

**NJSDC**  
**2010**  
**“A” LEAGUE SWIMMING CHAMPIONSHIPS**  
**Hosted by South Plainfield Tiger Sharks**

**DATE:**   **Saturday- July 31, 2010**                      **Saturday- July 31, 2010**  
                  **Session 1: Ages 12/under**                      **Session 2: Ages 13/over**

7:00 AM	<b>WARM-UP</b>	3:00PM
7:40 AM	<b>ALL SCRATCHES DUE</b>	3:40 PM
8:00 AM	<b>Officials’ Meeting</b>	4:00 PM
8:15 AM	<b>START TIME</b>	4:15 PM

**LOCATION:**           South Plainfield Community Pool –  
                          1250 Maple Avenue, South Plainfield, NJ 07080

**DIRECTIONS:** See [NJSDC.org](http://NJSDC.org).(Go to DIRECTIONS to pools)

**FACILITY:** Six (6) lane, twenty-seven (27.6) meter outdoor pool; nominal depth – 6 feet; non-turbulent lane lines, snack bar; parking lot; and marshalling.

**\*\*\*BRING YOUR OWN CHAIRS!\*\*\*\*\***

**ELIGIBILITY:** A swimmer may enter a total of 4 events with a maximum of 3 individual events. All swimmers must have competed **officially** in two current season dual meets to be eligible. There will be 7 teams represented, swimmers should not be entered in an event unless they can finish the event. As per NJSDC Rule book: “*All entries with NO TIMES or times that cannot be verified will be scratched and the fee forfeited.*” NTs will NOT be permitted. All swimmers must have an entry time.

**TEAM ENTRIES:** Each team may enter as many swimmers as it desires in each event. A team may enter only two relays per event.

**ENTRY DEADLINE:** Team entries must be **RECEIVED** by 5:00 PM on Monday, July 26, 2010 by email only at :

[Bvalen9689@aol.com](mailto:Bvalen9689@aol.com)

**Meet Directors are forbidden to accept late entries for any reason.**  
**Changes of ANY kind will NOT be permitted after Tues, 7/27/10, 8 pm.**

Entries should be submitted on Hy-Tek Team Manager file. If you do not have access to your own copy of Team Manager, you can download TM Lite from the following web site:  
[http://www.hy-tek.com/Demos/Swim\\_TEAM\\_MANAGER\\_Lite.exe](http://www.hy-tek.com/Demos/Swim_TEAM_MANAGER_Lite.exe)

**ENTRY TIMES:** Must include best time in 25 YARDS. Conversions are acceptable.  
(The conversion factor for South Plainfield Pool to YARDS is x .828)

**ENTRY FEES:** \$3.00 per individual event. \$10.00 per relay.  
Entry fees are not refundable.  
Make checks payable to South Plainfield Tiger Sharks.

**TEAM WORKERS:**

1. Timers must be provided. YOUR TEAM WILL BE RESPONSIBLE TO COVER A LANE **ALL DAY**—BOTH SESSIONS. WE ONLY HAVE 7 TEAMS SO WE WILL USE ONE TEAM ON EACH LANE AND SP WILL BE THE BACK-UP. **\*\*PLEASE REMEMBER WATCHES!!\*\***
2. Each team must provide **AT LEAST one official per session.** They will work **HALF of a meet.** Officials are permitted into the meet for **FREE** if their name is provided. The meet referee will assign the officials their positions.

**Teams that do not complete their Timing and Officiating assignments will have their swimmers scratched from the meet.**

**AWARDS:** Trophies will be awarded to the top four teams based on scoring 7-5-4-3-2-1 and double for relay events. Medals will be awarded to the top 6 places in each individual event and relays.

**SEEDING & SCRATCHES:** Events will be seeded at the meet. **SESSION 1 (12/unders) swimmers must MARSHALL** for heat assignments as each event is called. Failure to check in will result in the swimmer being scratched from that event. Failure to swim after checking in will result in the swimmer being scratched from their next event.

**TEAMS will be provided 3 credentials for marshalling. ONLY credentialed coaches/assistants will be allowed in the marshalling tent.**

**THERE IS NO MARSHALLING FOR SESSION 2. (13/overs)**

**RULES:** USA Swimming Rules with NJSDC exceptions apply

**WAIVER:** In consideration of the acceptance of contestants' entries the parents, guardians, and /or coaches of said contestants waive themselves, their heirs and assignees, any and all rights to claims for damages against NJSDC, The South Plainfield Tiger Sharks, or their agents or representatives, for any and all injuries which may be incurred by said contestants of this competition.

