

<u>Name of Meet</u>	Eastern Express' 17th Annual SUMMER SIZZLE
<u>Meet Sanction #:</u>	Sanction #: NJS062207LC
<u>Host Club:</u>	<i>Eastern Express Swim Team.</i>
<u>Date of Meet:</u>	Friday, June 22 to Sunday, June 24, 2007
<u>Location:</u>	Facility: The pool is located in the Sonny Werblin Recreation Center on the Busch Campus at Rutgers University in Piscataway, New Jersey. It is an Olympic-sized 50 meter 8-lane pool. There is an auxiliary pool (patio pool) for warm-up and cool down, and ample seating for spectators.
<u>Meet Director:</u>	Ellen W. Mace, 609.558.0988, purplemommy@juno.com
<u>Meet Referee:</u>	Sarah Ferguson, sarahwferguson@gmail.com .
<u>Meet Marshall:</u>	Grey Jones, grey.jones@filearning.com , 609.466.9000
<u>Team Contact:</u>	Brent Matheson, bmatheson@aol.com , 908.295.8133
<u>Entry Coordinator:</u>	BE Smartt, Inc. will be the Entry Coordinator, E-Mail: entries1@juno.com <ul style="list-style-type: none"> • 1.609.558.0988 • Best time to call after 8:00PM and weekends • Make checks payable to Express Sports, Inc.
<u>Entry Deadline:</u>	All entries will be accepted on a first come bases. All entries must be either MM or TM entries. All New Jersey Swimming Clubs will be accepted up to Friday, May 25th, 2007 at 5:00PM. Entry Deadline Date: Friday, June 8th, 2007 Mail Entries to : BE SMARTT INC., 604 Paxson Avenue, Mercerville, NJ 08619 <ul style="list-style-type: none"> • Team entries will be considered accepted when entries are entered into Meet Manager. • Host club has the option to scratch swimmers and clubs from meet for non-payment of entry fees. • Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. • There will be a New Jersey Swimming early entry date. All New Jersey Swimming Clubs will be accepted up to Friday, May 25th, 2007 at 5:00PM. All other LSC's and NJS entries will be entered on a "when received" basis. • If you are not e-mailing your entries, then overnight or express mail is recommended, <i>but waive the signature.</i> • It is not necessary to overnight or express mail hard copy and check which are sent in support of an e-mailed entry.
<u>Meet Format Waiver:</u>	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 these changes would be: <ul style="list-style-type: none"> • To allow more swimmers to swim. • To conform to facility capacity limits. • To conform to RUTGERS special activities, i.e. Project Graduation on Friday, June 22, 2007.
<u>Internet Website Posting:</u>	Website address: www.besmarttinc.com Pre-Meet Information posted on website. <ul style="list-style-type: none"> • Meet Information will be posted on the website. • Downloadable Hy-Tek Events list (HYV.file) will be posted on the website. • Teams whose entries have been received. • Updated meet schedule. • Warm-up Schedule and Team Warm-up Assignments. • Timing assignments. Post-Meet Information posted on website. <ul style="list-style-type: none"> • Downloadable Results (CL.2 file) • Downloadable Meet Back-up (Backup.zip File)
<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.
<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> • All coaches "on the deck" must be registered members of USA Swimming.

	<ul style="list-style-type: none"> Coaches must visibly show coaching card at all times.
<u>Swimmer Eligibility:</u>	<ul style="list-style-type: none"> All swimmers must be members of USA Swimming to enter and compete in this meet. All swimmers must be listed on a team's official entry form (hardcopy for TM) to be eligible to participate in this swim meet in any events including relays. 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. There will be 10 & Under, 11-12, 12/U, combined 13-14 and Open events This is an Invitational meet, all swimmers must have times faster than the meet qualifying time standards. <p>Individual and Relay Limits:</p> <ul style="list-style-type: none"> New Jersey Swimming Policy only allows swimmers to enter and compete in 3 individual events per day. Swimmers may compete in one (1) relay per day/session. All Open relays will be contested at the PM finals only. <p>Age at Meet:</p> <ul style="list-style-type: none"> Age for this meet is calculated as of June 22, 2007.
<u>Meet Format:</u>	<ul style="list-style-type: none"> This meet will be run in accordance to current USA Swimming Rules. This meet will be run as a timed final meet for 10/Unders and 11/12's. This meet will be run as a prelim and final meet for 13/overs with a consolation and final heat for 13/14's and a consolation and final heat for Open swimmers; the USA Swimming scratch rule will be in effect. The relays will be run as Open timed final events in the PM session only. The 800/1500 Freestyle events will be timed finals in a separate session following AM Prelims. This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks.
<u>Meet Schedule:</u>	<ul style="list-style-type: none"> The building will open at 7:10AM. This meet will have combined prelim sessions for 13/overs, a separate session for the 800 and 1500 Free, a timed final session for 12/Unders, and then finals for 13/14 and Open swimmers.

