

<u>Name of Meet</u>	<h1>2011 Piranha Pentathlon</h1> Sunday, October 23 <sup>rd</sup> , 2011
<u>Meet Sanction #:</u>	NJS102311SC
<u>Host Club:</u>	<i>Princeton Piranhas Swim Team &amp; Rider University Swimming &amp; Diving</i>
<u>Date of Meet:</u>	Sunday, October 23 <sup>rd</sup> , 2011
<u>Location:</u>	Rider University, <b>2083 Lawrenceville Road Lawrenceville, NJ 08648-3001. 609-896-5024</b> This is a Six-lane, 25 yard single course pool with Colorado timing system and full display board. The depth of the water at the starting blocks is 14'- 0" and the depth at the turn end is 4'-0".
<u>Meet Director:</u>	Kip Hein, 609-371-2065, <a href="mailto:khein@swimppst.org">khein@swimppst.org</a>
<u>Meet Referee:</u>	Dale Carmondy 215-968-6036, <a href="mailto:dcar172387@aol.com">dcar172387@aol.com</a>
<u>Meet Marshal</u>	Julie Meirs, 609-371-2065, <a href="mailto:jmeirs@swimppst.org">jmeirs@swimppst.org</a>
<u>Entry Coordinator:</u>	Entry Coordinator, Kip Hein E-Mail: <a href="mailto:khein@swimppst.org">khein@swimppst.org</a> <ul style="list-style-type: none"> <li>• Phone: 609-371-2065</li> <li>• Best time to call between 8:00AM to 3:00 PM and weekends.</li> <li>• Make checks payable to: <b>Princeton Piranhas Swim Team.</b></li> </ul>
<u>Entry Deadline:</u>	All entries must be either MM or TM entries. Entry Deadline: <b>Friday, October 7<sup>th</sup>, 2011</b>  E-Mail entry files to: <a href="mailto:khein@swimppst.org">khein@swimppst.org</a>  Mail hard copy entry summary, signed waiver and check to: <b>Princeton Piranhas Swim Team, 1156 Old York Rd., Hightstown, NJ 08520</b> <ul style="list-style-type: none"> <li>• All entries will be accepted on a first come basis.</li> <li>• <b>Swimmers are expected to compete in all 5 events offered in their age group.</b></li> <li>• Team entries will not be considered as accepted unless the waiver and entry fees have been received.</li> <li>• It is not necessary to overnight or express mail your hard copy, waiver and check which are sent in support of an e-mailed entry.</li> </ul>
<u>Meet Format Waiver:</u>	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 include: <ul style="list-style-type: none"> <li>• To allow more swimmers to swim.</li> <li>• To conform to facility capacity limits.</li> <li>• To condense the meet into smaller time frame.</li> </ul> Some of the changes that can be made: 1) change estimated start times, 2) combine sessions, and 3) limit number of swimmers.
<u>Internet Website Posting:</u>	<ul style="list-style-type: none"> <li>• Meet information, Hy-Tek HYV event files, and results will be posted on the New Jersey Swimming website. <a href="http://www.njswim.org">www.njswim.org</a></li> </ul>
<u>Meet Requirement Statement:</u>	In order to be eligible for the SC New Jersey Zone Championship Team or for NJ Swimming Athlete Reimbursement for sectional and national level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts towards those participation requirements.
<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> <li>• All coaches "on the deck" must be registered members of USA Swimming.</li> <li>• Coaches must show coaching card for entrance to facility.</li> <li>• Coaches must have coaching card visible at all times while on deck.</li> <li>• Coaches must have a visible coach's card when entering hospitality area.</li> </ul>

