

| Name of Meet                | <p style="text-align: center;"><b>NEW JERSEY SWIMMING</b><br/> <b>SHORT COURSE 13-14 &amp; 15-19 'SILVER/BRONZE'</b><br/> <b>CHAMPIONSHIPS for 2007</b><br/> Hosted by Bergen Barracuda Swim Team</p>  |
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| Meet Sanction #:            | New Jersey Swimming Sanction #: <b>NJS031007SC</b>   |
| Date of Meet:               | Saturday and Sunday, March 10-11, 2007   |
| Location:                   | <ul style="list-style-type: none"> <li>• The pool is located in the Sonny Werblin Recreation Center on the Busch Campus at Rutgers University in Piscataway, New Jersey. The Center's main number is 732-445-0460; (this number is for emergencies only). All calls regarding this meet should be directed to the Meet Director.</li> <li>• There are two auxiliary pools, known as "patio pools" (for warm-up and warm-down), and seating for 1,000 spectators, including 400 chair-backed seats. The remaining seating is bleacher style.</li> <li>• Access to the pool deck will be via the staircase nearest the diving tower end of the pool. Stairs at the scoreboard end of the pool will only be used by officials, timers, and swimmers exiting the Main Pool.</li> </ul>   |
| Meet Director:              | <b>Mark Sadowski, 69 Cummings Court, Mahwah, NJ 07430 Phone: (201) 848-0786 E-Mail: <a href="mailto:hurtsadowski@optonline.net">hurtsadowski@optonline.net</a> *** DO NOT CALL AFTER 9:00 p.m. ***</b>   |
| Meet Referee:               | <b>Jim Meringer, 179 Indian Road, Wayne, NJ 07470 Phone: (973) 831-8979 E-mail: <a href="mailto:jimeringer@aol.com">jimeringer@aol.com</a> *** DO NOT CALL AFTER 9:00 p.m. ***</b>   |
| Meet Marshal:               | <b>Nicole Cicalo (845)365-0332 <a href="mailto:nicole@bbswim.org">nicole@bbswim.org</a></b>  |
| Entry Coordinator:          | <b>Roger Ridenour – Entry Person, 8 Lakeshore Drive, Lake Sapphire, Monroe, NY 10950 Phone: (845) 782.6441 (Call around noon or 9:00-9:30 p.m.) E-Mail: <a href="mailto:bbaracuda@yahoo.com">bbaracuda@yahoo.com</a></b>   |
| Meet Requirement Statement: | This meet qualifies, as "one" of the three required short course meets to be eligible for the New Jersey SC Zone Championship Team or for New Jersey National Championship Reimbursement.  |
| Internet Posting:           | All meet information will be posted at: <a href="http://www.bbswim.org/bb1319silverbronzechamps.html">http://www.bbswim.org/bb1319silverbronzechamps.html</a>  |
| Entry Deadline:             | <ul style="list-style-type: none"> <li>• No deck entries will be accepted.</li> <li>• <b>Entries must be received, (by e-mail or regular mail) no later than 6:00 p.m. on Wednesday March 1, 2007.</b></li> <li>• Please mail entries and fees to : <b>Roger Ridenour – Entry Person, 8 Lakeshore Drive, Lake Sapphire, Monroe, NY 10950</b></li> <li>• Phone: 845-782-6441 around noon or 9:00-9:30 p.m.</li> <li>• E-Mail: <a href="mailto:bbaracuda@yahoo.com">bbaracuda@yahoo.com</a></li> <li>• E-Mail entries will be posted on the Meet Website: <a href="http://www.bbswim.org/bb1319silverbronzechamps.html">http://www.bbswim.org/bb1319silverbronzechamps.html</a></li> <li>• If a team does not see their team entries on the Meet Website, then your entries were not received.</li> <li>• Not waiving signature of receipt on Express Mail will delay receipt.</li> <li>• Entries will be considered accepted when loaded into Meet Manager.</li> <li>• The host club has the right to scratch swimmers and/or teams whose entry fees and waiver forms have not been received prior to start of the meet.</li> <li>• <b>NO FAX OR PHONE ENTRIES WILL BE ACCEPTED.</b></li> </ul> |
| Entries:                    | <ul style="list-style-type: none"> <li>• In accordance with NJS policy, team entries may be submitted by E-mail to: <a href="mailto:bbaracuda@yahoo.com">bbaracuda@yahoo.com</a></li> <li>• All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail.</li> <li>• The meet entry coordinator will respond to e-mails entries within 48 hours. <b>If you do not receive an e-mail response within 48 hours, assume that your email has not been received.</b> 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.</li> <li>• An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each mailed entry.</li> <li>• Accuracy of seed times is essential. Incomplete entries will not be accepted.</li> <li>• Deck entries will not be accepted. No phone or faxed entries will be accepted.</li> </ul>   |
| Meet Format Waiver:         | <p>The host club has the right to change the format of the meet with the approval of the administrative 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 changes would be:</p> <ul style="list-style-type: none"> <li>• To allow more swimmers to swim.</li> <li>• To conform to facility capacity limits or for facility safety concerns.</li> <li>• To condense the meet into smaller time frames.</li> </ul> <p>Some of the changes that can be made: 1) adds a session, 2) heat limit distance events, 3) to</p>  |

