

	<p>regardless of distance.</p> <ul style="list-style-type: none"> • Time trials are open to all swimmers entered into the meet. • Each swimmer is limited to a maximum of three (3) time trials during the meet. • Athletes need to provide their own timers for time trials. • Be aware that time trials count towards the daily maximum of four (4) events. • Registration for time trials will close at 12:00 pm on Saturday and Sunday, • Time trials will be conducted as long as there is time available. • Time trials on Saturday & Sunday must conclude by 3:00 pm. • The order of events for time trials is listed below. Note that there will only be one heat of the 1500 freestyle and 800 freestyle offered on Saturday or Sunday • Saturday time trials: Saturday events/Sunday events/800 Free/1500 Free, in that order. • Sunday time trials: Sunday events/Saturday events/800 Free/1500 Free, in that order. 				
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.				
Entry Limits:	<table border="0"> <tr> <td>Daily:</td> <td>4 Individual events 1 Relay event</td> <td>Meet:</td> <td>8 Individual events 2 Relay events</td> </tr> </table>	Daily:	4 Individual events 1 Relay event	Meet:	8 Individual events 2 Relay events
Daily:	4 Individual events 1 Relay event	Meet:	8 Individual events 2 Relay events		
Checks Payable To:	Rutherford Swim Association				
Email Entry Files To:	chris@rutherfordswim.org				

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

Saturday		
Session 1	Morning	9-10 & 11-12
Session 2	Midday	Distance / Time Trial Session to Follow
Session 3	Afternoon	13 -14 & 15-19
Sunday		
Session 4	Morning	9-10 & 11-12
Session 5	Midday	Distance / Time Trial Session to Follow
Session 6	Afternoon	13 -14 & 15-19

Scoring:	Team Scoring will be kept
Awards:	<ul style="list-style-type: none"> ● Team awards will be given for the top 3 places in each age group category as well as the top 3 overall places. ● Every place in each event contested will earn points toward their team's total score. Example: There are 50 swimmers in the 100 Free. 1st place will be awarded 50 points towards their team score, each subsequent place will be reduced by 1 point.
Starts:	'Fly-over/Over-the-top' starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> ● Spectators will be permitted into the facility. ● Heat sheets will be available on Meet Mobile.
Concessions:	None.
Vendor:	None.
Distance Events:	<ul style="list-style-type: none"> ● The 400 & 400 IM events will be run fastest to slowest, alternating genders. Heats may be combined without an empty lane to save time. ● Swimmers are responsible to supply their own person to count and timer for distance and time trial sessions.
Heat Limited Events	<ul style="list-style-type: none"> ● Teams with swimmers who are beyond the session limit will be notified at least one week prior to the meet. Such swimmers may choose another event or remain in the event and possibly compete because of day-of-meet scratches. ● Swimmers who do not switch events and are closed out of the heat-limit event will have their entry fee refunded. Refunds will be made at the announcer's table during the meet. Swimmers or coaches must sign for refunds.
Internet Website Posting:	Internet location for all meet information will be on NJswim.org
Meet Requirement Statement:	In order to be eligible for the NJ Swimming Athlete Travel Grants for sectional and national level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming approved meet, this meet does not counts toward those participation requirements.

Session	#	Gender	Age	Event	Equal/Faster
1	1	Mixed	11 - 12	200 Medley Relay	
1	2	Mixed	9 -10	200 Medley Relay	
1	3	Women	11-12	50 Freestyle	
1	4	Men	11-12	50 Freestyle	
1	5	Women	9-10	50 Freestyle	
1	6	Men	9-10	50 Freestyle	
1	7	Women	11-12	100 Butterfly	1:41.99
1	8	Men	11-12	100 Butterfly	1:41.99
1	9	Women	9-10	100 Butterfly	2:14.99

Session	#	Gender		Age	Event	Equal/Faster
1	10	Men	9-10	100	Butterfly	2:14.99
1	11	Women	11-12	50	Breaststroke	
1	12	Men	11-12	50	Breaststroke	
1	13	Women	9-10	50	Breaststroke	
1	14	Men	9-10	50	Breaststroke	
1	15	Women	11-12	100	Backstroke	1:38.99
1	16	Men	11-12	100	Backstroke	1:38.99
1	17	Women	9-10	100	Backstroke	2:02.99
1	18	Men	9-10	100	Backstroke	2:02.99
1	19	Women	11-12	200	Freestyle	3:02.99
1	20	Men	11-12	200	Freestyle	3:02.99
1	21	Women	9-10	200	Freestyle	3:50.99
1	22	Men	9-10	200	Freestyle	3:50.99
Session	Event #	Gender		Age	Event	Equal/Faster
2	23	Women	11 - 12	400	Free	6:15.99
2	24	Men	11 - 12	500	Free	6:15.99
2	25	Women	13-14	400	Free	5:40.99
2	26	Men	13-14	400	Free	5:40.99
2	27	Women	15-19	400	Free	5:09.99
2	28	Men	15-19	400	Free	5:09.99
Session	Event #	Gender		Age	Event	Equal/Faster
3	29	Mixed	13-14	200	Medley Relay	
3	30	Mixed	15-19	200	Medley Relay	
3	31	Women	13-14	100	Backstroke	1:28.99
3	32	Men	13-14	100	Backstroke	1:25.99
3	33	Women	15-19	200	I.M.	3:03.99
3	34	Men	15-19	200	I.M.	2:42.99
3	35	Women	13-14	100	Butterfly	1:31.99
3	36	Men	13-14	100	Butterfly	1:28.49
3	37	Women	15-19	100	Butterfly	1:30.99
3	38	Men	15-19	100	Butterfly	1:22.99

