

# NEW JERSEY SWIMMING AND DIVING CONFERENCE 2025 “A” LEAGUE SWIMMING CHAMPIONSHIPS

Hosted by Cedar Hill Club

DATES:	Friday, July 25, 2025	Saturday, July 26, 2025
	Session 1 Ages 13-18	Session 2 Ages 12 & Under
	3:15 PM	7:00 AM
	3:45 PM	7:50 AM
	4:00 PM	8:00 AM
	4:30 PM	8:45 AM
	WARM-UP	
	Scratches Due	
	Officials Meeting	
	START TIME	

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**LOCATION:** Cedar Hill Club  
156 Cedar Grove Lane, Somerset, NJ 08873  
Pool number: (732) 873-2792

**MEET CONTACT:** Melissa Garlatti, [melissa.garlatti@gmail.com](mailto:melissa.garlatti@gmail.com) 609-350-5745

**DIRECTIONS:** Route 287 (North or South) to Exit # 10 – Easton Ave. (CR-527)  
Follow exit ramp around to Easton Ave towards New Brunswick  
First light is Cedar Grove lane, Turn Right onto Cedar Grove.  
Follow Cedar Grove lane approximately 1.5 miles.  
There is a small blue and white sign on the LEFT for CHC, about 200 yards after intersection of New Brunswick Ave. – Make left into parking lot.

**FACILITY:** Six (6) lane, twenty-five (25) yard outdoor pool; nominal depth – 6 feet; non-turbulent lane lines, snack bar; parking lot; and marshaling.

**ELIGIBILITY:** A swimmer may enter a total of 4 events with a maximum of 3 individual events. All swimmers must have competed **officially or unofficially** in four (4) current season dual meets to be eligible. There will be 10 teams represented; swimmers should not be entered in an event unless they can finish the event. As per NJSDC Rule Book: “***All entry times that cannot be verified will be scratched and the fee forfeited***”. **All swimmers must have an entry time.**

**TEAM ENTRIES:** Each team may enter as many swimmers as it desires in each event.  
A team may enter only two relays per event.

## WORK

**ASSIGNMENTS:** All teams are required to provide timers for the duration of the meet. Each team should plan for a minimum of **4 timers per session** with their own watches (stop watches must be capable of timing to 1/100<sup>th</sup> of a second). Teams will be assigned timing assignments based on the size of the team. The timing assignments will be emailed out prior to the event.

All teams are required to provide **1 Marshall for the 12 & Under Session 2 on Saturday**. The marshalls will help with getting their team’s swimmers organized in the Grove.

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**OFFICIALS:** Each team must supply at least **2 certified officials per session with phone numbers (or 1 official for Friday evening as long as they work the duration of the session)**. Larger teams may be required to provide an additional official. Email names of the officials using the subject line **“2025 NJSDC Championship Officials”** to Nathan Cogdill [nmcogdill@yahoo.com](mailto:nmcogdill@yahoo.com) by **10:00PM on Wednesday, July 23, 2025**

**IT IS THE RESPONSIBILITY OF EACH PARTICIPATING TEAM TO FILL TIMING AND OFFICIALS POSITIONS FOR THE DURATION OF THE SESSION.**

**Teams that do not complete their Timing and Officiating assignments will have their swimmers scratched from the meet.**

**ENTRY DEADLINE:** Electronic entries must be received no later than **10:00PM on Wednesday, July 23, 2025**

Email the entries to Melissa Garlatti, [melissa.garlatti@gmail.com](mailto:melissa.garlatti@gmail.com)

**\*\*Make checks payable to Cedar Hill Club\*\***

No late entries will be accepted. Entries **MUST** be submitted via a Hy-Tek Team Manager file and payment must be received prior to the start of the event. Please include the entry form as an attachment. **Teams who do not have their entries in on time and in Team Manager format will not be allowed to participate.**

**ENTRY TIMES:** Must include the best time in **YARDS**. Conversions are acceptable. As per NJSDC Rulebook: *“All entries with no times or times that cannot be verified will be scratched and the fee forfeited. Times can be converted from meters to yards by multiplying the meter time by .9091.”*

**ENTRY FEES:** \$5.00 per individual event  
\$16.00 for each relay team.  
Entry fees are **not** refundable.

**SEEDING AND SCRATCHES:** Events will be seeded at the meet. 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. A failure to swim after checking in will result in the swimmer being scratched from their next event.

