

C	12 & Under Silver/Bronze Championships Region C Hosted by Princeton Piranhas Swim Team at the Princeton Middle School (Held under the sanction of USA Swimming)		
Meet Sanction #	NJ Swimming Sanction #- NJS-TF-022126-SCY-C 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:	Saturday February 21st to Sunday February 22nd, 2026		
Location:	Princeton Middle School Pool 217 Walnut Lane, Princeton, NJ 08540 The pool is located on the Princeton Middle School campus, and the pool entrance and parking lot are on Guyot Lane.		
Facility Info:	The Princeton Middle school Pool is an eight-lane, 25 yard, single course pool with Colorado timing system and full display board. The depth of the water at the starting blocks is 8' - 0" and the depth at the turn end is 4'-0". Absolutely NO Chairs are allowed in the Gym.		
Eligible Teams:	APEX, BGH, CJAC, EEX, FSPY, HACY, HCY, JG, MB, OCY, PAA, PPST, PTAC, RVYM, SWST, WW, WY, XCEL		
Host Team Contact:	Kip Hein	609-371-2065	kheinswimppst@gmail.com
Meet Director:	Kip Hein	609-371-2065	kheinswimppst@gmail.com
Meet Referee:	Tiffany Brennan Sean Brennan		tiffbrennan@aol.com seandbrennan@aol.com
	2026 12 & Under Silver/Bronze Champs Region C - Officials Sign-up link		
Admin Official:	Kip Hein	609-371-2065	kheinswimppst@gmail.com
Safety Marshall:	Julie Meirs Kevin Hom	609-371-2065	teamswimppst@gmail.com
Entry Coordinator:	Kip Hein	609-371-2065	kheinswimppst@gmail.com
Entries Open:	Immediately (Note: Teams cannot be closed out of this championship meet provided entries are received by the deadline)		
Entry Deadline:	Monday February 9th, 2026 at 11:59pm		
Swimmer Age	Swimmers' age for this meet is as of: February 21, 2026		
Entry Fees:	Individual Entry : \$10.00 Relays: \$24.00		Swimmer Surcharge \$10 per day
	<i>Note: Entry Amendment Procedure is listed below in the Special Considerations for NJ Swimming Championships section.</i>		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> This meet will be run as timed finals. There will be 8 & Under, 10 & Under, and 11-12 events. There are minimum ("faster than") and maximum ("no faster than") time standards for all 9/over events. 8/unders will require proof of time, however do not have faster than or slower than time standards. As a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries. (See Entry Times section for details). This meet will be deck seeded with coaches checking in/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: 4 Individual Events 1 Relay Event (2 relays for 8 & unders)		Meet: 8 Individual Events 2 Relay Events
Checks Payable To:	Princeton Piranhas Swim Team		
Email Entry Files To:	kheinswimppst@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		

Tentative Meet Schedule

This schedule is tentative pending receipt of entries.

Depending on the entries, sessions may be combined or split.

The complete schedule with session warm-up and start times will be established when all entries have been received. This will be published on the meet section of the NJS website and e- mailed to the coaches of participating teams.

Saturday		Warm-up	Start
Session 1	10 & Under Girls & Boys	TBA	TBA
Session 2	11-12 Girls & Boys	TBA	TBA
Sunday		Warm-up	Start
Session 3	10 & Under Girls & Boys	TBA	TBA
Session 4	8 & Under Girls & Boys	TBA	TBA
Session 5	11-12 Girls & Boys	TBA	TBA

