

26TH ANNUAL TRI-STATE REGIONAL SWIM MEET

Saturday, March 2, 2019

Sonny Werblin Recreation Center
Rutgers, The State University of New Jersey
656 Bartholomew Road
Piscataway, NJ 08854

SANCTIONED BY
Adaptive Sports USA

SPONSORED BY:
CHILDREN'S LIGHTNING WHEELS PSC
USA SWIMMING - NEW JERSEY
CHILDREN'S SPECIALIZED HOSPITAL
TRI-STATE WHEELCHAIR & AMBULATORY ASSOCIATION



ANNUAL TRI-STATE REGIONAL SWIM MEET MARCH 2, 2019

The 26th Annual Tri-State Swim Meet sponsored by Children's Lightning Wheels PSC is a sanctioned and qualifying event for Adaptive Sports USA Junior National Championships. The meet is being held at Rutgers, the State University of NJ, Sonny Werblin Recreation Center, 656 Bartholomew Rd, Piscataway, NJ. Directions to the Werblin Center are at the end of the packet.

If you are planning on competing at Junior Nationals, you will need to be a member of Adaptive Sports USA.

Membership for Adaptive Sports USA can be obtained online at the following website:

www.adaptivesportsusa.org

MEET DIRECTOR: Trisha Yurochko – Contact: 908-209-2285 /Email: tyurochko@childrens-specialized.org

FEES & REGISTRATION: The \$43.00 fee includes the registration and on-line registration service fee and results. Online registration must be completed by **Wednesday, February 6, 2019** to avoid a late fee. **A late fee of \$48.00 will be assessed for each online registration received between February 7 & February 9.**

The online registration form can be found at: <https://www.simplyregister.net/register/?e=115543>

As a reminder: Online registration will end on Saturday, February 9, 2019 at 11:59 PM

SCHEDULE:

Friday, March 1, 2019	Classification	by appointment only
Saturday, March 2, 2019	Classification	by appointment only
	Registration	12:00PM – 1:00PM
	Warm-Ups	12:30PM – 1:00PM
	Officials Report	12:30PM – 1:00PM
	Volunteers Report	12:30PM – 1:00PM
	Competition	1:15PM – 5:00PM
	Pick-up Results	5:00 PM

Please do not arrive at the facility before 12:00 PM. Thank you.

Registration will be at the top of the ramp – enter the facility through the door at side rear of the building just off the parking lot (up the ramp).

REGISTRATION FORM: A sample copy of the registration form and event grid is included in this packet. This is for your use only. **Paper registration forms will not be accepted.**

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RELAY FORMS: Relay forms are to be completed by coaches only and returned to the Meet Director by email or snail mail on or before February 19, 2019.

Email: tyurochko@childrens-specialized.org
Snail Mail – Tri-State Regional Swim Meet
Trisha Yurochko, Meet Director
Children's Specialized Hospital
150 New Providence Road
Mountainside, NJ 07092

Relay forms are included in this packet.

CLASSIFICATION INFORMATION:

The Tri-State Regional Swim Meet will have one National Swim Classification Panel. Classification is only for U.S. citizens. If you are a citizen of another country, you will be given a temporary classification for this meet only. Classification applies to those swimmers competing for the first time or a swimmer without a national classification.

Classifications will be held on Friday, March 1st in the late afternoon through early evening and again on Saturday, March 2nd from 7:30 – 11:30 AM prior to the meet. Classification, **by appointment only**, will be held at Rutgers University. You will be notified of your appointment time.

If you need classification, you will need to complete the Classification questions during the registration process on Simply Register.

Important:

At the end of this packet there are samples of the forms that need to be completed prior to obtaining an appointment for classification. **The National Medical Diagnostics Form can be downloaded from the TSWAA website: <http://www.tswaa.com> The completed form must be returned to Bryce Boarman at Bryce.Boarman@usoc.org no later than February 5, 2019. This form can be completed by the parent or athlete. Other forms included are: Athletes with Visual Impairments – to be completed by athlete's ophthalmologist and returned to Bryce Boarman; and Intellectual Impairments – see included documents for eligibility criteria and other information.**

HOTEL INFORMATION: A block of rooms has been reserved at the following hotel:

The Radisson Hotel Piscataway/Somerset
21 Kingsbridge Road
Piscataway, NJ 08854
732-980-0400

Call the hotel directly and tell the front desk that you are looking to book a room under "TRI-STATE SWIM MEET". The room rate is \$111/night plus 14.66% tax which also includes breakfast for two people. If you have any questions, you may contact Aleesha Mahajan, Sales Manager, at the hotel at 732-667-1001 or Trisha Yurochko, Meet Director at tyurochko@childrens-specialized.org or 908-209-2285.

