

<b><u>NEW JERSEY SWIMMING 'GO FOR THE GOLD' MEET</u></b> <b>SATURDAY, Nov. 10<sup>th</sup> and SUNDAY, Nov. 11<sup>th</sup>, 2007</b> <b>SILVER/BRONZE (10&amp;U 2 Sessions, 11-12 2 Sessions, 13-19 2 Sessions)</b> <b>TIME FINAL MEET</b>	
<u>Meet Sanction #:</u>	New Jersey Swimming...Sanction #NJS111007SC
<u>Host Club:</u>	<b>BERGEN BARRACUDAS SWIM TEAM (BB)</b>
<u>Date of Meet:</u>	<b>Saturday and Sunday, November 10th, and 11<sup>th</sup>, 2007</b>
<u>Location:</u>	<b>RARITAN VALLEY COMMUNITY COLLEGE</b> (directions included) Route 28 & Lamington Road, North Branch New Jersey • 908-526-1200 Raritan College is a six lane pool with 7 foot lanes. There is no warm-up pool. A fully automatic Colorado timing system with a one line read out board will be used. There is ample parking at Raritan College either in front of the pool or behind the pool by the outdoor track. There is a seating capacity for 500 spectators.
<u>Internet Address:</u>	Internet location for all meet information: <a href="http://www.bbswim.org/bbgoforthegold.html">www.bbswim.org/bbgoforthegold.html</a>
<u>Meet Director:</u>	<b>Kevin Gorman</b> E-mail: <a href="mailto:Gorman.k@worldnet.att.net">Gorman.k@worldnet.att.net</a> 111 S. Franklin Turnpike (201) 848-0786 Ramsey, NJ 07446 (USE E-MAIL TO CONTACT MARK)
<u>Meet Referee:</u>	<b>Jim Meringer</b> ( <a href="mailto:Jjmeringer@aol.com">Jjmeringer@aol.com</a> )
<u>Meet Marshall:</u>	<b>Nicole Cicalo</b> ( <a href="mailto:NCicalo@optonline.net">NCicalo@optonline.net</a> )
<u>Entry Coordinator:</u>	<b>Roger Ridenour</b> E-mail: <a href="mailto:bbaracuda@yahoo.com">bbaracuda@yahoo.com</a> 8 Lakeshore Drive (845) 782-6441 Monroe, NY 10950 (DO NOT CALL AFTER 10:00 p.m.)
<u>Entry Deadline:</u>	<b>All entries must be received no later than Wednesday, October 31, 2007.</b> There will be no refunds after entry deadline except for events that may be scratched from meet by the Entry Coordinator or Meet Director. Check: <a href="http://www.bbswim.org/bbgoforthegold.html">www.bbswim.org/bbgoforthegold.html</a> to check receipt of team entries. <ul style="list-style-type: none"> <li>• All entries will be accepted on a first come basis.</li> <li>• Mail (E-mail or US Postal Mail) Entries to: <div style="display: flex; justify-content: space-between; margin-left: 40px;"> <div style="text-align: center;"> <b>Roger Ridenour</b>  <b>8 Lakeshore Drive</b>  <b>Monroe, NY 10950</b> </div> <div style="text-align: center;"> <b>E-mail: <a href="mailto:bbaracuda@yahoo.com">bbaracuda@yahoo.com</a></b>  <b>(845) 782-6441</b>  <b>(DO NOT CALL AFTER 10:00 p.m.)</b> </div> </div> </li> <li>• Team entries will be considered accepted when the host club accepts the entries.</li> <li>• Meet Entries will be taken until the meet fills. The host club must stay within the four and three hour per session rule.</li> <li>• If you are not e-mailing your entries, then overnight or express mail is recommended, <b><i>but waive the signature.</i></b></li> <li>• It is not necessary to use overnight or express mail to send hard copy 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 would be: <ul style="list-style-type: none"> <li>• To allow more swimmers to swim.</li> <li>• To conform to facility capacity limits or for facility safety concerns.</li> <li>• To condense the meet into smaller time frame.</li> </ul> Some of the changes that can be made: 1) add a session, 2) heat limit distance events, 3) to condense sessions and 4) eliminate relays.

