



# Golden Eagle Invite

## Friday, January 24<sup>th</sup>, 2025



- Time:** Warm up – 4:00 PM Meet Start – 5:00 PM
- Facility:** 12 lane, 25 yard course with non turbulent lane lines and Colorado timing. 8 Lanes will be used for competition.
- Rules:** 2024-2025 USA Swimming technical rules
- Entries:** Email the entry file (MM or TM) to: [entries@justintiming.com](mailto:entries@justintiming.com)  
All times submitted must be in yards.
- Entry Limit:** Swimmers may enter a maximum of four events.  
Swimmers may swim 2 individual events AND 2 relays.  
Swimmers may swim 1 individual event AND 3 relays.  
Teams may enter 4 swimmers in each event. 50 Free and 100 Free are unlimited. 500 free only 2 swimmers per team.
- Entry Fees:** \$250 per individual team or \$350 for both men and women teams. Make checks payable to the **Central Regional Swimming**.
- Mail to:** Central Regional High School  
c/o Cindy Stout  
509 Forest Hills Pkwy  
Bayville, NJ 08721
- Entry Deadline:** All entries must be received by January 17th, 2025.
- Meet Information:** This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own.  
No deck entries will be accepted.  
**\$3.00 Admission Fee for all spectators.**  
Meet Mobile and Live Stream will be available.  
Doors open at 3:30 pm.
- Awards:** Individual & Relay Awards - Medals 1<sup>st</sup> – 3rd.
- Refreshments:** Refreshments will be available.

**Meet Safety:**

- All forms of photography and video, including cell phones, are strictly prohibited from all areas of the facility except for the spectator seating area located in the upper level stand area. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- All Spectators are strictly prohibited from deck and athlete seating area.
- No parents should be in the locker room, this is a place for the swimmers to use only.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**Directions: *From The North***

Take Garden State Parkway South to Exit 89 C-B-A and follow Exit 89 B-A on the left toward NJ 70/Lakehurst/Brick. Merge onto Route 70 West. Take Route 70 West to New Hampshire Avenue South. (To make left turn you must use jug handle to right). Continue 2 ½ miles on New Hampshire. Make right turn at traffic light onto West Whitty Road (just before the Garden State Parkway Overpass). The "Y" will be on the right just past the cemetery.

***From The South***

Take Garden State Parkway Exit 83 (You will be on Route 9 North). Continue North, West Whitty Road will be ½ mile past the first traffic light. Look for a small "Y" sign on Route 9. Turn right onto West Whitty Road and the "Y" will be a quarter mile further on the left.

***From The West***

Take Route 70 East to Route 571 East.(Right Turn onto Route 571). At the Route 9 intersection make left turn to Route 9 North. West Whitty Road will be ½ mile on right. Look for a small "Y" sign on Route 9. Turn right onto West Whitty Road and the "Y" will be a quarter mile further on the left.



**Golden Eagle Invite**  
**Warm-up: 4:00 PM**  
**Start: 5:00 PM**



| <b>GIRLS</b> | <b>QUALIFYING TIME<br/>Slower Than</b> | <b>EVENT</b>                | <b>QUALIFYING TIME<br/>Slower Than</b> | <b>BOYS</b> |
|--------------|--|-----------------------------|--|-------------|
| <b>1</b>     |  | <b>200 MEDLEY<br/>RELAY</b> |  | <b>2</b>    |
| <b>3</b>     | <b>2:18.49</b>                         | <b>200 FREE</b>             | <b>2:08.51</b>                         | <b>4</b>    |
| <b>5</b>     | <b>2:37.79</b>                         | <b>200 IM</b>               | <b>2:26.99</b>                         | <b>6</b>    |
| <b>7</b>     | <b>28.49</b>                           | <b>50 FREE</b>              | <b>25.45</b>                           | <b>8</b>    |
| <b>9</b>     | <b>1:12.99</b>                         | <b>100 FLY</b>              | <b>1:06.99</b>                         | <b>10</b>   |
| <b>11</b>    | <b>1:02.99</b>                         | <b>100 FREE</b>             | <b>56.99</b>                           | <b>12</b>   |
| <b>13</b>    | <b>6:07.99&lt;<br/>6:32.00</b>         | <b>500 FREE</b>             | <b>5:48.50<br/>&lt;6:15.00</b>         | <b>14</b>   |
| <b>15</b>    |  | <b>200 FREE RELAY</b>       |  | <b>16</b>   |
| <b>17</b>    | <b>1:12.49</b>                         | <b>100 BACK</b>             | <b>1:08.49</b>                         | <b>18</b>   |
| <b>19</b>    | <b>1:22.49</b>                         | <b>100 BREAST</b>           | <b>1:15.49</b>                         | <b>20</b>   |
| <b>21</b>    |  | <b>400 FREE RELAY</b>       |  | <b>22</b>   |

**\*\*\*Times must be slower than the Shore Qualifying Times. (500 must be slower than the Shore conference but within :20 seconds)**

**Waiver**

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against Ocean County YMCA, Central Regional School District, JUST IN TIMING and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet.

Name of High School: \_\_\_\_\_

Address: \_\_\_\_\_

Coach: \_\_\_\_\_

Phone Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

**TEAM FEES:**

Men \_\_\_\_\_ \$250

Women \_\_\_\_\_ \$250

Both \_\_\_\_\_ \$350

AMOUNT ENCLOSED: \$ \_\_\_\_\_

Make checks payable to: Central Regional Swimming c/o Cindy Stout 509 Forest Hills Pkwy  
Bayville, NJ 08721