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|                                  | condense sessions and 4) eliminate relays.  |
| <u>Amending Entries Process:</u> | Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The Entry Coordinator is Roger Ridenour, e-mail: <a href="mailto:bbaracuda@yahoo.com">bbaracuda@yahoo.com</a> The process shall be as follows: <ol style="list-style-type: none"> <li>The Host Team will enter each team into meet database as the entries are received.</li> <li>The entries for each team will be e-mailed to that team and posted on the 13-19 SilverBronze Champs webpage: <a href="http://www.bbswim.org/bb1319silverbronzechamps.html">http://www.bbswim.org/bb1319silverbronzechamps.html</a></li> <li>Upon receipt of the entry list for their team, the coach will be expected to proof the entries for their team. The coach must respond to the email, either indicating that the entries are accepted as is or amending as explained below.</li> <li>After the entry deadline (March 1<sup>st</sup>, 2007) has passed. Should a swimmer be missing from the entry list or if a swimmer is missing from an event, then the coach can enter the swimmer through the following process: <ul style="list-style-type: none"> <li>The coach needs to make a list of the missing entry information: swimmer's name, USA-S number, event number and entry time.</li> <li>The list of the missing swimmers and their events are then to be e-mailed to the Host Team Entry Coordinator (e-mail: <a href="mailto:bbaracuda@yahoo.com">bbaracuda@yahoo.com</a>) no later than 9:00 PM on the Wednesday (March 8<sup>th</sup>) before the start of the meet. Please do not email a Hy-Tek file.</li> <li>The entry fee for all events entered in this manner will be \$10.00 per event and payable before the start of the meet. Should the entry fee not be paid, then the swimmer(s) will not be permitted to swim in the amended events in the meet.</li> </ul> </li> </ol> |
| <u>Internet Website Posting:</u> | Official website for the 13-19 Silver/Bronze SC Championships 2007 is: <a href="http://www.bbswim.org/bb1319silverbronzechamps.html">http://www.bbswim.org/bb1319silverbronzechamps.html</a><br><u>Pre-Meet Information:</u> <ul style="list-style-type: none"> <li>Meet Information</li> <li>Hy-Tek Meet Events (HYV File)</li> <li>Relay Eligibility Meet Info for Team Manager</li> <li>Team Entry Status</li> <li>Distance Event Information</li> <li>Warm-up Assignments</li> <li>Timing Assignments</li> </ul> <u>Post-Meet Information:</u> <ul style="list-style-type: none"> <li>Final Results by sessions</li> <li>Hy-Tek Meet Manager Back-up</li> <li>Hy-Tek C-File Results</li> </ul>  |
| <u>Coaches Eligibility:</u>      | <ul style="list-style-type: none"> <li>All coaches "on the deck" must be members of USA Swimming.</li> <li>Coaches must show coaching card for entrance to facility.</li> <li>Coaches must have a visible coach's card when entering hospitality area.</li> </ul>   |
| <u>Swimmer Eligibility:</u>      | <ul style="list-style-type: none"> <li>All swimmers must be members of USA Swimming to enter and compete in this meet.</li> <li>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.</li> <li>This is a New Jersey Swimming Championship Meet; only New Jersey Swimming athletes may enter and compete in this meet.</li> </ul> <u>Unattached Swimmers.</u> <ul style="list-style-type: none"> <li>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.</li> </ul> <u>Age Groups that will be offered.</u> <ul style="list-style-type: none"> <li>There will be only 13-14 and 15-19 Events.</li> <li>All swimmers must have times slower than the current New Jersey Gold Time Standards.</li> </ul> <u>Individual and Relay Limits:</u> <ul style="list-style-type: none"> <li><b>New Jersey Swimming allows swimmers to compete in 3 individual events per day.</b> Swimmers may enter as many events as they qualify for but must scratch down to 3 events prior to the start of the session. If a swimmer is not scratched down to three events, then 'first three entered events that swam' will then be considered as the three events entered.</li> <li>Swimmers may compete in one (1) relay per day/session.</li> </ul> <u>Age at Meet:</u> <ul style="list-style-type: none"> <li>Age for this meet is: <b>Saturday, March 10th, 2007</b></li> </ul>  |
| <u>Meet Format:</u>              | <ul style="list-style-type: none"> <li>This meet will use both ends of the pool. Sessions will be divided by gender. Pools will be assigned when entries have been received.</li> <li>This meet will be run in accordance to 2007 USA Swimming Rules.</li> <li>This meet will be run as a time final meet.</li> </ul> <u>How seeding will be done.</u> <ul style="list-style-type: none"> <li>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 on their own.</li> <li>Relays will be run as the first event of each session and will be pre-seeded.</li> </ul>  |
| <u>Special Meet</u>              | <ul style="list-style-type: none"> <li>Since this meet will have only a single age group and gender swimming at each end of the</li> </ul>  |