<u>Meet Requirement Statement:</u>	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 National Championship Reimbursement.
<u>Coaches Eligibility:</u>	<ul style="list-style-type: none"> <li>• All coaches must have coaching cards when picking up check-in sheets</li> <li>• All coaches "on the deck" must be members of USA Swimming.</li> <li>• All coaches must have coaching cards when getting food from concessions.</li> </ul>
<u>Internet Website Posting:</u>	<p>Internet location for all meet information: <a href="http://www.bbswim.org/bbgoforthegold.html">www.bbswim.org/bbgoforthegold.html</a></p> <p>Pre-Meet Information posted on website.</p> <ul style="list-style-type: none"> <li>• Meet Information will be posted on the website.</li> <li>• Downloadable Hy-Tek Events list (HYV.file) will be posted on the website.</li> <li>• List Teams whose entries have been received.</li> <li>• List Individual Team Entries.</li> <li>• List "heat limited" events psyche sheet.</li> <li>• List Updated meet schedule.</li> <li>• List Warm-up Schedule and Team Warm-up Assignments.</li> <li>• List Timing assignments.</li> <li>• List Individual Team Entry Status Report.</li> </ul> <p>Post-Meet Information posted on website.</p> <ul style="list-style-type: none"> <li>• Downloadable Results (CL.2 file)</li> <li>• Downloadable Meet Back-up (Backup.zip File)</li> <li>• Downloadable Individual Team Results (CL.2 file)</li> </ul>
<u>Swimmer Eligibility:</u>	<ul style="list-style-type: none"> <li>• All swimmers must be members of USA Swimming to enter and compete in this meet.</li> <li>• 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.</li> <li>• 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.</li> <li>• There will be 10 &amp; Under, 11-12, and 13-19 Events.</li> <li>• This is a meet that has combined age groups: 13-14 and 15-19. The 13-14 and 15-19. NJ Swimming Time Standards will apply to swimmers in each age group in these combined events.</li> <li>• All swimmers must have times slower than the current New Jersey Gold Time Standards.</li> <li>• New Jersey Swimming Policy allows swimmers to <b>enter and compete in 3</b> individual events per day.</li> <li>• Age for this meet is: <b>Saturday, November 10, 2007</b></li> </ul>
<u>Meet Format:</u>	<ul style="list-style-type: none"> <li>• This meet will be run in accordance to current USA Swimming Rules.</li> <li>• This meet will be run as a time final meet.</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 on their own.</li> </ul>

## MEET SCHEDULE:

<b>Saturday, November 10</b>		<b>Warm-up</b>	<b>Start</b>
Session 1	11-12 Girls and Boys Events	7:00 a.m.	8:05 a.m.
Session 2	10 & U Girls and Boys Events	TBA (60 min.) (approx. 12:15 pm)	TBA
Session 3	13-19 Girls and Boys Events	TBA (60 min.) (approx. 4:15 pm)	TBA
<b>Sunday, November 11</b>		<b>Warm-up</b>	<b>Start</b>
Session 4	11-12 Girls and Boys Events	7:00 a.m.	8:05 a.m.
Session 5	10 & U Girls and Boys Events	TBA (60 min.) (approx. 12:15 pm)	TBA
Session 6	13-19 Girls and Boys Events	TBA (60 min.) (approx. 4:15 pm)	TBA

<u>Warm-up Procedures:</u>	<p>New Jersey Swimming requires a minimum of 60 minutes of warm-ups for all New Jersey Swim Meets. All teams must be given a minimum of thirty minutes of warm-ups.</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>• Swimming Equipment is NOT ALLOWED in the competition pool during all warm-up sessions. This includes kick boards; hand paddles, and pull buoys.</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 have teams divide into two 25-minute warm-ups. These two sessions will be followed by a 10-minute session of all sprint lanes.</li> </ul>
<u>Entry Times:</u>	<p>New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. All entry times must be slower than the New Jersey Gold Time. All entry times must be in short course yards.</p>
<u>Check-In:</u>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• The 13-19 400 yd. I.M. and 13-19 500 yd. Freestyle Events will have a positive check-in that will be posted at the control room.</li> </ul>
<u>Starts:</u>	<p>The host club will determine if 'Fly-over'/'Over-the-top' starts will be used after a time line has been produced. This information will be posted in the pre-meet information.</p>
<u>Distance Events:</u> 13-19 400 yd. Ind. Medley and 500 yd. Freestyle	<ul style="list-style-type: none"> <li>• The 13-19 400 yd. IM and 13-19 500 Free Events will be run fastest to slowest.</li> <li>• The 13-19 400 yd. IM and 13-19 500 Free Events will alternate women and men. Heats will be combined to consolidate a heat.</li> <li>• In the 500 Free, swimmers must have their own timer and person to count. In the 400 IM, swimmers must have their own timer.</li> </ul>
<u>Heat Limited Events:</u> 13-19 400 yd. Ind. Medley and 500 yd. Freestyle	<ul style="list-style-type: none"> <li>• Heat Limit for the 13-19 400 yd. I.M and 500 yd. Free may be limited to the first 36 swimmers in those events. These lists to be posted on the Bergen Barracuda Website: <a href="http://www.bbsswim.org/bbgoforthegold.html">www.bbsswim.org/bbgoforthegold.html</a> website 72 hours prior to the start of the meet.</li> <li>• Swimmer entries after these events are full will have the option of changing to another event.</li> </ul>

