-style-type: none"> • Help with timing assignments (<u>mandatory</u>). Timing assignments will be e-mailed to participating clubs one week prior to the meet. • Parents must stay off the pool deck except to fulfill timing assignments. • Should help with officiating whenever possible. List the club contact for club officials on the meet summary.
Concessions	Refreshments will be available throughout the meet.
Vendor	<i>A swim vendor</i> will be in attendance.
Hotels	<p>Holiday Inn, 100 Independence Way; 1.609.520.1200; ask for special rate. Staybridge Suites, 4375 Route 1; 1.609.951.0009; ask for sports group rate. Residence Inn by Marriott, 4225 Route 1; 1.732.329.9600; Includes breakfast. Princeton Courtyard by Marriott, Route 1 and Mapleton Road; 1.609.716.9100; includes breakfast.</p>
Directions	<ul style="list-style-type: none"> • <u>From the New Jersey Turnpike, North or South.</u> Take Exit 8 towards Princeton. Take Route 33 West to Route 571. Continue on Route 571, crossing Route 1 and continuing to the first light (at Faculty Road). Make a right; the pool and the parking lot will be on your left about ¼ mile from the light. • <u>From US Route 1, North or South.</u>- Take the Princeton-Hightstown Road exit toward Princeton. Follow the above directions. Continue to the first light (at Faculty Road). Make a right; the pool and the parking lot will be on your left about ¼ mile from the light.

ORDER OF EVENTS

Event

SILV

(Faster or =)

SATURDAY AM

SUNDAY AM

Event 1 Girls 12&U 200 Medley Relay		EVENT 59
Event 2 Boys 12&U 200 Medley Relay		EVENT 60
Event 3 Girls 10&U 200 Free	3:23.79	EVENT 61
Event 3 Girls 11-12 200 Free	2:48.69	EVENT 61
Event 4 Boys 10&U 200 Free	3:23.79	EVENT 62
Event 4 Boys 11-12 200 Free	2:48.69	EVENT 62
Event 5 Girls 10&U 100 Fly	1:56.19	EVENT 63
Event 5 Girls 11-12 100 Fly	1:31.99	EVENT 63
Event 6 Boys 10&U 100 Fly	1:56.19	EVENT 64
Event 6 Boys 11-12 100 Fly	1:31.99	EVENT 64
Event 7 Girls 10&U 50 Back	49.89	EVENT 65
Event 7 Girls 11-12 50 Back	42.49	EVENT 65
Event 8 Boys 10&U 50 Back	49.89	EVENT 66
Event 8 Boys 11-12 50 Back	42.49	EVENT 66
Event 9 Girls 10&U 50 Free	40.89	EVENT 67
Event 9 Girls 11-12 50 Free	35.69	EVENT 67
Event 10 Boys 10&U 50 Free	40.89	EVENT 68
Event 10 Boys 11-12 50 Free	35.69	EVENT 68
Event 11 Girls 10&U 100 Breast	2:02.39	EVENT 69
Event 11 Girls 11-12 100 Breast	1:43.69	EVENT 69
Event 12 Boys 10&U 100 Breast	2:02.39	EVENT 70
Event 12 Boys 11-12 100 Breast	1:43.69	EVENT 70
Event 13 Girls 10&U 50 Fly	48.59	EVENT 71
Event 13 Girls 11-12 50 Fly	39.99	EVENT 71
Event 14 Boys 10&U 50 Fly	48.59	EVENT 72
Event 14 Boys 11-12 50 Fly	39.99	EVENT 72
Event 15 Girls 10&U 50 Breast	55.09	EVENT 73
Event 15 Girls 11-12 50 Breast	47.09	EVENT 73
Event 16 Boys 10&U 50 Breast	55.09	EVENT 74
Event 16 Boys 11-12 50 Breast	47.09	EVENT 74
Event 17 Girls 10&U 100 Back	1:48.89	EVENT 75
Event 17 Girls 11-12 100 Back	1:31.39	EVENT 75
Event 18 Boys 10&U 100 Back	1:48.89	EVENT 76
Event 18 Boys 11-12 100 Back	1:31.39	EVENT 76
Event 19 Girls 10&U 100 Free	1:32.99	EVENT 77

Event 19	Girls 11-12 100 Free	1:17.49	EVENT 77
Event 20	Boys 10&U 100 Free	1:32.99	EVENT 78
Event 20	Boys 11-12 100 Free	1:17.49	EVENT 78
Event 21	Girls 10&U 200 IM	3:47.29	EVENT 79
Event 21	Girls 11-12 200 IM	3:15.19	EVENT 79
Event 22	Boys 10&U 200 IM	3:47.29	EVENT 80
Event 22	Boys 11-12 200 IM	3:15.19	EVENT 80
Event 23	Girls 12/UNDER 200 Free Relay		EVENT 81
Event 24	Boys 12/UNDER 200 Free Relay		EVENT 82

SATURDAY MID

Event 25	Girls 11-12 200 Back	3:20.79	EVENT 83
Event 26	Boys 11-12 200 Back	3:20.79	EVENT 84
Event 27	Girls 10&U 400 Free	6:55.79	EVENT 85
Event 28	Boys 10&U 400 Free	6:55.79	EVENT 86
Event 29	Girls 11-12 200 Breast	3:44.39	EVENT 87
Event 30	Boys 11-12 200 Breast	3:44.39	EVENT 88
Event 31	Girls 11-12 200 Fly	3:22.49	EVENT 89
Event 32	Boys 11-12 200 Fly	3:22.49	EVENT 90