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| <u>Format:</u>        | pool. Meet management will arrange for breaks between events to give swimmers optimum rest between events.   |
| <u>Meet Schedule:</u> | <ul style="list-style-type: none"> <li>The building will not open before 7:00 a.m. for swimmers and 7:15 a.m. for spectators.</li> <li>This meet will have four sessions per day.</li> <li>Mid-session and Afternoon session starting times will be announced once entries are received and a time line is established.</li> </ul> |

### **Meet Schedule:**

| <b>Saturday, March 10, 2007</b> |  | <b>Warm-up</b>     | <b>Start</b> |
|---------------------------------|--|--------------------|--------------|
| Session 1                       | 13-14 Girls & Boys Events                | 7:15 a.m.          | 8:15 a.m.    |
| Session 2                       | 13-19 Girls and Boys 1650 yd. Freestyle  | End of Session #1* | 20 minutes*  |
| Session 3                       | 15-19 Girls and Boys Events              | End of Session #2* | 60 minutes*  |
| Session 4                       | 15-19 Girls & Boys 500 yd. Freestyle     | End of Session #3* | 10 minutes*  |
| <b>Sunday, March 11, 2007</b>   |  | <b>Warm-up</b>     | <b>Start</b> |
| Session 5                       | 13-14 Girls & Boys Events                | 7:15 a.m.          | 8:15 a.m.    |
| Session 6                       | 13-19 Girls and Boys 1000 yd. Freestyle  | End of Session #5* | 20 minutes*  |
| Session 7                       | 15-19 Girls and Boys Events              | End of Session #6* | 60 minutes*  |
| Session 8                       | 15-19 Girls and Boys 400 yd. Ind. medley | End of Session #7* | 10 minutes*  |

- Starting times for all sessions after the first session each day will be determined after entries are received and a time line created!**

