

# HIGHLAND LAKES “B” INVITATIONAL 2023

Saturday, JULY 29, 2023

<b>Meet Host</b>	Highland Lakes Swim Team
<b>Location</b>	Highland Lakes Country Club & Community Association 2240 Lakeside Drive West Highland Lakes, NJ 07422
<b>Meet Director</b>	Sherif Fahmy, <a href="mailto:sfahmycpa@gmail.com">sfahmycpa@gmail.com</a> , 973-919-1718
<b>Meet Referee</b>	Jeanette Emmerich
<b>Entry Coordinator</b>	Barry Brantner, <a href="mailto:hlccswimteam@gmail.com">hlccswimteam@gmail.com</a> , 973-886-0274
<b>Entry Deadline</b>	<ul style="list-style-type: none"><li>• Entries must be received by <b>1 PM, Wednesday, July 26, 2023.</b></li><li>• Late entries will be accepted until 8 AM, Friday, July 28, 2023.</li><li>• Limited deck entries/scratches will be accepted between 7:30-8:00 AM, Saturday, July 29, 2023.</li></ul>
<b>Entry Procedures</b>	<ul style="list-style-type: none"><li>• Entries must be submitted using HY-TEK Team Manager Entries File.</li><li>• Entries must list seed times in meters.</li><li>• A HY-TEK “Events for Team Manager” file will be sent to each team to facilitate team entries.</li><li>• Email entries to: <a href="mailto:hlccswimteam@gmail.com">hlccswimteam@gmail.com</a>.</li></ul>
<b>Entry Fees</b>	\$4.00 per individual event. No charge for relay events. \$5.00 per individual event late entry. Checks Payable to <b>HIGHLAND LAKES COUNTRY CLUB</b>
<b>Applicable Rules</b>	Lakeland Swim Conference Constitution and By-Laws will apply. USA Swimming / Lakeland Swim Conference rules will govern the conduct of the meet. Coaches are responsible for swimmers reporting for their event(s) and their swimmer’s conduct at the meet.
<b>Swimmer Eligibility</b>	<ul style="list-style-type: none"><li>• All swimmers must compete in their respective age group.</li><li>• Participation is determined by the swimmer’s age as of June 1, 2023.</li><li>• Events labeled as “Open” have no age restrictions.</li><li>• No swimmer may participate in an event for which they have previously achieved a current year Lakeland Swim Conference A Championship qualifying time prior to the meet entry deadline.</li><li>• Swimmers whose best time exceeds the time standard for an event may compete in the “Open” event.</li><li>• Any swimmer entered in the meet may compete in the relay.</li><li>• Swimmers that achieve a current year Lakeland Swim Conference A Championship qualifying time after the entry deadline in a dual meet competition on Wednesday, July 26th, 2023, will still be eligible to compete in their entered events.</li></ul>
<b>Meet Format</b>	<ul style="list-style-type: none"><li>• This is a timed finals meet. All events will be deck seeded upon completion of checking in/scratching swimmers.</li><li>• Events are the same as those at a Lakeland Swim Conference Dual Meet.</li><li>• The meet will be held in accordance with the current USA Swimming technical rules, except as provided in Article 5, Section 3.C (false starts) of the Lakeland Swim Conference By-Laws.</li></ul>

