

Monmouth County Swimming Championships

Hosted by the Neptune Aquatic Center

Friday, January 6th, 2017 – Girls – 5:15pm Meet Start, 4:00 Warm Up

Doors open at 3:30pm for Swimmers, Coaches, and Officials (side entrance)

Doors open at 3:30 for spectators (front entrance)

Saturday, January 7th 2017 – Boys – 9:00am Meet Start, 8:00am Warm Up

Doors open at 7:15am for Swimmers, Coaches, and Officials (side entrance)

Doors open at 7:15 for Spectators (front entrance)

General Information:

• Entrance:

- **Swimmers, coaches, officials:** Should enter through the back doors off of Flier Drive. (See bussing maps) Busses will be directed to the drop off area and swimmers will enter through these doors and check in.
- **Spectators:** Should enter through the Aquatic Center main glass doors and through the lobby. The cost for the event will be \$5 per adult over the age of 12 years old. ***No deck chairs, coolers or strollers permitted.***
 - **As a reminder, seating, as with all athletic events, is limited. Please encourage parents to come early if they want to sit upstairs at the event and to limit the amount of spectators each family brings. We will stop allowing people to enter when we reach capacity and will strictly enforce this for everyone's safety.**

ABSOLUTLEY NO EARLY ADMITTANCE

- **Entry Fees:** \$400 per school. If you are entering an individual swimmer, the fee is \$35 per swimmer. Entry Fees are due no later than December 30th. Please send a check made payable to Neptune Aquatic Center and mail to:

Neptune High School - NAC
Attn: Sara Palumbo- Entry Coordinator
55 Neptune Blvd
Neptune NJ 07753

- **Swimmer Entries: *Deadline is January 1st, 2017.*** Entries will be accepted by Hy-Tek Team Manager only. There is a file import for TM II Lite at: <http://www.hy-tek ltd.com/downloads.html> along with directions for use. If you do not have the team manager software, please download this to use. Then, import the Monmouth County meet file from the Monmouth County Meet link on the Neptune School District Site under the “Aquatic” tab. (www.neptuneschools.org – click top tab for Aquatic Center). You must use the team abbreviations that are listed on the website under the Monmouth County Link.
 - All entries must be emailed to Ellen Mace at entries1@juno.com no later than midnight on January 1st. No deck entries will be accepted. Entries must include the swimmers best time in yards from the 2016-2017 seasons. Relay entries must include four possible swimmers. Names may be changed up to 1/2 hour prior to the meet start at timing podium. No other events may be changed.
 - If your swimmer wants their times to help them qualify for a sectional cut time, you **MUST** enter their swimmer ID number correctly into the entry submission.

- **Qualifying Times:** There are now cut times for the 200 Free, 200 IM and 500 Freestyle for both boys and girls. Also printed with this meet information is a guideline for entries that should assist coaches in entering swimmers into the remaining events based on the 40th swimmer data in each event. For the 2016 – 2017 swim season, the following cut times are being implemented:

Boys Cut Times 2017	Event	Girls Cut Times 2017
2:23.00	200 Free	2:30.00
2:43.00	200 IM	2:50.00
6:30.00	500 Free	6:45:00

- Each team will be permitted to enter four (4) swimmers per event. Swimmers are permitted to swim a total of four (4) events, but only two (2) individual events.
- Coaches **MUST** enter a qualifying time from the current year and from a High School meet only.
- Below is a spreadsheet of the 40th place swim in each event going back to 2011. Coaches are encouraged to use this as a guideline for entering swimmers that would be competitive at this level. The last column represents the 2016 Shore Conference Cut times.

Girls County Comparison									
40th Place									
	2011	2012	2013	2014	2015	2016	Average all yrs	2017 MC Cut	2016 Shore
200 Free	2:37.08	2:36.77	2:30.17	2:29.56	2:27.64	2:21.39	2:30.43	2:30.00	2:18.75
200 IM	2:50.56	2:57.22	2:55.50	2:47.47	2:41.95	2:46.36*	2:49.843	2:45.00	2:37.31
50 Free	29.30	28.95	30.21	30.03	29.42	28.23	29.357		27.97
100 Fly	1:18.14	1:18.65	1:23.49	1:22.77	1:21.05	1:15.28	1:19.897		1:11.86
100 Free	1:04.39	1:05.59	1:07.38	1:07.60	1:05.01	1:03.99	1:05.66		1:01.88
500 Free	6:50.74*	6:41.76	6:57.32*	6:53.06*	6:55.58*	6:56.57*	6:52.505	6:45.00	6:10.30
100 Back	1:19.55	1:18.26	1:17.57	1:16.13	1:15.76	1:16.30	1:17.262		1:12.92
100 Breast	1:27.48	1:28.73	1:27.50	1:26.96	1:29.19	1:26.09	1:27.658		1:20.29

