

30TH ANNUAL TRI-STATE REGIONAL SWIM MEET

Saturday, March 2nd 2024

**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**



**Children's
Specialized
Hospital**



**NEW
JERSEY
SWIMMING**

ANNUAL TRI-STATE REGIONAL SWIM MEET

March 2nd, 2024

The 30th Annual Tri-State Swim Meet sponsored by Children's Lightning Wheels is a sanctioned and qualifying event for The Hartford Nationals. The meet is held at Rutgers State University at their Sonny Werblin Recreation Center, 656 Bartholomew Rd, Piscataway, NJ. Directions to the Werblin Center are at the end of the packet.

MEET DIRECTOR: Laura Caligiuri Phone: 732-519-7985 / Email: LCaligiuri@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 **Monday February 19th, 2024 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 20-22nd**



[Register here- 2024 Tri-State Regional Swim Meet](#) OR at [TSWAA.com](https://www.tswaa.com)

As a reminder: Online registration will end on Monday February 19th, 2024 at 11:59PM.
Late registration will be open until Thursday February 22nd at 11:59pm- \$15 late fee included.

SCHEDULE:

Saturday, March 2nd 2024

Registration	12:15PM – 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).

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 (included in this packet) are to be completed by coaches only and returned to the Meet Director by email or post mail on or before **February 12th, 2024**

Email: LCaligiuri@childrens-specialized.org

Post Mail – Children's Lightning Wheels
c/o Laura Caligiuri
150 New Providence Road
Mountainside, NJ 07092

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CLASSIFICATION INFORMATION:

At this time, we have NOT received confirmation from USOPC for Classifiers, therefore it is not guaranteed. We are hoping to get a definitive answer soon. If you or your athlete requires classification, please contact Laura Caligiuri (Meet Director) directly upon submission of your registration for further guidance and information.

LCaligiuri@childrens-specialized.org | 732-519-7985

HOTEL INFORMATION: Should you need accommodations; a block of rooms has been reserved at the following hotel:

Holiday Inn- 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”. You can also book online: [Click here to book hotel room](#)

The room rate is \$132/night (taxes & fees excluded). This rate is valid for March 1 – 4, 2024.

If you have any questions, you may contact Sunny Chaudhry - General Manager, at the hotel at (732) 667-1000

EVENT PARKING INFORMATION:

Please note there are designated lots, and parking permits required to park for the day. Once I have the appropriate links, I will send them via email.

COVID GUIDELINES:

All COVID Restrictions/Guidelines have been lifted at Rutgers University.

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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 ____ Open (20-39) ____ Master (40+) ____

Swim Class:

Free/Back/Fly = S

Breast = SB

SM Medley = SM

	1	2	3	4	5	6	7	8	9	10	11	12	13	14

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		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	

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ORDER OF EVENTS

2024 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

To be completed by coaches, and mailed back no later than Feb. 12th 2024.

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	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.

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Directions to Holiday Inn- Piscataway
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 jug handle 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 jug handle 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.