

<u>Name of Meet:</u>	<u>X-CEL SWIMMING, INC.</u> <u>THE MEET of X-CELLENCE</u>
<u>Meet Sanction #:</u>	Sanction #NJS011307SC
<u>Host Club:</u>	This meet is hosted by: X-CEL SWIMMING, Inc.
<u>Date of Meet:</u>	SATURDAY, JANUARY 13 and SUNDAY, JANUARY 14, 2007
<u>Location:</u>	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. Two 8-lane by 25 yard courses will be used. There is ample seating for spectators.
<u>Meet Director:</u>	ELLEN W. MACE, 609.558.0988, entries1@juno.com
<u>Team Contact</u>	Lucy, headcoach@xcelswimming.org , 609.252.0206
<u>Meet Referee:</u>	Rod Rodis, rrodis@msn.com , 732.390.1781
<u>Meet Marshal:</u>	Jen (Ying Juan) Zheng, zhen888@gmail.com , 808.358.0563
<u>Entry Coordinator:</u>	BE Smartt, Inc will be the Entry Coordinator, E-Mail address: entries1@juno.com <ul style="list-style-type: none"> • 1.609.558.0988 • Best time to call after 8:00PM and weekends
<u>Entry Deadline:</u>	All entries will be accepted on a first come basis. Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. Team entries will not be considered as accepted unless the waiver and entry fees have been received. Entry Deadline Date: Friday, December 29, 2006 Mail Entries to : BE SMARTT INC., 604 Paxson Avenue, Mercerville, NJ 08619 Even if you are e-mailing your entries, then overnight or express mail is recommended, <i>but waive the signature.</i>
<u>Entries:</u>	In accordance with NJS policy, team entries may be submitted by E-mail to entries1@juno.com . (please use XCEL07 in subject line) All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail. <ul style="list-style-type: none"> • 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 sender'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. • Incomplete entries will not be accepted. • Deck entries will not be accepted. • Teams entered will be posted at www.besmarttinc.com.
<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. <ul style="list-style-type: none"> • To conform to facility capacity.
<u>Internet Website Posting:</u>	<ul style="list-style-type: none"> • Meet 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. • Hy-Tek Events list (HYV.file) will be posted on the website. • Teams whose entries have been received. • Updated meet schedule.

	<ul style="list-style-type: none"> • Warm-up Schedule and Team Warm-up Assignments. • Timing assignments. • Post-Meet Information posted on website. • Downloadable Results (CL.2 file) • Downloadable Meet Back-up (Backup.zip File)
<u>Meet Requirement Statement:</u>	This meet does qualify as "one" of the three required SHORT COURSE meets to be eligible for the New Jersey LC Zone Championship Team or for New Jersey National Championship Reimbursement.
<u>Coaches Eligibility:</u>	All coaches "on the deck" must be a registered member of USA Swimming. <ul style="list-style-type: none"> • Coaches must show coaching card for entrance to facility. • Coaches must have coaching card visible at all times while on deck.
<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 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. • No time standards will be used for this meet. • New Jersey Swimming only allows swimmers to enter and compete in 3 individual events per day and relays. • Age for this meet is calculated as of January 13, 2007.
<u>Meet Format:</u>	<p>This meet will be run in accordance to current USA Swimming Rules. This meet will be run as a timed final meet.</p> <p>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 directly.</p>
<u>Meet Schedule:</u>	The building opening time is no earlier than: 6:55AM. This meet will have three sessions on Saturday and Sunday.

Meet Schedule:

Saturday, January 13, 2007		Warm-up	Start
Session 1	All 12/Unders Check-in by 7:35AM	7:00AM	8:05AM
Session 2	All 400 IM's (Limited to eight heats per event) Teams will be notified if entries exceed the heat limit; refunds will be processed and mailed after the meet.	12:15PM	12:50PM
Session 3	All 13/19's—Check-in 30 minutes before start	Right after Session #2 TBA	Will have a 60 minute warm-up
Sunday, January 14, 2007		Warm-up	Start
Session 4	All 12/Unders Check-in by 7:35AM	7:00AM	8:05AM
Session 5	All 500 Freestyles (Limited to eight heats per event) Teams will be notified if entries exceed the heat limit; refunds will be processed and mailed after the meet.	12:15PM	12:50PM
Session 6	All 13/19's—Check-in 30 minutes before start	Right after Session #5 TBA	Will have a 60 minute warm-up

