

<u>Name of Meet:</u>	X-cel Swimming, Inc. presents FALL FESTIVAL MEET of X-CELLENCE 2009
<u>Meet Sanction #:</u>	Sanction # NJS110709SC
<u>Host Club:</u>	This meet is hosted by: X-CEL SWIMMING, Inc.
<u>Date of Meet:</u>	Saturday, November 7 and Sunday November 8, 2009
<u>Location:</u>	Facility: DeNunzio Pool is located on Faculty Road off of Route 571 on the Princeton University campus, Princeton, NJ 08540. It is an Olympic-sized 50 meter 8-lane pool. Two 8-lane by 25 yard courses will be used. There is ample seating for spectators.
<u>Meet Director:</u>	ELLEN W. MACE, 609.558.0988, entries1@juno.com
<u>Team Contact</u>	Coach Lucy, headcoach@xcelswimming.org , 609.252.0206
<u>Meet Referee:</u>	John Kelly, kelly512@optionline.net
<u>Meet Marshal:</u>	Olaf Noisten, honoisten@aol.com
<u>Entry Coordinator:</u>	<ul style="list-style-type: none"> • BE Smartt, Inc
<u>Entry Deadline:</u>	<p>All entries will be accepted on a first come basis. Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. Team entries will not be considered as accepted unless the waiver and entry fees have been received.</p> <p>Entry Deadline Date: Friday, October 16, 2009 <i>or sooner if all sessions are full</i></p>
<u>Entries:</u>	<ul style="list-style-type: none"> • Deck entries will not be accepted. • Teams entered will be posted at www.besmarttinc.com.
<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.</p> <ul style="list-style-type: none"> • To conform to facility capacity.
<u>Internet Website Posting:</u>	<ul style="list-style-type: none"> • Meet Website address: www.besmarttinc.com • Pre-Meet Information posted on website. <ul style="list-style-type: none"> • Meet Information will be posted on the website. • Hy-Tek Events list (HYV.file) will be posted on the website. • Teams whose entries have been received. • Updated meet schedule. • Warm-up Schedule and Team Warm-up Assignments. • Timing assignments. • Post-Meet Information posted on website. <ul style="list-style-type: none"> • Downloadable Results (CL.2 file) • Downloadable Meet Back-up (Backup.zip File)
<u>Meet Requirement Statement:</u>	This meet does qualify as "one" of the three required SHORT COURSE meets to be eligible for the New Jersey LC Zone Championship Team or for New Jersey National Championship Reimbursement.
<u>Coaches Eligibility:</u>	<p>All coaches "on the deck" must be a registered member of USA Swimming.</p> <ul style="list-style-type: none"> • Coaches must show coaching card for entrance to facility. • Coaches must have coaching card visible at all times while on deck.
<u>Swimmer Eligibility:</u>	<ul style="list-style-type: none"> • All swimmers must be members of USA Swimming to enter and compete in this meet. All swimmers must be listed on a team's official entry form to be eligible to participate in this swim meet in any events including relays. All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code)

	<p>as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form.</p> <ul style="list-style-type: none"> • There will be qualifying times used for this meet. As long as a swimmer qualifies for at least one event per day, that swimmer may swim up to 3 events that day. • There will be 10 & Under, 11-12, 13-14, 15-19 Events. • New Jersey Swimming only allows swimmers to enter and compete in 3 individual events per day and relays. • Age for this meet is calculated as of November, 7, 2009.
<u>Meet Format:</u>	<p>This meet will be run in accordance to current USA Swimming Rules. This meet will be run as a timed final meet.</p> <p>This meet will be 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 via email and posted on www.besmartinc.com with the updated pre-meet information.</p> <p>This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks directly.</p>
<u>Meet Schedule:</u>	<p>The building opening time is no earlier than: 6:55AM. This meet will have three sessions on Saturday and Sunday.</p>

Meet Schedule:

Saturday, November 7, 2009		Warm-up	Start
Session 1	All 12/Unders Check-in by 7:30AM	7:00AM	8:05AM
Session 2	All 400 IM's (Limited to eight heats per event) Teams will be notified if entries exceed the heat limit; refunds will be processed and mailed after the meet.	12:15PM	12:50PM
Session 3	All 13/19's—Check-in 30 minutes before start	Right after Session #2 TBA	Will have a 60 minute warm-up
Sunday, November 8, 2009		Warm-up	Start
Session 4	All 12/Unders Check-in by 7:30AM	7:00AM	8:05AM
Session 5	All 500 Freestyles (Limited to eight heats per event) Teams will be notified if entries exceed the heat limit; refunds will be processed and mailed after the meet.	12:15PM	12:50PM
Session 6	All 13/19's—Check-in 30 minutes before start	Right after Session #5 TBA	Will have a 60 minute warm-up

<u>Warm-up Procedures:</u>	<ul style="list-style-type: none"> • All teams must be given a minimum of thirty minutes of warm-ups. • Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes. • All swimmers must enter the pool from the starting end of the pool. • New Jersey Swimming officials will monitor warm-ups. <p><u>Warm-up Procedures based upon number of entries:</u></p> <ul style="list-style-type: none"> • There will be a one-hour warm-up session with sprint lanes offered in the final 15 minutes of warm-ups or <u>(based on the number of swimmers/teams in the meet)</u> the warm-up sessions will be two 30-minute warm-ups divided by teams. There will be designated sprint lanes/pace lanes during the last 10 minutes. • There will be a 30 minute warm-up prior to the beginning of the 500 Freestyle and 400 IM; this warm-up may be in one of the pools while the other pool is still in session; positive check-in is required.
<u>Entry Times:</u>	<p>New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. All</p>

	entry times must be in short course yards.
<u>Check-In:</u>	All check-in sheets must be turned into the scoring table 30 minutes before the start of each session. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched will have their names circled with a “SCR” next to the circle. Swimmers scratching a single event will have a line through his/her name and the event number circled with “SCR” next to the circle. Failure to follow this procedure will result in the swimmer(s) being scratched from the session
<u>Starts:</u>	<ul style="list-style-type: none"> • New Jersey Swimming requires that whistle starts be used. • The host club will determine if "overhead/fly-over" starts will be used after a time line has been produced. This information will be published in the pre-meet information and posted at www.besmarttinc.com
<u>500 Freestyle and 400 IM Events</u>	<ul style="list-style-type: none"> • The 500 Freestyle Events and the 400 IM Events will be run as separate sessions. • The 500 Freestyle and the 400 IM Events will be run slowest to fastest. • These events will be limited to the fastest eight heats per event. Swimmers whose seed times place them below the heat limitation will have the option to pick another event or remain in the event and possibly compete because of day of meet scratches. Swimmers who do not switch events and do not compete in the heat limited event will have their entry free refunded within one week of the meet. • In the 500 free, the swimmer must provide their own timer and person to count. • In the 400 IM, the swimmer must provide own timer.
<u>Relays</u>	Coaches must turn in relay cards prior to that relay swimming listing correct swimmers names and correct order.
<u>Scoring:</u>	This meet will not be scored.
<u>Awards:</u>	Medals will be awarded for the top 3 swimmers in all age groups and for the top 3 swimmers in each age group of combined age group events. Medals will be awarded to the top 3 relays in each relay event.
<u>Entry Fees:</u>	Individual Entry Fee: \$3.00. Relays \$8.00,
<u>Admissions and Programs:</u>	Admission will be \$7.00 per session. Cost of Program will be \$10.00 for a 2-day program.
<u>Results:</u>	All teams must request on the meet summary whether they want results mailed or e-mailed.
<u>Host Club Responsibilities:</u>	<p>The host club will provide a single timer in each lane through out the meet, except for the 500 Freestyles and 400 IM's; swimmers will provide their own timers and lap counters.</p> <p>The entry coordinator will create a warm-up schedule and timing assignments that will be fair and equal to all teams. The 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.</p> <p>The host club will have stopwatches for any volunteer timer that needs one.</p>
<u>Participating Club Responsibilities:</u>	<p>Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.besmarttinc.com 72-hours prior to the meet.</p> <p>Participating club parents must stay off the pool deck except for timing assignments.</p> <p>Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</p>
<u>Food Concessions:</u>	Food will be available in Jadwin Gymnasium.
<u>Vendor:</u>	A swim vendor will be in attendance.
<u>Directions:</u>	Princeton University DeNunzio Pool is conveniently located approximately one mile west of Route 1 via Route 571 (Washington Avenue.) At the first light, Faculty Road make a right, the parking lot and the pool will be on your left.
<u>Hotels:</u>	<p>Holiday Inn, 100 Independence Way, 1.609.520.1200, ask for special rate.</p> <p>Staybridge Suites, 4375 Route1, 1.609.951.0009, ask of sports group rate</p> <p>Residence Inn by Marriott, 4225 Route 1, 1.732.329.9600, Includes breakfast</p> <p>Princeton Courtyard by Marriott, Route 1 and Mapleton Road, 1.609.716.9100; includes breakfast</p>