Session Schedule: (All three days)		Warm-up	Start
AM Session	13/Overs, Check-in by 7:50AM	7:15AM	8:20AM
800/1500 Free	Open	TBA	TBA
Afternoon	12/Unders, Check in by 2:00PM	1:25PM	2:30PM
Finals/Sat. & Sun.	Finals for 13/14's and Open & Relays	5:45PM	6:50PM
FRIDAY FINALS		4:55 PM (Patio Pool)	6:00PM

Due to Project Graduation on Friday evening, Rutgers requires that finals end by 8:00PM.

<u>Warm-up Procedures:</u>	<p>New Jersey Swimming requires a minimum of 60 minutes of warm-ups for all New Jersey Swim Meets. All teams must be given a minimum of thirty minutes of warm-ups. .</p> <p>New Jersey Swimming Warm-up and Safety Guidelines:</p> <ul style="list-style-type: none"> Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes. All swimmers are entitled to a fair and comparable warm-up. All teams MUST get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes. <p>Entry Into Pool:</p> <ul style="list-style-type: none"> All swimmers must enter the pool from the starting end of the pool. <p>Host Team Monitoring Warm-ups.</p> <ul style="list-style-type: none"> Uniformed and designated meet marshals will monitor warm-ups. All general warm-up lanes will swim in a counterclockwise direction. <p>Warm-up Schedules.</p> <ul style="list-style-type: none"> The warm-up sessions will be two 30-minute warm-ups divided by teams. There will be designated sprint lanes/pace lanes during the last 10 minutes. Warm-up schedules will be e-mailed and posted on the website. Warm-up for the 800/1500 events will be in the patio pool.
<u>Entry Times:</u>	<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 faster than qualifying time standard for this meet.

	<ul style="list-style-type: none"> All entry times must be in long course meters, no converted time. <u>Proof of time</u> will be required for any individual event 400 meters or longer; Hy-tek proof of time sheet will be acceptable.
<u>Check-In:</u>	<ul style="list-style-type: none"> All check-in sheets must be turned into the control room 30 minutes before the start of each session. 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 his/her name and the event number circled with "SCR" next to the circle. All distance events will have a positive check-in that will be posted in the control room. All relay events will have a positive check-in that will be posted in the control room.
<u>Starts:</u>	<ul style="list-style-type: none"> New Jersey Swimming requires that whistle starts be used. The host club will determine if overhead starts will be used after a time line has been produced. This information will be e-mailed and posted in the pre-meet information.
<u>Distance Events:</u>	<ul style="list-style-type: none"> The 1500/800 Freestyle events will be run fastest to slowest as a separate session at the conclusion of the AM prelims. The 1500/800 Freestyle events will alternate women and men. Heats will be combined to consolidate if appropriate. Swimmer must have their own timer and a person to count. <u>Proof of time</u> is required for entry into these events.
<u>Heat Limited Events:</u>	<ul style="list-style-type: none"> The 13/Over 400 Freestyle and 400 IM will be limited to 8 heats. The 12/U 400 Freestyle and 400 IM will be limited to 4 heats. The 800 and 1500 Freestyles will be limited to 3 heats. This info will be published when all entries are received at www.besmartinc.com
<u>Relays:</u>	<ul style="list-style-type: none"> Coaches must turn in relay cards prior to that relay swimming listing correct swimmers names and correct order. There is no limit on the number of relays that can be entered. There will be a positive check-in for relays in the control room during the AM sessions.
<u>Scoring:</u>	<ul style="list-style-type: none"> Team scoring will be kept. 16 place scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays.
<u>Awards:</u>	<ul style="list-style-type: none"> Medals will be awarded to the top 3 swimmers in each individual event. Medals will be awarded to the top 3 relays in each relay event.
<u>Entry Fees:</u>	<ul style="list-style-type: none"> Individual Entry Fee for 13/Over events: \$5.00 Individual Entry Fee for 12/Under events: \$4.00 Relay Entry Fee: \$9.00 Make checks payable to: Express Sports Inc.
<u>Admissions and Programs:</u>	<ul style="list-style-type: none"> Admission will be \$6.00 per session. Cost of Program will be \$10.00 for the entire meet. Entry to PM finals will be \$6.00. Finals programs will be gratis; one per family while supply lasts.
<u>Entries:</u>	<ul style="list-style-type: none"> In accordance with NJS 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. 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 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. An entry summary with a signed NJ Swimming waiver and a check must accompany or follow each mailed entry. Accuracy of seed times is essential. Incomplete entries will not be accepted. Deck entries will not be accepted. No phone or faxed entries will be accepted. Teams entered will be posted at www.besmartinc.com.
<u>Results:</u>	<ul style="list-style-type: none"> All Teams will be asked on the meet summary whether they want results mailed or e-mailed. Results can be ordered from the admission table. For a cost of \$10.00
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none"> The host club will provide a single timer in each lane throughout the meet. The host club will have stopwatches available for volunteers helping to time. The host club will e-mail all club entries back to the participating clubs that are received via email.

