



Hunterdon-Warren-Sussex Swimming Championships

Hackettstown, Hunterdon Central, North Hunterdon, Phillipsburg, Voorhees, Warren Hills, Belvidere, Del Val, High Point-Walkill Valley, Kittatinny, Newton-Lenape Valley, Pope John, South Hunterdon, Sparta, Vernon

2020

DATE	Saturday January 25, 2020 (snowdate January 26)																																				
LOCATION & FACILITIES	<p>Kittatinny Regional High School Natatorium 77 Halsey Rd., Newton, NJ 07860</p> <ul style="list-style-type: none"> The pool is a six-lane, 25-yard pool with a Colorado Timing System and anti-wave lane lines. Lockers will be available on a first come basis; swimmers are to provide their own locks (Kittatinny Regional High School is not responsible for lost or stolen property). No food or beverages in the gym. 																																				
TIMES	<p>7:45 am Doors open to teams; coaches pick up packets 8:00 am Warm-ups begin. Pool opens for spectators. 10:00 am Meet start time</p>																																				
RULES	<p>NFHS rulebook; presided over by Referee, Starter, Stroke and Turn Judges, and NJSIAA guidelines.</p> <p>The meet will run with girls and boys alternating events.</p> <p>THIS WILL BE A USA SWIMMING-OBSERVED MEET. HIGH SCHOOL SWIMMERS WHO ARE ALSO USA SWIMMING REGISTERED WILL HAVE THEIR TIMES RECOGNIZED IN SWIMS. COACHES MUST SEND ENTRIES WITH ACCURATE USA SWIMMING ID NUMBERS.</p>																																				
<p>EVENTS & CUTOFF TIMES</p> <p>(ALL TIMES ARE "FASTER- THAN OR EQUAL TO" YARDS; NO WILDCARDS)</p>	<table border="1" data-bbox="604 1062 1286 1446"> <thead> <tr> <th>Girls</th> <th>EVENTS</th> <th>Boys</th> </tr> </thead> <tbody> <tr> <td>---</td> <td>200 Medley Relay</td> <td>---</td> </tr> <tr> <td>2:30.99</td> <td>200 Free</td> <td>2:17.18</td> </tr> <tr> <td>2:50.54</td> <td>200IM</td> <td>2:38.42</td> </tr> <tr> <td>00:29.15</td> <td>50 Free</td> <td>00:25.92</td> </tr> <tr> <td>1:17.68</td> <td>100 Fly</td> <td>1:15.05</td> </tr> <tr> <td>1:06.10</td> <td>100 Free</td> <td>1:00.54</td> </tr> <tr> <td>---</td> <td>200 Free Relay</td> <td>---</td> </tr> <tr> <td>6:45.95</td> <td>500 Free</td> <td>6:24.22</td> </tr> <tr> <td>1:17.41</td> <td>100 Back</td> <td>1:14.08</td> </tr> <tr> <td>1:25.70</td> <td>100 Breast</td> <td>1:18.65</td> </tr> <tr> <td>---</td> <td>400 Free Relay</td> <td>---</td> </tr> </tbody> </table>	Girls	EVENTS	Boys	---	200 Medley Relay	---	2:30.99	200 Free	2:17.18	2:50.54	200IM	2:38.42	00:29.15	50 Free	00:25.92	1:17.68	100 Fly	1:15.05	1:06.10	100 Free	1:00.54	---	200 Free Relay	---	6:45.95	500 Free	6:24.22	1:17.41	100 Back	1:14.08	1:25.70	100 Breast	1:18.65	---	400 Free Relay	---
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ENTRIES, FEES, & DEADLINES	<ul style="list-style-type: none"> USA Swimming registered athletes must have their accurate USA Swimming ID number in their teams' Team Manager database prior to sending in entries. Coaches can have their swimmers look up their number on usaswimming.org or on the DeckPass app. High school coaches need to then input this number EXACTLY in Team Manager (Athletes/Athlete Information and enter in ID# box.) The electronic meet results will be sent into USA Swimming and only those swimmers with accurate IDs will have their times uploaded into the SWIMS database. Each team may enter up to 4 individual entries in each event. Each swimmer is permitted to enter up to 2 individual events and 2 relays, or 1 individual event and 3 relays. Each team may enter up to 1 relay for each event. Up to 4 swimmers and 4 alternates may be entered for each relay. Only swimmers listed as alternates will be eligible to swim in place of a designated swimmer on a relay team if that swimmer is unable to swim. Non-qualifying swimmers may swim in relays, however each relay must contain at least 1 																																				