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<b>Meet Schedule</b>	<ul style="list-style-type: none"> <li>• 7:30 – 8:00 AM, Coaches Check-In/Scratch Meeting, limited deck entries/scratches will be accepted, Lake Room</li> <li>• 8:00 – 8:25 AM, Session One Warm-up</li> <li>• 8:30 – 8:55 AM, Session Two Warm-up</li> <li>• 8:00 AM, Officials’ Meeting, Lake Room</li> <li>• 8:30 AM, Timers’ Meeting, Lake Room</li> <li>• 9:00 AM, Meet Starts</li> </ul>
<b>Warm-up Procedures</b>	There will be two 25-minute warm-up sessions with assigned lanes. Warm-up and lane assignments will be emailed to teams prior to the meet.
<b>Swimmer Check-In &amp; Scratches</b>	Swimmers should check in with their coach immediately upon arrival. Coaches will report all scratches at the scratch meeting. After the scratch meeting, final seedings will be determined and posted. Coaches and swimmers are responsible for ensuring that the swimmers get to the marshaling area in time for their respective events. If a swimmer who has not been scratched misses an event, that swimmer will be deemed a “NS” (No Show) in that event but will not be disqualified from participation in any subsequent individual or relay events.
<b>Relays</b>	An “Open” 200 Meter Freestyle relay is offered. This event has no entry fee requirement. This event has no age restrictions, and any swimmer(s), coaches, or family members may compete. This event will be a non-scoring event.
<b>Scoring</b>	<ul style="list-style-type: none"> <li>• The top 16 places will score.</li> <li>• Individual Events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1</li> <li>• Relays: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2</li> <li>• All events labeled as “Open”, “6 &amp; Under” and “Relay” will not score points towards team trophies.</li> <li>• Swimmers achieving “A” times at the meet are eligible to score points and receive awards.</li> </ul>
<b>Awards</b>	<ul style="list-style-type: none"> <li>• Medals: 1st through 3rd place in all individual events</li> <li>• Ribbons: 4th through 8th place in all individual events, 1st through 8th place in all relay events and 1st through 8th place in all open events.</li> <li>• Trophies: 1st through 3rd place for top scoring teams.</li> <li>• All “6 &amp; Under” swimmers will receive a participation trophy (one per swimmer) in place of individual awards.</li> <li>• Coaches must pick up all individual and team awards promptly at the end of the meet. The host team will not mail awards.</li> </ul>
<b>Results</b>	Meet results will be e-mailed to participating teams within 24 hours of the meet’s conclusion.
<b>Officials</b>	Pre-registration is required for all officials. A request will be sent to each team. Each team is expected to provide officials. At least two per team is recommended. There will be no admission charge for officials that have pre-registered. Continental breakfast, lunch, and refreshments will be available to coaches and officials in the Lake Room at no cost. All officials should dress in proper attire (white shirt, blue shorts/skirt/pants) and should attend the Officials meeting.

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<b>Timers</b>	All teams submitting entries must provide timers. Each team will be assigned a lane timing assignment after the entry deadline. Unless otherwise noted, if you have been assigned a lane, you would be expected to provide three timers for that lane for each event.
<b>Admission &amp; Programs</b>	Spectator Admission, \$5.00 per person 10/under guests are free. Programs, \$5.00 each
<b>Parking</b>	<b>LOCAL ORDINANCES PROHIBIT STREET PARKING.</b> Volunteers will assist with parking in the Club parking lot. As parking is at a premium, we would appreciate whatever efforts can be made toward carpooling.
<b>Concessions</b>	Breakfast, lunch and refreshments will be available for purchase.
<b>Vendors</b>	A vendor will be onsite with T-Shirts available for purchase.
<b>Waiver</b>	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 Highland Lakes Country Club & Community Association, Lakeland Swim Conference, HLCC Swim Team and their staff & support group 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 am/are a bona-fide amateur athlete, LSC registered and eligible to compete in all the events I/we have entered.

Rev. 6/30/2023

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## ORDER OF EVENTS AND QUALIFYING TIMES

Boys Events	Slower Than	Event	Slower Than	Girls Events
1	N/A	6/U 25 FREE	N/A	2
3	N/A	OPEN 50 FREE	N/A	4
5	1:16.53	8/U 50 BREAST	1:15.74	6
7	1:00.50	9/10 50 BREAST	1:01.64	8
9	59.25	11/12 50 BREAST	50.22	10
11	47.32	13/14 50 BREAST	48.82	12
13	40.07	15/18 50 BREAST	47.04	14
15	N/A	OPEN 50 BREAST	N/A	16
17	59.66	10/U 50 FLY	1:01.51	18
19	52.47	11/12 50 FLY	45.40	20
21	42.48	13/14 50 FLY	41.36	22
23	33.75	15/18 50 FLY	39.04	24
25	N/A	OPEN 50 FLY	N/A	26
27	1:06.22	8/U 50 BACK	1:07.14	28
29	57.06	9/10 50 BACK	55.81	30
31	55.52	11/12 50 BACK	50.15	32
33	45.10	13/14 50 BACK	45.37	34
35	39.08	15/18 50 BACK	42.07	36
37	N/A	OPEN 50 BACK	N/A	38
39	N/A	6/U 25 BACK	N/A	40
41	56.83	8/U 50 FREE	57.39	42
43	46.04	9/10 50 FREE	43.74	44
45	41.68	11/12 50 FREE	38.64	46
47	35.16	13/14 50 FREE	36.38	48
49	1:09.73	15/18 100 FREE	1:20.16	50
51	N/A	OPEN 100 FREE	N/A	52
53	N/A	OPEN 200 FREE RELAY	N/A	54

- All events (except “6 & Under”) will swim in Long Course Meters (LCM).
- Qualifying times are times slower than the current year Lakeland Swim Conference A Championship qualifying times.
- Relay event – This event has no age restrictions, and any swimmers, coaches, or family members may compete. This event is a non-scoring event.
- All events labeled as “Open”, “6 & Under” and “Relay” are non-scoring events