<u>Warm-up Procedures:</u>	<ul style="list-style-type: none"> • 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. • 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 must enter the pool from the starting end of the pool. • New Jersey Swimming officials will monitor warm-ups. <p><u>Warm-up Procedures based upon number of entries:</u></p> <ul style="list-style-type: none"> • There will be a one-hour warm-up session with sprint lanes offered in the final 15 minutes of warm-ups. • <u>OR (based on the number of swimmers/teams in the meet)</u> • 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. • There will be a fifteen minute warm-up prior to the beginning of the 500 Freestyle and 400 IM; positive check-in is required.
<u>Entry Times:</u>	New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. All entry times must be in short course yards.
<u>Check-In:</u>	All check-in sheets must be turned into the scoring table 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.
<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/fly-over" starts will be used after a time line has been produced. This information will be published in the pre-meet information and posted at www.besmartinc.com
<u>500 Freestyle and 400 IM Events</u>	<ul style="list-style-type: none"> • The 500 Freestyle Events and the 400 IM Events will be run in their own sessions. • The 500 Freestyle and the 400 IM Events will be run slowest to fastest. • These events will be limited to the fastest eight heats. • Swimmer must provide their own timer and person to count.
<u>Relays</u>	Coaches must turn in relay cards prior to that relay swimming listing correct swimmers names and correct order.
<u>Scoring:</u>	This meet will not be scored.
<u>Awards:</u>	Medals will be awarded for the top 3 swimmers in all age groups and for the top 3 swimmers in each age group of combined age group events. Medals will be awarded to the top 3 relays in each relay event.
<u>Entry Fees:</u>	Individual Entry Fee: \$3.00. Relays \$8.00, Make checks payable to: XCEL SWIMMING
<u>Admissions and Programs:</u>	Admission will be \$6.00 per session. Cost of Program will be \$10.00 for a 2-day program.
<u>Results:</u>	All teams must request on the meet summary whether they want results mailed or e-mailed.
<u>Host Club Responsibilities:</u>	<p>The host club will provide a single timer in each lane through out the meet, except for the 500 Freestyles and 400 IM's; swimmers will provide their own timers and lap counters.</p> <p>The entry coordinator will create a warm-up schedule and timing assignments 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.</p> <p>The host club will have stopwatches for any volunteer timer that needs one.</p>
<u>Participating Club Responsibilities:</u>	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

	<p>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.</p>
<u>Food Concessions:</u>	Food will be available in Jadwin Gymnasium.
<u>Vendor:</u>	A swim vendor will be in attendance.
<u>Directions:</u>	Princeton University DeNunzio Pool is conveniently located approximately one mile west of Route 1 via Route 571 (Washington Avenue.) At the first light, Faculty Road make a right, the parking lot and the pool will be on your left.
<u>Hotels:</u>	Holiday Inn, 100 Independence Way, 1.609.520.1200, Staybridge Suites, 4375 Route1, 1.609.951.0009, ask of 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

New Jersey Swimming Inc.

Official Meet Verification Form

Club Name: _____ Club Code: _____

Club E-Mail Address: _____

Head Coaches Name: _____

Club Address: _____



I hereby certify that all swimmers and coaches listed on the entry or hard copy with disk entries, for the **The Meet of Excellence** to be held on January 13 & 14, 2007 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 _____

The Meet of X-Cellence

ENTRY SUMMARY

Team: _____ **USA-S CLUB CODE:** _____

WAIVER

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/ours heirs, administrators and assigns, waive and release any and all claims against USA-Swimming, Princeton University, XCEL Swimming, BE Smartt, Inc. and their staff for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we am/are a bona-fide amateur athlete(s), USA registered, and eligible to compete in all of the events I/we have entered.

Signature of Club Official, Coach, and/or
Parent or Guardian

Name of Club: _____

USA Club Code: _____

Name(s) of Coach(es) _____

Address: _____

Phone #: _____ E-Mail: _____

Contact Person Responsible for Entries: _____

Phone #: _____

Fax #: _____

E-Mail: _____

Contact Person Regarding Timers and Officials: _____

Phone #: _____

Fax#: _____

E-Mail: _____

ENTRY FEE SUMMARY

Total # of Individual Entries _____ x \$3.00 = \$ _____

Total # of Relay Entries _____ x \$8.00 = \$ _____

Total Amount of Entry \$ _____

Total # of Swimmers _____

MAKE CHECKS PAYABLE TO: XCEL SWIMMING

Event List: No Qualifying Times:

Saturday AM 12/Unders		Sunday AM 12/Unders	
Event #	Event Name	Event #	Event Name
1	Girls 11-12 200 Freestyle Relay	53	Girls 11-12 200 Medley Relay
2	Boys 11-12 200 Freestyle Relay	54	Boys 11-12 200 Medley Relay
3	Girls 10 & Under 200 Freestyle Relay	55	Girls 10 & Under 200 Medley Relay
4	Boys 10 & Under 200 Freestyle Relay	56	Boys 10 & Under 200 Medley Relay
5	Girls 11-12 200 Freestyle	57	Girls 11-12 200 IM
6	Boys 11-12 200 Freestyle	58	Boys 11-12 200 IM
7	Girls 10 & Under 200 IM	59	Girls 10 & Under 100 IM
8	Boys 10 & Under 200 IM	60	Boys 10 & Under 100 IM
9	Girls 11-12 200 Backstroke	61	Girls 11-12 100 Backstroke
10	Boys 11-12 200 Backstroke	62	Boys 11-12 100 Backstroke
11	Girls 10 & Under 100 Backstroke	63	Girls 10 & Under 50 Backstroke
12	Boys 10 & Under 100 Backstroke	64	Boys 10 & Under 50 Backstroke
13	Girls 11-12 100 Breaststroke	65	Girls 11-12 200 Breaststroke
14	Boys 11-12 100 Breaststroke	66	Boys 11-12 200 Breaststroke
15	Girls 10 & Under 50 Breaststroke	67	Girls 10 & Under 100 Breaststroke
16	Boys 10 & Under 50 Breaststroke	68	Boys 10 & Under 100 Breaststroke
17	Girls 11-12 100 Butterfly	69	Girls 11-12 100 Freestyle
18	Boys 11-12 100 Butterfly	70	Boys 11-12 100 Freestyle
19	Girls 10 & Under 50 Butterfly	71	Girls 10 & Under 100 Butterfly
20	Boys 10 & Under 50 Butterfly	72	Boys 10 & Under 100 Butterfly
21	Girls 11-12 50 Freestyle	73	Girls 11-12 200 Butterfly
22	Boys 11-12 50 Freestyle	74	Boys 11-12 200 Butterfly
23	Girls 10 & Under 100 Freestyle	75	Girls 10 & Under 50 Freestyle
24	Boys 10 & Under 100 Freestyle	76	Boys 10 & Under 50 Freestyle
Saturday Mid All 400 IM's		Sunday Mid All 500 Freestyles	
25	Girls 11-12 400 IM	77	Girls 12 & Under 500 Freestyle
26	Boys 11-12 400 IM	78	Boys 12 & Under 500 Freestyle
27	Girls 13-19 400 IM	79	Girls 13-19 500 Freestyle
28	Boys 13-19 400 IM	80	Boys 13-19 500 Freestyle
Saturday PM 13/19's		Sunday PM 13/19's	
29	Girls 13-14 200 Freestyle Relay	81	Girls 13-14 200 Medley Relay
30	Boys 13-14 200 Freestyle Relay	82	Boys 13-14 200 Medley Relay
31	Girls 15-19 200 Freestyle Relay	83	Girls 15-19 200 Medley Relay
32	Boys 15-19 200 Freestyle Relay	84	Boys 15-19 200 Medley Relay
33	Girls 13-14 200 Freestyle	85	Girls 13-14 200 IM
34	Boys 13-14 200 Freestyle	86	Boys 13-14 200 IM
35	Girls 15-19 200 Freestyle	87	Girls 15-19 200 IM
36	Boys 15-19 200 Freestyle	88	Boys 15-19 200 IM
37	Girls 13-14 100 Breaststroke	89	Girls 13-14 100 Backstroke
38	Boys 13-14 100 Breaststroke	90	Boys 13-14 100 Backstroke
39	Girls 15-19 100 Breaststroke	91	Girls 15-19 100 Backstroke

40	Boys 15-19 100 Breaststroke	92	Boys 15-19 100 Backstroke
41	Girls 13-14 200 Backstroke	93	Girls 13-14 200 Breaststroke
42	Boys 13-14 200 Backstroke	94	Boys 13-14 200 Breaststroke
43	Girls 15-19 200 Backstroke	95	Girls 15-19 200 Breaststroke
44	Boys 15-19 200 Backstroke	96	Boys 15-19 200 Breaststroke
45	Girls 13-14 100 Butterfly	97	Girls 13-14 100 Freestyle
46	Boys 13-14 100 Butterfly	98	Boys 13-14 100 Freestyle
47	Girls 15-19 100 Butterfly	99	Girls 15-19 100 Freestyle
48	Boys 15-19 100 Butterfly	100	Boys 15-19 100 Freestyle
49	Girls 13-14 50 Freestyle	101	Girls 13-14 200 Butterfly
50	Boys 13-14 50 Freestyle	102	Boys 13-14 200 Butterfly
51	Girls 15-19 50 Freestyle	103	Girls 15-18 200 Butterfly
52	Boys 15-19 50 Freestyle	104	Boys 15-18 200 Butterfly