	<ul style="list-style-type: none"> <li>Swimmers can stay in those 'heat limited' events with the possibility that scratches or the time line will allow the opportunity to swim. In either case, if that swimmer is below the 'heat limits' number and does not swim. They will have their entry fee refunded.</li> <li>Refunding entry fees for swimmers that are below the heat limit number and do not swim.</li> <li>Refunds will be given back at the announcer's table during the meet. Swimmers or Coaches will sign for their refund. It is the responsibility of the swimmer/coach to collect their refund during the meet. Once the meet is over no more refunds will be given.</li> <li></li> </ul>
<u>Scoring:</u>	<ul style="list-style-type: none"> <li>Team Scoring will not be kept.</li> <li>Swimmers in 13-19 age group will be scored as 13-14 and 15-19 age groups.</li> </ul>
<u>Awards:</u>	<ul style="list-style-type: none"> <li>Medals will be awarded for the top 3 swimmers in each individual event.</li> <li>Medals will be awarded for the top 3 swimmers in both the 13-14 and 15-19 in the 13-19 age group individual events.</li> </ul>
<u>Entry Fees:</u>	<ul style="list-style-type: none"> <li>Individual Entry Fee: \$3.00</li> <li>Make checks payable to: <b>BERGEN BARRACUDA SWIM CLUB</b></li> <li>There will be refunds only for swimmers who no longer qualify for individual events. Swimmers that achieve a Gold time prior to the meet can request a refund or be moved to another event prior to the start of the meet.</li> <li>Host club has the right to scratch teams/swimmers for lack of payment of entry fees and for lack of completed and signed waiver forms.</li> </ul>
<u>Admissions and Programs:</u>	<p>Admission will be \$7.00 per session.  Cost of Program will be \$7.00 for each day.</p>
<u>Entries:</u>	<ul style="list-style-type: none"> <li>In accordance with NJS policy, team entries may be submitted by E-mail to <a href="mailto:bbaracuda@yahoo.com">bbaracuda@yahoo.com</a></li> <li>All entries must be Hy-Tek program entries either on a 3 1/2" diskette or as an attached file to an e-mail.</li> <li>The meet entry coordinator will respond to e-mails 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 e-mail or phone or mail in your entries.</li> <li>An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each mailed entry. The host club has the right to scratch all or any individual/team entries prior to the start of the meet if entry fees and waiver forms are not received.</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> <li>Team entries will be posted on the host club website: <a href="http://www.bbswim.org">www.bbswim.org</a></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>Results can be ordered from the control room. For a cost of \$15.00.</li> </ul>
<u>Host Club Responsibilities:</u>	<ul style="list-style-type: none"> <li>The host club will provide a single timer in each lane through out the meet.</li> <li>The host club will have stopwatches available for volunteers helping to time.</li> <li>The host club will e-mail all club entries back to the participating clubs.</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.bbswim.org/bbgoforthegold.html">www.bbswim.org/bbgoforthegold.html</a> no later than 72</li> </ul>

