

# 28<sup>TH</sup> ANNUAL TRI-STATE REGIONAL SWIM MEET

Saturday, March 5, 2022

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



SPONSORED BY:

CHILDREN'S LIGHTNING WHEELS

CHILDREN'S SPECIALIZED HOSPITAL

USA SWIMMING - NEW JERSEY

TRI-STATE WHEELCHAIR & AMBULATORY ASSOCIATION



**ANNUAL TRI-STATE REGIONAL SWIM MEET**  
**March 5, 2022**

The 28<sup>th</sup> Annual Tri-State Swim Meet sponsored by Children’s Lightning Wheels is a sanctioned and qualifying event for Move United Junior Nationals sponsored by The Hartford. 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.

**MEET DIRECTOR:** Trisha Yurochko – Contact: 908-209-2285 /Email: [tyurochko@childrens-specialized.org](mailto:tyurochko@childrens-specialized.org)

**FEES & REGISTRATION:** The \$50.00 fee includes the registration and on-line registration service fee and results. Online registration must be completed by **Tuesday, February 8, 2022 at 11:59 PM** to avoid a late fee. **A late fee of \$65.00 (\$50.00 + \$15.00 late fee) will be assessed for each online registration received between February 9 & February 10, 2022.**

**The online registration form can be found at:** <https://www.simplyregister.net/register/?e=120758>

**As a reminder: Online registration will end on Thursday, February 10, 2022 at 11:59PM.**

**SCHEDULE:**

Friday, March 4, 2021	Classification	by appointment only
Saturday, March 5, 2021	Classification	by appointment only
	Registration	12:00PM – 1:00PM
	Warm-Ups	12:30PM – 1:00PM
	Officials 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).

**RUTGERS MEET GUIDELINES ARE ALLOWING, PREFERABLY, ONLY ONE PARENT WHO WILL BE CONSIDERED “ESSENTIAL PERSONNEL” INTO THE BUILDING. MASKS MUST BE WORN AT ALL TIMES.**

**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.**

**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 15, 2022.

Email: [tyurochko@childrens-specialized.org](mailto:tyurochko@childrens-specialized.org)

**ANNUAL TRI-STATE REGIONAL SWIM MEET**  
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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:**

A National Swim Classification Panel **has been requested but confirmation has not been received**. If you require classification, please indicate your preferred time on the registration form in Simply Register. *If you register for classification and there is a panel, you will be notified of your classification date and time by email.* Classification is for U.S. citizens only. If you are a citizen of another country, you will be given a temporary classification for this meet. Classification applies to those swimmers competing for the first time or a swimmer without a national classification who is planning on attending national competitions.

Classifications will be held on Friday, March 4<sup>th</sup>, from 3:30 – 8:15 PM and again on Saturday, March 5<sup>th</sup>, from 7:30 – 11:30 AM prior to the meet. Classification, is **by appointment only**, and 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. There are a limited number of slots, so register early especially if you need classification.

***Important:***

Included with this packet 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> and can be completed by parent or athlete. Other forms included are: Athletes with Visual Impairments – to be completed by athlete’s ophthalmologist and Intellectual Impairments – see included documents for eligibility criteria and other information. All completed forms must be returned to [npcusaclassification@usopc.org](mailto:npcusaclassification@usopc.org) no later than February 15, 2022.**

**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 \$109.00/night plus 14.625% tax (total \$124.94) which includes breakfast for two people on Saturday and Sunday only. 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](mailto:tyurochko@childrens-specialized.org) or 908-209-2285.

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

# ANNUAL TRI-STATE REGIONAL SWIM MEET

## March 5, 2022

Athlete 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 12/31/20)  
 Open (19-39) \_\_\_ 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 cannot wait more than 5 minutes between events except the 500Y Free. At nationals only 7 events plus 2 relays are allowed. Only unshaded events may be selected.

	U7-U11	U14	U17	U20/U23	Open/Master
25 Freestyle	S1-14	S1-14			
50 Freestyle	S1-14	S1-14	S1-14	S1-14	S1-14
100 Freestyle	S1-14	S1-14	S1-14	S1-14	S1-14
200 Freestyle	S5-14	S5-14	S1-14	S1-14	S1-14
500Y Freestyle	S6-14	S6-14	S6-14	S6-14	S6-14
25 Backstroke	S1-14	S1-14			
50 Backstroke	S1-14	S1-14	S1-14	S1-14	S1-14
100 Backstroke	S5-14	S5-14	S1-14	S1-14	S1-14
200 Backstroke					S6-14
25 Breaststroke	SB1-14	SB1-14			
50 Breaststroke	SB1-14	SB1-14	SB1-14	SB1-14	SB1-14
100 Breaststroke	SB6-14	SB6-14	SB3-14	SB3-14	SB1-14
200 Breaststroke					SB4-14
25 Butterfly	S1-14	S1-14	S1-5	S1-5	S1-5
50 Butterfly	S5-14	S1-14	S1-14	S1-14	S1-14
100 Butterfly	S6-14	S6-14	S5-14	S5-14	S5-14
200 Butterfly					S8-14
75 IM (3x25)	SM1-4	SM1-4			
100 IM (4x25)	SM4-14	SM4-14			
150 IM (3x50)		SM1-4	SM1-4	SM1-4	SM1-4
200 IM (4x50)	SM4-14	SM4-14	SM4-14	SM4-14	SM3-14
400 IM (4x100)				SM5-14	SM8-14

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

**2022 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 cannot wait more than 5 minutes between events, (after the last swimmer finishes), except after Event 14, 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	
<b>Total Points</b>			

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. At this time I do not have the link to register your vehicle. I will send it out when it has been confirmed and it will be on the TSWAA.com website.

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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.