

EEX Spring Club Championship III

(Closed Sanctioned Meet)

**Hosted by Eastern Express Swim Team
at The College of New Jersey**

Held under the sanction of USA Swimming

Meet Sanction #	NJ Swimming Sanction #-NJS030620SC Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.		
Date of Meet:	Friday, March 6th to Sunday, March 8th, 2020		
Location:	The College of New Jersey Aquatic Center , Packer Hall, 2000 Pennington Rd, Ewing NJ, 08628		
Invited Teams:	BAC, BB, BWTD, CCC, EEX, JG, MB, NJRC, PENN, PTAC, RA, SCAR, STAC, SWST, TWST, WW If the meet does not fill after the invited teams have sent in their entries, the meet host reserves the right to invite additional teams. Interested teams should e-mail the host team contact.		
Facility Info:	The competition pool is 8 lanes, 25 yards, with New Lanes-Lines, Colorado Timing System / Pads, and Video Scoreboard. The starting blocks are equipped with handles and track start fins, and are located at the deep end of the competition course on the bulkhead. The depth at the starting blocks is 6.5 feet and the depth at the turn end is 4 feet. There is a separate 5 lane, 22 yard warm-down area located on the other side of the bulkhead.		
Pool Certification Statement:	The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement, and refers to the pre-certification of the pool length measurement in regards to National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C(4) does not impact the validity of the times achieved in this pool. Times swum at this meet will in fact be entered in SWIMS and are eligible for qualifying for any other USA Swimming sanctioned competition.		
Host Team Contact:	Michael Randazzo	908-448-8476	EasternExpressSwimTeam@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Frank Fitzgerald		frank@rsinj.com
Admin Officials:	Ellen Mace and Jason Mace		besmarttinc@gmail.com
Safety Marshall:	Craig Haywood		EasternExpressSwimTeam@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Immediately		
Entry Deadline:	Preliminary Entries: February 15th, at 6:00pm (Team's best estimate so that it will be possible to estimate timelines and invite other teams). Clean Entry File: Wednesday February 26th at 6:00pm (Rosters finalized, limited event switches, & time updates). Final = Wednesday March 4th at 10:00am (Final roster, corrected mistakes)		
Swimmer Age	Swimmer ages for this meet are as of: Friday March 6th, 2020		
Entry Fees:	Age Group Events 200s and shorter:	\$8	Relays: \$20
	Open Events Prelim/ Final 200s & shorter: 400s, 500s, 1000s, 1650s:	\$10 \$14	
	There will be a \$15/day surcharge for swimmers racing in the Prelim/Final Sessions. There will be a \$10/day surcharge for swimmers racing in the Age Group Afternoon Sessions.		
Meet Course:	Short Course Yards (SCY)		

Meet Format:	<ul style="list-style-type: none"> • This meet will offer Open Events (Championship), and Age Group Events (10 & Under, 11-14 and 14 & Under). • The Open Events will be Prelims/Finals, except for the Open Distance, 400 IM, and Relay Events, which are Timed Finals. All Open Events will be scored to 16 places. • For the Prelim Events that have more than 80 post-scratch swimmers, the 10 fastest heats will be seeded into the morning prelims, with all remaining swimmers competing in a “flighted” midday session. Swimmers competing in the flighted heats will be ineligible to swim at finals. At the discretion of the meet director, all swimmers in a particular event may swim during the prelim session and be eligible for finals. • At Finals, there will be A, B, C, & D heats. ‘D’ Bonus Heats will not be offered for events with fewer than 48 competitors. • There will be separate daily Age Group afternoon timed finals sessions. The events in these sessions will not be scored. • There are minimum (“faster than”) time standards for some events in this meet. See the session information for details. • All Open Relays will be timed finals and will swim in the evening finals session. • This meet will be deck seeded with coaches checking-in and scratching all swimmers and relays. When a session has been seeded, swimmers will be responsible for reporting to the blocks on their own. 	
Entry Limits:	Daily: Open Events: 3 Age Group Events: 5 (4 on Friday) Relays: 2	Meet: Open Events: 8 scoring + 1 exhibition Age Group Events: 14 Relays: 6
	Swimmers may not enter both Open & Age Group Events on the same day. They may attend different sessions on different days, but cannot compete in both a morning Prelim and an afternoon Timed Final session on the same day.	
Checks Payable To:	Express Sports Inc	
Email Entry Files To:	besmarttinc@gmail.com	
Checks/Waivers:	Bring to the first session of the meet where the team is competing.	