	<p>hours before the meet.</p> <ul style="list-style-type: none"> <li>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: <a href="http://www.bbswim.org/bbgoforthegold.html">www.bbswim.org/bbgoforthegold.html</a> no later than 72 hours before the meet.</li> </ul>				
<u>Participating Club Responsibilities:</u>	<ul style="list-style-type: none"> <li>Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs and posted on the swim meet website: <a href="http://www.bbswim.org/bbgoforthegold.html">www.bbswim.org/bbgoforthegold.html</a> 72-hours prior to the meet.</li> <li>Participating club parents must stay off the pool deck except for timing assignments.</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>	Food and drink will be available at reasonable costs.				
<u>Vendor:</u>	Ultimate Swim Shop will be at this swim meet.				
<u>Hotels:</u>	<table border="0"> <tr> <td><b>Sierra Suites (Right next to the Pool)</b> <b>3141 Route 22 East</b> <b>Branchburg, NJ 08876-3528</b> <b>908-704-2191</b></td> <td>Comfort Inn-South Plainfield US Hwy 287 &amp; Stelton Road South Plainfield, NJ 732-561-4488</td> </tr> <tr> <td>Comfort Inn-South Plainfield US Hwy 287 &amp; Stelton Road South Plainfield, NJ 732-561-4488</td> <td>Doubletree Hotel 200 Atrium Drive Somerset, NJ 732-469-2600</td> </tr> </table>	<b>Sierra Suites (Right next to the Pool)</b> <b>3141 Route 22 East</b> <b>Branchburg, NJ 08876-3528</b> <b>908-704-2191</b>	Comfort Inn-South Plainfield US Hwy 287 & Stelton Road South Plainfield, NJ 732-561-4488	Comfort Inn-South Plainfield US Hwy 287 & Stelton Road South Plainfield, NJ 732-561-4488	Doubletree Hotel 200 Atrium Drive Somerset, NJ 732-469-2600
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<u>Directions:</u>	<p><b><u>DIRECTIONS TO RARITAN VALLEY COMMUNITY COLLEGE:</u></b></p> <p>FROM the <b><u>NORTH</u></b></p> <p><b>From INTERSTATE 287 SOUTH</b> - (From Morristown Area): Take Interstate 287 SOUTH to Interstate 78 WEST. Proceed on 78 WEST for approx. 3 miles to Exit 26 (Lamington/North Branch). At traffic light at off ramp make a left onto Rattlesnake (county road 665) which turns into Lamington Road. Take Lamington Road for 2.3 miles. The side entrance to Raritan Valley Community College will be on the left. You may enter the side entrance to the college. To enter college from main entrance continue straight on Lamington Road. At traffic light make a left onto Easton Turnpike (county road 614). At the next traffic light (Orr Drive) make a left into the main entrance to the College.</p> <p><b>From GARDEN STATE PARKWAY SOUTH</b> - (From North Jersey): Take Exit 142 for Interstate 78 WEST. Proceed on 78 WEST for approx. 26 miles to Exit 26 (Lamington/North Branch). At traffic light at off ramp make a left onto Rattlesnake (county road 665) which turns into Lamington Road. Take Lamington Road for 2.3 miles. The side entrance to Raritan Valley Community College will be on the left. You may enter the side entrance to the college. To enter college from main entrance continue straight on Lamington Road. At traffic light make a left onto Easton Turnpike (county road 614). At the next traffic light (Orr Drive) make a left into the main entrance to the College.</p> <p><b>From ROUTE 206 SOUTH</b> - (From Chester/Peapack) Proceed south on Route 206. Make a right turn onto Lamington road in Bedminster (Texaco gas station). Proceed on Lamington Road for approximately 3 - 4 miles. Just past the Lamington General Store antique shop make a left onto Lamington road (county road 665). Take Lamington Road for approximately 5 miles. The side entrance to Raritan Valley Community College will be on the left. You may enter the side entrance to the college. To enter college from main entrance continue straight on Lamington Road. At traffic light make a left onto Easton Turnpike (county road 614). At the next traffic light (Orr Drive) make a left into the main entrance to the College.</p> <p><b>Alternative From ROUTE 206 SOUTH</b> - (From Chester/Peapack) Proceed south on Route 206. Make a right turn onto Burnt Mills Road (county road 620). (A&amp;P</p>				

Supermarket will be on left side of intersection). Continue straight on Burnt Mills Road for Approximately 4 miles. When you come to the end make a left onto Lamington Road (county road 665). Take Lamington Road for approximately 1 mile. The side entrance to Raritan Valley Community College will be on the left. You may enter the side entrance to the college. To enter college from main entrance continue straight on Lamington Road. At traffic light make a left onto Easton Turnpike (county road 614). At the next traffic light (Orr Drive) make a left into the main entrance to the College.

