

<u>Name of Meet</u>	Eastern Express' 23rd Annual HOLIDAY CLASSIC December 11th, 12th, & 13th, 2009
<u>Meet Sanction #:</u>	Sanction # NJS#121109SC
<u>Host Club:</u>	<i>Eastern Express Swim Team</i>
<u>Date of Meet:</u>	Friday, December 11 to Sunday, December 13, 2009
<u>Location:</u>	Facility: The pool is located in the Sonny Werblin Recreation Center on the Busch Campus at Rutgers University in Piscataway, New Jersey. There are two 8-lane courses with Colorado Timing. There is an auxiliary pool (patio pool) for warm-up and cool down, and ample seating for spectators.
<u>Meet Director:</u>	Ellen W. Mace, 609.558.0988, purplemommy@juno.com
<u>Meet Referee:</u>	Jill Christen– Meet Referee / Officials Coordinator-- jchristenbeach@comcast.net
<u>Meet Marshal</u>	Gray Jones, grey.jones@flilearning.com , 609.466.9000
<u>Team Contact:</u>	Brent Matheson, bmatheson@aol.com , 908.295.8133
<u>Entry Coordinator:</u>	BE Smartt, Inc. will be the Entry Coordinator, E-Mail: entries1@juno.com
<u>Entry Deadline:</u>	<ul style="list-style-type: none"> • All entries will be accepted on a first come basis. No entries will be accepted before noon, Sept 24, 2009.
<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"> • To allow more swimmers to swim. • To conform to facility capacity limits.
<u>Internet Website Posting:</u>	<p>Website address: www.besmarttinc.com Pre-Meet Information posted on website.</p> <ul style="list-style-type: none"> • Meet Information will be posted on the website. • Downloadable Hy-Tek Events list (HYV.file) will be posted on the website. • Teams whose entries have been received. • Updated meet schedule. • Warm-up Schedule and Team Warm-up Assignments. • Timing assignments. <p>Post-Meet Information will be posted at www.besmarttinc.com.</p> <ul style="list-style-type: none"> • Downloadable Results (CL.2 file) • Downloadable Meet Back-up (Backup.zip File)
<u>Meet Requirement Statement:</u>	<ul style="list-style-type: none"> • This meet qualifies, as "one" of the three required short course meets to be eligible for the New Jersey SC Zone Championship Team or for New Jersey Championship Reimbursement.
<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> • All coaches "on the deck" must be registered members of USA Swimming. • Coaches must show coaching card for entrance to facility. • Coaches must have coaching card visible at all times while on deck. • Coaches must have a visible coaches card when entering hospitality area.
<u>Swimmer Eligibility:</u>	<ul style="list-style-type: none"> • All swimmers must be members of USA Swimming to enter and compete in this meet. • All swimmers must be listed on a team's official entry form (hardcopy for TM) to be eligible to participate in this swim meet in any events including relays. • All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form. • There will be 10 & Under, 11-12, 13-14, and Open events • This is an Invitational meet; all swimmers must have times faster than the meet qualifying time standards. Proof of time will be required for any event 400 yards and longer, except relays. <p>Individual and Relay Limits:</p> <ul style="list-style-type: none"> • New Jersey Swimming only allows swimmers to compete in 3 individual events per day. • Swimmers may compete in one (1) relay per day/session. All 13/14 and Open relays will be timed finals with the fastest two heats swimming during Finals. <p>Age at Meet:</p> <ul style="list-style-type: none"> • Age for this meet is calculated as of December 11, 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 timed final meet for 10/Unders and 11/12's.

	<ul style="list-style-type: none"> This meet will be run as a prelim and final meet for 13/14's and Open swimmers with consolation and final heats, exceptions: 1000 and 1650 freestyles will be timed final events with the fastest seeded 8 swimmers competing during the PM finals and 13/14 and Open relays will be timed final events with the two fastest heats swimming during the PM finals. This meet will be run using two pools. Pools will be divided by age groups once all entries are received and a time line established. This information will be sent out with the pre-meet meet update information. The USA Swimming scratch rule will be in effect. This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks.
<u>Meet Schedule:</u>	<ul style="list-style-type: none"> The building will open at 7:10AM. This meet will have a 13/14 and Open prelim session in the AM, a 12/under session in the afternoon and Finals for 13/14's and Open in the PM; a separate session for the 1000 and the 1650 Freestyles will be run on Friday and Sunday after AM prelims.