<u>Swimmer Eligibility:</u>	<p>All swimmers must be members of USA Swimming to enter and compete in this meet.  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> <ul style="list-style-type: none"> <li>• This meet is open to Teams from outside the LSC</li> <li>• No time standards will be used for this meet.</li> <li>• New Jersey Swimming Pentathlon rule allows swimmers to compete in 5 individual events for that meet.</li> <li>• Age for this meet is calculated as of <b>October 23<sup>rd</sup>, 2011</b></li> </ul>
<u>Meet Format:</u>	<ul style="list-style-type: none"> <li>• This meet will be run in accordance with current USA Swimming Rules.</li> <li>• <b>This is a pentathlon meet and entered swimmers are expected to swim in all 5 events in their age group.</b></li> <li>• The 15 &amp; Over &amp; 13-14 events will be swum in the morning session and the 11-12 &amp; 9-10 events will be swum in the afternoon session.</li> <li>• 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.</li> </ul>
<u>Swimmers Unaccompanied by a USAS Certified Coach:</u>	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. If a swimmer is not accompanied by a USA Swimming member coach, then it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
<u>Meet Schedule:</u>	<ul style="list-style-type: none"> <li>• The building will open at 7:15 am.</li> <li>• Each session will be limited to 4 hours.</li> <li>• This meet will have two sessions on Sunday ONLY!</li> </ul>

	<b>Session Schedule:</b>	<b>Warm-up</b>	<b>Start</b>
<b>Sunday AM Session 1</b>	All 15 & over & 13-14 events Check-in by 8:00 AM	7:30 am	8:35 am
<b>Sunday PM Session 2</b>	All 11-12 & 9-10 events Check in by 1:00 PM	12:00 pm Approx.	1:15pm Approx.

<u>Warm-up Procedures:</u>	<p>New Jersey Swimming Warm-up and Safety Guidelines:</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• All swimmers are entitled to a fair and comparable warm-up. All teams <b>MUST</b> get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes.</li> <li>• All swimmers must enter the pool from the starting end of the pool.</li> <li>• Uniformed and designated meet marshals will monitor warm-ups.</li> <li>• All general warm-up lanes will swim in a counterclockwise direction.</li> <li>• The warm-up sessions will be two 30-minute warm-ups divided by teams. There will be designated sprint lanes the last 5 minutes of each warm-up session.</li> <li>• Warm-up schedules will be e-mailed and posted on the website 1 week prior to the start of the meet.</li> </ul>
<u>Entry Times:</u>	<ul style="list-style-type: none"> <li>• New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time.</li> <li>• All entry times must be in short course yards.</li> </ul>
<u>Check-In:</u>	<ul style="list-style-type: none"> <li>• All check-in sheets must be turned into the control 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 may result in the swimmer(s) being scratched from the session.</li> </ul>