2020 Spring Club Championship III

Friday, March 6th, 2020

Facility Opens at 7:45am

Friday Morning Session #1—Open Preliminaries

Warm-up: 8:00am

Meet Start: TBA

Women	Equal/Faster	Open Event	Equal/Faster	Men
#1	1:07.99	100 Freestyle	1:07.99	#2
#3	3:05.99	200 Breaststroke	3:05.99	#4
#5	1:19.99	100 Backstroke	1:19.99	#6
#7	5:59.99	Open 500 Freestyle	5:59.99	#8
#9	2:45.99	200 IM	2:45.99	#10

Friday Afternoon Session #2—Timed Finals†

These events do not score

Warm-up: TBA

Meet Start: TBA

Girls	Equal/Faster	Age Group Events	Equal/Faster	Boys
#41	6:19.99	11-14 400 IM	6:19.99	#42
#43	6:59.99	10 & Under 400 IM	6:59.99	#44
#45	3:09.99	11-14 200 Backstroke	3:09.99	#46
#47	3:19.99	10 & Under 200 Freestyle	3:19.99	#48
#49	3:29.99	11-14 200 Breaststroke	3:29.99	#50
#51	3:39.99	10 & Under 200 IM	3:39.99	#52
#53	3:09.99	11-14 200 Butterfly	3:09.99	#54
#55		14 & Under 400 Freestyle Relay		#56
#57	7:19.99	11-14 500 Freestyle**	7:19.99	#58

** Swimmers must provide their own timers/counters for this event. There will be a 10-minute warm-up in the main pool time permitting.

† This session may be contested using 6 lanes, depending on entries.

Friday Evening Session #3—Finals

Warm-up: 5:00pm

Meet Start: 6:00pm

Women	Equal/Faster	Finals	Equal/Faster	Men
		<i>Finals of events #1-#10,</i>		
#11		800 Freestyle Relay		#12

2020 Spring Club Championship III

Saturday, March 7th, 2020

Facility Opens at 7:45am

Saturday Morning Session #4—Preliminaries

Warm-up: 8:00am

Meet Start: TBA

Women	Equal/Faster	Open Event	Equal/Faster	Men
#15	29.99	50 Freestyle	29.99	#16
#17	2:45.99	200 Backstroke	2:45.99	#18
#21	1:19.99	100 Butterfly	1:19.99	#22
20-minute warm-up for swimmers in the 1000 freestyle & 400 IM.				
#19	12:59.99	1000 Freestyle**	12:59.99	#20
#23	5:29.99	400 IM**	5:29.99	#24

** Timed Finals. Fastest heat of each gender of the 1000 freestyle will swim at finals. Fastest four heats of each gender of the 400 IM will swim at finals. Heats of these events will swim fast to slow, alternating genders.

Saturday Afternoon Session #5—Timed Finals

These events do not score

Warm-up: TBA

Meet Start: TBA

Girls	Equal/Faster	Age Group Events	Equal/Faster	Boys
#59		14 & Under 200 Medley Relay		#60
#61		11-14 50 Freestyle		#62
#63		10 & Under 50 Freestyle		#64
#65	3:09.99	11-14 200 IM	3:09.99	#66
#67		10 & Under 100 IM		#68
#69		11-14 50 Breaststroke		#70
#71		10 & Under 50 Breaststroke		#72
#73		11-14 50 Backstroke		#74
#75		10 & Under 50 Backstroke		#76
#77		11-14 50 Butterfly		#78
#79		10 & Under 50 Butterfly		#80
#81	2:49.99	11-14 200 Freestyle	2:49.99	#82
#83	8:29.99	10 & Under 500 Freestyle*	8:29.99	#84

* Swimmers must provide their own timers & counters.

Saturday Evening Session #6—Finals

Warm-up: 5:00pm

Meet Start: 6:00pm

Women	Equal/Faster	Finals	Equal/Faster	Men
#13		200 Medley Relay		#14
<i>Finals of events #15-#18 Fastest heats of #19-#20 Finals of events #21-22 Four fastest heats of events #23-24</i>				
#25		400 Freestyle Relay		#26

2020 Spring Club Championship III

Sunday, March 8th, 2020

Facility Opens at 7:45am

Sunday Morning Session #7—Preliminaries

Warm-up: 8:00am

Meet Start: TBA

Women	Equal/Faster	Open Events	Equal/Faster	Men
#29	2:25.99	200 Freestyle	2:25.99	#30
#31	1:29.99	100 Breaststroke	1:29.99	#32
#35	1:19.99	100 IM	1:19.99	#36
#37	2:45.99	200 Butterfly	2:45.99	#38
15 minute warm-up for swimmers in the 1650 freestyle				
#33	21:59.99	<i>Mixed</i> 1650 Freestyle†	21:59.99	#33

† Timed finals. Fastest heat swims at night. Swimmers provide their own timers & counters for this event.

