

# FORTY-FIFTH ANNUAL SHORE CONFERENCE SWIMMING CHAMPIONSHIP

Ocean County YMCA  
Toms River, NJ

Friday, February 2, 2024                      Swimming – BOYS  
Warm-up            4:00 pm (Doors open 3:30 pm)  
Start                    5:00 pm

Saturday, February 3, 2024                      Swimming – GIRLS  
Warm-up            8:30 am (Doors open 8:00 am)  
Start                    9:30 am

All information for the meet and results from the meet will also be posted on  
[www.jssca.org](http://www.jssca.org)

The meet will be streamed on [LiveBarn](#).

### Events and meet order

1.        200 Yard Medley Relay
2.        200 Yard Freestyle
3.        200 Yard Individual Medley
4.        50 Yard Freestyle
- (TEN MINUTE BREAK)
5.        100 Yard Butterfly
6.        100 Yard Freestyle
7.        500 Yard Freestyle
8.        200 Yard Freestyle Relay
9.        100 Yard Backstroke
10.      100 Yard Breaststroke
11.      400 Yard Freestyle Relay

The qualifying times for the meet will be:

EVENT	BOYS	GIRLS
200 YD. FREE	2:08.51	2:18.49
200 YD. IM	2:26.99	2:37.79
50 YD. FREE	25.45	28.49
100 YD FLY	1:06.49	1:12.39
100 YD FREE	56.99	1:02.49
500 YD FREE	5:48.50	6:07.99
100 YD BACK	1:07.99	1:12.49
100 YD BREAST	1:15.49	1:21.99

**\*\*ALL swimmers MUST MEET the qualifying times. There are no exceptions.**

**\*\*All swimmers times must be certified 2023-2024 High School swim season times. There are no exceptions – no YMCA times, no USA times, only High School times.**

## AWARDS

This is a Timed Final Championship Meet where winners will be determined as each finished in his or her event.

Medals will be awarded to the first eight place winners in each event. Trophies will be awarded to Team Champions in Boys Swimming and Girls Swimming.

## SCORING

Relays           40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2  
Individual      20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

**ALL ENTRY FORMS MUST BE ON HY-TEK FILE.**

**ALL ENTRIES ARE DUE IN THE HANDS OF EDWARD CERBONE BY:**

**THURSDAY, JANUARY, 25, 2024 BY 8:00 PM**

Entries will **GLADLY** be accepted prior to January 25<sup>TH</sup>

## ENTRY FEES

- Fees of \$475 maximum per school OR
- Fees of \$18 per individual per event and \$45 per relay event
- All checks made payable to Shore Conference of Public Schools

- Mail **CHECK** To:

Rich Carroll  
Middletown North HS  
63 Tindall Road  
Middletown, NJ 07748  
Phone: 732-671-3850 ext. 2071

- E-Mail **ENTRY** To:

Edward Cerbone  
Phone: (732) 742 – 2206  
Email: [ejcerbone@gmail.com](mailto:ejcerbone@gmail.com)

- Meet Director – Brian Cerbone

Phone:           (732) 505 – 5665 ext. 215682                                 (School)  
Fax:              (732) 270 – 0909  
Email            [bcerbone@trschoools.com](mailto:bcerbone@trschoools.com)

- **NO POST ENTRIES**
- **NO ADDITIONAL OR ALTERNATE ENTRIES THE DAY OF THE MEET**

## **FACILITY**

The Ocean County YMCA pool is a beautiful and spacious twelve-lane pool with non-turbulence lane markers. Paragon starting blocks and Colorado electronic timing.

**\*\*NOTE: Ocean County YMCA regulations strictly prohibit shaving anywhere on the premises. In addition, no food or glass containers are permitted in the pool area.**

Each school is responsible for the following:

1. Providing a coach or a certified school representative on the deck of the pool during the competition. (**NOT** a parent of a swimmer)
2. Having a coach or school representative present at the scratch meeting 45 minutes prior to the start of the meet. This meeting will be held in the All-purpose room off of the pool deck.

Failure to comply with the above will result in the disqualification of your swimmer(s) for that day of competition.

## **RULES**

The 2023 – 2024 National Federation Edition, Swimming and Diving Rules and Case Book will be used.

- All Federation Rules will apply.
- Schools are allowed four entries per individual event and one team per relay event.
- A contestant is permitted to compete in four events, two of which must be relays.
- For **RELAYS**, give four names for each event. You may change them at the scratch meeting with any of the names from the original roster.

## **MISC.**

1. There will be two lanes available for warm-up and warm-down during the meet. (**NO** diving from the blocks or deck, feet first only)
2. All schools that compete in the shore conference dual meet season are asked to provide two (2) timers with watches to be used as back-ups to the Colorado timing device. We cannot start the meet without back-up timers at each lane.

3. In an attempt to alleviate the overcrowded conditions on deck during our championship meet, the following actions will be taken:

Only team personnel will be allowed on the deck.

- a. Competitors in suits
  - b. A maximum of two (2) coaches who will be issued passes.
  - c. Official timers who will also receive passes – 16 will be used for backup to our electronic system.
4. Athletes are not to sit in the stands with parents. There is plenty of room on the pool deck for all the athletes.
  5. In order to make sure every swimmer is at the proper place for their race, we will have a clockwise flow to the deck. The staging area will be in the scoreboard corner of the deck. Swimmers will not be allowed to go from the locker room side to behind the blocks, so make sure your swimmers are aware of this.
  6. There will be observers from USA Swimming at the meet. In order for a swimmer to have their time entered into the USA database, the following information must be included when you enter your athletes. This information should be inputted before you send the HY-Tek file.

FIRST NAME  
MIDDLE INITIAL  
LAST NAME  
BIRTHDATE  
USA ID.

Thanks for your cooperation.

Brian Cerbone  
Meet Director