	<ul style="list-style-type: none"> • The host club will create a warm-up schedule that will be fair and equal to all teams. This warm-up schedule will be e-mailed to all participating clubs and posted on the website: www.besmartinc.com no later than 72 hours before the meet. • The host club will 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 and posted on the website: www.besmartinc.com no later than 72 hours before the meet.
<u>Participating Club Responsibilities:</u>	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.besmartinc.com 72-hours prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. • Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.
<u>Concessions:</u>	Refreshments will be available in the lobby.
<u>Vendor:</u>	A swim shop vendor will be onsite during the meet.
<u>Hotels:</u>	Host Hotel: <i>Somerset Holiday Inn, 1.732.584.4612</i> , ask for special Summer Sizzle rates. <i>The Somerset Marriott, 1.732.716.1175.</i> <i>The Courtyard by Marriott on Davidson Avenue</i> <i>The Doubletree Executive Somerset on Atrium Drive</i>
<u>Directions:</u>	<p><i>From the NJ Turnpike, North or South</i> - Take Exit 9-New Brunswick and pay toll. **Follow signs for Route 18 North-New Brunswick. Proceed along Route 18 North, crossing the Raritan River on the John Lynch Bridge, approximately 3.7 miles. Continue to Busch Campus Exit, bear right on exit ramp and proceed on the entrance road to the traffic circle. Bear right at first turn off, go to first intersection, turn left to lot 64.</p> <p><i>From the Garden State Parkway Traveling South</i> - Follow Parkway South to Exit 129-New Jersey Turnpike. Travel south on the New Jersey Turnpike to Exit 9-New Brunswick. Follow directions from ** above.</p> <p><i>From the Garden State Parkway Traveling North</i> - Follow Parkway North to Exit 105-Route 18. Take Route 18 North and follow directions from ** above.</p> <p><i>From Route 287 Traveling North</i> - Take Route 287 North to Exit 9 (River Road, Bound Brook, Highland Park, 514 Spur). Follow River Road (514 Spur South) approximately 2 miles to Hoes Lane, turn left about ½ mile bear right and on campus just past the golf course entrance.</p> <p><i>From Route 287 Traveling South</i> - Take Route 287 South to Exit 9 (River Road, Bound Brook, Highland Park, 514 Spur) Follow River Road (514 Spur South) approximately 2 miles to Hoes Lane West, turn left about ½ mile bear right and on campus just past the golf course entrance.</p> <p><i>From US Highway 1, North or South</i> - Take the exit for Route 18 North - New Brunswick and proceed from ** above.</p>
<u>Order of Events:</u>	13/Over events will be swum in the same order in the finals as in preliminaries. All relays will be in the finals session only. The 1500/800 freestyles will be timed finals in a separate session after AM prelims.