Sunday Afternoon Session #8—Timed Finals

These events do not score

Warm-up: TBA

Meet Start: TBA

Girls	Equal/Faster	Age Group Events	Equal/Faster	Boys
#85		10 & Under 25 Freestyle		#86
#87		11-14 100 Freestyle		#88
#89		10 & Under 100 Freestyle		#90
#91		10 & Under 25 Butterfly		#92
#93		11-14 100 Butterfly		#94
#95		10 & Under 100 Butterfly		#96
#97		11-14 100 IM		#98
#99		10 & Under 25 Backstroke		#100
#101		11-14 100 Backstroke		#106
#103		10 & Under 100 Backstroke		#108
#105		10 & Under 25 Breaststroke		#110
#107		11-14 100 Breaststroke		#108
#109		10 & Under 100 Breaststroke		#110
#111		14 & Under 200 Free Relay		#112

Sunday Evening Session #9—Finals

Warm-up: 5:00PM approx.

Meet Start: 6:00PM

Women	Equal/Faster	Open Event	Equal/Faster	Men
#27		200 Freestyle Relay		#28
<i>Finals of events #29-32 Fastest heat of #33 Finals of events #35-38</i>				
#39		400 Medley Relay		#40

Tentative Meet Schedule

Friday, March 6 th , 2020		Warm-up	Start
Facility Opens 7:45am			
Session 1	Preliminaries	8:00am	TBA**
Session 2	Age Group Events	TBA**	TBA**
Session 3	Finals	5:00pm	6:00pm
Saturday, March 7 th , 2020		Warm-up	Start
Facility Opens at 7:45am			
Session 4	Preliminaries	8:00am	TBA**
Session 5	Age Group Events	TBA**	TBA**
Session 6	Finals	5:00pm	6:00pm
Sunday, March 8 th , 2020		Warm-up	Start
Facility Opens at 7:45am			
Session 7	Preliminaries	8:00am	TBA
Session 8	Age Group Events	TBA**	TBA**
Session 9	Finals	5:00pm	6:00pm

**Session start times to be determined when all entries are received. Please use the schedule distributed with timing & warm-up a week before the meet for final session times.

Scoring:	<ul style="list-style-type: none"> • Team scoring will be kept for All Open Events. • Afternoon timed final events will not be scored. • 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.
Awards:	<ul style="list-style-type: none"> • There will be custom medals for 1st, 2nd, and 3rd place finishers for all open events. • There will be custom ribbons for 1st, 2nd, and 3rd place finishers for afternoon timed final age group events. • There will be plaques for the three teams with the highest combined scores, and plaques for the first-place women's and men's teams. • There will be an awards presentation between events during finals; a schedule will be published.
Starts:	<ul style="list-style-type: none"> • 'Fly-over/Over-the-top' starts will be used during this meet during preliminary and timed finals sessions. At the discretion of the referee, this may be changed and breaks added to the timeline, once a given session has been seeded.
Admissions and Programs:	<ul style="list-style-type: none"> • There will be athlete surcharges. • Heat sheets will be available online at www.besmartinc.com and Meet Mobile
Concessions:	<ul style="list-style-type: none"> • TCNJ Snack Bar and other food options on campus.
Vendor:	<ul style="list-style-type: none"> • Ultimate Swim Shop & Jolyn will be on site throughout the weekend
Locker Rooms:	<ul style="list-style-type: none"> • If only one locker room/restroom: If Athletes and Adults including Coaches & Officials must use the same facility, make sure you are not alone with an athlete in the locker room, including using the restroom. Be proactive and tell the meet director immediately if this happens, even when no fault of your own. • If multiple facilities: There is a separate locker room/restroom for athletes only! All other adults including Coaches & Officials need to make sure that you are only using the facility marked for you.