Directions to the hotel are at the end of the packet.

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Athlete Last Name: _____ First Name: _____

Street Address: _____ City _____

State: _____ Zip Code: _____ ASUSA # _____ D.O.B. _____

Cell Number: _____ Email: _____

Team Name: _____ Need Classification: Yes ___ No ___ Veteran: Yes ___ No ___

Gender: M ___ F ___ Age Group: U7 ___ U11 ___ U14 ___ U17 ___ U20 ___ U23 ___ (age as of 12/31/19)
 Adult : Senior (23 – 39) Master (40+)

Swim Class:	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Free/Back/Fly = S														
Breast = SB														
SM Medley = SM														

The meet will follow IPC swim rules. Check event you wish to enter below. Be sure you are eligible for the event. There is no limit to the number of events you can enter, but due to pool time the meet can not wait more than 5 minutes between events except the 500Y Free. At NJDC only 7 events plus 2 relays are allowed. Only unshaded events may be selected.

	U7 / 11	U14	U17	U20 / 23	OPEN/MAST			
25 Freestyle	S1-14	S1-14						
50 Freestyle	S1-14	S1-14	S1-14	S1-14	S1-14			
100 Freestyle		S5-14	S1-14	S1-14	S1-14			
200 Freestyle		S5-14	S1-14	S1-14	S1-14			
500Y Free			S6-14	S6-14	S6-14			
25 Backstroke	S1-14	S1-14						
50 Backstroke	S1-14	S1-14	S1-14	S1-14	S1-5			
100 Backstroke		S5-14	S1-14	S1-14	S1-10			
200 Backstroke				S6-10	S6-10			
				S11-14	S11-14			
25 Breaststroke	SB1-9 11-14	SB1-9 11-14	SB1-3	SB1-3	SB1-3			
50 Breaststroke		SB3-9 11-14	SB1-9 11-14	SB1-9 11-14	SB1-3 11-14			
100 Breaststroke			SB3-9 11-14	SB3-9 11-14	SB1-10 11-14			
200 Breaststroke				SB6-9 11-14	SB4-10 11-14			
25 Butterfly	S5-14	S1-14	S1-5	S1-5	S1-5			
50 Butterfly		S5-14	S1-14	S1-14	S1-7			
100 Butterfly			S5-14	S5-14	S5-14			
200 Butterfly				S7-14	S8-14			
75 IM	SM1-4	SM1-4						
100 IM	SM4-14	SM4-14						
150 IM			SM1-4	SM1-4	SM1-4			
200 IM			SM4-14	SM4-14	SM3-14			
400 IM				SM5-14	SM5-14			

**ANNUAL TRI-STATE REGIONAL SWIM MEET
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ORDER OF EVENTS

2018 Tri-State Regional Swim Meet – sponsored by Children’s Lightning Wheels

200 FREE
75 IM
100 IM
150 IM
200 IM
25 FREE
100 FREE
50 BACK
200 BACK
25 BREAST
100 BREAST
50 FLY
200 FLY
500 FREE
25 FLY
100 FLY
50 BREAST
200 BREAST
25 BACK
100 BACK
50 FREE
400 IM

ALL RELAYS

Notes:

There is no limit on the number of events a swimmer can swim, but due to pool time, the meet can not wait more than 5 minutes between events, (after the last swimmer finishes), except after Event 15, the 500 Yard Freestyle.

For planning purposes:

1. At Junior Nationals each athlete is limited to a total of 7 events plus 2 relays over the 2 day format.
2. The order of events will be followed whenever possible – if there is an event with one swimmer it may be moved to another event of the same length or to an event with the same stroke of a different length.
Examples: 25 fly with 25 back; or 50 back with 200 back. Staging personnel will check the heat sheets to be sure the swimmer is not swimming both events.