SUMMER SIZZLE EVENTS AND Q-TIMES

SESSION 1: FRIDAY AM Combined 13/14 & OPEN

Event 1 Women 13-14 400 IM	5:58.49
Event 1 Women Open 400 IM	5:38.49
Event 2 Men 13-14 400 IM	5:51.29
Event 2 Men Open 400 IM	5:12.49
Event 3 Women 13-14 100 Free	1:11.39
Event 3 Women Open 100 Free	1:07.39
Event 4 Men 13-14 100 Free	1:07.29
Event 4 Men Open 100 Free	1:01.49
Event 5 Women 13-14 200 Back	2:53.59
Event 5 Women Open 200 Back	2:41.59
Event 6 Men 13-14 200 Back	2:44.89
Event 6 Men Open 200 Back	2:28.49
Event 7 Women 13-14 100 Breast	1:30.29
Event 7 Women Open 100 Breast	1:25.29
Event 8 Men 13-14 100 Breast	1:25.49
Event 8 Men Open 100 Breast	1:17.19
Event 9 Women Open 800 Free Relay (PM)	NT
Event 10 Men Open 800 Free Relay (PM)	NT

SESSION 2: OPEN 800'S

Event 11 Women 800 Free	9:54.59
Event 12 Men 800 Free	9:24.29

SESSION 3: FRIDAY PM 12/UNDERS

Event 13 Girls 10&U 100 Free	1:24.49
Event 14 Boys 10&U 100 Free	1:24.49
Event 15 Girls 11-12 100 Free	1:14.39
Event 16 Boys 11-12 100 Free	1:12.19
Event 17 Girls 10&U 50 Fly	43.49
Event 18 Boys 10&U 50 Fly	43.49
Event 19 Girls 11-12 50 Fly	37.09
Event 20 Boys 11-12 50 Fly	36.79
Event 21 Girls 10&U 200 IM	3:25.89
Event 22 Boys 10&U 200 IM	3:25.89
Event 23 Girls 11-12 200 IM	3:03.59
Event 24 Boys 11-12 200 IM	3:00.69
Event 25 Girls 10&U 100 Back	1:39.19
Event 26 Boys 10&U 100 Back	1:39.19
Event 27 Girls 11-12 100 Back	1:27.89
Event 28 Men 11-12 100 Back	1:25.19
Event 29 Women 10&U 400 Free	6:16.09
Event 30 Men 10&U 400 Free	6:16.09
Event 31 Women 12/U 200 Breast	3:24.79
Event 32 Men 12/U 200 Breast	3:24.79

SESSION 5: SATURDAY AM Combined 13/14 & OPEN

Event 33 Women 13-14 400 Free	5:07.49
Event 33 Women Open 400 Free	4:50.49
Event 34 Men 13-14 400 Free	5:01.49
Event 34 Men Open 400 Free	4:39.49
Event 35 Women 13-14 100 Back	1:21.29
Event 35 Women Open 100 Back	1:15.89
Event 36 Men 13-14 100 Back	1:16.89
Event 36 Men Open 100 Back	1:09.79
Event 37 Women 13-14 200 Fly	2:49.59
Event 37 Women Open 200 Fly	2:38.49
Event 38 Men 13-14 200 Fly	2:42.29
Event 38 Men Open 200 Fly	2:27.29
Event 39 Women 13-14 50 Free	32.99
Event 39 Women Open 50 Free	30.99
Event 40 Men 13-14 50 Free	30.69
Event 40 Men Open 50 Free	28.19
Event 41 Women 13-14 200 IM	2:55.39
Event 41 Women Open 200 IM	2:42.99
Event 42 Men 13-14 200 IM	2:45.69
Event 42 Men Open 200 IM	2:31.09
Event 43 Women Open 400 Medley Relay (PM)	NT
Event 44 Men Open 400 Medley Relay (PM)	NT

SESSION 6: SATURDAY PM 12/UNDERS

Event 45 Girls 11-12 400 Free	5:32.39
Event 46 Boys 11-12 400 Free	5:30.89
Event 47 Girls 10&U 50 Free	37.79
Event 48 Boys 10&U 50 Free	37.79
Event 49 Girls 11-12 50 Free	33.99
Event 50 Boys 11-12 50 Free	33.09
Event 51 Girls 10&U 100 Breast	1:50.29
Event 52 Boys 10&U 100 Breast	1:50.29
Event 53 Girls 11-12 100 Breast	1:35.69
Event 54 Boys 11-12 100 Breast	1:34.59
Event 55 Girls 10&U 50 Back	45.39
Event 56 Boys 10&U 50 Back	45.39
Event 57 Girls 12 & Under 200 Medley Relay	NT
Event 58 Boys 12 & Under 200 Medley Relay	NT
Event 59 Girls 11-12 50 Back	39.79
Event 60 Boys 11-12 50 Back	39.29
Event 61 Girls 12/U 200 Fly	3:05.29
Event 62 Boys 12/U 200 Fly	3:05.29