Session Schedule:		Warm-up	Start
AM Session (Fri. & Sun.)	13/Overs, Check-in by 7:45AM	7:15AM	8:20AM
Saturday 500 Frees	13/Overs, check-in by 7:25AM	7:15AM	7:50AM
Sat. AM Session	13/Overs, check-in by 10:00AM	TBA (9:30?)	TBA
1000/1650	Open (Fri. & Sun.); check-in by 10:30AM	Patio Pool?	TBA
Friday Afternoon	12/Unders; Check-in TBA	TBA (2:00 pm?)	TBA (3:00?)
Saturday/Sunday	12/Under; Check in by 1:55PM	1:25PM	2:30PM
Finals	Finals for 13/14's and Open & Relays	5:55PM	7:00PM

<u>Warm-up Procedures:</u>	<p>All teams must be given a minimum of thirty minutes of warm-ups. New Jersey Swimming Warm-up and Safety Guidelines:</p> <ul style="list-style-type: none"> Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes. All swimmers are entitled to a fair and comparable warm-up. All teams MUST get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes. <p>Entry into Pool:</p> <ul style="list-style-type: none"> All swimmers must enter the pool from the starting end of the pool. <p>Host Team Monitoring Warm-ups.</p> <ul style="list-style-type: none"> Uniformed and designated meet marshals will monitor warm-ups. All general warm-up lanes will swim in a counterclockwise direction. <p>Warm-up Schedules.</p> <ul style="list-style-type: none"> The warm-up sessions will be two 30-minute warm-ups divided by teams or three 20 minute warm-ups with ten minutes of sprints at the end. There will be designated sprint lanes/pace lanes during the last 10 minutes. Warm-up schedules will be e-mailed and posted at www.besmartinc.com. Warm-up for the 1000/1650 events will be in the patio pool, if necessary.
<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 equal to or faster than the qualifying time standard for this meet. All entry times must be in short course yards. Proof of time will be required for any individual event 400 yards and longer; Hy-tek proof of time on the entry file will be acceptable.
<u>Check-In:</u>	<ul style="list-style-type: none"> All check-in sheets must be turned into the control room 30 minutes before the start of each session. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched will have their names circled with a "SCR" next to the circle. Swimmers scratching a single event will have a line through his/her name and the event number circled with "SCR" next to the circle. All distance events will have a positive check-in that will be posted in the control room. All relay events will have a positive check-in that will be posted in the control room. Failure to follow any of the above positive check-in procedures will result in the swimmer(s) or relay not participating in the event/session.
<u>Scratch Rule</u>	<ul style="list-style-type: none"> The meet will follow USA Swimming rule 207.12.6.D and rule 207.12.6E for scratches from finals. A swimmer who fails to scratch from finals within the deadlines outlined in rule