**RULES:** USA Swimming Rules with NJSDC exceptions apply.

**AWARDS:** Trophies will be awarded to the top three teams based on scoring 7-5-4-3-2-1 and double for relay events. Medals will be awarded to the top 6 places in each individual event and relays.

**WAIVER:** In consideration of the acceptance of contestant’s entries, the parents, guardians, and coaches of said contestants waive themselves, their heirs and assignees, any and all rights to claims for damages against NJSDC, The Cedar Hill Club, or their agents or representatives, for any and all injuries which may be incurred by said contestants of

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this competition.

**ADMISSIONS:** The admission fee at each session for all persons 13 & over is \$8.00; Ages 12 & under free. **Only registered Coaches and Officials will be admitted without charge.** Officials, if not pre-registered, must register at the gate. Individual Meet Session meet programs will be available for \$3.00 per session.

**QUESTIONS:** Contact Melissa Garlatti [melissa.garlatti@gmail.com](mailto:melissa.garlatti@gmail.com)

**CONDUCT:** Coaches and their assistants will be held responsible for the conduct of their swimmers during the meet. The Referee's whistle will be respected so that each swimmer has an equal opportunity to hear the starting command. The Main pool will be open to swimmers as warm down only. **Use of Diving Boards is prohibited.** Coaches must ensure their swimmers follow this rule.

**PROGRAMS:** A meet program can be purchased at the door for each session. The program will be \$3.00.

**SPECIAL NOTICE:**  
**PARKING IS VERY LIMITED FOR A MEET OF THIS SIZE.**  
**PLEASE CARPOOL!!!**

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## ORDER OF EVENTS

### SESSION 1 FRIDAY JULY 25<sup>TH</sup> - 4:30 PM START

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

### SESSION 2 SATURDAY JULY 26<sup>TH</sup> – 8:45 AM START

Girls	Boys	Events
29	30	10/u 100 IM
31	32	11 -12 100 IM
33	34	8/u 100 Medley Relay
35	36	9-12 200 Medley Relay
37	38	8/u 25 Free
39	40	9-10 50 Free
41	42	11-12 50 Free
43	44	8/u 25 Breast
45	46	9-10 50 Breast
47	48	11 12 50 Breast
49	50	10/u 100 Free
51	52	11-12 100 Free
53	54	8/u 25 Back
55	56	9-10 50 Back
57	58	11-12 50 Back
59	60	8/u 25 Fly
61	62	9-10 50 Fly
63	64	11-12 50 Fly
65	66	8/u 100 Free Relay
67	68	9-12 200 Free Relay

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## REQUIRED WAIVER

IN CONSIDERATION OF ACCEPTANCE OF THIS ENTRY, I/WE HEREBY, FOR MYSELF/OURSELVES, MY/OUR HEIRS, ADMINISTRATORS AND ASSIGNS, WAIVE AND RELEASE ANY AND ALL CLAIMS AGAINST CEDAR HILL CLUB AND THE NJSDC, AND THEIR REPRESENTATIVES 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 BONA FIDE AMATEUR ATHLETES AND ELIGIBLE TO COMPETE IN ALL THE EVENTS I/WE HAVE ENTER

## ENTRY CHECKLIST

Team Name \_\_\_\_\_

Coach \_\_\_\_\_

When submitting entries for the Championships, include this form, with all information completed and check to be sure you have included each item on the list.

### Checklist

\_\_\_\_\_ Entry Checklist (this form)

\_\_\_\_\_ TM Entries Files.

\_\_\_\_\_ "A" Relay Entry Sheets

\_\_\_\_\_ "B" Relay Entry Sheets

\_\_\_\_\_ Entry Fees

*Make sure you include names of certified officials only...*

*Go to [Hy-Tek Web site for TM-Lite](#) if needed!*

### Entry Fees

\_\_\_\_\_ Individual Entries @ \$5.00 = \$ \_\_\_\_\_

\_\_\_\_\_ Relay Entries @ \$16.00 = \$ \_\_\_\_\_

**Total Enclosed** = \$ \_\_\_\_\_

**Please submit one consolidated check payable to Cedar Hill Club**

### Officials

The following information is required along with your entries. All teams must supply names of people responsible for officiating. Names will be registered at the gate and **OFFICIALS** will be admitted free.

	Officials for Session 1			Officials for Session 2
1.			1.	
2.			2.	

**COACHES must bring a list of 4 timers per session with them and all timers must check in before the Scratch meeting.**

**Coach's Signature** \_\_\_\_\_