<u>Starts:</u>	<ul style="list-style-type: none"> <li>• New Jersey Swimming requires that whistle starts be used.</li> <li>• 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.</li> </ul>
<u>Scoring:</u>	<ul style="list-style-type: none"> <li>• There will be <b>No</b> team scoring.</li> <li>• There will be individual scoring based on Hy-Tek power points.</li> <li>• Scoring will be on a single year basis. This means that there will be separate scoring divisions for each 9, 10, 11, 12, 13, 14, 15, 16, 17, 18 and 19 year olds.</li> </ul>
<u>Awards:</u>	<ul style="list-style-type: none"> <li>• Awards will be given in the 9, 10, 11 and 12 year old age groupings based on the highest cumulative power points achieved for the five pentathlon events.</li> <li>• For each of the ages 9 thru 12, the top-3 point scorers will receive a medal, and places 4-12 will be awarded ribbons.</li> <li>• No awards will be given to swimmers aged 13 years and older.</li> </ul>
<u>Entry Fees:</u>	<ul style="list-style-type: none"> <li>• Pentathlon Entry Fee for each individual will be \$20.00</li> <li>• Make checks payable to: <b>Princeton Piranhas Swim Team.</b></li> </ul>
<u>Admissions and Heat Sheets:</u>	<ul style="list-style-type: none"> <li>• Admission will be \$5.00 per session.</li> <li>• Heat sheets will be printed after all scratches are entered and will be available for \$3.00 per session.</li> </ul>
<u>Entries:</u>	<ul style="list-style-type: none"> <li>• In accordance with NJS policy, team entries are to be submitted by E-mail to <a href="mailto:khein@swimppst.org">khein@swimppst.org</a></li> <li>• All entries must be Hy-Tek program entries as an attached file to an e-mail.</li> <li>• The meet entry coordinator will respond to e-mail 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 e-mailer'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.</li> <li>• An entry summary with a signed NJ Swimming waiver and a check must follow each entry.</li> <li>• Accuracy of seed times is essential. Incomplete entries will not be accepted.</li> <li>• Deck entries will not be accepted. No phone or faxed entries will be accepted.</li> </ul>
<u>Results:</u>	<ul style="list-style-type: none"> <li>• All Teams will be asked on the meet summary whether they want results mailed or e-mailed.</li> <li>• Result will be posted on the New Jersey website: <a href="http://www.njswim.org">www.njswim.org</a></li> </ul>
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none"> <li>• The host club will provide all timers for each lane.</li> <li>• The host club will e-mail all club entries back to the participating clubs that are received via email.</li> <li>• 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: <a href="http://www.njswim.org">www.njswim.org</a> no later than 1 week before the meet.</li> </ul>
<u>Participating Club Responsibilities:</u>	<ul style="list-style-type: none"> <li>• Participating club parents must stay off the pool deck except for participating officials.</li> <li>• Participating clubs should help with officiating whenever possible. List the club contact for club officials on the meet summary.</li> </ul>
<u>Concessions:</u>	Refreshments will be available in the outside hallway.
<u>Vendor:</u>	A swim host vendor will be in attendance.
<u>Hotels:</u>	<ul style="list-style-type: none"> <li>• Holiday Inn, 100 Independence Way, 1-609-520-1200</li> <li>• Staybridge Suites, 4375 Route 1, 1-609-951-0009, ask for sports group rate</li> <li>• Residence Inn by Marriott, 4225 Route 1, 1-732-329-9600, Includes breakfast</li> <li>• Princeton Courtyard by Marriott, Route 1 and Mapleton Road, 1-609-716-9100; includes breakfast.</li> </ul>
<u>Directions:</u>	<b>From the NJ Turnpike:</b> take the New Jersey Turnpike south to exit 7A (I-195 West). Follow I-195 west to the exit for I-295 north toward Princeton. I-295 will become I-95 south. Take exit 7A off of I-95 to U.S. Route 206 south (Trenton). Rider is a quarter mile on the right. From Route 1 South: take the exit for

	<p>Interstate 95 South (sign says "To Pennsylvania." Bear right at junction, following signs for I-95 south (Pennsylvania). Take exit 7A off of I-95 to U.S. Route 206 south (Trenton). Rider is a quarter mile on the right. <b>At the bottom are the direction to the pool once you arrive on Campus.</b></p> <p><b><u>From South Jersey:</u></b> From the Garden State Parkway: take exit 98 (I-195 west). Follow I-195 west to the exit for I-295 north toward Princeton. I-295 will become I-95 south. Take exit 7A off of I-95 to U.S. Route 206 south (Trenton). Rider is a quarter mile on the right. <b>At the bottom are the direction to the pool once you arrive on Campus.</b></p> <p><b><u>From I-295 North:</u></b> I-295 will become I-95 south. Take exit 7A off of I-95 to U.S. Route 206 south (Trenton). Rider is a quarter mile on the right. <b>At the bottom are the direction to the pool once you arrive on Campus.</b></p> <p><b><u>From Philadelphia:</u></b> Take I-95 north, straight over the Delaware River into New Jersey. Take exit 7A off of I-95 to U.S. Route 206 south (Trenton). Rider is a quarter mile on the right. <b>At the bottom are the direction to the pool once you arrive on Campus.</b></p> <p><b><u>From the Pennsylvania Turnpike:</u></b> take the Pennsylvania Turnpike east to the main Philadelphia exit 28 and follow the signs to I-95 north. Continue on I-95 north, straight over the Delaware River into New Jersey. Take exit 7A off of I-95 to U.S. Route 206 south (Trenton). Rider is a quarter mile on the right. <b>At the bottom are the direction to the pool once you arrive on Campus.</b></p> <p><b><u>Getting to the pool once you arrive to the campus from Rt. 206</u></b> Stay on Route 206, going through the traffic light at the main entrance to campus. Make the next right turn at the South entrance to campus. Go through the security gate. Keep going straight through a couple of stop signs. The road winds around past the Greek Houses. The road bears to the right and the building on the left is Coppola Pool.</p>
<u>Order of Events:</u>	Events will be swum as timed finals events. Events are listed below.

