

2023 Rebel Winter Blast

Hosted by the Rebel Aquatic Club Swim Team
at the Rutherford Swim Association Pool
Held under the approval of USA Swimming

Meet Approval #	NJ Swimming Approval # - NJS-AP-011423SCY-A 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.		
Dates of Meet:	Saturday-Sunday January 14 & 15, 2023		
Location:	Rutherford Swim Association Pool 56 Elliott Place Rutherford, NJ 07070		
Facility Info:	The competition pool is 6-lane 25-meter course, with a minimum 3 1/2 feet to a maximum depth of 12 feet. IST Timing and 6 lane scoreboard will be utilized.		
Pool Certification Statement:	The competition course has not been certified in accordance with 104.2.2C(4).		
Host Team Contact:	Chris Dunn		chris@rutherfordswim.org
Meet Director:	Chris Dunn		chris@rutherfordswim.org
Meet Referee:	John Kelly		Johnfk41965@gmail.com
Admin Official:	Gail Kelly		kelly512@optonline.net
Safety Marshall:	Mike Lazzara		mike@rutherfordswim.org
Entry Coordinator:	Chris Dunn	201 554 8097	chris@rutherfordswim.org
Entries Open:	December 9, 2022		
Entry Deadline:	Friday January 6, 2023, at 6:00pm		
Swimmer Age	Swimmer ages for this meet are as of: January 14th, 2023		
Entry Fees:	Individual Entry: \$5.00 , There will be an athlete surcharge of \$15.		
Meet Course:	Short Course Meters (SCM).		
Meet Format:	<ul style="list-style-type: none">• This meet will be run as timed final meet.• There will be 12 & under , 13-14 and Open events.• There are no time standards for this meet.• This meet will be deck seeded with coaches checking in/scratching all swimmers. When a session has been seeded, swimmers will be marshaled from the team seating area.		
Entry Limits:	Daily: 4 Individual Events	Meet: 8 Individual Events	

Checks Payable To:	Rutherford Swim Association
Email Entry Files To:	chris@rutherfordswim.org
Checks/Waivers:	Bring to the first session of the meet where the team is competing.

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Saturday January 14th

Facility Opens at 6:45am

Saturday Afternoon Session #1—12 & Under

Girls	12 & Under Event	Boys
#1	11 & 12 100 Breast	#2
#3	10 & Under 100 Breast	#4
#5	11 & 12 50 Free	#6
#7	10 & Under 50 Free	#8
#9	11 & 12 200 Back	#10
#11	8 & Under 25 Back	#12
#13	12 & Under 100 IM	#14
#15	10 & Under 50 Back	#16
17	8 & Under 25 Breast	18
19	11 & 12 50 Back	20
21	9 & 10 100 Fly	22
23	11 & 12 100 Fly	24
25	8 & Under 25 Fly	26
27	12 & Under 200 Free	28

Saturday Afternoon Session #2—13-14 / Open

Women	13-14 / Open Event	Men
29	13 & 14 100 free	30
31	Open 100 Free	32
33	13 & 14 100 Breast	34
35	Open 100 Breast	36
37	13 & 14 200 Back	38
39	Open 200 Back	40
41	Open 400 IM Heat Limited (3)	42
43	13 & 14 100 Fly	44
45	Open 100 Fly	46
47	13 & 14 200 IM	48
49	Open 200 IM	50

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Sunday January 15th

Facility Opens at 6:45am

Sunday Morning Session #3—12 & Under

Girls	12 & Under Event	Boys
51	11 & 12 100 Free	52
53	9 & 10 100 Free	54
55	11 & 12 50 Breast	56
57	9 & 10 50 Breast	58
59	11 & 12 200 Breast	60
61	9 & 10 100 Back	62
63	11 & 12 100 Back	64
65	9 & 10 50 Fly	66
67	11 & 12 50 Fly	68
69	11 & 12 200 Fly	70
71	9 & 10 200 IM	72
73	11 & 12 200 IM	74