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| <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> <ul style="list-style-type: none"> <li>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.</li> </ul> <p><b><u>Entry Into Pool:</u></b></p> <ul style="list-style-type: none"> <li>All swimmers must enter the pool from the starting end of the pool.</li> </ul> <p><b><u>Host Team Monitoring Warm-ups.</u></b></p> <ul style="list-style-type: none"> <li>The warm-ups will be monitored by Bergen Barracuda Swim Team meet Marshals.</li> <li>All general warm-up lanes will swim in a counterclockwise direction.</li> </ul> <p><b><u>Warm-up Schedules.</u></b></p> <ul style="list-style-type: none"> <li>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.</li> </ul> |
| <u>Entry Times:</u>   | <ul style="list-style-type: none"> <li>New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time.</li> <li>All entry times must be slower than the New Jersey Short Course Yards Gold Time Standards.</li> <li>All entry times must be in short course yards.</li> </ul>   |
| <u>Check-In:</u>  | <ul style="list-style-type: none"> <li>All check-in sheets must be turned into the scoring table 35 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.</li> <li>All distance events will have a positive check-in that will be posted at the scoring table or the control room.</li> </ul>   |
| <u>Starts:</u>  | <ul style="list-style-type: none"> <li>The Meet Time Line will determine if 'Fly-over'/'Over-the-top' starts will be used. If there is a need to slow down the meet and at the discretion of the meet referee, swimmers will be allowed to get out of the pool.</li> </ul>  |
| <u>Distance Events: 500, 1000, 1650 yd. Frees and 400 yd. Ind. Medley</u> | <ul style="list-style-type: none"> <li>The 15-19 500 yd. Freestyle and 400 yd. Ind. Medley Events will be run fastest to slowest.</li> <li>The 15-19 500 yd. Freestyle and 400 yd. Ind. Medley events, swimmer must have their own timer and the 15-19 500 yd. Freestyle, swimmer must have their own timer and counter.</li> <li>The 13-19 1000 and 1650 yd. Freestyles will be combined 13-14 and 15-19 but will be scored separately. Swimmers must have their own timer and counter.</li> <li>The 13-19 1000 and 1650 yd. Freestyles will be run fastest to slowest.</li> </ul>   |
| <u>Heat Limited Events: 13-19 1000 &amp; 1650 yd. Freestyle</u>           | <ul style="list-style-type: none"> <li>There are no limited events in this NJS Championship meet.</li> <li>The host team will try to accommodate all swimmers in these events.</li> <li>Entries for these events should only be swimmers who have trained and are trying to make JO's. Swimmers who enter this event just "to make the distance" should not enter.</li> </ul>   |
| <u>Relays:</u>  | <ul style="list-style-type: none"> <li>All relays <b>MUST HAVE THE CORRECT FOUR NAMES LISTED AND THE CORRECT ORDER</b> for that relay to be eligible.</li> <li>Coaches must turn in relay cards prior to that relay swimming listing correct swimmer's names and correct order.</li> <li>Relays will be pre-seeded and teams will report to the block.</li> <li>Since this is a Silver Level Meet, <b>Only swimmers with "SLOWER THAN: GOLD TIME STANDARD" prior to this meet may swim on relays.</b> 13-14 and 15 &amp; Over Medley</li> </ul>   |