SESSION 8: SUNDAY AM Combined 13/14 & OPEN

Event 63 Women 13-14 200 Breast	3:15.69
Event 63 Women Open 200 Breast	3:04.29
Event 64 Men 13-14 200 Breast	3:06.99
Event 64 Men Open 200 Breast	2:47.09
Event 65 Women 13-14 200 Free	2:32.59
Event 65 Women Open 200 Free	2:23.19
Event 66 Men 13-14 200 Free	2:26.09
Event 66 Men Open 200 Free	2:13.49
Event 67 Women 13-14 100 Fly	1:17.79
Event 67 Women Open 100 Fly	1:13.09
Event 68 Men 13-14 100 Fly	1:13.29
Event 68 Men Open 100 Fly	1:06.59
Event 69 Women Open 400 Free Relay (PM)	NT
Event 70 Men Open 400 Free Relay (PM)	NT

SESSION 9: OPEN 1500'S

Event 71 Women 1500 Free	18:56.09
Event 72 Men 1500 Free	18:06.09

SESSION 10: SUNDAY PM 12 & UNDERS

Event 73 Girls 10&U 200 Free	3:03.89
Event 74 Boys 10&U 200 Free	3:03.89
Event 75 Girls 11-12 200 Free	2:39.69
Event 76 Boys 11-12 200 Free	2:37.19
Event 77 Girls 10&U 50 Breast	50.19
Event 78 Boys 10&U 50 Breast	50.19
Event 79 Girls 11-12 50 Breast	43.59
Event 80 Boys 11-12 50 Breast	43.39
Event 81 Girls 12/U 200 Back	3:03.89
Event 82 Boys 12/U 200 Back	3:03.89
Event 83 Girls 10&U 100 Fly	1:40.69
Event 84 Boys 10&U 100 Fly	1:40.69
Event 85 Girls 12 & Under 200 Free Relay	NT
Event 86 Boys 12 & Under 200 Free Relay	NT
Event 87 Girls 11-12 100 Fly	1:24.19
Event 88 Boys 11-12 100 Fly	1:23.19
Event 89 Girls 11-12 400 IM	6:33.99
Event 90 Boys 11-12 400 IM	6:33.99

NEW JERSEY SWIMMING
SUMMER SIZZLE 2006

FRIDAY, SATURDAY AND SUNDAY, JUNE 23, 24, & 25, 2006

*****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 USA-Swimming, **Rutgers University, Express Sports Inc. and BE Smartt, Inc.** and their staff 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 CLUB: _____

USS CLUB ABBREVIATION: _____

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

_____ (Print Name)
_____ (Signature)
_____ (Address)
_____ (Telephone)

NAME(S) OR COACH: _____

LOCATION OF CLUB: _____ (City) _____ (State)

NAME/PHONE #/E-MAIL ADDRESS of person to contact regarding this entry:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO CONTACT REGARDING TIMERS/OFFICIALS:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO RECEIVE FINAL RESULTS:

Meet results via e-mail --or-- Meet results via disk/hard copy

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_____ Prelim/Final 13& Over Individual Event Entries @ \$5.00 = \$ _____

ENTRY _____ Time Final 12&Under Individual Event Entries @ \$4.00 = \$ _____

FEE
SUMMARY: _____ Relay Event Entries @ \$9.00 = \$ _____

TOTAL ENTRY FEES = \$ _____

MAKE CHECKS PAYABLE TO: EXPRESS SPORTS, INC.

New Jersey Swimming Inc.

Official Meet Verification Form

Club Name: _____ Club Code: _____

Club E-Mail Address: _____

Head Coaches Name: _____

Club Address: _____



**NEW JERSEY
SWIMMING**

I hereby certify that all swimmers and coaches listed on the entry or hard copy with disk entries, for the **SUMMER SIZZLE** to be held on **JUNE 23-25, 2006** 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 _____