

1st Annual
THANKSGIVING CLASSIC
at
THE COLLEGE OF NEW JERSEY
hosted by
EASTERN EXPRESS SWIM TEAM

Eastern Express is extremely “thankful” to have The College of New Jersey as our full-time training facility, and as a way of “giving” back to the swimming community, we would like to invite all Masters Swimmers to join us for our First Annual Thanksgiving Classic.

Meet Dates Saturday & Sunday, November 19-20, 2011.

Meet Sanction Sanctioned by New Jersey Masters for USMS Inc. Sanction #: 071-S09

Meet Director Michael Randazzo. Michael.Randazzo87@gmail.com (908) 448-8476

Meet Referee Paul Jennings. Pdjennings5@yahoo.com

Location The College of New Jersey, Packer Hall Aquatic Center.
2000 Pennington Road, Ewing, NJ, 08268.

Parking Ample parking will be available in on-campus garages and lots on both days of the competition. All parking areas are located on TCNJ’s closed-campus within a 5-minute walk of the natatorium.

About the Venue The TCNJ Aquatic Center boasts a beautiful eight-lane, 25-meter competition course, complete with starting blocks, new non-turbulent competition lane-lines, and overflow gutters. The pool depth is 12.5ft (starting end) and 4.5ft (turn end) In addition, there will be six 22-yard warm-down lanes available in the diving well throughout the meet for athlete warm-up and cool-down. An electronic timing system, along with two backup timers per lane, will be used to record results.

Eligibility This meet is open to all currently (2011 or 2012) USMS-registered athletes age 18 and older. A swimmer’s age for this meet will be determined by his/her age as of December 31st, 2011. A copy of your current USMS registration card must accompany swimmers’ entry forms to corroborate membership. This will be done automatically for those entering online.

USMS The 2011 USMS Swimming Rules and USMS Handbook will apply to and govern this competition. If you have lost or misplaced your USMS card, simply log on to www.clubassistant.com/club/usms_member_card_request.cfm? for an e-mailed copy of your card. Need to register with USMS to participate? Go to: <http://www.usms.org/reg/> to signup in ten minutes or less!

Entry Limits Swimmers may enter a maximum of five (5) individual events per day and two (2) relay events per day. Note that events 400 Meters and longer will be contested in separate sessions with their own additional warm-up periods.

Entry Times All entry times should be submitted in Short Course Meters. ‘NT’ or ‘No Time’ entries will **NOT** be permitted. Swimmers should provide actual OR estimated entry times for all events; no official “proof of time” will be required. Unsure of your Short Course Meter Times? Use this handy time conversion utility at: www.swimmingworldmagazine.com/results/conversions.asp

Individual Event Entry Deadline All Online Entries due by 11:59PM EST on Sunday, 11/13/11. **(PREFERRED)**
All mailed-in entries must be RECEIVED (not postmarked) by Sunday, November 13.
No late, faxed, or deck entries will be accepted.

Relay Entry Relays will be deck-entered at the meet. Entry forms will be available before and during warm-up, and will be due 30 minutes prior to the start of the session. Relays wishing to enter in advance may do so by having one “spokesperson” submitting a Relay Entry Form and payment along with his/her individual entries; please do not send in multiple entry forms for one relay team.