	<p>207.12.6E will be barred from further competition for the remainder of the meet.</p> <ul style="list-style-type: none"> In addition, the club of a swimmer who qualifies for finals or consolation finals and fails to compete in that final during the last session of the meet shall be fined \$50 for each occurrence.
<u>Starts:</u>	<ul style="list-style-type: none"> New Jersey Swimming requires that whistle starts be used. The host club will determine if overhead starts will be used after a time line has been produced. This information will be e-mailed and posted in the pre-meet information.
<u>Distance Events:</u>	<ul style="list-style-type: none"> The 1000/1650 Freestyle events will be run fastest to slowest as a separate session at the conclusion of the AM prelims. Heats will be combined to consolidate if appropriate. Swimmer must have their own timer and a person to count. Proof of time is required for entry into these events; can be done in TM entry file. 1000 and 1650 freestyles will be timed final events with the fastest 8 seeded swimmers competing during the PM finals
<u>Heat Limited Events:</u>	<p>The following events will have a limited number of heats:</p> <ul style="list-style-type: none"> ONLY THOSE SWIMMERS LISTED AS THE FASTEST 32 OR 48 SWIMMERS ON THE PSYCH SHEET WILL BE ALLOWED TO SWIM. THESE LISTS TO BE POSTED AT www.besmarttinc.com 72 HOURS PRIOR TO THE START OF THE MEET 13/14 and Open 500 Freestyles, minimum 6 heats/per event. 13/14 and Open 400 IM, 6 heats/per event. 1000/1650 Freestyles, minimum 4 heats/per event. 12/Under 500 Freestyles, 4 heats/per events. 11/12 400 IM, 4 heats/per event. These events/competitors will be posted at www.besmarttinc.com when all entries are received. After posting, additional swimmers will be added only if swimmers are scratched prior to the session; refunds will be processed after the meet for swimmers not given the opportunity to participate in the event.
<u>Relays:</u>	<ul style="list-style-type: none"> Coaches must turn in relay cards prior to that relay swimming listing correct swimmers names and correct order.
<u>Scoring:</u>	<ul style="list-style-type: none"> Team scoring will be kept. 16 place scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays.
<u>Awards:</u>	<ul style="list-style-type: none"> Medals will be awarded to the top 3 swimmers in each individual event. Medals will be awarded to the top 3 relays in each relay event.
<u>Entry Fees:</u>	<ul style="list-style-type: none"> Individual Entry Fee for 13/Over events: \$4.00 Individual Entry Fee for 12/Under events: \$3.00 Relay Entry Fee: \$8.00
<u>Admissions and Programs:</u>	<ul style="list-style-type: none"> Admission will be \$7.00 for AM or Distance or afternoon sessions. Cost of HC XXIII Meet Program will be \$10.00. Admission to the 13/Over finals will be \$3.00. 13/Over PM heat sheets will be free of charge; one per family while supply lasts.
<u>Entries:</u>	
<u>Results:</u>	<ul style="list-style-type: none"> All Teams will be asked on the meet summary whether they want results mailed or e-mailed. Paper results can be ordered from the admission table at a cost of \$10.00
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none"> The host club will provide a single timer in each lane throughout the meet, except for distance events and PM finals. The host club will have stopwatches available for volunteers helping to time. The host club will e-mail all club entries back to the participating clubs that are received via email. The host club will create a warm-up schedule that will be fair and equal to all teams. This warm-up schedule will be e-mailed to all participating clubs and posted on the website: www.besmarttinc.com no later than 72 hours before the meet. The host club will create timing assignments that are fair and equitable with as many teams participating as possible. These timing assignments will be e-mailed to all participating clubs and posted on the website: www.besmarttinc.com no later than 72 hours before the meet.
<u>Participating Club</u>	<ul style="list-style-type: none"> Participating clubs must help with timing assignments. Timing assignments will be e-

<u>Responsibilities:</u>	mailed to participating clubs and posted on the swim meet website: www.besmarttinc.com 72-hours prior to the meet. <ul style="list-style-type: none"> Participating club parents must stay off the pool deck except for timing assignments. Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.
<u>Concessions:</u>	Refreshments will be available in the lobby.
<u>Vendor:</u>	A swim host vendor will be in attendance
<u>Hotels:</u>	<u>Host Hotel:</u> Somerset Holiday Inn, 1.732.584.4612 , ask for special Holiday Classic rates. <i>The Crowne Plaza, 1.732.716.1175</i> <i>The Courtyard by Marriott on Davidson Avenue</i> <i>The Doubletree Executive Somerset on Atrium Drive</i>
<u>Directions:</u>	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. Continue to Busch Campus Exit, bear right on exit ramp and proceed on the entrance road to the traffic circle. Bear right at first turn off, go to first intersection, turn left to lot 64. 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 Route 287 Traveling North - Take Route 287 North to Exit 9 (River Road, Bound Brook, Highland Park, 514 Spur). Follow River Road (514 Spur South) approximately 2 miles to Hoes Lane, turn left about ½ mile bear right and on campus just past the golf course entrance. From Route 287 Traveling South - Take Route 287 South to Exit 9 (River Road, Bound Brook, Highland Park, 514 Spur) Follow River Road (514 Spur South) approximately 2 miles to Hoes Lane West, turn left about ½ mile bear right and on campus just past the golf course entrance. From US Highway 1, North or South - Take the exit for Route 18 North - New Brunswick and proceed from ** above.
<u>Order of Events:</u>	13/Over events will be swum in the same order in the finals as in preliminaries after the fastest heats of 1000 freestyles on Friday and 1650 freestyles on Sunday. The two fastest heats of relays will be in the PM finals session only.