FROM the **SOUTH**

**From INTERSTATE 287 NORTH** - (From Edison Area):

Take Interstate 287 NORTH to the Route 22 WEST exit. After approx. 7 miles (just before the 5th light), exit at Raritan Valley College Drive (Orr Drive). At the end of Orr Drive is a traffic light. Proceed straight to enter the College.

**From GARDEN STATE PARKWAY NORTH** - (From the Shore area):

Take Exit 127 to Interstate 287 NORTH. Proceed on 287 NORTH to the Route 22 WEST exit. After approx. 7 miles (just before the 5th light), exit at Raritan Valley College Drive (Orr Drive). At the end of Orr Drive is a traffic light. Proceed straight to enter the College.

**From ROUTE 206 NORTH** - (From Princeton Area):

Take Route 206 NORTH to the Somerville Circle. At the Somerville Circle exit onto Route 28 WEST (county road 614). Proceed on Route 28 WEST (county road 614) for approx. 4 miles. Entrance to the College will be on your right at a traffic light with Orr Drive on your left.

FROM the **EAST**

**From INTERSTATE 78 WEST** - (From Newark Area):

Take Interstate 78 WEST. Proceed on 78 WEST and get off at Exit 26 (Lamington/North Branch). At traffic light at off ramp make a left onto Rattlesnake (county road 665) which turns into Lamington Road. Take Lamington Road for 2.3 miles. The side entrance to Raritan Valley Community College will be on the left. You may enter the side entrance to the college. To enter college from main entrance continue straight on Lamington Road. At traffic light make a left onto Easton Turnpike (county road 614). At the next traffic light (Orr Drive) make a left into the main entrance to the College.

FROM the **WEST**

**From INTERSTATE 78 EAST** - (From Clinton Area and Pennsylvania):

Take Interstate 78 EAST to Exit 26 (Lamington/North Branch). Turn right at light onto Lamington Road (county road 665). Take Lamington Road for 2.3 miles. The side entrance to Raritan Valley Community College will be on the left. You may enter the side entrance to the college. To enter college from main entrance continue straight on Lamington Road. At traffic light make a left onto Easton Turnpike (county road 614). At the next traffic light (Orr Drive) make a left into the main entrance to the College.

From **OTHER AREAS**

**From NEW JERSEY TURNPIKE**

Take the New Jersey Turnpike to Exit 10. After toll, bear left, exit onto Interstate 287 NORTH. Proceed on 287 NORTH to the Route 22 WEST exit. After approx. 7 miles (just before the 5th light), exit at Raritan Valley College Drive (Orr Drive). At the end of Orr Drive is a traffic light. Proceed straight to enter the College.

**From ROUTE 31 NORTH**

Take Route 31 NORTH to Route 202 NORTH. Stay on Route 202 NORTH for approx. 10 miles until you come to the Somerville Circle. At the Somerville Circle exit onto Route 28 WEST (county road 614). Proceed on Rt. 28 WEST (county road 614) for approx. 4 miles. Entrance to the College will be on your right at a traffic light with Orr Drive on your left.

**From PENNSYLVANIA TURNPIKE**

Take either Route 78 East, or Route 22 East to Route 78 East. Follow directions above **FROM the WEST** (From Clinton Area).

**NEW JERSEY SWIMMING**  
**'GO FOR THE GOLD'**  
**SATURDAY & SUNDAY, NOVEMBER 10-11, 2007**

**\* SATURDAY NOV. 10<sup>th</sup>, ORDER OF EVENTS \***

**SESSION #1 – 11-12 GIRLS AND BOYS**

**Warm –Up:** 7:00 a.m. (Split Warm-up: Two 25 minute warm-ups divided by teams/ followed by the last 10 minutes = 6 one way sprint lanes for all teams. **Meet Starts:** 8:05 a.m.

Saturday Morning Schedule		Warm-ups: 7:00 p.m.	Meet Start: 8:05 a.m.	
<u>Girl's Evt. Number</u>	<u>Cut-off Slower Than</u>	<u>Age Group and Event</u>	<u>Cut-off Slower Than</u>	<u>Boy's Evt. Number</u>
#1	2:17.49	11-12 200 yd. Freestyle	2:17.59	#2
#3	1:22.29	11-12 100 yd. Breaststroke	1:23.29	#4
#5	:33.59	11-12 50 yd. Backstroke	:34.19	#6
#7	1:13.99	11-12 100 yd. Butterfly	1:14.09	#8
#9	:28.69	11-12 50 yd. Freestyle	:28.79	#10
#11	2:38.29	11-12 200 yd. Backstroke	2:41.39	#12
#13	2:36.49	11-12 200 yd. Ind. Medley	2:37.49	#14

