



TNEW JERSEY SWIMMING AND DIVING CONFERENCE

2024 Conference Meet

Hosted by Brookside Swim Club

Date:

July 30th & July 31st - PRELIMS

Warm-up	7:00 AM
Scratch Meeting	7:45 AM
Officials Meeting	7:45 AM
Timer Meeting	8:00 AM
Start Time	8:15 AM

July 31st – FINALS

Warm-up	5:00 PM
Officials Meeting	5:30 PM
Timer Meeting	5:45 PM
Start Time	6:00 PM

12 & under swimmers on Tuesday morning and 13 & over swimmers on Wednesday morning

Location:

Brookside Swim Club

41 Washington Ave

Milltown, NJ 08850

732-828-9885 office phone

www.brooksideswimclub.com

Brookside is located behind the Milltown Boro Hall & Police Station (39 Washington Ave)

Facility:

- 8 lane 25-yard pool with non-turbulent lane lines
- Semi-automatic timing system
- NO Glass allowed, no running, no smoking, no vaping
- Marshalling for 12 & Under swimmers for prelims only
- Beverages, snacks, ice cream will be available for purchase at all sessions.
- Food truck will be onsite for purchasing other food.
- Brookside has limited tables and chairs, first come, first serve. Chairs will be set up on the bleachers for spectators. It is recommended spectators bring their own blankets or lawn chairs.
- Canopy tents are allowed however they cannot be staked into the grass (weights are okay).
- Due to the high number of swimmers and limited parking, additional parking is available at the American Legion across the street.
- Carpooling is suggested.
- Signage and volunteers will be on site to provide direction.

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') including relays.

Entries:

- Entries must be submitted electronically via Hy-Tek team meet manager.
- **Email entry files to apanagakos@aol.com by Sunday, July 28th at 8AM**
- Must include best time in yards. Conversions are acceptable.
- NT times will not be accepted
- An entry confirmation & total fee report will be emailed back to the sender to check for errors.
- Corrections must be submitted by Monday at 11AM
- **Meet Directors are forbidden to accept late entries for any reason.**

Timers & Officials:

- Timer assignments from all teams are based on the number of entries.
- It is each team's responsibility to provide timers for the **entire session**. Each team may choose to break up the session with multiple timers from their team.
- Coaches will be sent a timing assignment prior to the meet. Timers are also required for finals.
- At least 2 officials from each team **are required** for each session.
- Teams that do not complete their timing and officiating assignments will have their swimmers scratched.
- Please send the following link to your officials for early sign up.
<https://forms.gle/WEPwsbqNmnLiRm4v9>

Entry Fee:

- \$5.00 per individual event. \$16.00 for each relay team.
- Entry fees are **not** refundable.
- **Payments must be received by 8 am Tuesday morning, July 30th 2024.**
- All entries will be scratched if payment is not received.
- Make checks payable to BROOKSIDE or venmo to @brookside-swimclub with your team name noted.

Awards:

- Medals will be awarded for places 1 - 6 as determined by swimmers competing at finals.
- 8 and under relays will be swum as timed finals during prelims.
- There are no team awards.

Relays:

- Relay entry names shall be declared at the scratch meeting held at 7:45AM.
- Each club is allowed one relay per event - 'A' relays only

Seeding and Scratch:

- Events will be seeded at the meet following the scratch meeting.
- Swimmers scratching from finals must notify the scoring table within 30 minutes of prelim result announcements, in order for coaches & alternates to be notified in a timely matter.

Finals:

- Top 6 swimmers from prelims will swim at finals on Wednesday evening.
- 8 and under relays will be timed finals in prelims and will NOT swim at finals.
- Alternates should be prepared to swim and should stand near the starter before the start of their event.
- Finals will NOT be marshalled.
- Finals will be OLYMPIC themed. Represent your favorite Olympic sport, country or RW&B.

Rules:

USS Rules with NJSDC exceptions that apply.