Entry Info:	<ul style="list-style-type: none"> • There will be no refunds after the entry deadline (Clean entry file, February 26th) except for events that may be scratched from meet by the Entry Coordinator or Meet Director • Entries will be acknowledged within 48 hours of receipt. • All invited teams will be guaranteed entry into this meet, provided their entry conforms to the meet requirements, and provided that entry procedure is followed. • Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes.
Entry Times:	<ul style="list-style-type: none"> • Proof-of-time is required for all Open Events use times since Jan 1, 2018. • No NT entries will be accepted. • All entry times must be in short course yards. • Converted times will not be permitted as entry time unless it is a swimmer's only valid means of qualification, in which case the swimmer may enter the event at the cut time.
Distance Events (1000 & 1650)	<ul style="list-style-type: none"> • The 1000 and 1650 Freestyle Events in the midday will be run fastest to slowest, and the 1000 alternating heats of women and men, with swimmers providing their own timers & counters. • The fastest heat of each gender of the 1000 Freestyle Events will swim at Finals. • The fastest heat of the mixed 1650 Event, the top heat will swim at finals. Depending on entries, the next fastest heat may also swim at finals. This will be determined when all entries have been received and will be distributed to coaches of participating teams with the timing & warm-up information.
400 IM	<ul style="list-style-type: none"> • These events are timed finals with the four (4) fastest heats of each gender competing in the Saturday evening finals session. If these events have fewer than 48 competitors, there will only be three heats at finals. • Any heat not scheduled for finals will swim at the end of prelims, fast-to-slow, alternating genders.
Relays:	<ul style="list-style-type: none"> • Relay scratches should be turned in during warm-up for the session in which they are swimming. • Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. • All Open relays will swim at the evening finals session. • No more than 4 relay entries per event per team.
Swimmer Eligibility:	<ul style="list-style-type: none"> • No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. • 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. • All swimmers 18 & Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet. • For Spring Club Champs III, transfer swimmers who have been with their clubs for at least 30 days may represent (individually and on relays) and score points for their club in the closed context of this meet, with the full understanding that their results will go into SWIMS as "UN" and any relay with them on it will be removed from the 'official' results and will be a DQ.
Adaptive Provisions:	<p>USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).</p>
Host Club Responsibilities:	<ul style="list-style-type: none"> • The host club will provide a head timer/back-up timer for every session. • The host club will e-mail entry verification back to the participating clubs. • The host club will create a warm-up schedule that will be fair and equal to all teams. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. • Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs and posted on the website www.besmarttinc.com no later than 1 week before the meet.

<p>Participating Club Responsibilities:</p>	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: www.besmartinc.com 1 week prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck. • Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.
<p>Coaches Conduct & Eligibility:</p>	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP). • Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions. • As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping. • All coaches “on the deck” must be currently registered coach members of USA Swimming. Verification can be in the form of a current USA Swimming membership card or Coaches Pass available thru the USA swimming Deck Pass App. • Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. • All Coaches must have some form of USA coaching credential verification with them at all times.
<p>Officials Conduct & Eligibility:</p>	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP). • Make sure all interactions with athletes are observable and interruptible. • Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards. • Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. • All officials must wear the standard white and blue uniform. • Officials will be required to work the entire session and will receive free admission.
<p>Meet Format Waiver:</p>	<ul style="list-style-type: none"> • This meet will be run in accordance to current USA Swimming Rules. • The host club has the right to change the format of the meet. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include: <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 may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.
<p>Warm-up Procedures:</p>	<ul style="list-style-type: none"> • Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups may include general warm-up lanes, sprint lanes, and pace lanes. • Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. • All swimmers are entitled to a fair and comparable warm-up. All teams must receive the same opportunities for warm-up lanes, sprint lanes, and pace lanes. • All swimmers must enter the pool feet first from the starting end of the pool. • New Jersey Swimming officials will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction. • 13 lanes: 8 in the competition pool, 5 in the diving well will be available for warm-up at all sessions. • Depending on entries warm-ups may be one general warm-up followed by sprints/starts or multiple warm-ups assigned by teams. • A complete warm-up schedule will be developed once entries have been received and processed. The schedule will be posted at www.besmartinc.com and emailed to each team..