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|   | Relay swimmers <b>can not</b> swim that stroke on the 200 yd. Medley Relay if that swimmer has a Gold or better time in the 100 yard distance of that stroke: backstroke, breaststroke, or butterfly! The Meet Referee and/or the meet jury will handle any protest of relay swimmers during the meet. New Jersey Swimming will handle any protest of relay swimmers after the meet. (See NJ Swimming verification form.)   |
| <u>Scoring:</u>                             | Team Scoring will not be kept. All events will be scored as one level.  |
| <u>Awards:</u>                              | <ul style="list-style-type: none"> <li>• Medals will be awarded for the top 3 relays in each relay event.</li> <li>• Medals will be awarded for the top 8 swimmers in both the Bronze and Silver categories in each individual event.</li> </ul>  |
| <u>Entry Fees:</u>                          | <ul style="list-style-type: none"> <li>• Individual Entry Fee: \$4.00</li> <li>• Relay Entry Fee: \$8.00</li> <li>• Make checks payable to: <b>Bergen Barracuda Swim Team</b></li> </ul>  |
| <u>Admissions and Programs:</u>             | <ul style="list-style-type: none"> <li>• Admission will be \$6.00 per session.</li> <li>• Cost of Program will be \$12.00 for the entire meet.</li> </ul>   |
| <u>Results:</u>                             | <ul style="list-style-type: none"> <li>• All Teams will be asked on the meet Summary whether they want results mailed or e-mailed.</li> <li>• Results can be ordered from the scoring table. For a cost of \$15.00</li> </ul>   |
| <u>Host Clubs Responsibilities:</u>         | <ul style="list-style-type: none"> <li>• The host clubs will provide a single timer in each lane through out the meet.</li> <li>• The host club will have stopwatches available for volunteers helping to time.</li> <li>• The host club will e-mail all club entries back to the participating clubs.</li> <li>• 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 no later than 72 hours before the meet.</li> <li>• 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 no later than 72 hours before the meet.</li> </ul>  |
| <u>Participating Club Responsibilities:</u> | <ul style="list-style-type: none"> <li>• Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs 72-hours prior to the meet.</li> <li>• Participating club parents must stay off the pool deck except for timing assignments.</li> <li>• Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</li> </ul>   |
| <u>Concessions:</u>                         | Rutgers University will provide refreshments throughout the meet.   |
| <u>Vendor:</u>                              | Ultimate Swim Shop will be the Swimming Supply Vendor at this meet.   |
| <u>Hotels:</u>                              | <ul style="list-style-type: none"> <li>• Brunswick Hilton, Three Center Drive, East Brunswick, NJ 732-828-2001</li> <li>• Days Inn-South Plainfield, 2989 Hamilton Boulevard, South Plainfield, NJ 732-753-2600</li> <li>• Embassy Suite (closest to pool) 212 Centennial Ave, Piscataway, NJ 732-980-0500</li> <li>• Holiday Inn-Somerset, 195 Davidson Avenue, Somerset, NJ 732-356-1700</li> </ul>   |
| <u>Directions:</u>                          | <ul style="list-style-type: none"> <li>• <b><u>From the NJ Turnpike, North or South</u></b> - 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. Proceed through the light at the end of the bridge. Proceed along Metlars Lane approximately 2/10 of a mile and turn left onto Brett Road. Stay on Brett Road to Lot 64. Park in Lot 64 except during Rutgers school hours when security guards will direct you to designated parking lots.</li> <li>• <b><u>From the Garden State Parkway traveling south</u></b> -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.</li> <li>• <b><u>From the Garden State Parkway traveling north</u></b> -Follow Parkway North to Exit 105-Route 18. Take Route 18 North and follow directions from above.</li> <li>• <b><u>From the Route 287 traveling north</u></b> -Take Route 287 North to the River Road Exit (Exit 9). Turn left upon exiting and follow River Road (514 Spur South) approximately 2 3/4 miles to Metlars Lane. Turn left onto Metlars Lane and follow directions from above.</li> <li>• <b><u>From the Route 287 traveling south</u></b> -Take Route 287 South to Exit 9 (River Road) and bear to the right onto River Road (514 Spur South). Follow River Road approximately 2 3/4 miles to Metlars Lane. Turn left onto Metlars Lane and follow directions from above.</li> <li>• <b><u>From US Highway 1, north or south</u></b> - Take the exit for Route 18 North-New Brunswick and proceed from above.</li> </ul> |

**NEW JERSEY SWIMMING 13-14 & 15-19 'SILVER/BRONZE' CHAMPIONSHIPS**  
**SATURDAY AND SUNDAY, March 10-11, 2007**

**SATURDAY - ORDER OF EVENTS**

**SESSION #1 – 13-14 Girls and Boys: Warm Up: 7:15 a.m.** (Split Warm-ups: two 30-minute warm-ups divided by teams. Sprint Lanes available during last 10 minutes. **Session Start Time: 8:15 a.m.**

