

NEW JERSEY SWIMMING AND DIVING CONFERENCE 2010 "B" LEAGUE SWIMMING CHAMPIONSHIPS

Hosted by
Cedar Hill Club

DATES:	Friday July 30, 2010		Saturday July 31, 2010
	Session 1 Ages 13 - 18		Session 2 Ages 8/Under - 12
	4:15 PM	WARM-UP	7:00 AM
	5:00 PM	Scratch Meeting	7:30 AM
	5:15 PM	Officials Meeting	8:00 AM
	5:30 PM	START TIME	8:30 AM

LOCATION: Cedar Hill Club - 156 Cedar Grove Lane, Somerset NJ 08873
Pool number: (732) 873- 2792

DIRECTIONS: Route 287 (North or South) to Exit # 10 – Easton Ave. (CR-527)
Follow exit ramp around to Easton Ave towards New Brunswick
First light is Cedar Grove lane, Turn Right onto Cedar Grove.
Follow Cedar Grove lane approximately 1.5 miles.
There is a small blue and white sign on the LEFT for CHC, about 200 yards after
intersection of New Brunswick Ave. – Make left into parking lot. .

FACILITY: Six (6) lane, twenty-five (25) yard outdoor pool; nominal depth – 6 feet; non-turbulent lane lines, snack bar; parking lot; and marshalling.

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 11 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”*.

TEAM ENTRIES: Each team may enter as many swimmers as it desires in each event. A team may enter only two relays per event. All teams are required to provide timers for the duration of the meet. Each team should plan for a minimum of: **4 timers per session** with their own watches (stop watches must be capable of timing to 1/100th of a second). Larger teams may be required to provide additional timers. Each team must supply at least **2 certified officials per session**. Officials should schedule their session assignments via email to nesbittl@comcast.net. **Teams that do not complete their Timing and Officiating assignments will have their swimmers scratched from the meet.**

ENTRY DEADLINE: Team entries must be **RECEIVED** by 7:00 PM on **Monday July 26, 2010**
Mail, e-mail, express courier, or hand delivery to:

Karen Melillo Karen@MJM.com
32 Horseshoe Dr.
Hillsborough, NJ 08844

Make checks payable to **Cedar Hill Club**. No late entries will be accepted.
Entries **MUST** be submitted via a Hy-Tek Team Manager file.

TEAMS who do not have their entries in on time and in Team Manager format will not be allowed to participate.

NEW JERSEY SWIMMING AND DIVING CONFERENCE 2010 "B" LEAGUE SWIMMING CHAMPIONSHIPS

Hosted by
Cedar Hill Club

- ENTRY TIMES:** Must include best time in YARDS. Conversions are acceptable. As per NJSDC Rulebook: "*All entries with no times or times that cannot be verified will be scratched and the fee forfeited. Times will be converted from meters to yards by multiplying the meter time by .909.*"
- ENTRY FEES:** \$3.00 per individual event. \$10.00 for each relay team.
Entry fees are **not** refundable.
- 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 AND SCRATCH:** Events will be seeded at the meet. Swimmers **must** check in with the Clerk of Course 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.
- 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 Cedar Hill Club, 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. **Only registered Coaches and Officials will be admitted without charge.** Officials, if not pre-registered, must register at the gate. Individual meet session programs will be available for \$3.00 a session.
- QUESTIONS:** Contact Meet Director, Laura Nesbitt (732) 266-9638 or e-mail to nesbittl@comcast.net.
- 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. The Main pool will be open to swimmers as warm down only. Use of Diving Boards is prohibited. Coaches must insure their swimmers follow this rule.

SPECIAL NOTICE:
PARKING IS VERY LIMITED FOR A MEET OF THIS SIZE.
PLEASE CARPOOL!!!

NEW JERSEY SWIMMING AND DIVING CONFERENCE 2010 "B" LEAGUE SWIMMING CHAMPIONSHIPS

Session 1 Friday July 30th - 5:30 PM Start

GIRLS EVENT #	EVENT	Boys Event #
1	13 – 18 200 IM	2
3	13 – 18 200 Medley Relay	4
5	13 – 14 100 Free	6
7	15 – 18 100 Free	8
9	13 – 14 100 Breast	10
11	15 – 18 100 Breast	12
13	13 – 14 100 Fly	14
15	15 – 18 100 Fly	16
17	13 – 14 100 Back	18
19	15 – 18 100 Back	20
21	13 – 18 200 Free	22
23	13 – 18 200 Free Relay	24

Session 2 Saturday July 31st - 8:30 AM Start

GIRLS EVENT #	EVENT	Boys Event #
25	10/U 100 I.M.	26
27	11 - 12 100 I.M.	28
29	8/U 100 Medley Relay	30
31	9 - 12 200 Medley Relay	32
33	8/U 25 Free	34
35	9 - 10 50 Free	36
37	11 - 12 50 Free	38
39	8/U 25 Breast	40
41	9 - 10 50 Breast	42
43	11 - 12 50 Breast	44
45	10/U 100 Free	46
47	11 – 12 100 Free	48
49	8/U 25 Back	50
51	9 - 10 50 Back	52
53	11 - 12 50 Back	54
55	8/U 25 Fly	56
57	9 - 10 50 Fly	58
59	11 - 12 50 Fly	60
61	8/U 100 Free Relay	62
63	9 - 12 200 Free Relay	64

**NEW JERSEY SWIMMING AND DIVING CONFERENCE
2010 "B" LEAGUE SWIMMING CHAMPIONSHIPS**

**THERE WILL BE A
MANDATORY SEEDING MEETING
HELD ON**

TUESDAY JULY 27TH

7:30 P.M. SHARP

AT

**CEDAR HILL CLUB
SOMERSET, NJ**

At this meeting you will receive verification sheets for your entries. Please be prepared to correct any errors at that time. Bring with your team roster and meet sheets for this season so that you are prepared to verify all information submitted on your entry forms.

