

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

**Date:**

<b>July 30<sup>th</sup> &amp; 31<sup>st</sup>, 2019</b>	<b>Trials</b>	<b>July 31<sup>st</sup>, 2019</b>	<b>Finals</b>
Warm-up	7:15 AM	Warm-up	5:00 PM
Scratch Meeting	8:00 AM	Start Time	6:00 PM
Start Time	8:30 AM		
Officials Meeting	8:00 AM		

**Location:**

Frog Hollow Swim & Tennis Club  
337 Ferris Street  
South Amboy, NJ  
Pool number: (732) 727-9094  
Directions can be found on <http://www.froghollowswim.com/contact-directions/>

**Meet Website:**

<http://www.froghollowswim.com/conferences.html>

**Facility:**

6 lane 25-yard 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 their own blankets or lawn chair for use in the picnic area. **Due to the high number of swimmers and limited parking, we recommend swimmers carpool. We will have a shuttle running from South Amboy High School to take spectators to the pool.**

**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 **FOUR 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. Athletes must swim their age (no 'swim ups'). This includes relays.

**Team Entries:**

Team entries must be submitted electronically via Hy-Tek team or meet manager through email. Two officials from each team will be required for each session. Each team will be assigned a lane to time for the session. It is that team's responsibility to provide timers for the lane for the entire session. Coaches will be sent a timing assignment prior to the meet. Timing assignments for finals will be based on volunteers. **TEAMS THAT DO NOT COMPLETE THEIR TIMING**

**AND OFFICIATING ASSIGNMENTS WILL HAVE THEIR SWIMMERS SCRATCHED.**

**Entry Deadline:**

Electronic entries must be emailed by **9:00 PM SATURDAY, JULY 27, 2019**. Please include entry form as an attachment. **Payment must be received no later than the scratch meeting on July 30th.** All entries will be scratched if payment is not received. Entry forms and payment may be mailed to the below address:

Maureen McKenna  
12 Kierst Street  
Parlin, NJ 08859  
**mmckenna1213@outlook.com**

Make checks payable to Frog Hollow Swim Team.

Meet Directors are forbidden to accept late entries for any reason.

**Entries MUST be emailed via Hy-Tek Team Manager by 9:00 PM ON SATURDAY, JULY 27<sup>th</sup>! NO EXCEPTIONS!**

**Entry Times:**

Must include best time in **YARDS**. Conversions are acceptable.

**Entry Fee:**

\$4.00 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 8:00AM. **EACH CLUB IS ALLOWED ONE RELAY PER EVENT ( 'A' RELAYS ONLY!!!!)**, unless that club has two teams, then a "B" relay may be added, but the swimmers must be from their designated team (i.e. "A" relay swimmers must be from the A team and "B" relay swimmers must be from the B team). Swim-ups are not allowed in relays.

**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.

**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 \$5.00 **per day** (12 & Unders are free). Only those who have paid on Tuesday morning and who did not pay on Wednesday morning will have to pay \$5.00 for Wednesday night finals (If you attend on Wednesday morning, you will not have to pay for finals). Programs will be sold at both sessions for \$3.00.

**Tech Suits:**

Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or Approved competition. "Tech suits and kneeskins" are not permitted at any meets for 12 & under swimmers. "Tech Suits" are defined as suits that have bonded seams, kinetic tape, or meshed seams. "Kneeskins" are defined as female suits that cover the thighs.

Any questions, contact Meet Director, Maureen McKenna at  
mmckenna1213@outlook.com.

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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	33.00	30.00	36.23	13 - 14 50 Free	35.2	32.00	38.64	2
3	29.7	27.00	32.60	15 - 18 50 Free	34.1	31.00	37.43	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	1:22.50	1:15.00	1:30.58	13 - 14 100 IM	1:25.80	1:18.00	1:34.18	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, July 30th - 8:30 Start**

<b>BOYS EVENT #</b>	<b>EVENT</b>	<b>Girls Event #</b>
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, July 31st - 8:30 AM Start**

<b>BOYS EVENT #</b>	<b>EVENT</b>	<b>Girls Event #</b>
1	13 - 14 50 Free	2
3	15 - 18 50 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 - 14 100 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 \$4.00 = \$ \_\_\_\_\_

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

Total = \$ \_\_\_\_\_

**Entries are REQUIRED to be submitted electronically via email [mmckenna1213@outlook.com](mailto:mmckenna1213@outlook.com). This form must be attached to the email. Electronic entries and this form must be received by 9:00 PM ON July 27, 2019.**

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

Maureen McKenna  
12 Kierst Street  
Parlin, NJ 08859

Alternatively, you may return this form and payment at the scratch meeting on **July 30th**.

**Please make checks payable to: Frog Hollow Swim Team**