Sunday Afternoon Session #4—13-14 / Open

Women	13 - 14 / Open Event	Men
75	13 & 14 200 Breast	76
77	Open 200 Breast	78
79	13 & 14 50 Free	80
81	Open 50 Free	82
83	Open 400 Free Heat Limited (3)	84
85	13 & 14 100 Back	86
87	Open 100 back	88
89	13 & 14 200 Fly	90
91	Open 200 Fly	92
93	13 & 14 200 Free	94
95	Open 200 Free	96

Tentative Meet Schedule

Saturday Facility Opens at 6:45am

Session 1	12 & Under	7:00am	8:10am
Session 2	13-14 / Open	TBA**	TBA**

Sunday Facility Opens at 6:45am

Session 3	12 & Under	7:00am	8:10am
Session 4	13-14 / Open	TBA**	TBA**

**** The complete schedule will be established when all entries have been received and a timeline developed. This will be published on the meet website and e-mailed to the coaches of participating teams after entries close.**

Scoring:	<ul style="list-style-type: none"> • Team scoring will not be kept.
Awards:	<ul style="list-style-type: none"> • Ribbons will be awarded for the top 3 13-14, and Open swimmers in all individual events. • Ribbons will be awarded to the top 6 8 & Under / 9 & 10 & 11& 12 in each individual events.
Starts:	<ul style="list-style-type: none"> • 'Fly-over/Over-the-top' starts will be used during this meet.
Admissions & Programs:	<ul style="list-style-type: none"> • There is no admission fee. • Heat sheets will be provided to all coaches • Spectators will be able to use Meet Mobile (subscription required)
Concessions:	<ul style="list-style-type: none"> • Small concession stand
Vendor:	<ul style="list-style-type: none"> • None.
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.
Entry Info:	<ul style="list-style-type: none"> • There will be no refunds after the entry deadline except for events that may be scratched from meet by the Entry Coordinator or Meet Director, or as otherwise directed by NJ Swimming. Entries will be acknowledged within 48 hours of receipt. • All entries will be accepted on a first come basis until the meet is full. • Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. • Team entries will be considered accepted when the host club accepts the entries. <p>Special Notice: All entry fees must be paid no later than Session Check-in. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.</p>
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 yards. Converted times are permitted.
Swimmer Eligibility:	<ul style="list-style-type: none"> • 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 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.
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>

<p>Host Club Responsibilities:</p>	<ul style="list-style-type: none"> • 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.
<p>Participating Club Responsibilities:</p>	<ul style="list-style-type: none"> • Participating clubs should help with officiating whenever possible. Officials should contact the meet referee (see page 1) with the sessions where they are available to assist.
<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 2.0). • 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.
<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 2.0). • 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 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 will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction.
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 Policy:	<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.
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 or behind the starting blocks.</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>
Photography:	<p>Photography is not permitted anywhere on deck.</p>
Minor Athlete Abuse Prevention Policy (MAAPP 2.0)	<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 2.0”), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.</p>

<p>Tech Suit/ Swimwear Policy:</p>	<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 (eg: kinesio tape) on any part of the body. • 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>COVID-19 Assumption of Risk Disclaimer</p>	<p>The host team has taken enhanced health and safety measures for all participants. All persons participating must follow all posted instructions while at the Rutherford Community Aquatic Center Pool. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. All persons visiting the Rutherford Community Aquatic Center Pool voluntarily assume all risks related to exposure to COVID-19.</p>
<p>Meet Requirement Statement:</p>	<p>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.</p>
<p>Directions:</p>	<p>56 Elliott Place Rutherford NJ 07070</p>



NEW JERSEY
SWIMMING

2023 Rebel Winter Blast

Saturday-Sunday January 14th & 15th, 2023

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, NJ Swimming, Rutherford School District, Rebel Aquatic Club, Rutherford Swim Association, 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.

Covid-19 Waiver

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form for the 2021 Snowflake meet on January 14th and 15th, 2023 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.

Also I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

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Information below must be submitted to the club hosting the meet before the start of the meet along with payment.

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:

_____ Timed Final individual event entries @ \$5.00 = \$ _____

_____ Swimmer surcharge @ \$15.00 = \$ _____

Total: \$ _____

Make checks payable to: **Rutherford Swim Association**