Event List: Make one time per day, swim three events that day

Time Standards Report

Event	No slower than	Event	No slower than
Saturday AM		Sunday AM	
Event 1 Girls 11-12 200 Free Relay		Event 53 Girls 10&U 200 Medley Relay	
Event 2 Boys 11-12 200 Free Relay		Event 54 Boys 10&U 200 Medley Relay	
Event 3 Girls 10&U 200 Free Relay		Event 55 Girls 11-12 200 Medley Relay	
Event 4 Boys 10&U 200 Free Relay		Event 56 Boys 11-12 200 Medley Relay	
Event 5 Girls 11-12 200 Free	2:33.79	Event 57 Girls 10&U 200 Free	3:09.99
Event 6 Boys 11-12 200 Free	2:33.79	Event 58 Boys 10&U 200 Free	3:09.99
Event 7 Girls 10&U 200 IM	3:25.09	Event 59 Girls 11-12 200 IM	2:59.99
Event 8 Boys 10&U 200 IM	3:25.09	Event 60 Boys 11-12 200 IM	2:59.99
Event 9 Girls 12&U 200 Back	3:08.49	Event 61 Girls 10&U 100 IM	1:35.99
Event 10 Boys 12&U 200 Back	3:08.49	Event 62 Boys 10&U 100 IM	1:35.99
Event 11 Girls 10&U 100 Back	1:36.19	Event 63 Girls 11-12 100 Back	1:22.99
Event 12 Boys 10&U 100 Back	1:36.19	Event 64 Boys 11-12 100 Back	1:22.99
Event 13 Girls 11-12 100 Breast	1:30.99	Event 65 Girls 10&U 50 Back	45.99
Event 14 Boys 11-12 100 Breast	1:30.99	Event 66 Boys 10&U 50 Back	45.99
Event 15 Girls 10&U 50 Breast	49.99	Event 67 Girls 12&U 200 Breast	3:29.29
Event 16 Boys 10&U 50 Breast	49.99	Event 68 Boys 12&U 200 Breast	3:29.29
Event 17 Girls 11-12 100 Fly	1:33.99	Event 69 Girls 10&U 100 Breast	1:48.99
Event 18 Boys 11-12 100 Fly	1:33.99	Event 70 Boys 10&U 100 Breast	1:48.99
Event 19 Girls 10&U 50 Fly	44.89	Event 71 Girls 11-12 100 Free	1:11.09
Event 20 Boys 10&U 50 Fly	44.89	Event 72 Boys 11-12 100 Free	1:11.09
Event 21 Girls 11-12 50 Free	33.99	Event 73 Girls 10&U 100 Fly	1:44.09
Event 22 Boys 11-12 50 Free	33.99	Event 74 Boys 10&U 100 Fly	1:44.09
Event 23 Girls 10&U 100 Free	1:27.99	Event 75 Girls 12&U 200 Fly	3:04.99
Event 24 Boys 10&U 100 Free	1:27.99	Event 76 Boys 12&U 200 Fly	3:04.99
Saturday Mid 400 IM's		Event 77 Girls 10&U 50 Free	38.59
Event 25 Girls 11-12 400 IM	6:06.19	Event 78 Boys 10&U 50 Free	38.59
Event 26 Boys 11-12 400 IM	6:06.19	Sunday Mid 500's	
Event 27 Girls 13-14 400 IM	5:39.69	Event 79 Girls 10&U 500 Free	7:39.49
Event 27 Girls 15-19 400 IM	5:28.99	Event 79 Girls 11-12 500 Free	6:40.99
Event 28 Boys 13-14 400 IM	5:34.29	Event 80 Boys 10&U 500 Free	7:39.49