Check-In:	<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 their name and the event number circled with “SCR” next to the circle. Failure to follow this procedure may result in the swimmer(s) being scratched from the session.
No Show Procedure:	<ul style="list-style-type: none"> No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer’s maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.
Scratch Rule:	<ul style="list-style-type: none"> The meet will follow USA Swimming rule 207.11.6.D and rule 207.11.6.E for scratches from finals. A swimmer who fails to scratch from finals within the deadline outlined in rule 207.11.6.E and then fails to swim the event at finals will be barred from further competition for the remainder of the meet. Should this occur and the swimmer wishes to “buy back” into the meet, the fee will be \$250 paid to the host club. In addition, the club of a swimmer who qualifies for finals or consolation finals and fails to compete in that final without properly scratching from the event in accordance with the above procedure may be fined \$100 for each occurrence.
Internet Website Posting:	<p>Internet location for all meet information: http://www.besmarttinc.com</p> <p>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. List Teams whose entries have been received. List “heat limited” events psych sheet. List Updated meet schedule. List Warm-up Schedule and Team Warm-up Assignments. List Timing assignments. <p>Post-Meet Information posted on website:</p> <ul style="list-style-type: none"> Downloadable Results (Zipped .CL2 & .HY3 files) for TM Printable meet results (.PDF file),
Results:	<ul style="list-style-type: none"> Meet result files for TM will be emailed to all participating teams. Meet results will be posted on the meet website and on the New Jersey Swimming Website: www.njswim.org
USA-S Racing Start Certification Statement:	<p>Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</p>
Audio/Visual Recording Statement:	<p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p>
USA-S Deck Change Policy Statement:	<p>Deck changes are prohibited.</p>
USA-S Drone Policy Statement:	<p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</p>
Minor Athlete Abuse Prevention Policy (MAAPP)	<p>All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</p>

Tech Suit/Swimwear Policy:	<p>Swimwear must conform to USA Swimming Rules:</p> <ul style="list-style-type: none"> • Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition. “Tech suits” are not permitted at this meet for 12 & under swimmers. “Tech Suits” are defined, as suits that have bonded seams, kinetic tape, or meshed seams. A list of restricted suits can be found on the NJ Swimming Website; www.njswim.org. • Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (e.g.: kinesio tape) on any part of the body <p>Pursuant to USA Swimming Rule 205.10.1, it is permissible for the swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.</p>
Meet Requirement Statement:	<p>This meet is a Closed/Sanctioned meet, as defined in the NJ Swimming Policies & Procedures Manual. As such, participation in this meet does not count toward participation requirements for NJ Swimming Zone Team eligibility nor for NJ Swimming Athlete Travel Grants for sectional and national level meets. However, times achieved in this meet are eligible for inclusion in SWIMS.</p>
Hotels:	<ul style="list-style-type: none"> • Holiday Inn, 100 Independence Way, 1.609.520.1200, • Staybridge Suites, 4375 Route 1, 1.609.951.0009 • Residence Inn by Marriott, 4225 Route 1, 1.732.329.9600, Includes breakfast • Princeton Courtyard by Marriott, Route 1 and Mapleton Road, 1.609.716.9100; includes breakfast
Directions:	<p>Google Maps: https://goo.gl/maps/BUwLovqiPERhcovx7</p> <p>The College of New Jersey is off I-95S, Route 31S, exit 4, take 31S (Pennington Road) to the entrance of the college. Please use lots 3, 4, or 5 for parking; they are to the right of the Pennington Road entrance to the College.</p>



NEW JERSEY SWIMMING

2020 EEX Spring Club Championship III

Friday-Sunday, March 6th-8th

Waiver

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, The College of New Jersey, Eastern Express Swimming, Be Smartt Inc. and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form, for the **Eastern Express Spring Club Championship III on March 6th-8th, 2020** are registered members of USA Swimming. All USA Swimming members are correctly entered according to; 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 USA 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.

Club Name/Club Code _____

Signature of Coach and/or Parent/Guardian _____

Telephone _____ E-Mail Address _____

Name(s) of Coach(es): _____

Name/E-Mail/Phone Number of person to contact regarding this entry:

NAME/E-Mail/Phone Number of person to contact regarding timers/officials:

Entry Fee Summary:	_____ Prelim/Final Individual event entries @ \$10.00 =	\$_____
	_____ Timed Final individual event entries @ \$8.00 =	\$_____
	_____ 400, 500, 1000, 1650	
	_____ Timed-Final individual event entries @ \$14.00 =	\$_____
	_____ Relay event entries @ \$20.00 =	\$_____
	_____ Surcharge per swimmer per day @ \$15.00 =	\$_____
	_____ Surcharge per swimmer per day @ \$10.00 =	\$_____
	Total:	\$_____

Make checks payable to: **Express Sports Inc**