

<p style="text-align: center;">51st ANNUAL MERCER COUNTY SWIMMING AND DIVING CHAMPIONSHIPS</p>
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Wednesday January 29th 2020
Mercer County Diving Championships
Location: Montgomery High School

3:30	Locker Room Opens/check in
4:00 – 4:45pm	Diving Warm-Ups Boys & Girls
5:00	Diving Competition for Boys & Girls

Thursday, January 30th 2020
Qualifying Heats - *Girls*
Location: West Windsor North High School

3:45	Locker Room Opens
4:00	Scratch Meeting (Pool Office)
4:00	Swimming Warm-Ups
4:30	Meet Begins

Friday, January 31st 2020
Qualifying Heats - *Boys*
Location: West Windsor North High School

3:45	Locker Room Opens
4:00	Scratch Meeting (Pool Office)
4:00	Swimming Warm-Ups
4:30	Meet Begins

Saturday, February 1st 2020
Consolations and Finals for Boys and Girls
Location: West Windsor North High School

11:00	Locker Room Opens
11:30	Scratch Meeting (Pool Office)
11:30	Swimming Warm-Ups
12:00	Meet Begins

The order and number of events are as follows:

I. Swimming Rules

The 2019-2020 National Federation Edition, Swimming and Diving Rules and records and NJSIAA regulations will be used. Six lanes will be used for preliminaries, consolations, and finals.

Teams are allowed four (4) entries per individual event and one (1) relay team per event. A contestant is permitted to compete in a maximum of four events, 2 of which may be an individual event. Participants must have competed in 50% of schools' meets (prior to the entry form due date) to be eligible unless the athlete's school does not sponsor a team. **Independents must have a certified faculty representative, acting as a coach, present at the meet and at least 6 practices prior to the event. Independents will not score points.

The top six swimmers in each event will make the finals. The next six (7th through 12th) will make the consolations. A swimmer in the consolations cannot place any higher than seventh (7th) place.

The thirteenth (13th) place finisher will be the first alternate.

See the head referee with the declared false starts **prior** to the race, if the athlete is declaring a false start.

SCORING WILL BE AS FOLLOWS:

Relays - 32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2
Individual - 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1

Awards will be as follows: Team plaque for the highest-scoring boy's team and the highest-scoring girl's team. Individual medals for the top three finishers in each event. No runner up plaques will be awarded this year.

If entering a team the cost is \$175.00 all checks are payable to Mercer County Tournament Association.

EVENT NUMBER	Boys	EVENT
Girls		
1	2	200 yd/m Medley Relay
3	4	200 yd/m Free
5	6	200 yd/m Individual Medley
7	8	50 yd/m Free
	15 MINUTE BREAK	
9	10	100 yd/m Butterfly
11	12	100 yd/m free
13	14	400 meter free
	15 MINUTE BREAK	
15	16	200 yd/m Free Relay
17	18	100 yd/m Backstroke
19	20	100 yd/m Breaststroke
21	22	400 yd/m Free Relay

Boys and girls will alternate each event on Saturday. Warm-ups will be allowed during all breaks.

II. Entry forms and Seeding

Entry sheets and diving sheets need to be received no later than 10:00am on Friday January 24th, 2020. In addition to the entry sheet we need a typed team roster of both teams. If you are hand carrying the entries that day, please let Ken Mason know in advance at 609-716-5100 x5219. Email ken.mason@ww-p.org. Fax 609-716-5150.

If you have the ability to send your entries via email from TEAM MANAGER or MEET MANAGER please do so by emailing them to charlesrudnick@verizon.net. If you email them to Chuck you still must send a hard copy to Ken.

Please send entries to: Ken Mason, Athletic Director
West Windsor North High School
90 Grovers Mill road
Plainsboro, N.J. 08535

III. CERTIFICATE OF INSURANCE: A COI must be provided by each participating team listing "West Windsor Plainsboro Board of Education and the Mercer County Tournament Association" as certificate holders. No exceptions. (Due 1/22/2020).

**2019-2020 Mercer County Tournament
Swimming Championships
Back – Up Timer Assignments**

GIRLS TRIALS

Lane 1 HW, HTS, HV
2 RVILLE, LAW, STN
3 ND, NOTT, WWN
4 PR, WWS, HW
5 HTS, HV, LAW
6 EW, ND, NOTT

BOYS TRIALS

Lane 1 PR, PEN, WWS
2 HW, HTS, HV
3 LAW, ND, WWN
4 NOTT, HW, HTS
5 HV, STN, LAW
6 RVILLE, ND, NOTT

FINALS

Lane 1 PR, WWN, WWPS
2 HW, HTS, HV
3 LAW, ND, PEN
4 NOTT, HW, HTS
5 HV, STN, LAW
6 HUN, ND, NOTT

- Adult timers WITH WATCHES are needed from each school—each session.
- Timers report to blocks 15 minutes before start of the meet.
- Any school not listed above will be assigned to give breaks.

ENTRY SHEETS ARE VERY IMPORTANT, AS WE ARE USING THEM EXCLUSIVELY TO SEED BY COMPUTER.

- There are no entry cards and no seeding meeting will be held.

IV. Additional Information

1. Spectator tickets will be sold for the event and there will be limited seating. (\$4.00 – students/senior citizen's \$6.00 - Adults)
2. Only 3 Swim Coaches per school on deck
 - No shaving in the shower area is allowed.
 - No paint or foreign substance is allowed on swimmers or non-swimmers or their suits.
 - No club/aquatic team suits allowed.
 - No noise makers or signs allowed, Team name only.
3. Each school must provide 3 adult back-up timers--including time pieces
4. Use a yard to meter conversion chart for consistent calculations on entry forms. Enter meter times only. Entries will be listed in meters.
5. Only interscholastic times are allowed and coaches must be able to certify times with meet sheets, if challenged.
6. Boys and girls on a co-ed team compete and score as a boy's team. The females on a co-ed team have the option of swimming with the girls, but may not score team points. Independent swimmers (from schools with no swim team) will not score team points either. Points will be vacated. Swimmers will not bump up.
7. In the relays, 8 individuals may be designated, and it shall not count as an entry unless the competitor actually competes. Competing pertains to any portion of the meet regardless if a trial, consolation, or final. Once a swimmer competes in an event/relay, he/she may not switch to a different event/relay. Only the 4 swimmers from the 8 listed, who are declared with the marshall, are permitted to report the blocks and compete.
8. The 50 % rule may be appealed to the meet committee prior to the entry deadline.
9. Teams must not stand behind the blocks until their event/heat is called. Towels, shorts, extra suits, etc., must not be carried to the starting blocks.
10. Do not expect extra swimmers to be inserted into the meet.