| <b>Girls Evt. #</b> | <b>Silver Time Standard:</b> | <b>Gold Time Standard:</b> | <b>Age Group Event</b>       | <b>Gold Time Standard:</b> | <b>Silver Time Standard:</b> | <b>Boys Evt. #</b> |
|---------------------|------------------------------|----------------------------|------------------------------|----------------------------|------------------------------|--------------------|
| #1                  | N/A                          | N/A                        | 13-14 - 200 yd. Free Relay*  | N/A                        | N/A                          | #2                 |
| #3                  | 5:56.39                      | 5:37.59                    | 13-14 – 500 yd. Freestyle    | 5:35.19                    | 6:08.19                      | #4                 |
| #5                  | 1:11.69                      | 1:07.29                    | 13-14 – 100 yd. Backstroke   | 1:05.49                    | 1:14.59                      | #6                 |
| #7                  | 1:22.49                      | 1:15.69                    | 13-14 – 100 yd. Breaststroke | 1:13.19                    | 1:22.29                      | #8                 |
| #9                  | 2:46.99                      | 2:28.59                    | 13-14 – 200 yd. Butterfly    | 2:22.69                    | 2:40.59                      | #10                |
| #11                 | 1:00.89                      | :57.89                     | 13-14 – 100 yd. Freestyle    | :55.69                     | :59.99                       | #12                |
| #13                 | 2:33.89                      | 2:24.09                    | 13-14 – 200 yd. Ind. Medley  | 2:20.59                    | 2:36.49                      | #14                |

\* Relays are Pre-Seeded – It is imperative that the correct names and correct order are in the meet database.

**SESSION #2 – 13-19 Girls and Boys 1650 yd. Freestyle**  
**Warm Up: Right after Event #12 – Open Pool Session**      **Start Time: 20 minutes after start of Warm-ups**

| <b>Girls Evt. #</b> | <b>Silver Time Standard:</b> | <b>Gold Time Standard:</b> | <b>Age Group Event</b>      | <b>Gold Time Standard:</b> | <b>Silver Time Standard:</b> | <b>Boys Evt. #</b> |
|---------------------|------------------------------|----------------------------|-----------------------------|----------------------------|------------------------------|--------------------|
| #15A                | 20:21.69                     | 19:21.69                   | 13-14 - 1650 yd. Freestyle* | 18:50.29                   | 19:50.29                     | #16A               |
| #15B                | 20:08.99                     | 18:45.59                   | 15-19 - 1650 yd. Freestyle* | 18:00.99                   | 19:00.99                     | #16B               |

- \* Will have separate positive check-in in the pool office.
- \* Will be swum together as 13-19 but will be scored as 13-14 and 15-19.
- \* Will be swum fastest to slowest.
- \* Swimmers must provide their own person to time and person to count.

**SESSION #3 – 15-19 Girls and Boys:**  
**Warm Up: Right after Event #16 – (Split Warm-ups: two 30 minute warm-ups divided by teams. Sprint Lanes available during last 10 minutes.**      **Session Start Time: 60 minutes after start of Warm-ups.**

| <b>Girls Evt. #</b> | <b>Silver Time Standard:</b> | <b>Gold Time Standard:</b> | <b>Age Group Event</b>       | <b>Gold Time Standard:</b> | <b>Silver Time Standard:</b> | <b>Boys Evt. #</b> |
|---------------------|------------------------------|----------------------------|------------------------------|----------------------------|------------------------------|--------------------|
| #17                 | N/A                          | N/A                        | 15-19 - 200 yd. Free Relay*  | N/A                        | N/A                          | #18                |
| #19                 | 2:26.29                      | 2:17.19                    | 15-19 - 200 yd. Ind. Medley  | 2:06.99                    | 2:20.29                      | #20                |
| #21                 | :58.69                       | :55.59                     | 15-19 - 100 yd. Freestyle    | :50.39                     | :54.49                       | #22                |
| #23                 | 2:46.99                      | 2:20.59                    | 15-19 - 200 yd. Butterfly    | 2:13.29                    | 2:40.59                      | #24                |
| #25                 | 1:19.39                      | 1:12.89                    | 15-19 - 100 yd. Breaststroke | 1:06.19                    | 1:19.39                      | #26                |
| #27                 | 1:10.19                      | 1:03.99                    | 15-19 - 100 yd. Backstroke   | :58.79                     | 1:05.19                      | #28                |

\* Relays are Pre-Seeded – It is imperative that the correct names and correct order are in the meet database.

