

<u>Name of Meet</u>	<h1>Autumn CUP</h1> <h2>BOYS &amp; GIRLS CLUB OF CLIFTON</h2> <h3>“SEAHAWKS”</h3> <p><b>Saturday, October 23, 2010 and Sunday, October 24, 2010</b></p>
<u>Meet Sanction #:</u>	<b>NJ Swimming Sanction #: NJS#102310SCB</b>
<u>Host Club:</u>	<b>BOYS &amp; GIRLS CLUB OF CLIFTON SEAHAWKS SWIM TEAM</b>
<u>Date of Meet:</u>	Saturday and Sunday, October 23 – October 24, 2010
<u>Location:</u>	<b>Clifton Boys and Girls Club, 181 Colfax Ave., Clifton, NJ 07013.</b> This facility is a 6 lane pool with a warm down pool, bleacher style seating, gym for marshalling and a Colorado Timing System. The diving block end of the pool is 12 feet deep and the turn end of the pool is 4 feet deep.
<u>Meet Director:</u>	<b>Richard Mariso- E-mail: <a href="mailto:richard.mariso@citigroup.com">richard.mariso@citigroup.com</a></b>
<u>Meet Referee:</u>	Ed Miller III
<u>Meet Officials:</u>	Ed Miller III
<u>Meet Marshall:</u>	Rina Witrow
<u>Emergency Weather Number:</u>	<b>Weather Emergency:</b> In case of extreme weather conditions, call the Boys and Girls Club of Clifton’s Aquatic office at (973) 773-2697 ext. 31 for recorded message or visit our website at <a href="http://www.cliftonseahawks.org">www.cliftonseahawks.org</a> .
<u>Entry Coordinator:</u>	Chris Kramer, 24 N. Brookside Drive, Rockaway, NJ 07866 email: <a href="mailto:chrisk@cliftonseahawks.org">chrisk@cliftonseahawks.org</a> Phone Number: 973-722-3385
<u>Entry Deadline:</u>	<ul style="list-style-type: none"> <li>• All entries will be accepted on a first come basis.</li> <li>• Team entries will not be considered as <u>accepted</u> unless the waiver and entry fees have been received.</li> <li>• Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule.</li> <li>• <b>Entry Deadline Date: Saturday, October 9, 2010.</b></li> <li>• Mail to: <b>Chris Kramer, 24 N. Brookside Drive, Rockaway, NJ 07866</b></li> <li>• If you are not e-mailing your entries, then overnight or express mail is recommended, <b><i>but waive the signature.</i></b></li> </ul>
<u>Meet Format Waiver:</u>	<p>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:</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 frame.</li> </ul> <p>Some of the changes that can be made: 1) add a session, 2) heat limit distance events, 3) to condense sessions and 4) eliminate relays.</p>
<u>Internet Website Posting:</u>	Clifton Boys and Girls Club Website address: <a href="http://www.cliftonseahawks.org/autumncup2010">www.cliftonseahawks.org/autumncup2010</a> . New Jersey Swimming Website address: <a href="http://www.njswim.org">www.njswim.org</a> .

	<p>Pre-Meet Information posted on website.</p> <ul style="list-style-type: none"> <li>• Meet Information will be posted on the website.</li> <li>• Downloadable Hy-Tek Events list (HYV.file) will be posted on the website.</li> <li>• List Warm-up Schedule and Team Warm-up Assignments.</li> <li>• List Timing assignments.</li> </ul> <p>Post-Meet Information posted on website.</p> <ul style="list-style-type: none"> <li>• Downloadable Results (H3Y.zip file)</li> <li>• Downloadable Meet Back-up (Backup.zip File)</li> </ul>
<u>Meet Requirement Statement:</u>	This meet qualifies as "one" of the three required short course meets to be eligible for the New Jersey SC Zone Championship Team. Swimmers who participate in 1 long course meet and 3 short course meets from Sept 1 to August 1 are eligible for NJ Swimming National Championship reimbursement.
<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 have coaching card visible at all times while on deck.</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>• 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> <li>• There will be 6 &amp; 7, 8, 9 &amp; 10, 11 &amp; 12, and 13 &amp; Over events for this meet.</li> <li>• New Jersey Swimming only allows swimmers to enter and compete in 3 individual events per day.</li> <li>• Age for this meet is: <b>Saturday, October 23, 2010</b></li> </ul>
Swimmers Unaccompanied by a USAS Certified Coach	Any swimmer entered into this meet that is unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
<u>Meet Format:</u>	<ul style="list-style-type: none"> <li>• This meet will be run in accordance to current USA Swimming Rules.</li> <li>• This meet will be run as a time final meet.</li> <li>• This meet will be deck seeded with coaches checking in/scratching all swimmers. Swimmers will report to the marshalling area in the gym for organizing heats and lanes and escorted to the pool.</li> </ul>
<u>Meet Schedule:</u>	The building opening time is 6:45 a.m. This meet will be two days and a total of 3 sessions.