Scoring:	<ul style="list-style-type: none"> There will be no team scoring.
Awards:	<ul style="list-style-type: none"> Medals will be awarded to 1st through 3rd place and ribbons 4th through 8th place in each individual event. Medals will be awarded to 1st through 3rd place in each relay event. The 10 & Under 500 freestyle and the 11-12 400IM events are combined Silver/Bronze events and will be awarded as such with medals awarded to 1st through 3rd place and ribbons 4th through 8th place in each individual event. A swimmer competing in the Bronze division of an event who achieves a Gold time will not receive an award. (This does not apply to the combined Silver/Bronze events).
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts may be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> Heat Sheets (and Results) will be available on Meet Mobile
Concessions:	<ul style="list-style-type: none"> Refreshments will be available in the outside hallway.
Vendor:	<ul style="list-style-type: none"> A T-Shirt vendor will be in attendance.
Medical Information:	<ul style="list-style-type: none"> The Princeton Middle Pool is staffed with certified lifeguards by the host team and all operational personnel are trained in CPR and First Aid. There is an AED on site. There is not an EMT on site.
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.
Internet Website Posting:	<ul style="list-style-type: none"> Meet information, Hy-Tek .HYV Event file and results will be posted on the New Jersey Swimming website. www.njswim.org
Meet Requirement Statement:	<ul style="list-style-type: none"> In order to be eligible for the NJ Swimming Zone Championship Team or for NJ Swimming Athlete Travel Grants for Sectional and National level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts toward those participation requirements.
Directions:	<ul style="list-style-type: none"> Google Maps: https://maps.app.goo.gl/Pj2GHTWLsA6uwUV6A Park in the parking lots on Guyot Ave. Follow the sidewalk to the right of the pool and enter the main set of doors marked Pool/Gym. If you are parking on the street, please do not block driveways or you will be towed.

Special Considerations for NJ Swimming Championships

Entry Times:	<ul style="list-style-type: none"> New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. All entry times must be in short course yards. Converted times are permitted. All entry times must meet the time standards for this meet as approved by NJ Swimming. All entry times must be proven upon meet entry. See "Proof of Times Reporting" below. <p>All entry times must be achieved during the meet qualifying period of January 1st, 2025 through the entry date of the meet.</p>
Proof of Time:	<ul style="list-style-type: none"> This is a NJ Championship event. All entries must be accompanied by a proof of time report: Run a TM entries report with the Include Proof of Time option, or the Team Unify equivalent. This report should be saved as a PDF file and the file emailed to the entry coordinator along with the entry file.
Entry Amendment Procedures:	<p>Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The process shall be as follows:</p> <ol style="list-style-type: none"> The meet coordinator will enter each team as the entries are received. An entry report for each team will be e-mailed to that team within 24 hours after they are received. Upon receipt of the entry report for their team, the coach will be expected to proof the entries for their team. The coach must respond to the email, either indicating that the entries are accepted as is or amending as explained below. Late entries will be accepted if the swims occur after the meet entry deadline at a USA Swimming Sanctioned, or Approved meet. After the entry deadline has passed, should a swimmer be missing from the entry list or missing from an event, then the coach can enter the swimmer (up to 5 swimmers) through the following process: The coach needs to make a list of the missing entry information: swimmer's name, USA-S number, event number(s), and entry time(s). The list of the missing swimmers and their events are then to be e-mailed to the Entry Coordinator no later than 72 hours before the start of the meet. Please do not email a Hy-Tek file. The entry fee for all events entered in this manner will be \$25 per change in addition to all other fees. This money is payable before the start of the meet. If this fee is not be paid, then the swimmer(s) will not be permitted to swim in the amended events in the meet. Entries which are amended due to a swimmer achieving a new Gold or Silver time after the original entry is submitted do not incur this additional fee. <ul style="list-style-type: none"> Larger scale situations must be brought to the attention of the NJS Executive board so they can be dealt with individually, allowing the issue to be a singular situation.
Relays	<p>Only swimmers that do not have Gold times in that stroke and distance can swim on relays. A relay team with any swimmer found to have had a Gold time in that stroke and distance prior to the meet will be disqualified (even after the conclusion of the meet) and the information will be turned over to New Jersey Swimming for possible further disciplinary actions and fines. (See NJS Policy & Procedures Manual for explanation)</p> <ul style="list-style-type: none"> All relays must have the correct four names listed in the correct order for that relay to be eligible. Coaches must turn in completed relay cards prior to the relay swimming The Meet Referee and/or the meet jury will handle any protest of relay swimmers during the meet. New Jersey Swimming will handle any protest of relay swimmers after the meet. (See NJ Swimming Policy & Procedures Manual)

