

Name of Meet	<p align="center">NEW JERSEY SWIMMING LONG COURSE 13 & OVER 'SILVER' CHAMPIONSHIPS for 2009 Hosted by Bergen Barracuda Swim Team</p>
<u>Meet Sanction #:</u>	New Jersey Swimming Sanction #: NJS# 072509LC
<u>Date of Meet:</u>	Saturday and Sunday, July 25-26, 2009
<u>Location:</u>	<ul style="list-style-type: none"> 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; <i>this number is for emergencies only</i>. All calls regarding this meet should be directed to the Meet Director. 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. 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.
<u>Meet Director:</u>	Mark Sadowski E-mail: hurtsadowski@optonline.net
<u>Meet Referee:</u>	Bill Pratt, prattwc@aol.com
<u>Meet Marshal:</u>	Nicole Cicalo-DeCaro (845)827-6505 nicole@bbswim.org
<u>Entry Coordinator:</u>	BE Smartt, Inc will be the Entry Coordinator, E-Mail address: entries@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>	Team entries will not be considered as accepted unless the waiver and entry fees have been received. Entry Deadline Date: July 14, 2009 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, <u>but waive the signature.</u>
<u>Entry Amending Process:</u>	According to the Amending Process for NJ Championship Meets, should a swimmer be missing from the entry list or an event, the coach can e-mail the missing information to entries1@juno.com by 6:00 PM July 21, 2009. The entry fee for all events entered in this manner is \$10.00 per event (unless the mistake was the host club), and must be paid before the start of the meet according to the Amending Process Guidelines.
<u>Meet Format Waiver:</u>	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: <ul style="list-style-type: none"> To allow more swimmers to swim. To conform to facility capacity limits or for facility safety concerns. To condense the meet into smaller time frame. Some of the changes that can be made: 1) adds a session, 2) heat limit distance events, 3) to condense sessions and 4) eliminate relays.
<u>Internet Website Posting:</u>	<ul style="list-style-type: none"> Meet Website address: www.besmarttinc.com & http://www.njswim.org/. 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. List Teams whose entries have been received. List Updated meet schedule. List Warm-up Schedule and Team Warm-up Assignments. List Timing assignments. Post-Meet Information posted on website. <ul style="list-style-type: none"> List Downloadable Results (HY3.zip file) List Downloadable Meet Back-up (Backup.zip File)
<u>Meet Requirement Statement:</u>	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 members of USA Swimming. Coaches must show coaching card for entrance to facility. Coaches must have a visible coach's card when entering hospitality area or when asking for food at concessions.
<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. This is a New Jersey Swimming Championship Meet; only New Jersey Swimming athletes may enter and compete in this meet. <p><u>Unattached Swimmers.</u></p> <ul style="list-style-type: none"> 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. <p><u>Age Groups that will be offered.</u></p> <ul style="list-style-type: none"> There will be only 13-14 and 15 & Over Events. No Awards for individuals 20 & Over, No awards for relays with 20 & Over Swimmers. All swimmers must have times slower than the current New Jersey Gold Time Standards and Faster than the Silver Time Standard.

	<p>Individual and Relay Limits:</p> <ul style="list-style-type: none"> • New Jersey Swimming allows swimmers to compete in 3 individual events per day. • Swimmers may enter all events that they qualify for. Swimmers entered in more than three events per day must scratch down to three events per day prior to the seeding of the meet. Failure to scratch down to three events, swimmer will swim the first three events as entered. • Swimmers may compete in one (1) relay per day/session. <p>Age at Meet:</p> <ul style="list-style-type: none"> • Age for this meet is: Saturday, July 25, 2009
<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 time final meet. <p>How seeding will be done.</p> <ul style="list-style-type: none"> • 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. • Relays will be run as the first event of each session and will be pre-seeded.
<u>Meet Schedule:</u>	<ul style="list-style-type: none"> • The building will not open before 7:00 a.m. for swimmers and 7:15 a.m. for spectators. • This meet will have four sessions per day. • Mid-session and Afternoon session starting times will be announced once entries are received and a time line is established.

