

NEW JERSEY SWIMMING AND DIVING CONFERENCE
Conference Championship Meet
Hosted by
Frog Hollow Swim & Tennis Club

Date:	August 4-5, 2009 Trials	August 5, 2009 Finals
	Warm-up 8:00 AM	Warm-up 5:00 PM
	Scratch Meeting 8:45 AM	Start Time 6:15 PM
	Start Time 9:15 AM	
	Officials Meeting 8:45 AM	

Location: Frog Hollow Swim & Tennis Club
Ferris Street
South Amboy, NJ
Pool number: (732) 727-9094

Meet Website: <http://www.froghollowswim.com/njsdc>

Directions: Route 287 south OR Garden State Parkway south (exit 129) to Route 9 south. Cross the Edison bridge and road now becomes Route 9 & Route 35. Approximately 1 mile from bridge stay straight on Route 35 1/4 mile, take the Bordentown Avenue exit (Catherine Street). At stop sign (Bertram Ave.) turn left. At stop sign (Bordentown Ave) turn left to first traffic light (Pine Ave.), turn right. Take the second left onto Ferris Street. The pool entrance is at the end of Ferris Street.

Facility: 6 lane 25-meter pool with non-turbulent lane lines, marshalling for 12 & Under prelims, semi-automatic Colorado Timing System. Food and snacks will be available from the Frog Hollow snack stand. It is recommended spectators bring your own blankets or lawn chair for use in the picnic area.

Eligibility: A swimmer may enter a total of 4 events with a maximum of 3 individual events. All swimmers must have competed either officially or unofficially in two current season dual meets to be eligible. Entrants must have equaled or bettered the qualifying times for the events entered in a current season dual meet. Any entry whose time cannot be verified will be scratched, and the entry fee forfeited.

Team Entries: Team entries must be submitted electronically via Hy-Tek team or meet manager through email or on a disk. An electronic list of events will be posted on the meet website along with a free downloadable version of Team Manager Lite for those who do not have Team Manager. Three timers and one official per session for the preliminary events will be required. Timing assignments for finals will be determined by the teams represented for that session. **TEAMS THAT DO NOT COMPLETE THEIR TIMING AND OFFICIATING ASSIGNMENTS WILL HAVE THEIR SWIMMERS SCRATCHED.**

Entry Deadline: Electronic entries must be emailed by August 1st, 2009. Please include entry form as an attachment. **Payment must be received no later than the scratch meeting on August 4th.** All entries will be scratched if payment is not received. Entry forms and payment may be mailed to the below address:

Greg Paczkowski
16 Thomas Road
South Amboy, NJ 08879
Gpac82@aol.com

Make checks payable to Frog Hollow Swim Team

Meet Directors are forbidden to accept late entries for any reason

Entries MUST be emailed or submitted on Hy-Tek Team Manager disk by August 1st, 2009

Entry Times: Must include best time in **METERS** Conversions are acceptable.
Yard times x 1.1 = NJSDC recognized meter times.

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- Entry Fee: \$3.00 per individual event. \$10.00 for each relay team.
Entry fees are **not** refundable.
- Awards: Medals will be awarded for places 1 - 6 as determined by swimmers competing in the finals. 8 and under relays will be swum as timed finals and awards given at that time.
There are no team awards.
- Relays: Relay entries shall be declared at the scratch meeting held at 8:45AM. Each club is allowed one relay team unless that club has two teams, then a "B" relay may be added.
- Seeding and Scratch:
Events will be seeded at the meet following the scratch meeting. Swimmers **must** check in with the Clerk of Course for heat assignments as each event is called. Failure to check in will result in the swimmer being scratched from that event. Swimmers scratching from finals must scratch before the conclusion of the preliminary session so that the alternate can be notified.
- Rules: USS Rules with NJSDC exceptions that apply.
- Waiver: In consideration of the acceptance of contestants entries the parents, guardians, and /or coaches of said contestants waive themselves, their heirs and assignees, any and all rights to claims for damages against NJSDC, The Frog Hollow Swim & Tennis Club, or their agents or representatives, for any and all injuries which may be incurred by said contestants of this competition.
- Questions: Contact Meet Director, Greg Paczkowski: **gpac82@aol.com**
- Conduct: Coaches and their assistants will be held responsible for the conduct of their swimmers during the meet. Referee's whistle will be respected so that each swimmer has an equal opportunity to hear the starting command.
- Admissions: Each person entering the facility with the exception of coaches and officials will be charged \$4.00. Programs will be sold at both sessions for \$6.00.