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RELAY TEAM APPLICATION

TEAM NAME: _____

COACH: _____

Athlete Name	Class	Sex (Circle)	Points
		F – M	
		F – M	
		F – M	
		F – M	
Total Points			

EVENT:* Male () Female () Mixed ()

4 x 25 Points 10 () 20 () 30 ()
Freestyle Relay

4 x 25 Points 15 () 25 () 35 ()
Medley Relay

4 x 50 Points 30 () 40 ()
Freestyle Relay

4 x 50 Points 30 () 40 ()
Medley Relay

**Separate Forms must be completed and filed for each event.*

JUNIOR RELAYS

There will be three types of relay teams: all male, all female or mixed. Points will be assigned to each team member in accordance with the following table:

Age Class	S1 – 4	S5 – 6	S7 – 8	S9 - 14
U11	1	2	3	4
U14	2	3	4	5
U17	3	4	6	8
U20/23	4	6	8	10

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Rutgers University, Sonny Werblin Recreation Center

656 Bartholomew Rd, Piscataway, NJ 08854

Directions:

Route #287 North or South

Follow Route 287 to Exit 9. The sign says Highland Park & Bound Brook. Take River Road for 2.5 miles. At the 3rd light, make a left on to Hoes Lane. Stay on Hoes Lane, bearing to your right onto Frelinghuysen Road. Follow Frelinghuysen Road to the circle and take the third exit out of the circle, which is Bartholomew Road. Take Bartholomew Road to the first intersection and make a left onto Brett Road. Follow Brett Road as far as it will go. This will turn into Lots #60 and #64.

Route #18

Take Route 18 North over the Lynch Bridge and take the second exit (Campus Road, Busch Campus) after the bridge. Follow Campus Road to the circle. Make a right into the circle and take the first exit out of the circle, which is Bartholomew Road. Take Bartholomew Road to the first intersection and make a left onto Brett Road. Follow Brett Road as far as it will go. This will turn into Lots #60 and #64.

Route #1 North or South

Follow Route #1 toward New Brunswick. Exit onto Route #18 North. Follow Route #18 directions.

N.J. Turnpike North or South

Follow the Turnpike to Exit #9. After the toll take Route #18 North. Follow #18 North directions.

Garden State Parkway

Follow the Parkway to Route #287 or Route #1. Follow the respective directions for those roads.

The best door to enter is at the back and side of the building – up the walk-way right off the parking lot. The registration table will be set up here. By entering through this door you will not have to come up the ramp on the inside of the building to register and then go back down the ramp to access the locker rooms and the pool deck.

PLEASE do not enter the building until 12 noon. Registration does not open until 12:15 PM. Thank you.

VERY IMPORTANT!!!! Parking will be available in Lot #64 and spill over into Lot #65D and Lot #67. Any cars that are not parked within these lots will be considered illegally parked and subject to towing and fines. Use the link below to register your vehicle:

<https://rudots.nupark.com/events/Events/Register/a0902f81-9615-4ef7-a489-742e3413a454>

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Directions to the Radisson Hotel

21 Kingsbridge Road, Piscataway, N.J. 08854

Traveling on Route 287 – Northbound:

Take Route 287 North to Exit 9 (River Road). At the traffic light at the end of the ramp, turn left onto River Road. Go through one more light. Stay in the right lane just before the next light make a jughandle onto Centennial Avenue. Go through the first traffic light and make the first left onto Kingsbridge Road. The hotel is on the left side, one block down.

Traveling on Route 287 – Southbound:

Take Route 287 South to Exit 9 (River Road). At the traffic light at the end of the ramp, bear right onto River Road. Stay in the right lane just before the next light make a jughandle onto Centennial Avenue. Go through the first traffic light and make the first left onto Kingsbridge Road. The hotel is on the left side, one block down.

From Central and Southern New Jersey:

New Jersey Turnpike

Take the New Jersey Turnpike to Exit 10. Take 287 North. Follow the 287 Northbound directions above.

Garden State Parkway:

Take Garden State Parkway to exit 127 (Northbound) or 129 (Southbound). Take 287 North. Follow the 287 Northbound Directions above.

From Manhattan:

Take the Lincoln Tunnel or the George Washington Bridge to the New Jersey Turnpike South. Take the Turnpike to exit 10. Take 287 North. Follow the 287 Northbound directions above.

From Staten Island:

Take Route 440 South to Route 287 North. Follow the 287 Northbound directions above.

From Pennsylvania:

Take either Route 78 East or Route 22 East to Route to Route 287 South. Follow the 287 Southbound directions above.

From Northern New Jersey & New York:

Take Route 80 to Route 287 South. Follow the 287 Southbound directions above.