Distance Events	<ul style="list-style-type: none"> • The 11-12 1000 and 1650 yard freestyle events are limited to athletes with a provable Gold or Silver time in the 500 Free, or those with a Silver time in the 1000 or 1650 Free, but who do not yet have the 1000 or 1650 Gold time respectively. Athletes will be seeded with their 500 Free time. • The 10 & Under 500 yard freestyle and the 11-12 1000 yard Freestyle and 1650 yard Freestyle events will be run fastest to slowest, alternating genders. • Swimmers in the 10 & Under 500 Freestyle, the 11-12 1000 Freestyle, and the 11-12 1650 Freestyle events are responsible for providing their own timers and counters. • In all events of 400 yards or more, heats may be combined at the discretion of the meet referee. • The 500 Freestyle and 400 IM events will be run and scored as combined Silver/Bronze events.
Swimmer Eligibility:	<ul style="list-style-type: none"> • This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet. Swimmers may not compete in any event in which they have received a New Jersey Swimming Gold Time since January 1st, 2025. • No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. • If a swimmer is entered in the meet, and then achieves a Gold time in one or more of their entered events prior to the start of the meet, that swimmer must be removed from that event(s). Failure to do so will result in the disqualification of the swimmer (even retroactively), and the swimmer's club may be penalized and/or fined by NJ Swimming for each such infraction. The swimmer will be allowed to substitute another eligible event or the entry fee will be refunded if the swimmer cannot/does not wish to compete in a substitute event. • Similarly, if a swimmer was initially entered in the Bronze division of an event, and then achieves a Silver time in the event prior to the start of this meet, then that swimmer's entry must be amended so they compete in the Silver division of the event. Failure to do so will result in the disqualification of the swimmer (even retroactively), and the swimmer's club may be penalized and/or fined by NJ Swimming for each such infraction. • All transfer swimmer(s) must swim unattached for 60 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.
State Championships Restriction:	<ul style="list-style-type: none"> • Swimmers may not compete in a given event at both a Silver/Bronze Championship meet and the SC Gold meet, unless they achieve the SC Gold qualifying time in that event at the Silver/Bronze meet, or at another Sanctioned or Approved meet attended in between the Silver/Bronze meet and Gold meet.

Order of events

Saturday Session (1) 10 & Under Girls & Boys			
Event #	Event	Equal/Slower	Equal/Faster
1	Girls 10 & Under 200 Medley Relay		
2	Boys 10 & Under 200 Medley Relay		
3	Girls 10 & Under 100 IM Bronze	1:39.10	
4	Boys 10 & Under 100 IM Bronze	1:39.10	
5	Girls 10 & Under 100 IM Silver	1:22.90	1:39.09
6	Boys 10 & Under 100 IM Silver	1:22.90	1:39.09
7	Girls 10 & Under 100 Freestyle Bronze	1:21.80	
8	Boys 10 & Under 100 Freestyle Bronze	1:21.80	
9	Girls 10 & Under 100 Freestyle Silver	1:12.30	1:21.79
10	Boys 10 & Under 100 Freestyle Silver	1:12.30	1:21.79
11	Girls 10 & Under 50 Backstroke Bronze	44.90	
12	Boys 10 & Under 50 Backstroke Bronze	44.90	
13	Girls 10 & Under 50 Backstroke Silver	38.70	44.89
14	Boys 10 & Under 50 Backstroke Silver	38.70	44.89
15	Girls 10 & Under 100 Butterfly Bronze	1:52.90	
16	Boys 10 & Under 100 Butterfly Bronze	1:52.90	
17	Girls 10 & Under 100 Butterfly Silver	1:37.40	1:52.89
18	Boys 10 & Under 100 Butterfly Silver	1:37.40	1:52.89
19	Girls 10 & Under 50 Breaststroke Bronze	52.10	
20	Boys 10 & Under 50 Breaststroke Bronze	52.10	
21	Girls 10 & Under 50 Breaststroke Silver	45.00	52.09
22	Boys 10 & Under 50 Breaststroke Silver	45.00	52.09
Break: 10 Minutes: In the Water			
23	Girls 10 & Under 500 Freestyle Silver/Bronze	7:25.70	
24	Boys 10 & Under 500 Freestyle Silver/Bronze	7:25.70	