Meet Schedule:

Saturday, July 25, 2009		Warm-up	Start
Session 1	13-14 Girls & Boys Events	7:15 a.m.	8:15 a.m.
Session 2	13 & Over Girls and Boys 1500 m. Freestyle	End of Session #1*	20 minutes*
Session 3	15 & Over Girls and Boys Events	End of Session #2*	60 minutes*
Session 4	15 & Over Girls & Boys 400 m. Ind. Medley	End of Session #3*	10 minutes*
Sunday, July 26, 2009		Warm-up	Start
Session 5	13-14 Girls & Boys Events	7:15 a.m.	8:15 a.m.
Session 6	13 & Over Girls and Boys 800 m. Freestyle	End of Session #5*	20 minutes*
Session 7	15 & Over Girls and Boys Events	End of Session #6*	60 minutes*
Session 8	15 & Over Girls and Boys 400 m. Freestyle	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!**

<u>Warm-up Procedures:</u>	<p>All teams must be given a minimum of thirty minutes of warm-ups.</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. <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"> • Bergen Barracuda Meet Marshalls will monitor all 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.
<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 slower than the New Jersey Long Course Gold Time and Faster than the Minimal Silver Time • All entry times must be in long course meters.
<u>Check-In:</u>	<ul style="list-style-type: none"> • 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. Failure to properly follow this procedure will result in the swimmer(s) being scratched from the session. • All distance events will have a positive check-in that will be posted at the scoring table or the control room.
<u>Starts:</u>	<ul style="list-style-type: none"> • '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
<u>Distance Events:</u> 400, 800, 1500 m. Frees and 400 m. Ind. Medley	<ul style="list-style-type: none"> • The 15 & Over 400 m. Freestyle and 400 m. Ind. Medley Events will be run fastest to slowest. • The 15 & Over 400 m. Freestyle and 400 m. Ind. Medley Events will alternate women and men. Heats will be combined to consolidate a heat. • The 15 & Over 400 m. Freestyle and 400 m. Ind. Medley events, swimmer must have their own timer • The 13 & Over 800 and 1500 m. Freestyle will be swum as a combined 13-14 and 15 & Over competition but awards will be presented by age group. • The 13 & Over 800 and 1500 m. Freestyles will be run fastest to slowest. • The 15 & Over 800 and 1500 m. Freestyles will alternate women and men. Heats will be combined to consolidate a heat.
<u>Heat Limited Events:</u> 13 & Over 800 & 1500 mtr. Freestyle	<ul style="list-style-type: none"> • There are no limited events in a NJS Championship meet. • The host team will try to accommodate all swimmers in these events. • Due to time constraints & pool availability, coaches are strongly urged to only enter swimmers in these two events who have a realistic chance of qualifying for JO's.
<u>Relays:</u>	<ul style="list-style-type: none"> • All relays MUST HAVE THE CORRECT FOUR NAMES LISTED AND THE CORRECT ORDER for that relay to be eligible.