**SESSION #2 – 10 & Under GIRLS AND BOYS**

**Warm –Up:** TBA: (Split Warm-up: Two 25 minute warm-ups divided by teams/ followed by the last 10 minutes = 6 one way sprint lanes for all teams. **Meet Starts:** TBA: after 60 minute warm-up

Saturday Afternoon Schedule		Warm-ups: TBA (60 minutes)	Meet Start: TBA	
<u>Girl's Evt. Number</u>	<u>Cut-off Slower Than</u>	<u>Age Group and Event</u>	<u>Cut-off Slower Than</u>	<u>Boy's Evt. Number</u>
#15	2:42.39	10&U 200 yd. Freestyle	2:42.39	#16
#17	1:35.69	10&U 100 yd. Breaststroke	1:37.89	#18
#19	:38.39	10&U 50 yd. Backstroke	:38.79	#20
#21	1:29.69	10&U 100 yd. Butterfly	1:27.69	#22
#23	:32.29	10&U 50 yd. Freestyle	:32.59	#24
#25	3:02.99	10&U 200 yd. Ind. Medley	3:03.79	#26

**SESSION #3 – 13-19 GIRLS AND BOYS**

**Warm –Up:** TBA: (Split Warm-up: Two 25 minute warm-ups divided by teams/ followed by the last 10 minutes = 6 one way sprint lanes for all teams. **Meet Starts:** TBA: after 60 minute warm-up

Saturday Evening Schedule			Warm-ups: TBA (60 minutes)	Meet Start: TBA		
<u>Girl's Evt. Number</u>	<u>15-19 Cut-off Slower Than</u>	<u>13-14 Cut-off Slower Than</u>	<u>Age Group and Event</u>	<u>13-14 Cut-off Slower Than</u>	<u>15-19 Cut-off Slower Than</u>	<u>Boys's Evt. Number</u>
#27	2:00.39	2:06.19	13-19 200 yd. Freestyle	2:02.39	1:50.89	#28
#29	2:36.39	2:44.49	13-19 200 yd. Breaststroke	2:38.39	2:27.09	#30
#31	1:01.79	1:06.39	13-19 100 yd. Butterfly	1:04.39	:56.79	#32
#33	2:17.39	2:22.29	13-19 200 yd. Backstroke	2:21.49	2:07.59	#34
#35	2:17.19	2:23.29	13-19 200 yd. Ind. Medley	2:19.79	2:06.99	#36
#37	5:22.69	5:37.59	13-19 500 yd. Freestyle*	5:32.19	5:02.59	#38

\* **NOTICE:** The 13-19 500 yd. Freestyle will be limited to no fewer than 6 heats each of Girls and Boys. **Swimmers must provide their own timers.**

**NEW JERSEY SWIMMING**  
**'GO FOR THE GOLD'**  
**SATURDAY & SUNDAY, NOVEMBER 10-11, 2007**

**\* SUNDAY NOV. 11<sup>th</sup>, ORDER OF EVENTS \***

**SESSION #4 – 11-12 GIRLS AND BOYS**

**Warm –Up:** 7:00 a.m. (Split Warm-up: Two 25 minute warm-ups divided by teams/ followed by the last 10 minutes = 6 one way sprint lanes for all teams. **Meet Starts:** 8:05 a.m.

Sunday Morning Schedule		Warm-ups: 7:00 a.m.		Meet Start: 8:05 a.m.	
<u>Girl's Evt. Number</u>	<u>Cut-off Slower Than</u>	<u>Age Group and Event</u>	<u>Cut-off Slower Than</u>	<u>Boy's Evt. Number</u>	
#39	1:11.99	11-12 100 yd. Ind. Medley	1:13.19	#40	
#41	2:57.99	11-12 200 yd. Breaststroke	3:06.09	#42	
#43	:32.29	11-12 50 yd. Butterfly	:32.69	#44	
#45	1:12.29	11-12 100 yd. Backstroke	1:13.19	#46	
#47	:37.59	11-12 50 yd. Breaststroke	:38.49	#48	
#49	1:02.49	11-12 100 yd. Freestyle	1:02.89	#50	