HOLIDAY CLASSIC EVENTS

AND QUALIFYING TIMES (no slower than,,)

Event 1 Women 1000 Free 10:59.99
Event 2 Men 1000 Free 10:27.29

FRIDAY AM 13/14 AND OPEN PRELIMS

Event 3 Women 13-14 200 Free 2:06.99
Event 4 Men 13-14 200 Free 2:03.69
Event 5 Women 200 Free 2:00.99
Event 6 Men 200 Free 1:51.79
Event 7 Women 13-14 200 IM 2:24.99
Event 8 Men 13-14 200 IM 2:21.49
Event 9 Women 200 IM 2:17.99
Event 10 Men 200 IM 2:07.99
Event 11 Women 13-14 50 Free 26.69
Event 12 Men 13-14 50 Free 25.69
Event 13 Women 50 Free 25.59
Event 14 Men 50 Free 23.29
Event 15 Women 800 Free Relay
Event 16 Men 800 Free Relay

FRIDAY PM FOR 12/U'S TIMED FINALS

Event 17 Girls 11-12 500 Free 6:09.29
Event 18 Boys 11-12 500 Free 6:09.29
Event 19 Girls 10&U 500 Free 7:07.09
Event 20 Boys 10&U 500 Free 7:07.09
Event 21 Girls 11-12 50 Back 35.19
Event 22 Boys 11-12 50 Back 34.79
Event 23 Girls 10&U 50 Breast 44.59
Event 24 Boys 10&U 50 Breast 45.59
Event 25 Girls 11-12 200 IM 2:41.19
Event 26 Boys 11-12 200 IM 2:40.29
Event 27 Girls 10&U 200 IM 3:05.49
Event 28 Boys 10&U 200 IM 3:09.29

SATURDAY AM 13/14 AND OPEN PRELIMS: 500 Freestyles

Event 29 Women 13-14 500 Free 5:37.99
Event 30 Men 13-14 500 Free 5:35.19

FRIDAY DISTANCE AFTER PRELIMS

Event 31 Women 500 Free 5:20.99
Event 32 Men 500 Free 5:05.99

SATURDAY AM 13/14 AND OPEN PRELIMS

Event 33 Women 13-14 100 Fly 1:06.59
Event 34 Men 13-14 100 Fly 1:04.39
Event 35 Women 100 Fly 1:02.79
Event 36 Men 100 Fly 57.09
Event 37 Women 13-14 200 Breast 2:43.09
Event 38 Men 13-14 200 Breast 2:39.19
Event 39 Women 200 Breast 2:38.09
Event 40 Men 200 Breast 2:24.99
Event 41 Women 13-14 100 Back 1:07.09
Event 42 Men 13-14 100 Back 1:05.49
Event 43 Women 100 Back 1:03.99
Event 44 Men 100 Back 59.19
Event 45 Women 13-14 400 IM 5:03.99
Event 46 Men 13-14 400 IM 4:54.09
Event 47 Women 400 IM 4:50.99
Event 48 Men 400 IM 4:35.99
Event 49 Women 13-14 400 Medley Relay
Event 50 Men 13-14 400 Medley Relay
Event 51 Women 400 Medley Relay
Event 52 Men 400 Medley Relay