**Meet Schedule:**

<b>Saturday, October 23, 2010</b>		<b>Warm-up</b>	<b>Start</b>
Session 1	13 & Over Girls and Boys	12:45 p.m.	2:00 p.m.

<b>Sunday, October 24, 2010</b>		<b>Warm-up</b>	<b>Start</b>
Session 1	8 & Under Girls & Boys	6:55 a.m.	8:00 a.m.
Session 2	9 & 10 and 11 & 12 Girls & Boys	12:55 p.m.	2:00 p.m.

<u>Warm-up Procedures:</u>	<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> <li>• All swimmers are entitled to a fair and comparable warm-up. All teams <b>MUST</b> get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes.</li> </ul>
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	<ul style="list-style-type: none"> <li>All swimmers must enter the pool from the starting end of the pool.</li> <li>Uniformed and designated meet marshals will monitor warm-ups.</li> <li>All general warm-up lanes will swim in a counterclockwise direction.</li> <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. Teams will be notified by email and posting on websites of warm-up lanes at least 1 week prior to meet start.</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 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 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. Failure to follow this procedure will result in the swimmer(s) being scratched from the session.</li> </ul>
<u>Starts:</u>	<ul style="list-style-type: none"> <li>The host club will determine if 'Fly-over'/'Over-the-top' starts will be used after a time line has been produced. This information will be posted in the pre-meet information.</li> </ul>
<u>Scoring:</u>	Team Scoring will not be kept.
<u>Awards:</u>	<ul style="list-style-type: none"> <li>Medals will be awarded for the top 3 individuals in each event.</li> <li>Ribbons will be given for 4<sup>th</sup> through 8<sup>th</sup> place individuals in each event.</li> </ul>
<u>Entry Fees:</u>	<ul style="list-style-type: none"> <li>Individual Entry Fee: \$3.00</li> <li>Make checks payable to: <b>BOYS AND GIRLS CLUB OF CLIFTON</b></li> </ul>
<u>Admissions and Programs:</u>	<ul style="list-style-type: none"> <li>Admission will be \$5.00 per session.</li> <li>Cost of Program will be \$5.00 for the entire meet.</li> </ul>
<u>Entries:</u>	<ul style="list-style-type: none"> <li>In accordance with NJS policy, team entries may be submitted by E-mail to: <a href="mailto:chrisk@cliftonseahawks.org">chrisk@cliftonseahawks.org</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. 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.</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>
<u>Results:</u>	<ul style="list-style-type: none"> <li>All Teams are asked on the meet Summary whether they want results mailed or e-mailed.</li> <li>Results will be posted at: <a href="http://www.cliftonseahawks.org/autumncup2010">www.cliftonseahawks.org/autumncup2010</a> and <a href="http://www.njswim.org">www.njswim.org</a>.</li> </ul>
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none"> <li>The host club 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 and posted on the website: <a href="http://www.cliftonseahawks.org/autumncup2010">www.cliftonseahawks.org/autumncup2010</a> and <a href="http://www.njswim.org">www.njswim.org</a> no later than 1 week before the meet.</li> </ul> <p>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</p>