<u>Exhibition Relays</u>	Swimmers may assemble relay teams independent of USMS Team Affiliation (e.g. four unattached swimmers forming a relay); however, these relay teams will swim as “exhibition,” and thus they will be ineligible for awards or to have times (Overall or Lead-Off split) recognized as official meet results. Essentially, these would be relay teams competing “just for fun.”
<u>Entry Fees</u>	\$30 per day flat rate Entry Fee (covers up to five (5) individual events per day) \$10 per Relay Team per Event (includes exhibition relays as well) Online Entries: Credit Card Payment to “Club Assistant.com Event Billing“ Checks Payable to: Express Sports INC.
<u>Online Entry</u> (PREFERRED)	EEX strongly encourages and prefers that you utilize our Online Event Registration to insure that your entries and USMS Membership are quickly and accurately processed. Entry form available: https://www.clubassistant.com/club/meet_information.cfm?c=1563&smid=3429 Online Entries open at 9:00AM Monday, 10/10/11, and close at 11:59PM EST Sunday, 11/13/11. USMS Registration Info will be verified automatically, no need to send copy of USMS Card. You will need a credit card on hand to satisfy the meet fees upon completion of your entry form.
<u>Mail-In Entries</u>	*Download Entry Form (Microsoft Word Doc) *Fill out Entry Form (type contact & event info into the MS Word Doc) *Please then print Entry Form, and enclose it, along with a copy of your USMS Registration Card and a check for \$30 per day of competition (plus any known Relay dues), in an envelope labeled Thanksgiving Classic: c/o Michael Randazzo. 14 Dogwood Drive, Hillsborough, NJ, 08844. *Please make all checks payable to: Express Sports INC.
<u>Warm-up</u>	Warm-up will be conducted in accordance with the current USMS Policies and Procedures. Feet-first entry only during general warm-up. Designated sprint lanes will be available beginning 30 minutes prior to clearing the pool.
<u>Check-In</u>	No check-in will be required for swimmers competing in events 200-meters and shorter. Positive check-in will be required for swimmers competing in events 400-meters and longer. Check-in will close 30 minutes prior to the start of the event, and swimmers who fail to confirm their participation in these events will be scratched automatically. Check-in sheets will be available on-deck before and during warm-up each day.
<u>Seeding</u>	Swimmers will be seeded in heats according to entry time, not by age. All Events 200 Meters and shorter will be pre-seeded before the meet, and will be contested slowest to fastest. All events 400 Meters and longer will be deck-seeded following positive check-in, and will be contested fastest to slowest.
<u>Distance Events</u>	The 400, 800, 1500 Freestyle and 400 IM will be gender-mixed events (combined heats of Women & Men based on entry times). Eastern Express will provide all swimmers participating in the 800 and 1500 Meter Freestyle with their own lap-counter and backup timer.
<u>Psych Sheets</u>	Psych Sheets will be posted at least 48 hours prior to the start of the meet online at www.expressswimming.com
<u>Results</u>	While all events will be seeded and contested as “Open Events,” results will be recorded and published in accordance with USMS Age Group designations. All times achieved at this Meet (with the exception of Exhibition Relays) will be imported into the USMS SWIMS Database and will be eligible to set NJ LMSC and/or USMS Age Group Records. Results will be posted on the NJ LMSC and Host Club’s (EEX’s) website within 48 hours of the competition’s conclusion.
<u>Awards</u>	Ribbons will be awarded to the Top 3 finishers in each Age Group for all Individual Events. Swimmers must claim their awards at the meet; no awards will be mailed to participants.
<u>Food Drive</u>	Eastern Express will be sponsoring a Thanksgiving Food Drive, collecting non perishable food items to be donated to a local homeless shelter. Please consider making a contribution to help those in need during the Holiday Season.
<u>Bake Sale</u>	Help feed the local community by letting Eastern Express help feed your family this Thanksgiving! EEX swimmers will have delicious dessert items on sale during and after the meet on Sunday, 11/20; everything from snacks for the road to take-home homemade pies and breads. All money collected will be used to purchase additional non-perishable food items to supplement those gathered throughout the Food Drive, and will then be donated to a local homeless shelter.

THANKSGIVING CLASSIC ENTRY FORM

Sanctioned by New Jersey Masters for USMS Inc. Meet Sanction #: 071-S09

Personal / Contact Information

Print Full Name _____
(same name as indicated on your current 2011 USMS registration card)

Sex(circle one) M F Date of Birth _____ / _____ / _____ Age _____
mm / dd / yyyy (as of 12/31/11)

Club Abbreviation: _____
(as per USMS registration)

E-mail Address: _____

Telephone _____

Use of Image/Likeness:

I grant permission to U. S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

USMS LIABILITY RELEASE:

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____ DATE _____

THANKSGIVING CLASSIC ENTRY FORM

Sanctioned by New Jersey Masters for USMS Inc. Meet Sanction #: 071-S09

Day I: Saturday Afternoon, November 19, 2011

(ENTER UP TO 5 INDIVIDUAL EVENTS)

Entry Time	Women #	Order of Events (SC Meters)	Men #	Entry Time
		SESSION I		
		<i>Warm-up: 12:00pm ; Start: 12:35pm</i>		
	1	Mixed 1500 Freestyle	1	
		SESSION II		
		<i>Warm-up: 1:45pm ; Start: 2:45pm</i>		
	2	Mixed 200 Freestyle Relay	2	
	3	200 Individual Medley	4	
	5	50 Breaststroke	6	
	7	100 Backstroke	8	
	9	200 Butterfly	10	
	11	100 Freestyle	12	
	13	200 Breaststroke	14	
	15	50 Butterfly	16	
	17	Mixed 400 Medley Relay	17	
		SESSION III		
		<i>Start: 20 minutes after Session II</i>		
	18	Mixed 400 Freestyle	18	

Day 2: Sunday Morning, November 20, 2011

(ENTER UP TO 5 INDIVIDUAL EVENTS)

Entry Time	Women #	Order of Events (SC Meters)	Men #	Entry Time
		SESSION IV		
		<i>Warm-up: 7:15am ; Start 8:00am</i>		
	19	Mixed 400 Individual Medley	19	
		SESSION V		
		<i>Warm-up: 8:30am ; Start 9:30am</i>		
	20	Mixed 200 Medley Relay	20	
	21	100 Individual Medley	22	
	23	200 Backstroke	24	
	25	100 Breaststroke	26	
	27	50 Freestyle	28	
	29	100 Butterfly	30	
	31	200 Freestyle	32	
	33	50 Backstroke	34	
	35	Mixed 400 Free Relay	35	
		SESSION VI		
		<i>Start: 20 minutes after Session V</i>		
	36	Mixed 800 Freestyle	36	