Waiver:

In consideration of the acceptance of contestant 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, Brookside Swim Club, or their agents, staff 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 all sessions of the meet.
- Swimmers are expected to be kind, respectful, honest and follow the facility rules.
- Swimmers & attendees will be quiet after referee whistle so that each swimmer has an equal opportunity to hear the starting command.
- Parents will be respectful to all officials, staff and volunteers

Admissions:

- Entry fee - \$8.00 **for each prelim session** (12 & Under spectators are free).
- Coaches & pre-registered officials are complimentary.
- Admission will be free for Wednesday evening finals.
- Programs for each prelim session - \$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/or kneeskins are NOT permitted 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.

[Contact Meet Director with any questions](#) - Amanda Guadagnino apanagakos@aol.com



NJSDC Conference Championship Meet

Qualifying Times

Event # Boys	Event # Girls	Trials	Age	Event	Qualifying Time YARDS		Qualifying Time METERS (.901)	
					Boys	Girls	Boys	Girls
		Day						
1	2	2	13-14	50 FREE	30.00	32.00	33.30	35.52
3	4	2	15-18	50 FREE	27.00	31.00	29.97	34.41
5	6	1	8/U	100 MED RELAY				
7	8	1	9-12	200 MED RELAY				
9	10	2	13-18	200 MED RELAY				
11	12	1	8/U	25 FREE	20.00	20.00	22.20	22.20
13	14	1	10/U	100 FREE	1:24.00	1:24.00	1:33.23	1:33.23
15	16	1	11/12	100 FREE	1:14.00	1:14.00	1:22.13	1:22.13
17	18	2	13-14	100 FREE	1:06.00	1:11.00	1:13.25	1:18.80
19	20	2	15-18	100 FREE	1:00.00	1:10.00	1:06.59	1:17.69
21	22	1	8/U	25 BREAST	28.00	28.00	31.08	31.08
23	24	1	9/10	50 BREAST	48.00	48.00	53.27	53.27
25	26	1	11/12	50 BREAST	44.00	44.00	48.83	48.83
27	28	2	13-14	100 BREAST	1:24.00	1:30.00	1:33.23	1:39.89
29	30	2	15-18	100 BREAST	1:17.00	1:27.00	1:25.46	1:36.56
31	32	1	9/10	50 FREE	37.00	37.00	41.07	41.07
33	34	1	11/12	50 FREE	33.00	33.00	36.63	36.63
35	46	1	8/U	25 BACK	26.00	26.00	28.86	28.86
37	38	1	9/10	50 BACK	46.00	46.00	51.05	51.05
39	40	1	11/12	50 BACK	40.00	40.00	44.40	44.40
41	42	2	13-14	100 BACK	1:15.00	1:20.00	1:23.24	1:28.79
43	44	2	15-18	100 BACK	1:10.00	1:17.00	1:17.69	1:25.46
45	46	1	8/U	25 FLY	28.00	28.00	31.08	31.08
47	48	1	9/10	50 FLY	44.00	44.00	48.83	48.83
49	50	1	11/12	50 FLY	38.00	38.00	42.18	42.18
51	52	2	13-14	100 FLY	1:14.00	1:17.00	1:22.13	1:25.46
53	54	2	15-18	100 FLY	1:09.00	1:16.00	1:16.58	1:24.35
55	56	1	10/U	100 IM	1:36.00	1:36.00	1:46.55	1:46.55
57	58	1	11/12	100 IM	1:26.00	1:26.00	1:35.45	1:35.45
59	60	2	13-14	100 IM	1:15.00	1:18.00	1:23.24	1:26.57
61	62	2	15-18	200 IM	2:34.00	2:47.00	2:50.92	3:05.35
63	64	1	8/U	100 FREE RELAY				
65	66	1	9-12	200 FREE RELAY				
67	68	2	13-18	200 FREE RELAY				