Event 28	Boys 15-19 400 IM	5:13.19	Event 80	Boys 11-12 500 Free	6:40.99
Saturday PM			Event 81	Girls 13-14 500 Free	6:04.99
Event 29	Girls 13-14 200 Free Relay		Event 81	Girls 15-19 500 Free	5:52.19
Event 30	Boys 13-14 200 Free Relay		Event 82	Boys 13-14 500 Free	6:03.19
Event 31	Girls 15-19 200 Free Relay		Event 82	Boys 15-19 500 Free	5:31.69
Event 32	Boys 15-19 200 Free Relay		Sunday PM		
Event 33	Girls 13-14 200 Free	2:16.79	Event 83	Girls 13-14 200 Medley Relay	
Event 34	Boys 13-14 200 Free	2:14.89	Event 84	Boys 13-14 200 Medley Relay	
Event 35	Girls 15-19 200 Free	2:11.49	Event 85	Girls 15-19 200 Medley Relay	
Event 36	Boys 15-19 200 Free	2:01.79	Event 86	Boys 15-19 200 Medley Relay	
Event 37	Girls 13-14 100 Breast	1:22.49	Event 87	Girls 13-14 200 IM	2:36.89
Event 38	Boys 13-14 100 Breast	1:20.39	Event 88	Boys 13-14 200 IM	2:34.49
Event 39	Girls 15-19 100 Breast	1:19.39	Event 89	Girls 15-19 200 IM	2:30.29
Event 40	Boys 15-19 100 Breast	1:14.99	Event 90	Boys 15-19 200 IM	2:20.29
Event 41	Girls 13-14 200 Back	2:39.39	Event 91	Girls 13-14 100 Back	1:13.59
Event 42	Boys 13-14 200 Back	2:35.69	Event 92	Boys 13-14 100 Back	1:11.59
Event 43	Girls 15-19 200 Back	2:30.99	Event 93	Girls 15-19 100 Back	1:10.19
Event 44	Boys 15-19 200 Back	2:23.69	Event 94	Boys 15-19 100 Back	1:05.19
Event 45	Girls 13-14 100 Fly	1:13.79	Event 95	Girls 13-14 200 Breast	2:59.89
Event 46	Boys 13-14 100 Fly	1:10.99	Event 96	Boys 13-14 200 Breast	2:55.89
Event 47	Girls 15-19 100 Fly	1:09.89	Event 97	Girls 15-19 200 Breast	2:52.69
Event 48	Boys 15-19 100 Fly	1:05.59	Event 98	Boys 15-19 200 Breast	2:42.59
Event 49	Girls 13-14 50 Free	28.99	Event 99	Girls 13-14 100 Free	1:02.89
Event 50	Boys 13-14 50 Free	27.99	Event 100	Boys 13-14 100 Free	1:01.49
Event 51	Girls 15-19 50 Free	28.19	Event 101	Girls 15-19 100 Free	1:01.09
Event 52	Boys 15-19 50 Free	25.39	Event 102	Boys 15-19 100 Free	55.39
			Event 103	Girls 13-14 200 Fly	2:43.99
			Event 104	Boys 13-14 200 Fly	2:40.59
			Event 105	Girls 15-19 200 Fly	2:38.79
			Event 106	Boys 15-19 200 Fly	2:25.59