	posted on the website: <a href="http://www.cliftonseahawks.org/autumncup2010">www.cliftonseahawks.org/autumncup2010</a> and <a href="http://www.njswim.org">www.njswim.org</a> no later than 1 week before the meet.
<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 and posted on the swim meet website: <a href="http://www.cliftonseahawks.org/autumncup2010">www.cliftonseahawks.org/autumncup2010</a> and <a href="http://www.njswim.org">www.njswim.org</a> 1 week 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>	Food and refreshments will be available throughout the meet.
<u>Vendor:</u>	Ultimate Swim Shop will be available during the meet.
<u>Directions:</u>	<p><b>A. FROM THE WEST- TAKE ROUTE 46 EAST</b> Exit Broad Street-Paterson/ Bloomfield (Clifton)- (Exit <b>before</b> entrance to Parkway North) Proceed through light at end of exit onto Colfax Avenue- Pass Clifton High School and City Hall entrance on right- Turn right into Boys &amp; Girls Club parking lot (immediately past Orchard Street)</p> <p><b>B. FROM THE EAST- TAKE ROUTE 46 WEST</b> Exit Broad Street Clifton- Turn right onto Broad Street- Bear right onto jug handle- Proceed through light onto Colfax Avenue- Pass Clifton High School &amp; City Hall entrance at right- Turn right into Boys &amp; Girls Club parking lot (immediately past Orchard Street)</p> <p><b>C. FROM THE SOUTH- TAKE PARKWAY NORTH</b> Exit 154 onto RT 46 E- Make first right (Paulison Avenue)- Go to traffic light- Make left onto Paulison- Proceed to 1<sup>st</sup> traffic light- Make right onto Clifton Ave.- Proceed to 1<sup>st</sup> traffic light- Make right onto Colfax-Club is on immediate left side before railroad tracks (181 Colfax Avenue)</p> <p><b>D. FROM THE NORTH - TAKE PARKWAY SOUTH</b> Exit 154 onto RT 46 W- Take 1<sup>st</sup> exit off RT 46 W. (Van Houten Avenue exit)-At stop sign, make a right onto Van Houten Avenue. Proceed through first light. At second light, make a left. At next light, make a right onto Colfax Avenue. Pass Clifton High School and City Hall entrance (on right) – Turn right into Boys &amp; Girls Club parking lot (immediately past Orchard Street (181 Colfax Avenue)</p> <p><b>E. VIA ROUTE 3 WEST (FROM NY)</b> Follow RT 3 W- Exit at Broad Street (Clifton)- Turn Left at light onto Allwood Road (end of exit)- Turn right at light onto Broad Street- Turn right at 2<sup>nd</sup> light onto Colfax Avenue- Pass Clifton High School and City Hall entrance (on right)- Turn right into Boys &amp; Girls Club parking lot (immediately past Orchard Street)</p>

# Autumn Cup 2010

POSITIVE CHECK-IN REQUIRED

## Saturday, October 23, 2010

### Session 1

Women	Age Group	Start 2 PM Session 1	Men
1	13 & Over	200 IM	2
3	13 & Over	100 Breaststroke	4
5	13 & Over	50 Freestyle	6
7	13 & Over	100 Backstroke	8
9	13 & Over	100 Freestyle	10
11	13 & Over	100 Butterfly	12

## Sunday, October 24, 2010

### Session 1

Women	Age Group	Start 8AM Session 1	Men
13	8	50 Freestyle	14
15	6 & 7	25 Freestyle	16
17	6 & 7	25 Butterfly	18
19	8	100 IM	20
21	6 & 7	25 Breaststroke	22
23	8	50 Backstroke	24
25	6 & 7	25 Backstroke	26
27	8	50 Butterfly	28
29	8	50 Breaststroke	30

### Session 2

Women	Age Group	Start 2 PM Session 2	Men
31	9 & 10	100 IM	32
33	11 & 12	100 IM	34
35	9 & 10	50 Freestyle	36
37	11 & 12	50 Freestyle	38
39	9 & 10	50 Breaststroke	40
41	11 & 12	50 Breaststroke	42
43	9 & 10	50 Butterfly	44
45	11 & 12	50 Butterfly	46
47	9 & 10	100 Freestyle	48
49	11 & 12	100 Freestyle	50
51	9 & 10	50 Backstroke	52
53	11 & 12	50 Backstroke	54

**Autumn CUP**  
**BOYS & GIRLS CLUB OF CLIFTON**  
**“SEAHAWKS”**  
**Saturday and Sunday, October 23 – October 24, 2010**

Team \_\_\_\_\_ USA-Swimming Club Code \_\_\_\_\_

Coaches: Head \_\_\_\_\_

Deck \_\_\_\_\_

If you wish to receive results by E-mail please write address here: \_\_\_\_\_

Club Mailing Address: \_\_\_\_\_  
(For results)

To mail final results, if not  
picking up disk or receiving  
by E-mail \_\_\_\_\_  
\_\_\_\_\_

Contact: Regarding Entries \_\_\_\_\_ Phone \_\_\_\_\_

Contact: Timers/Officials \_\_\_\_\_ Phone \_\_\_\_\_

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**ENTRY SUMMARY**

Number of entries \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

**PLEASE MAKE CHECKS PAYABLE TO: BOYS & GIRLS CLUB OF CLIFTON**

**WAIVER**

In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/our heirs, administrators, administrators and assigns, waive and release any and all claims against USA Swimming , New Jersey Swimming, Boys & Girls Club of Clifton, Seahawks and their staff for any injuries and/or expenses incurred by me/us at the swim meet. I/we am/are a bona-fide amateur athlete(s), USA-Swimming registered and eligible to compete in all the events that I/we have entered.

Date: \_\_\_\_\_

\_\_\_\_\_  
Signature of Club Official  
Coach and/or Parent or Guardian

# 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 **Autumn Cup Meet October 23 & October 24, 2010** 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 \_\_\_\_\_