SATURDAY PM 12/U's TIMED FINALS

Event 53 Girls 11-12 100 IM 1:15.39
Event 54 Boys 11-12 100 IM 1:14.79
Event 55 Girls 11-12 200 Fly 2:42.29
Event 56 Boys 11-12 200 Fly 2:42.29
Event 57 Girls 10&U 100 Free 1:15.19
Event 58 Boys 10&U 100 Free 1:16.09
Event 59 Girls 11-12 50 Free 29.99
Event 60 Boys 11-12 50 Free 29.89
Event 61 Girls 10&U 100 Fly 1:28.99
Event 62 Boys 10&U 100 Fly 1:31.39
Event 63 Girls 11-12 100 Breast 1:23.69
Event 64 Boys 11-12 100 Breast 1:22.59
Event 65 Girls 10&U 50 Back 40.49
Event 66 Boys 10&U 50 Back 41.89
Event 67 Girls 11-12 200 Back 2:41.89
Event 68 Boys 11-12 200 Back 2:41.89
Event 69 Girls 10&U 100 IM 1:26.29
Event 70 Boys 10&U 100 IM 1:29.09
Event 71 Girls 11-12 50 Fly 32.99
Event 72 Boys 11-12 50 Fly 32.49
Event 73 Girls 11-12 200 Free 2:20.19
Event 74 Boys 11-12 200 Free 2:21.29
Event 75 Girls 10&U 200 Medley Relay
Event 76 Boys 10&U 200 Medley Relay
Event 77 Girls 11-12 200 Medley Relay
Event 78 Boys 11-12 200 Medley Relay

SUNDAY AM 13/14 AND OPEN PRELIMS

Event 81 Women 13-14 100 Breast 1:16.09
Event 82 Men 13-14 100 Breast 1:13.29
Event 83 Women 100 Breast 1:13.29
Event 84 Men 100 Breast 1:06.99
Event 85 Women 13-14 200 Back 2:25.09
Event 86 Men 13-14 200 Back 2:21.19
Event 87 Women 200 Back 2:19.49
Event 88 Men 200 Back 2:08.59
Event 89 Women 13-14 200 Fly 2:25.19

Event 90 Men 13-14 200 Fly 2:22.69
Event 91 Women 200 Fly 2:20.19
Event 92 Men 200 Fly 2:08.29
Event 93 Women 13-14 100 Free 58.09
Event 94 Men 13-14 100 Free 56.09
Event 95 Women 100 Free 55.59
Event 96 Men 100 Free 50.99
Event 97 Women 13-14 400 Free Relay
Event 98 Men 13-14 400 Free Relay
Event 99 Women 400 Free Relay
Event 100 Men 400 Free Relay

SUNDAY DISTANCE AFTER PRELIMS

Event 79 Women 1650 Free 18:37.99
Event 80 Men 1650 Free 17:53.99

SUNDAY PM 12/U's TIMED FINALS

Event 101 Girls 11-12 200 Breast 3:00.79
Event 102 Boys 11-12 200 Breast 3:00.79
Event 103 Girls 10&U 100 Breast 1:37.89
Event 104 Boys 10&U 100 Breast 1:40.09
Event 105 Girls 11-12 100 Back 1:15.79
Event 106 Boys 11-12 100 Back 1:14.99
Event 107 Girls 10&U 50 Free 34.29
Event 108 Boys 10&U 50 Free 35.39
Event 109 Girls 11-12 100 Fly 1:11.99
Event 110 Boys 11-12 100 Fly 1:11.89
Event 111 Girls 10&U 50 Fly 38.99
Event 112 Boys 10&U 50 Fly 40.19
Event 113 Girls 11-12 50 Breast 38.69
Event 114 Boys 11-12 50 Breast 38.09
Event 115 Girls 10&U 100 Back 1:28.09
Event 116 Boys 10&U 100 Back 1:30.89
Event 117 Girls 11-12 100 Free 1:05.29
Event 118 Boys 11-12 100 Free 1:05.19
Event 119 Girls 10&U 200 Free 2:41.79
Event 120 Boys 10&U 200 Free 2:45.19
Event 121 Girls 11-12 400 IM 5:43.99
Event 122 Boys 11-12 400 IM 5:43.99
Event 123 Girls 10&U 200 Free Relay
Event 124 Boys 10&U 200 Free Relay
Event 125 Girls 11-12 200 Free Relay
Event 126 Boys 11-12 200 Free