Saturday Session (2) 11-12 Girls & Boys			
Event #	Event	Equal/Slower	Equal/Faster
25	Girls 11-12 200 Medley Relay		
26	Boys 11-12 200 Medley Relay		
27	Girls 11-12 500 Freestyle Silver/Bronze	6:03.50	
28	Boys 11-12 500 Freestyle Silver/Bronze	5:57.30	
29	Girls 11-12 50 Butterfly Bronze	35.00	
30	Boys 11-12 50 Butterfly Bronze	36.30	
31	Girls 11-12 50 Butterfly Silver	31.70	34.99
32	Boys 11-12 50 Butterfly Silver	32.00	36.29
33	Girls 11-12 200 Backstroke Bronze	2:38.40	
34	Boys 11-12 200 Backstroke Bronze	3:08.00	
35	Girls 11-12 200 Backstroke Silver	2:29.80	2:38.39
36	Boys 11-12 200 Backstroke Silver	2:31.00	3:07.99
37	Girls 11-12 100 Breaststroke Bronze	1:30.20	
38	Boys 11-12 100 Breaststroke Bronze	1:31.30	
39	Girls 11-12 100 Breaststroke Silver	1:22.30	1:30.19
40	Boys 11-12 100 Breaststroke Silver	1:21.20	1:31.29
41	Girls 11-12 100 Freestyle Bronze	1:04.90	
42	Boys 11-12 100 Freestyle Bronze	1:05.60	
43	Girls 11-12 100 Freestyle Silver	1:01.90	1:04.89
44	Boys 11-12 100 Freestyle Silver	1:00.40	1:05.59
45	Girls 11-12 200 Butterfly Bronze	3:07.30	
46	Boys 11-12 200 Butterfly Bronze	2:59.80	
47	Girls 11-12 200 Butterfly Silver	2:50.00	3:07.29
48	Boys 11-12 200 Butterfly Silver	2:50.50	2:59.79
49	Girls 11-12 50 Backstroke Bronze	35.70	
50	Boys 11-12 50 Backstroke Bronze	37.70	
51	Girls 11-12 50 Backstroke Silver	32.90	35.69
52	Boys 11-12 50 Backstroke Silver	33.20	37.69
53	Girls 11-12 200 IM Bronze	2:40.90	
54	Boys 11-12 200 IM Bronze	2:39.50	
55	Girls 11-12 200 IM Silver	2:31.80	2:40.89
56	Boys 11-12 200 IM Silver	2:27.50	2:39.49
Break: 10 Minutes: In the water			
57	Girls 11-12 1000 Freestyle Silver/Bronze	12:47.00	7:32.29
58	Boys 11-12 1000 Freestyle Silver/Bronze	12:41.60	7:03.09