	<ul style="list-style-type: none"> Coaches must turn in relay cards prior to each relay competition listing correct swimmer's names and correct order. Relays will be pre-seeded and teams will report to the block. In the 15 & Over Relays, if a team uses a 20 years or over swimmer, that relay will not receive awards. Since this is a Silver Level Meet, Only swimmers with "SLOWER THAN: GOLD TIME STANDARD" prior to this meet may swim on relays. 13-14 and 15 & Over Medley Relay swimmers can not swim that stroke on the 200 yd. Medley Relay if that swimmer has a Gold or better time in the 100 meter 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"> Medals will be awarded for the top 3 relays in each relay event. Medals will be awarded for the top 8 swimmers in each individual event. There will be no awards given to 20 years and older swimmers.
<u>Entry Fees:</u>	<ul style="list-style-type: none"> Individual Entry Fee: \$5.00 Relay Entry Fee: \$9.00 Make checks payable to: Bergen Barracuda Swim Team
<u>Admissions and Programs:</u>	<ul style="list-style-type: none"> Admission will be \$7.00 per session. Cost of Program will be \$12.00 for the entire meet.
<u>Entries:</u>	<p>In accordance with NJS policy, team entries may be submitted by E-mail to entries1@juno.com. (please use LCSILVERS2009 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.</p> <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 on the host club's website.
<u>Results:</u>	All Teams must request on the Meet Summary whether they want results mailed or e-mailed.
<u>Host Clubs Responsibilities:</u>	<ul style="list-style-type: none"> The host clubs will provide a single timer in each lane through out 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. 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. 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.
<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 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>	Rutgers University will provide refreshments throughout the meet.
<u>Vendor:</u>	NJSwim will be the vendor at this meet.
<u>Hotels:</u>	<ul style="list-style-type: none"> Brunswick Hilton, Three Center Drive, East Brunswick, NJ 732-828-2001 Days Inn-South Plainfield, 2989 Hamilton Boulevard, South Plainfield, NJ 732-753-2600 Embassy Suite (closest to pool) 212 Centennial Ave, Piscataway, NJ 732-980-0500 Holiday Inn-Somerset, 195 Davidson Avenue, Somerset, NJ 732-356-1700
<u>Directions:</u>	<ul style="list-style-type: none"> From the NJ Turnpike, North or South - 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. From the Garden State Parkway traveling south -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. From the Garden State Parkway traveling north -Follow Parkway North to Exit 105-Route 18. Take Route 18 North and follow directions from above. From the Route 287 traveling north -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. From the Route 287 traveling south -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 ¼ miles to Metlars Lane. Turn left onto Metlars Lane and follow directions from above. From US Highway 1, north or south - Take the exit for Route 18 North-New Brunswick and proceed from above.

NEW JERSEY SWIMMING 13 & OVER 'SILVER' CHAMPIONSHIPS
SATURDAY AND SUNDAY, JULY 25-26, 2009

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.**

Girls Evt. #	Time Standard Slower Than:	Time Standard Faster Than:	Age Group Event	Time Standard Faster Than:	Time Standard Slower Than:	Boys Evt. #
#1	N/A	N/A	13-14 - 200 mtr. Medley Relay*	N/A	N/A	#2
#3	2:22.89	2:30.30	13-14 – 200 mtr. Freestyle	2:47.99	2:17.29	#4
#5	1:15.89	1:21.89	13-14 - 100 mtr. Backstroke	1:29.59	1:12.99	#6
#7	3:07.19	3:23.69	13-14 – 200 mtr. Breaststroke	3:39.09	3:02.39	#8
#9	1:14.89	1:21.79	13-14 – 100 mtr. Butterfly	1:31.89	1:12.79	#10
#11	:30.49	:32.59	13-14 – 50 mtr. Freestyle	:35.69	:29.09	#12
#13	5:47.49	6:38.79	13-14– 400 mtr. Ind. Medley	6:44.69	5:38.89	#14

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

SESSION #2 – 13 & Over Girls and Boys 1500 m. Freestyle

Warm Up: Right after Event #12 – Open Pool Session **Start Time:** 20 minutes after start of Warm-ups

Girls Evt. #	Time Standard Slower Than:	Time Standard Faster Than:	Age Group Event	Time Standard Faster Than:	Time Standard Slower Than:	Boys Evt. #
#15A	19:56.79	21:45.09	13-14 - 1500 mtr. Freestyle*	21:45.69	19:43.49	#16A
#15B	19:28.19	22:30.09	15 & Over - 1500 mtr. Freestyle*	20:53.39	18:41.89	#16B

- * 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 #3 – 15 & Over 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.

Girls Evt. #	Time Standard Slower Than:	Time Standard Faster Than:	Age Group Event	Time Standard Faster Than:	Time Standard Slower Than:	Boys Evt. #
#17	N/A	N/A	15 & Over - 200 mtr. Med. Relay*	N/A	N/A	#18
#19	2:14.49	2:22.49	15 & Over – 200 mtr. Freestyle	2:18.09	2:06.09	#20
#21	1:12.59	1:18.49	15 & Over – 100 mtr. Backstroke	1:17.59	1:07.59	#22
#23	2:58.59	3:30.19	15 & Over - 200 mtr. Breaststroke	3:24.99	2:49.89	#24
#25	1:09.59	1:15.59	15 & Over – 100 mtr. Butterfly	1:16.19	1:04.29	#26
#27	:29.19	30.79	15 & Over – 50 mtr. Freestyle	:29.39	:26.69	#28