**SESSION #5 – 10 & Under GIRLS AND BOYS**

**Warm –Up:** TBA: (Split Warm-up: Two 25 minute warm-ups divided by teams/ followed by the last 10 minutes = 6 one way sprint lanes for all teams. **Meet Starts:** TBA: after 60 minute warm-up

Sunday Afternoon Schedule		Warm-ups: TBA (60 minutes)		Meet Start: TBA	
<u>Girl's Evt. Number</u>	<u>Cut-off Slower Than</u>	<u>Age Group and Event</u>	<u>Cut-off Slower Than</u>	<u>Boy's Evt. Number</u>	
#51	1:22.69	10&U 100 yd. Ind. Medley	1:23.19	#52	
#53	:43.19	10&U 50 yd. Breaststroke	:44.19	#54	
#55	1:23.79	10&U 100 yd. Backstroke	1:24.89	#56	
#57	:37.49	10&U 50 yd. Butterfly	:38.39	#58	
#59	1:13.09	10&U 100 yd. Freestyle	1:12.89	#60	

**SESSION #6 – 13-19 GIRLS AND BOYS**

**Warm –Up:** TBA: (Split Warm-up: Two 25 minute warm-ups divided by teams/ followed by the last 10 minutes = 6 one way sprint lanes for all teams. **Meet Starts:** TBA: after 60 minute warm-up

Sunday Evening Schedule			Warm-ups: TBA (60 minutes)		Meet Start: TBA	
<u>Girl's Evt. Number</u>	<u>15-19 Cut-off Slower Than</u>	<u>13-14 Cut-off Slower Than</u>	<u>Age Group and Event</u>	<u>13-14 Cut-off Slower Than</u>	<u>15-19 Cut-off Slower Than</u>	<u>Boys's Evt. Number</u>
#61	:55.59	:57.89	13-19 100 yd. Freestyle	:55.29	:50.39	#62
#63	1:12.49	1:15.69	13-19 100 yd. Breaststroke	1:12.79	1:06.19	#64
#65	2:20.59	2:28.59	13-19 200 yd. Butterfly	2:22.69	2:12.49	#66
#67	1:03.99	1:06.89	13-19 100 yd. Backstroke	1:04.89	:58.79	#68
#69	:25.59	:26.69	13-19 50 yd. Freestyle	:25.19	:23.09	#70
#71	4:53.29	5:07.29	13-19 400 yd. Ind. Medley*	5:02.69	4:35.99	#72

\* **NOTICE:** The 13-19 400 yd. Individual Medley, will be limited to no fewer than 6 heats each of Girls and Boys. **Swimmers must provide own people to time and to count.**

2007 'GO FOR THE GOLD' SWIM MEET  
SATURSDAY & SUNDAY, November 10 & 11, 2007

\*\*\*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 USS, Raritan Valley Community College of New Jersey and the Bergen Barracuda Swim Team and their staff for any injuries and/or expenses occurred 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) OF COACH: \_\_\_\_\_

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

NAME/PHONE NUMBER/ AND E-MAIL OF PERSON TO CONTACT REGARDING THIS ENTRY:

\_\_\_\_\_

NAME/PHONE NUMBER/ AND E-MAIL OF PERSON TO CONTACT REGARDING TIMERS/OFFICIALS:

\_\_\_\_\_

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

\_\_\_\_\_

Meet results via e-mail

--or--

Meet results via disk/hard copy

.....  
Entry Fee summary: \_\_\_\_\_ Individual Event Entries @ \$3.00 = \_\_\_\_\_

TOTAL ENTRY FEES = \_\_\_\_\_

ALL CHECKS TO BE MADE PAYABLE TO: BERGEN BARRACUDAS

# New Jersey Swimming Inc. Meet Verification Form

Club Name \_\_\_\_\_ Club Code \_\_\_\_\_

Coach's Name \_\_\_\_\_ Phone # \_\_\_\_\_

E-Mails' Address \_\_\_\_\_

Final Results Mailed to: \_\_\_\_\_

Address \_\_\_\_\_



**NEW JERSEY  
SWIMMING**

I hereby certify that all swimmers and coaches listed on the NJSI Master Entry Sheet or hard copy with disk entries, for **'Bergen Barracuda Go For The Gold Swim Meet'** to be held on **November 10<sup>th</sup> & 11<sup>th</sup>, 2007** at **Raritan Valley Community College**, 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 can be photocopied)

## Article 302.4 of the United States 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 \_\_\_\_\_