**ADMISSION:** The admission fee at each session for all persons 13 & over is **\$4.00**. Ages 12 & under free. Coaches and officials will be admitted without charge. Officials, if not pre-registered, must register at the gate. **As per NJSDC Rules, a program will be available for \$4.00. There are no SESSION programs. All programs are for ALL DAY.**

**QUESTIONS:** Contact Meet Director, Barbara Valentino  
(908) 756-8363 or e-mail to: [bvalen9689@aol.com](mailto:bvalen9689@aol.com)

**CONDUCT:** Coaches and their assistants will be held responsible for the conduct of their swimmers during the meet. Referee's whistle will be respected so that each swimmer has an equal opportunity to hear the starting command.

**RAIN DATE:** Sunday, August 1, 2010 (weather and pool permitting)

**SPECIAL NOTICE:**

**WE NEED YOUR HELP AND COOPERATION.  
PARKING IS VERY LIMITED FOR A MEET OF THIS SIZE.  
PLEASE CARPOOL TO THE GREATEST EXTENT  
POSSIBLE!**

**LAST CHANCE FOR CHANGES:**

**Teams do NOT have to attend a meeting.**

**Once entries have been received, teams have until**

**Tuesday, July 27<sup>th</sup>, 8 pm, to make any CHANGES to original entries.**

**ONLY SCRATCHES may be made after this date.  
NO CHANGES!! NO EXCEPTIONS!!**

**NEW JERSEY SWIMMING AND DIVING CONFERENCE  
2010 "A" LEAGUE SWIMMING CHAMPIONSHIPS  
EVENTS**

**Session 1 Saturday, July 31st - 8:15 AM Start**

GIRLS EVENT #	EVENT	Boys Event #
1	10/U 100 I.M.	2
3	11 - 12 100 I.M.	4
5	8/U 100 Medley Relay	6
7	9 - 12 200 Medley Relay	8
9	8/U 25 Free	10
11	9 - 10 50 Free	12
13	11 - 12 50 Free	14
15	8/U 25 Breast	16
17	9 - 10 50 Breast	18
19	11 - 12 50 Breast	20
21	10/U 100 Free	22
23	11 - 12 100 Free	24
25	8/U 25 Back	26
27	9 - 10 50 Back	28
29	11 - 12 50 Back	30
31	8/U 25 Fly	32
33	9 - 10 50 Fly	34
35	11 - 12 50 Fly	36
37	8/U 100 Free Relay	38
39	9 - 12 200 Free Relay	40

**Session 2 Saturday, July 31st - 4:15 PM Start**

GIRLS EVENT #	EVENT	Boys Event #
41	13 - 18 200 IM	42
43	13 - 18 200 Medley Relay	44
45	13 - 14 100 Free	46
47	15 - 18 100 Free	48
49	13 - 14 100 Breast	50
51	15 - 18 100 Breast	52
53	13 - 14 100 Fly	54
55	15 - 18 100 Fly	56
57	13 - 14 100 Back	58
59	15 - 18 100 Back	60
61	13 - 18 200 Free	62

63	13 – 18	200 Free Relay	64
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**THIS SHEET MUST BE SUBMITTED BY 7/27/10.**

**2010 “A” LEAGUE SWIMMING CHAMPIONSHIPS**

Saturday, July 31, 2010

**\*\*\*WAIVER\*\*\***

In consideration of acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against South Plainfield Pool and the NJSDC, and their representatives for any injuries and/or expenses occurred by me/us at the swim meet, or while on the road to and from the meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

NAME OF SWIM CLUB: \_\_\_\_\_

SIGNATURE OF CLUB OFFICIAL, COACH, AND/OR PARENT OR GUARDIAN:

Print Name \_\_\_\_\_

Signature \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

NAME OF COACH(ES) \_\_\_\_\_

LOCATION OF CLUB: \_\_\_\_\_ (City) \_\_\_\_\_

Name/phone/email contact regarding timers/officials: \_\_\_\_\_

Name/phone/email contact regarding entries: \_\_\_\_\_

**NAMES of OFFICIALS WORKING**

12/unders session \_\_\_\_\_ 13/overs session \_\_\_\_\_

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**ENTRY FEE SUMMARY**

\_\_\_\_\_ Individual Event Entries @ \$3.00 = \$ \_\_\_\_\_  
\_\_\_\_\_ Relay Event Entries @ \$10.00 = \$ \_\_\_\_\_

**TOTAL ENTRY FEES = \$ \_\_\_\_\_**

**PLEASE SUBMIT ONE CONSOLIDATED CHECK, PAYABLE TO:**

***SOUTH PLAINFIELD TIGER SHARKS***

**THIS SHEET MUST BE SUBMITTED BY 7/27/10.**