Sunday Session (3) 10 & Under Girls & Boys			
Event #	Event	Equal/Slower	Equal/Faster
59	Girls 10 & Under 200 Freestyle Relay		
60	Boys 10 & Under 200 Freestyle Relay		
61	Girls 10 & Under 200 Freestyle Bronze	3:09.40	
62	Boys 10 & Under 200 Freestyle Bronze	3:09.40	
63	Girls 10 & Under 200 Freestyle Silver	2:42.30	3:09.39
64	Boys 10 & Under 200 Freestyle Silver	2:42.30	3:09.39
65	Girls 10 & Under 100 Backstroke Bronze	1:34.40	
66	Boys 10 & Under 100 Backstroke Bronze	1:34.40	
67	Girls 10 & Under 100 Backstroke Silver	1:23.20	1:34.39
68	Boys 10 & Under 100 Backstroke Silver	1:23.20	1:34.39
69	Girls 10 & Under 50 Butterfly Bronze	50.80	
70	Boys 10 & Under 50 Butterfly Bronze	50.80	
71	Girls 10 & Under 50 Butterfly Silver	40.20	50.79
72	Boys 10 & Under 50 Butterfly Silver	40.10	50.79
73	Girls 10 & Under 100 Breaststroke Bronze	1:49.70	
74	Boys 10 & Under 100 Breaststroke Bronze	1:49.70	
75	Girls 10 & Under 100 Breaststroke Silver	1:34.00	1:49.69
76	Boys 10 & Under 100 Breaststroke Silver	1:34.00	1:49.69
77	Girls 10 & Under 50 Freestyle Bronze	37.00	
78	Boys 10 & Under 50 Freestyle Bronze	37.00	
79	Girls 10 & Under 50 Freestyle Silver	32.70	36.99
80	Boys 10 & Under 50 Freestyle Silver	32.70	36.99
81	Girls 10 & Under 200 IM Bronze	3:30.70	
82	Boys 10 & Under 200 IM Bronze	3:30.70	
83	Girls 10 & Under 200 IM Silver	2:53.70	3:30.69
84	Boys 10 & Under 200 IM Silver	2:53.70	3:30.69

Sunday Session (4) 8 & Under Girls and Boys	
Event #	Event
85	Girls 8 & Under 100 Freestyle Relay
86	Boys 8 & Under 100 Freestyle Relay
87	Girls 8 & Under 50 Freestyle
88	Boys 8 & Under 50 Freestyle
89	Girls 8 & Under 25 Freestyle
90	Boys 8 & Under 25 Freestyle
91	Girls 8 & Under 50 Breaststroke
92	Boys 8 & Under 50 Breaststroke
93	Girls 8 & Under 25 Breaststroke
94	Boys 8 & Under 25 Breaststroke
95	Girls 8 & Under 50 Backstroke
96	Boys 8 & Under 50 Backstroke
97	Girls 8 & Under 25 Backstroke
98	Boys 8 & Under 25 Backstroke
99	Girls 8 & Under 50 Butterfly
100	Boys 8 & Under 50 Butterfly
101	Girls 8 & Under 25 Butterfly
102	Boys 8 & Under 25 Butterfly
103	Girls 8 & Under 100 IM
104	Boys 8 & Under 100 IM
105	Girls 8 & Under 100 Medley Relay
106	Boys 8 & Under 100 Medley Relay

Sunday Session (5) 11-12 Girls & Boys			
Event #	Event	Equal/Slower	Equal/Faster
107	Girls 11-12 200 Freestyle Relay		
108	Boys 11-12 200 Freestyle Relay		
109	Girls 11-12 400 IM Silver/Bronze	5:25.50	
110	Boys 11-12 400 IM Silver/Bronze	5:20.80	
111	Girls 11-12 50 Breaststroke Bronze	43.10	
112	Boys 11-12 50 Breaststroke Bronze	43.70	
113	Girls 11-12 50 Breaststroke Silver	38.00	43.09
114	Boys 11-12 50 Breaststroke Silver	37.50	43.69
115	Girls 11-12 200 Freestyle Bronze	2:19.10	
116	Boys 11-12 200 Freestyle Bronze	2:18.40	
117	Girls 11-12 200 Freestyle Silver	2:13.50	2:19.09
118	Boys 11-12 200 Freestyle Silver	2:11.60	2:18.39
119	Girls 11-12 100 Backstroke Bronze	1:13.90	
120	Boys 11-12 100 Backstroke Bronze	1:17.40	
121	Girls 11-12 100 Backstroke Silver	1:10.00	1:13.89
122	Boys 11-12 100 Backstroke Silver	1:10.10	1:17.39
123	Girls 11-12 100 IM Bronze	1:15.40	
124	Boys 11-12 100 IM Bronze	1:16.10	
125	Girls 11-12 100 IM Silver	1:11.50	1:15.39
126	Boys 11-12 100 IM Silver	1:10.80	1:16.09
127	Girls 11-12 200 Breaststroke Bronze	3:37.00	
128	Boys 11-12 200 Breaststroke Bronze	3:32.20	
129	Girls 11-12 200 Breaststroke Silver	2:54.90	3:36.99
130	Boys 11-12 200 Breaststroke Silver	2:53.90	3:32.19
131	Girls 11-12 50 Freestyle Bronze	29.60	
132	Boys 11-12 50 Freestyle Bronze	30.00	
133	Girls 11-12 50 Freestyle Silver	28.10	29.59
134	Boys 11-12 50 Freestyle Silver	27.70	29.99
135	Girls 11-12 100 Butterfly Bronze	1:27.10	
136	Boys 11-12 100 Butterfly Bronze	1:45.00	
137	Girls 11-12 100 Butterfly Silver	1:11.50	1:27.09
138	Boys 11-12 100 Butterfly Silver	1:12.00	1:44.99
Break: 10 Minutes: In the Water			
139	Girls 11-12 1650 Freestyle Silver/Bronze	21:13.60	7:32.29
140	Boys 11-12 1650 Freestyle Silver/Bronze	21:09.20	7:03.09