SUNDAY MID

SATURDAY PM

Event 33	Girls 13&O 200 Medley Relay		EVENT 91
Event 34	Boys 13&O 200 Medley Relay		EVENT 92
Event 35	Girls 13-14 200 Free	2:35.09	EVENT 93
Event 35	Girls 15&O 200 Free	2:29.19	EVENT 93
Event 36	Boys 13-14 200 Free	2:32.99	EVENT 94
Event 36	Boys 15&O 200 Free	2:18.39	EVENT 94
Event 37	Girls 13-14 400 IM	6:23.49	EVENT 95
Event 37	Girls 15&O 400 IM	6:11.59	EVENT 95
Event 38	Boys 13-14 400 IM	6:17.49	EVENT 96
Event 38	Boys 15&O 400 IM	5:54.09	EVENT 96
Event 39	Girls 13-14 200 Fly	3:04.89	EVENT 97
Event 39	Girls 15&O 200 Fly	2:59.09	EVENT 97
Event 40	Boys 13-14 200 Fly	3:01.09	EVENT 98
Event 40	Boys 15&O 200 Fly	2:44.49	EVENT 98
Event 41	Girls 13-14 100 Free	1:11.49	EVENT 99
Event 41	Girls 15&O 100 Free	1:09.49	EVENT 99
Event 42	Boys 13-14 100 Free	1:09.89	EVENT 100
Event 42	Boys 15&O 100 Free	1:03.09	EVENT 100
Event 43	Girls 13-14 100 Back	1:22.89	EVENT 101

SUNDAY PM

Event 43 Girls 15&O 100 Back	1:19.19	EVENT 101
Event 44 Boys 13-14 100 Back	1:20.69	EVENT 102
Event 44 Boys 15&O 100 Back	1:13.59	EVENT 102
Event 45 Girls 13-14 100 Breast	1:33.59	EVENT 103
Event 45 Girls 15&O 100 Breast	1:30.19	EVENT 103
Event 46 Boys 13-14 100 Breast	1:31.29	EVENT 104
Event 46 Boys 15&O 100 Breast	1:25.29	EVENT 104
Event 47 Girls 13-14 200 Back	2:59.39	EVENT 105
Event 47 Girls 15&O 200 Back	2:50.09	EVENT 105
Event 48 Boys 13-14 200 Back	2:55.29	EVENT 106
Event 48 Boys 15&O 200 Back	2:41.99	EVENT 106
Event 49 Girls 13-14 200 Breast	3:23.69	EVENT 107
Event 49 Girls 15&O 200 Breast	3:15.69	EVENT 107
Event 50 Boys 13-14 200 Breast	3:19.29	EVENT 108
Event 50 Boys 15&O 200 Breast	3:04.49	EVENT 108
Event 51 Girls 13-14 50 Free	32.99	EVENT 109
Event 51 Girls 15&O 50 Free	32.09	EVENT 109
Event 52 Boys 13-14 50 Free	31.89	EVENT 110
Event 52 Boys 15&O 50 Free	28.99	EVENT 110
Event 53 Girls 13-14 100 Fly	1:23.39	EVENT 111
Event 53 Girls 15&O 100 Fly	1:18.59	EVENT 111
Event 54 Boys 13-14 100 Fly	1:20.29	EVENT 112
Event 54 Boys 15&O 100 Fly	1:14.29	EVENT 112
Event 55 Girls 13-14 200 IM	2:57.39	EVENT 113
Event 55 Girls 15&O 200 IM	2:50.09	EVENT 113
Event 56 Boys 13-14 200 IM	2:54.69	EVENT 114
Event 56 Boys 15&O 200 IM	2:38.99	EVENT 114
Event 57 Girls 13&O 200 Free Relay		EVENT 115
Event 58 Boys 13&O 200 Free Relay		EVENT 116

ENTRY SUMMARY FOR: XCEL MEET OF XCELLENCE

Team: _____ USA-S Club Code: _____

Name(s) of Coach(es): _____

E-Mail Address to Send Results (in lieu of regular mailing)

Club Mailing Address (to mail final results)

MEET ENTRIES

Contact Person: _____

Phone Number: _____ Fax Number: _____

E-Mail Address: _____

TIMERS AND OFFICIALS

Contact Person (a parent, not a coach): _____

Phone Number: _____ E-Mail Address: _____

ENTRY FEE SUMMARY

Number of Individual Entries..... _____ X \$5.00 _____

Number of Relay Entries..... _____ X \$9.00 _____

Total Entry Fees:

Check Amount: \$_____

Make Check Payable To: XCEL SWIMMING

New Jersey Swimming Inc.

Official Meet Verification Form

Club Name: _____ Club Code: _____

Club E-Mail Address: _____

Head Coach's Name: _____

Club Address: _____



I hereby certify that all swimmers and coaches listed on the entry or hard copy with disk entries, for the XCEL MEET OF XCELLENCE on July 9TH & 10TH, 2011 are registered members of New Jersey Swimming/United States Swimming. All United States Swimming numbers are correctly listed and, unless otherwise noted, are not required to swim unattached (UN) due to the 120-day transfer. Also I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

Signature: _____ Date: _____

(Signature cannot be photocopied)

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 United States 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.

LIST ALL UNATTACHED SWIMMERS

Unattached Swimmer _____ Unattached Swimmer _____

Unattached Swimmer _____ Unattached Swimmer _____

Unattached Swimmer _____ Unattached Swimmer _____

Unattached Swimmer _____ Unattached Swimmer _____