**SESSION #4 – 15-19 Girls and Boys 500 yd. Freestyle:**  
**Warm Up: Right after Event #28 – Open Pool Session**      **Start Time: 10 minutes after start of Warm-ups**

| <b>Girls Evt. #</b> | <b>Silver Time Standard:</b> | <b>Gold Time Standard:</b> | <b>Age Group Event</b>     | <b>Gold Time Standard:</b> | <b>Silver Time Standard:</b> | <b>Boys Evt. #</b> |
|---------------------|------------------------------|----------------------------|----------------------------|----------------------------|------------------------------|--------------------|
| #29                 | 5:52.19                      | 5:22.69                    | 15-19 - 500 yd. Freestyle* | 5:02.59                    | 5:41.69                      | #30                |

- \* Will have positive check-in in pool office.
- \* Will be swum fastest to slowest.
- \* Swimmers must provide their own person to time and person to count.

**NEW JERSEY SWIMMING 13-14 & 15-19 'SILVER/BRONZE' CHAMPIONSHIPS**  
**SATURDAY AND SUNDAY, MARCH 10-11, 2007**

**SUNDAY - ORDER OF EVENTS**

**SESSION #5 – 13-14 Girls and Boys:** Warm Up: 7:15 a.m. (Split Warm-ups: two 30 minute warm-ups divided by teams. Sprint Lanes available during last 10 minutes. Session Start Time: 8:15 a.m.

| <b>Girls Evt. #</b> | <b>Silver Time Standard:</b> | <b>Gold Time Standard:</b> | <b>Age Group Event</b>        | <b>Gold Time Standard:</b> | <b>Silver Time Standard:</b> | <b>Boys Evt. #</b> |
|---------------------|------------------------------|----------------------------|-------------------------------|----------------------------|------------------------------|--------------------|
| #31                 | N/A                          | N/A                        | 13-14 - 200 yd. Medley Relay* | N/A                        | N/A                          | #32                |
| #33                 | 5:44.99                      | 5:07.29                    | 13-14 – 400 yd. Ind. Medley   | 5:04.29                    | 5:34.29                      | #34                |
| #35                 | :28.09                       | :26.69                     | 13-14 – 50 yd. Freestyle      | :25.49                     | :27.49                       | #36                |
| #37                 | 3:05.89                      | 2:44.49                    | 13-14 – 200 yd. Breaststroke  | 2:39.19                    | 2:58.49                      | #38                |
| #39                 | 2:37.39                      | 2:23.09                    | 13-14 - 200 yd. Backstroke    | 2:22.29                    | 2:40.19                      | #40                |
| #41                 | 1:15.09                      | 1:06.39                    | 13-14 – 100 yd. Butterfly     | 1:04.39                    | 1:10.99                      | #42                |
| #43                 | 2:13.59                      | 2:06.19                    | 13-14 – 200 yd. Freestyle     | 2:03.59                    | 2:15.59                      | #44                |

\* Relays are Pre-Seeded – It is imperative that the correct names and correct order are in the meet database.

**SESSION #6 – 13-19 Girls and Boys 1000 yd. Freestyle**

Warm Up: Right after Event #44 – Open Pool Session Start Time: 20 minutes after start of Warm-ups

| <b>Girls Evt. #</b> | <b>Silver Time Standard:</b> | <b>Gold Time Standard:</b> | <b>Age Group Event</b>      | <b>Gold Time Standard:</b> | <b>Silver Time Standard:</b> | <b>Boys Evt. #</b> |
|---------------------|------------------------------|----------------------------|-----------------------------|----------------------------|------------------------------|--------------------|
| #45A                | 12:22.29                     | 11:37.29                   | 13-14 – 1000 yd. Freestyle* | 11:14.49                   | 11:59.49                     | #46A               |
| #45B                | 12:11.09                     | 11:12.09                   | 15-19 – 1000 yd. Freestyle* | 10:27.29                   | 11:29.19                     | #46B               |

- \* Will be swum together as 13 & Over but will be scored as 13-14 and 15 & Over.
- \* Will be swum fastest to slowest, alternating girls and boys.
- \* Swimmers must provide their own person to time and person to count.