We look forward to seeing you on the 27th. If you have any questions please call:

Laura Nesbitt, Meet Director (732) 266-9638

NEW JERSEY SWIMMING AND DIVING CONFERENCE 2010 "B" LEAGUE SWIMMING CHAMPIONSHIPS

ENTRY CHECKLIST

Team Name

Coach _____

When submitting entries for Championships, include this form, with all information completed and check to be sure you have included each item on the list.

Checklist

- | | | |
|-------|-----------------------------|---|
| _____ | Entry Checklist (this form) | <i>Make sure you include names of certified officials only...</i> |
| _____ | TM Entries Files. | <i>Go to Hy-Tek Web site for TM-Lite if needed!!!</i> |
| _____ | "A" Relay Entry Sheets | |
| _____ | "B" Relay Entry Sheets | |
| _____ | Entry Fees | |

OPTIONAL Sheets Checklist. (You do not have to fill these out)

- | | | |
|-------|---|---|
| _____ | Entry Sheets for
Girls Individual Events | <i>Please check to be sure that no information has been omitted.
Swimmers are <u>not</u> eligible if Date of Birth is not included.</i> |
| _____ | Entry Sheets for
Boys Individual Events | |

Entry Fees

- | | | |
|-------|-----------------------------|------------|
| _____ | Individual Entries @ \$3.00 | = \$ _____ |
| _____ | Relay Entries @ \$10.00 | = \$ _____ |
| | Total Enclosed | = \$ _____ |

Officials

The following information is required along with your entries. All teams must supply names of people responsible for officiating. Names will be registered at the gate and **OFFICIALS** will be admitted free.

Officials for Friday Night	
1.	
2.	

Officials for Saturday Morning	
1.	
2.	

COACHES must bring with them a list of 4 timers per session and all timers must check in before the Scratch meeting.

Coaches Signature _____

**NEW JERSEY SWIMMING AND DIVING CONFERENCE
2010 "B" LEAGUE SWIMMING CHAMPIONSHIPS**

ENTRY SHEET FOR "A" RELAY'S (MEDLEY)

Team _____ Coach _____

Age Group	Event #	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Best Time
8/U	Girls #29 Medley					
	Alternates					
8/U	Boys #30 Medley					
	Alternates					
9/12	Girls #31 Medley					
	Alternates					
9/12	Boys #32 Medley					
	Alternates					
13/18	Girls #3 Medley					
	Alternates					
13/18	Boys #4 Medley					
	Alternates					

**NEW JERSEY SWIMMING AND DIVING CONFERENCE
2010 "B" LEAGUE SWIMMING CHAMPIONSHIPS**

ENTRY SHEET FOR "A" RELAY'S (FREE)

Team _____ Coach _____

Age Group	Event #	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Best Time
8/U	Girls #61 Free Relay					
	Alternates					
8/U	Boys #62 Free Relay					
	Alternates					
9/12	Girls #63 Free Relay					
	Alternates					
9/12	Boys #64 Free Relay					
	Alternates					
13/18	Girls #23 Free Relay					
	Alternates					
13/18	Boys #24 Free Relay					
	Alternates					

List only "A" relays on this sheet. If you have additional relays please use the sheet marked "B" Relays.

Please be certain to use the same name for relays that you used for individual events.

USE CAUTION WHEN PREPARING ENTRIES TO INSURE THAT THE EVENT NUMBER IS CORRECT - ENTRIES WILL BE ENTERED BY NUMBER ONLY!!!

**NEW JERSEY SWIMMING AND DIVING CONFERENCE
2010 "B" LEAGUE SWIMMING CHAMPIONSHIPS**

ENTRY SHEET FOR "B" RELAY'S (MEDLEY)

Team _____ Coach _____

Age Group	Event #	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Best Time
8/U	Girls #29 Medley					
	Alternates					
8/U	Boys #30 Medley					
	Alternates					
9/12	Girls #31 Medley					
	Alternates					
9/12	Boys #32 Medley					
	Alternates					
13/18	Girls #3 Medley					
	Alternates					
13/18	Boys #4 Medley					
	Alternates					

**NEW JERSEY SWIMMING AND DIVING CONFERENCE
2010 "B" LEAGUE SWIMMING CHAMPIONSHIPS**

ENTRY SHEET FOR "B" RELAY'S (FREE)

Team _____ Coach _____

Age Group	Event #	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Best Time
8/U	Girls #61 Free Relay					
	Alternates					
8/U	Boys #62 Free Relay					
	Alternates					
9/12	Girls #63 Free Relay					
	Alternates					
9/12	Boys #64 Free Relay					
	Alternates					
13/18	Girls #23 Free Relay					
	Alternates					
13/18	Boys #24 Free Relay					
	Alternates					

List only "B" relays on this sheet. "A" Relays should be entered on sheets marked "A" Relays.

Please be certain to use the same name for relays that you used for individual events.

USE CAUTION WHEN PREPARING ENTRIES TO INSURE THAT THE EVENT NUMBER IS CORRECT - ENTRIES WILL BE ENTERED BY NUMBER ONLY!!!