	<p>qualifying swimmer.</p> <ul style="list-style-type: none"> • All entries should be verifiable, accurate yard times from NJSIAA-sanctioned high school meets from the current season. • Once the entries are received the meet manager/Hy Tek manager will seed all events and print out psych sheets. These will be posted on the HWS website the Thursday prior to the meet. Once entries are confirmed no changes/additions/modifications can be made to any team's entries. <p>E-mail both electronic entry file AND Proof of Times (Entry Report by athlete w/"Include Proof of times" checked-off) to Sue Freund sfreund35@gmail.com.</p> <p>ENTRIES DUE NO LATER THAN MONDAY, 1/20/20 @4:00 PM</p>
<p>WARMUP & TIMING ASSIGN'S</p>	<ul style="list-style-type: none"> • Coaches should pick up check-in forms at the score booth upon arriving and follow positive check-in procedure: On the check-in form, swimmers who are present and swimming get a line through their name; swimmers who are scratching get their name circled with "SCR" written next to their name. Check-in forms are due back to the score at the conclusion of the team's warmup. • After putting in scratches, the score table will reseed the meet and prints out heat sheets and timers sheets. • A warm-up schedule will be created to make the distribution of swimmers with the lanes as equitable as possible. This will be posted on the HWS website the Thursday prior to the event. • Each team should be responsible for 1 timer for the duration of the meet (this one position can be shared amongst multiple parents from their team) for a total of 14 timers (2 for each lane and 2 backup timers). If there is a need for additional timers (due to missing teams, for example), an additional timer should be provided by the team(s) with the most entries. Teams provide their own stopwatches. • There will be a timers meeting 15 minutes prior to the start of the meet.
<p>SCORING & AWARDS</p>	<ul style="list-style-type: none"> • Standard Scoring (through 12th Place): <ul style="list-style-type: none"> ○ Individual Scoring: 16-13-12-11-10-9-7-5-4-3-2-1 ○ Relay Scoring: 32-26-24-22-20-18-14-10-8-6-4-2 • A championship/first place trophy is presented to the top scoring boys and girls team. • An MVP trophy will be awarded to the top girl and top boy swimmer. The criteria for this will be the highest number of First Places in individual events, with any tie being broken by calculating PowerPoints using Meet Manager's NISCA Points feature within the program. • All events: Medals 1-3 • All Awards will be bagged up and ready for pickup at the end of the meet.
<p>ADMISSION</p>	<p>\$5.00 ADULT \$3.00 CHILD OR SENIOR CITIZEN.</p>
<p>PROGRAMS</p>	<p>\$2.00</p>
<p>FOR PURCHASE</p>	<ul style="list-style-type: none"> • Commemorative clothing from Carlson's Creations • Food, snacks, & beverages will be available to purchase at the Concession Stand.

<p>DIRECTIONS</p>	<p>From Route 206: Take route 206 North into Newton. At second Newton square traffic light turn left and follow 206 North to the next traffic light where you will turn left onto County 519. Continue on County 519 until the third traffic light (Rt. 519 & Halsey Rd. also called Rt. 626). Turn left onto Halsey Road, cross two single lane (twin) bridges, continue up the curved hill and around two bends in the road and Kittatinny entrance signs will be on the right side. Parking is in rear lot.</p> <p>From Route 15: take Route 15 North. After Sparta, the highway becomes a two lane road. Continue to Lafayette and turn left at the traffic light onto Route 94 South. Continue to next traffic light (Rt 94 and 206) and turn right onto 206 North. Continue on 206 North about 2,000 feet and then turn left (before Agway gas station) onto Halsey Road also called Route 626. Continue on Halsey through intersection of Halsey and 519, cross two single lane (twin) bridges, continue up the curved hill and around two bends in the road and you will see Kittatinny entrance signs on your right. Parking is in rear lot.</p>
<p>ACCOMODATIONS</p>	<p>Holiday Inn Express & Suites 8 North Park Drive, Newton, NJ 07860 (973) 940-8888</p>
<p>CONTACT PERSON</p>	<p>George Soutter E-mail: gsoutter@krhs.net</p>