



Golden Eagle Invite

Sunday, January 28th, 2024



- Time:** Warm up – 12:30 PM Meet Start – 1:30 PM
- Facility:** 12 lane, 25 yard course with non turbulent lane lines and Colorado timing.
10 Lanes will be used for competition.
- Rules:** 2023-2024 USA Swimming technical rules
- Entries:** Email the entry file (MM or TM) to: 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 19th, 2024.
- 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 12:00 pm.
- Awards:** Individual & Relay Awards - Medals 1st – 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: 12:30 PM
Start: 1:30 PM



GIRLS	QUALIFYING TIME Slower Than	EVENT	QUALIFYING TIME Slower Than	BOYS
1		200 MEDLEY RELAY		2
3	2:18.49	200 FREE	2:08.51	4
5	2:37.79	200 IM	2:26.99	6
7	28.49	50 FREE	25.45	8
9	1:12.39	100 FLY	1:06.49	10
11	1:02.49	100 FREE	56.99	12
13	6:07.99< 6:32.00	500 FREE	5:48.50 <6:15.00	14
15		200 FREE RELAY		16
17	1:12.49	100 BACK	1:07.99	18
19	1:21.99	100 BREAST	1:15.49	20
21		400 FREE RELAY		22

*****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 High School c/o Cindy Stout 509 Forest Hills Pkwy
Bayville, NJ 08721