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ORDER OF EVENTS

Boys Event #	Qualifying Time (meters)	Qualifying Time (yards)	Qualifying Time (South Plainfield)	Event	Qualifying Time (meters)	Qualifying Time (yards)	Qualifying Time (South Plainfield)	Girls Event #
1	2:41.70	2:27.00	2:57.54	13 - 14 200 Free	2:46.10	2:31.00	3:02.37	2
3	2:24.10	2:11.00	2:38.21	15 - 18 200 Free	2:38.40	2:24.00	2:53.91	4
5				8/U 100 Medley Relay				6
7				9 - 12 200 Medley Relay				8
9				13 - 18 200 Medley Relay				10
11	22.00	20.00	24.15	8/U 25 Free	22.00	20.00	24.15	12
13	1:32.40	1:24.00	1:41.45	10/U 100 Free	1:32.40	1:24.00	1:41.45	14
15	1:21.40	1:14.00	1:29.37	11 - 12 100 Free	1:21.40	1:14.00	1:29.37	16
17	1:12.60	1:06.00	1:19.71	13 - 14 100 Free	1:18.10	1:11.00	1:25.75	18
19	1:06.00	1:00.00	1:12.46	15 - 18 100 Free	1:17.00	1:10.00	1:24.54	20
21	30.80	28.00	33.82	8/U 25 Breaststroke	30.80	28.00	33.82	22
23	52.80	48.00	57.97	9 - 10 50 Breaststroke	52.80	48.00	57.97	24
25	48.40	44.00	53.14	11 - 12 50 Breaststroke	48.40	44.00	53.14	26
27	1:32.40	1:24.00	1:41.45	13 - 14 100 Breaststroke	1:39.00	1:30.00	1:48.70	28
29	1:24.70	1:17.00	1:33.00	15 - 18 100 Breaststroke	1:35.70	1:27.00	1:45.07	30
31	40.70	37.00	44.69	9 - 10 50 Free	40.70	37.00	44.69	32
33	36.30	33.00	39.48	11 - 12 50 Free	36.30	33.00	39.86	34
35	28.60	26.00	31.40	8/U 25 Back	28.60	26.00	31.40	36
37	50.60	46.00	55.56	9 - 10 50 Back	50.60	46.00	55.56	38
39	44.00	40.00	48.31	11 - 12 50 Back	44.00	40.00	48.31	40
41	1:22.50	1:15.00	1:30.58	13 - 14 100 Back	1:28.00	1:20.00	1:36.62	42
43	1:17.00	1:10.00	1:24.54	15 - 18 100 Back	1:24.70	1:17.00	1:33.00	44
45	30.80	28.00	33.82	8/U 25 Fly	30.80	28.00	33.82	46
47	48.40	44.00	53.14	9 - 10 50 Fly	48.40	44.00	53.14	48
49	41.80	38.00	45.89	11 - 12 50 Fly	41.80	38.00	45.89	50
51	1:21.40	1:14.00	1:29.37	13 - 14 100 Fly	1:24.70	1:17.00	1:33.00	52
53	1:15.90	1:09.00	1:23.33	15 - 18 100 Fly	1:23.60	1:16.00	1:31.79	54
55	1:45.60	1:36.00	1:55.94	10/U 100 IM	1:45.60	1:36.00	1:55.94	56
57	1:34.60	1:26.00	1:43.86	11 - 12 100 IM	1:34.60	1:26.00	1:43.86	58
59	2:57.10	2:41.00	3:14.44	13 - 14 200 IM	3:07.00	2:50.00	3:25.31	60
61	2:49.40	2:34.00	3:05.99	15 - 18 200 IM	3:03.70	2:47.00	3:21.69	62
63				8/U 100 Free Relay				64
65				9 - 12 200 Free Relay				66
67				13 - 18 200 Free Relay				68

Session 1: Tuesday, August 4 - 9:15 Start

BOYS EVENT #	EVENT	Girls Event #
5	8/U 100 Medley Relay	6
7	9 - 12 200 Medley Relay	8
11	8/U 25 Free	12
13	10/U 100 Free	14
15	11 - 12 100 Free	16
21	8/U 25 Breaststroke	22
23	9 - 10 50 Breaststroke	24
25	11 - 12 50 Breaststroke	26
31	9 - 10 50 Free	32
33	11 - 12 50 Free	34
35	8/U 25 Back	36
37	9 - 10 50 Back	38
39	11 - 12 50 Back	40
45	8/U 25 Fly	46
47	9 - 10 50 Fly	48
49	11 - 12 50 Fly	50
55	10/U 100 IM	56
57	11 - 12 100 IM	58
63	8/U 100 Free Relay	64
65	9 - 12 200 Free Relay	66

Session 2: Wednesday, August 5 - 9:15 AM Start

BOYS EVENT #	EVENT	Girls Event #
1	13 - 14 200 Free	2
3	15 - 18 200 Free	4
9	13 - 18 200 Medley Relay	10
17	13 - 14 100 Free	18
19	15 - 18 100 Free	20
27	13 - 14 100 Breaststroke	28
29	15 - 18 100 Breaststroke	30
41	13 - 14 100 Back	42
43	15 - 18 100 Back	44
51	13 - 14 100 Fly	52
53	15 - 18 100 Fly	54
59	13 - 14 200 IM	60
61	15 - 18 200 IM	62
67	13 - 18 200 Free Relay	68

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ENTRY FORM

Name of Club: _____

Head Coach: _____ Contact Phone: _____

Cell Phone (day of meet): _____ Email: _____

Ass't Coach: _____ Contact Phone: _____

Ass't Coach: _____ Contact Phone: _____

Teams are required to provide three timers and one official per preliminary session. Timers and officials for finals will be decided based on the teams represented in the final session. Please list your certified officials who will be available at the meet:

Official: _____ Official: _____

Official: _____ Official: _____

Entries:

Number of Individual Entries: _____ x \$3.00 = \$ _____

Number of Relay Entries: _____ x \$10.00 = \$ _____

Total = \$ _____

Entries are REQUIRED to be submitted electronically via email gpac82@aol.com or disk. This form must be attached to the email. Electronic entries and this form must be received by August 1st, 2009. Please check which method of electronic delivery you are using:

Email(preferred): _____ Disk: _____

Please return this form along with payment and hard copy of entries to:

Greg Paczkowski
16 Thomas Road
South Amboy, NJ 08879

Alternatively, you may return this form and payment at the scratch meeting on **August 4th**.

Please make checks payable to: Frog Hollow Swim Team