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

SESSION #4 – 15 & Over Girls and Boys 400 m. Ind. Medley:

Warm Up: Right after Event #28 – Open Pool Session **Start Time:** 10 minutes after start of Warm-ups

Girls Evt. #	Time Standard Slower Than:	Time Standard Faster Than:	Age Group Event	Time Standard Faster Than:	Time Standard Slower Than:	Boys Evt. #
#29	5:24.39	6:03.29	15 & Over - 400 mtr. Ind. Medley*	6:00.09	5:06.09	#30

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

NEW JERSEY SWIMMING 13 & OVER 'SILVER' CHAMPIONSHIPS
SATURDAY AND SUNDAY, JULY 25-26, 2009

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.**

Girls Evt. #	Time Standard Slower Than:	Time Standard Faster Than:	Age Group Event	Time Standard Faster Than:	Time Standard Slower Than:	Boys Evt. #
#31	N/A	N/A	13-14 - 200 mtr. Free Relay*	N/A	N/A	#32
#33	5:01.99	5:21.30	13-14 – 400 mtr. Freestyle	6:00.00	4:49.89	#34
#35	2:42.49	2:56.70	13-14 - 200 mtr. Backstroke	3:15.30	2:35.19	#36
#37	1:26.79	1:35.59	13-14 – 100 mtr. Breaststroke	1:55.79	1:23.89	#38
#39	2:48.59	3:28.29	13-14 - 200 mtr. Butterfly	3:09.09	2:41.99	#40
#41	1:05.89	1:08.90	13-14 – 100 mtr. Freestyle	1:08.99	1:02.69	#42
#43	2:42.69	2:52.19	13-14 – 200 mtr. Ind. Medley	2:57.89	2:36.99	#44

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

SESSION #6 – 13 & Over Girls and Boys 800 m. Freestyle

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

Girls Evt. #	Time Standard Slower Than:	Time Standard Faster Than:	Age Group Event	Time Standard Faster Than:	Time Standard Slower Than:	Boys Evt. #
#45A	10:32.69	11:44.09	13-14 – 800 mtr. Freestyle*	10:57.59	10:12.69	#46A
#45B	9:54.99	11:26.49	15 & Over – 800 mtr. Freestyle*	10:40.09	9:34.79	#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 & Over 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.

Girls Evt. #	Time Standard Slower Than:	Time Standard Faster Than:	Age Group Event	Time Standard Faster Than:	Time Standard Slower Than:	Boys Evt. #
#47	N/A	N/A	15 & Over - 200 mtr. Free Relay*	N/A	N/A	#48
#49	2:34.39	2:48.09	15 & Over – 200 mtr. Backstroke	2:58.79	2:26.39	#50
#51	1:22.99	1:32.59	15 & Over – 100 mtr. Breaststroke	1:47.09	1:17.69	#52
#53	2:35.99	3:11.09	15 & Over – 200 mtr. Butterfly	2:50.89	2:30.59	#54
#55	1:02.79	1:06.59	15 & Over - 100 mtr. Freestyle	1:03.09	:57.79	#56
#57	2:33.99	2:43.49	15 & Over - 200 mtr. Ind. Medley	2:36.99	2:24.09	#58

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

SESSION #8 – 15 & Over Girls and Boys 400 m. Freestyle:

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

Girls Evt. #	Time Standard Slower Than:	Time Standard Faster Than:	Age Group Event	Time Standard Faster Than:	Time Standard Slower Than:	Boys Evt. #
#59	4:43.59	5:09.09	15 & Over - 400 mtr. Freestyle*	5:16.59	4:31.19	#60

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

Bergen Barracuda Swim Club

Long Course 13 & Over 'Silver' Championships on July 25-26, 2009

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 \$5.00= \$ _____

Number of Relay Entries: _____ x \$9.00= \$ _____

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 LC 13&O 'SILVER' CHAMPS** to be held on **JULY 25-26, 2009** 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 _____