Boys County Comparison									
40th Place									
	2011	2012	2013	2014	2015	2016	Average all yrs	2017 MC Cut	2016 Shore
200 Free	2:24.93	2:20.58	2:24.98	2:28.59	2:20.81	2:22.32	2:23.702	2:23.00	2:07.51
200 IM	2:57.75*	2:49.09	2:42.61	2:52.52	2:40.91	2:44.24*	2:47.853	2:43.00	2:24.79
50 Free	25.75	26.01	25.98	25.97	26.55	25.65	25.985		25.16
100 Fly	1:23.17*	1:18.39	1:09.04	1:17.51	1:18.56	1:19.39	1:17.677		1:05.62
100 Free	59.68	58.32	59.16	59.81	59.72	58.55	59.207		56.65
500 Free	6:38.76*	6:49.14	6:41.54	6:41.74*	6:28.82*	6:52.56*	6:42.093	6:30.00	5:50.30
100 Back	1:17.05	1:14.87	1:14.42	1:13.61	1:14.35	1:15.31	1:14.935		1:06.95
100 Breast	1:20.87	1:19.27	1:17.25	1:20.18	1:20.66	1:19.59	1:19.637		1:14.03

- **School Responsibilities and Facility Regulations:**
 - Provide a coach on pool deck at all times
 - Please bring only swimmers who are swimming in the meet, not the whole team.
 - Provide a coach to attend mandatory scratch meeting to be held 30 minutes prior.
 - Provide two (2) timers for each team.
 - Clean up team section and dispose of all garbage and trash appropriately as well as gather any team belongings.
 - Abide by all rules and regulations as stated by the Neptune Aquatic Center and Neptune Township School district.
 - Accurately and honestly report student's times in yard format.
 - Ensure that there is absolutely no cell phone use in the locker room
 - Ensure that there is absolutely no food consumption on pool deck
 - Monitor students to ensure that there is absolutely NO DECK CHANGING.
 - Ensure that there is absolutely NO SHAVING at Neptune Aquatic Center. Any swimmer caught shaving will be asked to leave immediately.
 - Limit the number on your roster to swimmers actually swimming in meet and a maximum of two (2) timers. All other swimmers will be asked to enter as a patron, will be charged admission and asked to sit upstairs. * No girls will be allowed on deck during the boy's meet and no boys will be allowed on deck during the girl's meet. (Exception: those who are timing).

- **Order of Events:**

<ul style="list-style-type: none"> ○ 200 yard Medley Relay ○ 200 Yard Freestyle ○ 200 Yard Individual Medley ○ 50 Yard Freestyle ○ BREAK (Swimmers may warm up/cool down) ○ 100 Yard Butterfly 	<ul style="list-style-type: none"> ○ 100 Yard Freestyle ○ 500 Yard Freestyle ○ 200 Yard Freestyle Relay ○ 100 Yard Backstroke ○ 100 Yard Breaststroke ○ BREAK (THE POOL IS NOT OPEN) ○ 400 Yard Freestyle Relay
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- **Awards:** Medals will be awarded for places 1st – 4th and ribbons will be awarded for swimmers 5th – 8th.
 - Medals and ribbons will be given to the head coach at the close of the meet.
 - Team plaques will be awarded for the 1st, 2nd, and 3rd place team for both boys and girls.
 - A Most Outstanding Swimmer award will be awarded to one girl and one boy.
- **Scoring:** Points are awarded for the first 16 places in each race according to the following scale:
 - 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
 - Relays carry double points. Team scores and individual places will be announced periodically throughout the meet.
 - Swimmers who are entered as individuals and not on a team will not be included in the team scoring process and will not receive points.

Any further information or changes will be e-mailed to your respective schools. Please feel free to contact me with any questions or concerns.

Sincerely-

Sara A. Palumbo

Sara Palumbo
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