Session	#	Gender		Age	Event	Equal/Faster
3	39	Women	13-14	200	I.M.	3:03.99
3	40	Men	13-14	200	I.M.	2:48.99
3	41	Women	15-19	200	Breaststroke	3:25.99
3	42	Men	15-19	200	Breaststroke	3:06.99
3	43	Women	13-14	50	Freestyle	
3	44	Men	13-14	50	Freestyle	
3	45	Women	15-19	100	Freestyle	1:15.99
3	46	Men	15-19	100	Freestyle	1:07.99
3	47	Women	13-14	200	Backstroke	3:03.99
3	48	Men	13-14	200	Backstroke	2:54.99
Session	Event #	Gender		Age	Event	Equal/Faster
4	49	Mixed	11 - 12	200	Free Relay	
4	50	Mixed	9-10	200	Free Relay	
4	51	Women	11 - 12	50	Backstroke	
4	52	Men	11 - 12	50	Backstroke	
4	53	Women	9-10	50	Backstroke	
4	54	Men	9-10	50	Backstroke	
4	55	Women	11 - 12	100	Breaststroke	1:53.99
4	56	Men	11 - 12	100	Breaststroke	1:53.99
4	57	Women	9-10	100	Breaststroke	2:19.99
4	58	Men	9-10	100	Breaststroke	2:19.99
4	59	Women	11 - 12	50	Butterfly	
4	60	Men	11 - 12	50	Butterfly	
4	61	Women	9-10	50	Butterfly	
4	62	Men	9-10	50	Butterfly	
4	63	Women	11 - 12	100	Freestyle	1:23.99
4	64	Men	11 - 12	100	Freestyle	1:23.99
4	65	Women	9-10	100	Freestyle	1:46.99
4	66	Men	9-10	100	Freestyle	1:46.99
4	67	Women	11 - 12	200	I.M.	3:16.99
4	68	Men	11 - 12	200	I.M.	3:16.99

Session	#	Gender		Age	Event	Equal/Faster
Session	Event #	Gender		Age	Event	Equal/Faster
5	69	Women	11 - 12	400	I.M.	7:21.99
5	70	Men	11 - 12	400	I.M.	7:14.99
5	71	Women	13-14	400	I.M.	6:30.99
5	72	Men	13-14	400	I.M.	6:06.99
5	73	Women	15-19	400	I.M.	6:23.99
5	74	Men	15-19	400	I.M.	5:47.99
Session	Event #	Gender		Age	Event	Equal/Faster
6	75	Mixed	15-19	200	Free Relay	
6	76	Mixed	13-14	200	Free Relay	
6	77	Women	15-19	200	Backstroke	2:59.99
6	78	Men	15-19	200	Backstroke	2:46.99
6	79	Women	13-14	200	Freestyle	2:38.99
6	80	Men	13-14	200	Freestyle	2:28.99
6	81	Women	15-19	50	Freestyle	
6	82	Men	15-19	50	Freestyle	
6	83	Women	13-14	100	Breaststroke	1:44.99
6	84	Men	13-14	100	Breaststroke	1:34.99
6	85	Women	15-19	100	Backstroke	1:30.99
6	86	Men	15-19	100	Backstroke	1:21.99
6	87	Women	13-14	100	Freestyle	1:15.99
6	88	Men	13-14	100	Freestyle	1:11.99
6	89	Women	15-19	200	Freestyle	2:42.99
6	90	Men	15-19	200	Freestyle	2:23.99
6	91	Women	13-14	200	Breaststroke	3:28.99
6	92	Men	13-14	200	Breaststroke	3:15.99
6	93	Women	15-19	100	Breaststroke	1:44.99
6	94	Men	15-19	100	Breaststroke	1:34.99

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 meet has closed or after the entry deadline (whichever comes first) except for events that may be scratched from the 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.
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 are permitted.
Relays:	<ul style="list-style-type: none"> • Relay scratches should be turned in at the required time noted by the meet director. • Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.
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>

<p>Host Club Responsibilities:</p>	<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.
<p>Participating Club Responsibilities:</p>	<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.
<p>Coaches Conduct & Eligibility:</p>	<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.
<p>Officials Conduct & Eligibility:</p>	<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.
<p>Meet Format Waiver:</p>	<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.
<p>Warm-up Procedures:</p>	<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, locker rooms, and behind the starting blocks.
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>