NJS Information and Policies for USA Sanctioned Meets

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 it is through 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.
Spectator Considerations:	<ul style="list-style-type: none"> ● As per USA Swimming Safe Sport Protocols, Parents or legal guardians will have access to their child and an opportunity to observe their child if the facility protocols allow for spectators.
Over Entry Policy:	<ul style="list-style-type: none"> ● Swimmers entered in more events than permitted per day or for the duration of the meet, as stated in the meet announcement, will be required to scratch down to the allowable limit. Scratches may be submitted by the athlete or their coach and must be done before the start of the session.
Swimmer Eligibility:	<ul style="list-style-type: none"> ● No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. ● All transfer swimmer(s) must swim unattached for 60 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.
Check-In:	<ul style="list-style-type: none"> ● All check-in sheets must be turned into the scoring table before the start of each session. Check-in times will be noted on the check in sheets. 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.
Adaptive Provisions:	USA Swimming 2025 Technical 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).
Host Club Responsibilities:	<ul style="list-style-type: none"> ● The host club will help provide timers for the meet. ● 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 no later than 1 week before the meet.
Participating Club Responsibilities:	<ul style="list-style-type: none"> ● Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs 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.

Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming 2025 Technical Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (2025 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 credential 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.
Officials Conduct & Eligibility:	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming 2025 Technical Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (2025 MAAPP). • Make sure all interactions with athletes are observable and interruptible. • Current USA Swimming and LSC Swimming certification is required for all officials and the Meet Referee will check your credentials. • 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 to receive credit for the session in OTS.
Meet Format Waiver:	<ul style="list-style-type: none"> • This meet will be run in accordance to current USA Swimming 2025 Technical Rules. • The host club has the right to change the format of the meet with the approval of the Administrative vice chair and either the Age Group or Senior vice chair. 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.
Warm-up Procedures:	<ul style="list-style-type: none"> • Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Teams will be assigned lanes according to the size of their entries, to achieve a fair and comparable warm-up for all swimmers. • 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 must enter the pool feet first from the starting end of the pool. • New Jersey Swimming officials and Safety Marshals will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction.
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:	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.
Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks.
USA-S Deck Change Policy Statement:	Deck changes are prohibited.

USA-S Drone Policy Statement:	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.
Minor Athlete Abuse Prevention Policy (2025 MAAPP)	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 (“2025 MAAPP”), and that they understand that compliance with the 2025 MAAPP policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy:	<p>Swimwear must conform to USA Swimming 2025 Technical 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 (eg: kinesio tape) on any part of the body. <p>Pursuant to USA Swimming Rule 205.10.1, it is permissible for a swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.</p>