Event #	Event Name (Sun. Morning)	Event #	Event Name (Sun. Afternoon)
1	Girls 15 & Over 100 Freestyle	21	Girls 11-12 50 Freestyle
2	Boys 15 & Over 100 Freestyle	22	Boys 11-12 50 Freestyle
3	Girls 13-14 100 Freestyle	23	Girls 9-10 50 Freestyle
4	Boys 13-14 100 Freestyle	24	Boys 9-10 50 Freestyle
5	Girls 15 & Over 100 Breaststroke	25	Girls 11-12 50 Breaststroke
6	Boys 15 & Over 100 Breaststroke	26	Boys 11-12 50 Breaststroke
7	Girls 13-14 100 Breaststroke	27	Girls 9-10 50 Breaststroke
8	Boys 13-14 100 Breaststroke	28	Boys 9-10 50 Breaststroke
9	Girls 15 & Over 100 Backstroke	29	Girls 11-12 50 Backstroke
10	Boys 15 & Over 100 Backstroke	30	Boys 11-12 50 Backstroke
11	Girls 13-14 100 Backstroke	31	Girls 9-10 50 Backstroke
12	Boys 13-14 100 Backstroke	32	Boys 9-10 50 Backstroke
13	Girls 15 & Over 100 Butterfly	33	Girls 11-12 50 Butterfly
14	Boys 15 & Over 100 Butterfly	34	Boys 11-12 50 Butterfly
15	Girls 13-14 100 Butterfly	35	Girls 9-10 50 Butterfly
16	Boys 13-14 100 Butterfly	36	Boys 9-10 50 Butterfly
17	Girls 15 & Over 200 IM	37	Girls 11-12 100 IM
18	Boys 15 & Over 200 IM	38	Boys 11-12 100 IM
19	Girls 13-14 200 IM	39	Girls 9-10 100 IM
20	Boys 13-14 200 IM	40	Boys 9-10 100 IM

**2011 Piranha Pentathlon**

**Sunday, October 23<sup>rd</sup>, 2011**

**\*\*\*WAIVER\*\*\***

In consideration of 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, **Rider University, Princeton Piranhas Swim Team**, and their staff 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 bona fide amateur athletes and eligible to compete in all the events I/we have entered.

NAME OF CLUB: \_\_\_\_\_

USS CLUB ABBREVIATION: \_\_\_\_\_

SIGNATURE OF CLUB OFFICIAL, COACH, AND/OR PARENT OR GUARDIAN:

\_\_\_\_\_ (Print Name)

\_\_\_\_\_ (Signature)

\_\_\_\_\_ (Address)

\_\_\_\_\_ (Telephone)

NAME(S) OR COACH: \_\_\_\_\_

\_\_\_\_\_

LOCATION OF CLUB: \_\_\_\_\_ (City) \_\_\_\_\_ (State)

NAME/PHONE #/E-MAIL ADDRESS of person to contact regarding this entry:

\_\_\_\_\_

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO CONTACT REGARDING TIMERS/OFFICIALS:

\_\_\_\_\_

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO RECEIVE FINAL RESULTS:

\_\_\_\_\_

Meet results via e-mail

--or--

Meet results via disk/hard copy

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**ENTRY FEE SUMMARY**

Total # of swimmers = \_\_\_\_\_  
(Entry fee @ \$20.00 per swimmer)

**TOTAL ENTRY FEES = \_\$ \_\_\_\_\_**

**MAKE CHECKS PAYABLE TO: *Princeton Piranhas Swim Team***

# 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 2011 Piranha Pentathlon to be held on Sunday, October 23<sup>rd</sup>, 2011 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 \_\_\_\_\_