**SESSION #7 – 15-19 Girls and Boys:**

Warm Up: Right after Event #46 – (Split Warm-ups: two 30 minute warm-ups divided by teams. Sprint Lanes available during last 10 minutes. Session Start Time: 60 minutes after start of Warm-ups.

| <b>Girls Evt. #</b> | <b>Silver Time Standard:</b> | <b>Gold Time Standard:</b> | <b>Age Group Event</b>        | <b>Gold Time Standard:</b> | <b>Silver Time Standard:</b> | <b>Boys Evt. #</b> |
|---------------------|------------------------------|----------------------------|-------------------------------|----------------------------|------------------------------|--------------------|
| #47                 | N/A                          | N/A                        | 15-19 - 200 yd. Medley Relay* | N/A                        | N/A                          | #48                |
| #49                 | 2:08.29                      | 2:00.39                    | 15-19 – 200 yd. Freestyle     | 1:50.89                    | 2:00.89                      | #50                |
| #51                 | 1:08.49                      | 1:02.19                    | 15-19 – 100 yd. Butterfly     | :56.79                     | 1:06.69                      | #52                |
| #53                 | 2:39.79                      | 2:17.39                    | 15-19 – 200 yd. Backstroke    | 2:07.59                    | 2:40.89                      | #54                |
| #55                 | 3:05.09                      | 2:36.39                    | 15-19 - 200 yd. Breaststroke  | 2:27.09                    | 2:58.49                      | #56                |
| #57                 | :28.69                       | :25.59                     | 15-19 - 50 yd. Freestyle      | :23.09                     | :24.69                       | #58                |

\* Relays are Pre-Seeded – It is imperative that the correct names and correct order are in the meet database.

**SESSION #8 – 15-19 Girls and Boys 400 yd. Ind. Medley:**

Warm Up: Right after Event #58 –Open Pool Session Start Time: 10 minutes after start of Warm-ups

| <b>Girls Evt. #</b> | <b>Silver Time Standard:</b> | <b>Gold Time Standard:</b> | <b>Age Group Event</b>       | <b>Gold Time Standard:</b> | <b>Silver Time Standard:</b> | <b>Boys Evt. #</b> |
|---------------------|------------------------------|----------------------------|------------------------------|----------------------------|------------------------------|--------------------|
| #59                 | 5:35.99                      | 4:53.29                    | 15-19 - 400 yd. Ind. Medley* | 4:35.99                    | 5:20.69                      | #60                |

- \* Will be swum fastest to slowest, alternating girls and boys
- \* Swimmers must provide their own person to time

**Bergen Barracuda Swim Club**

**13-14 & 15-19 'Silver/Bronze' Championships on March 10-11, 2007**

**ENTRY SUMMARY**

Team: \_\_\_\_\_ USA-S Club Code: \_\_\_\_\_

Name(s) of Coach(es): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

e-mail address to send results in lieu of regular mailing: \_\_\_\_\_

Club Mailing Address: \_\_\_\_\_  
(to mail final results) \_\_\_\_\_  
\_\_\_\_\_

Contact Person Regarding These Entries: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Fax No.: \_\_\_\_\_

Email \_\_\_\_\_

Contact Person Regarding Timers & Officials: \_\_\_\_\_

(a parent, not a coach)

Phone No.: \_\_\_\_\_

Email \_\_\_\_\_

**Entry Fee Summary:**

Number of Individual Entries: \_\_\_\_\_ x \$4.00= \$ \_\_\_\_\_

Number of Relay Entries: \_\_\_\_\_ x \$8.00= \$ \_\_\_\_\_

Total Entries & Fees: \_\_\_\_\_ \$ \_\_\_\_\_

Check amount: \_\_\_\_\_ \$ \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: BERGEN BARRACUDA SWIM CLUB**

# 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 **NJ SWIMMING SC 13-14 & 15-19 'SILVER/BRONZE' CHAMPS** to be held on **MARCH 10-11, 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 \_\_\_\_\_