

24TH ANNUAL TRI-STATE REGIONAL SWIM MEET

Saturday, March 4, 2017

Sonny Werblin Recreation Center
Rutgers, The State University of New Jersey
656 Bartholomew Road
Piscataway, NJ 08854

SANCTIONED BY
Adaptive Sports USA

SPONSORED BY:
CHILDREN'S LIGHTNING WHEELS PSC
USA SWIMMING - NEW JERSEY
CHILDREN'S SPECIALIZED HOSPITAL
TRI-STATE WHEELCHAIR & AMBULATORY ASSOCIATION



NEW
JERSEY
SWIMMING



**ANNUAL TRI-STATE REGIONAL SWIM MEET
MARCH 4, 2017**

This is the 24th Annual Tri-State Swim Meet sponsored by Children’s Lightning Wheels PSC and is a sanctioned, qualifying event for Adaptive Sports USA Junior National Championships. The meet is being held at Rutgers, the State University of NJ, Sonny Werblin Recreation Center, 656 Bartholomew Rd, Piscataway, NJ. Directions to the Werblin Center are at the end of the packet.

If you are planning on competing at Junior Nationals, you will need to be a member of Adaptive Sports USA.

Membership for Adaptive Sports USA can be obtained online at the following website:

www.adaptivesportsusa.org

MEET DIRECTOR: Trisha Yurochko – Contact: 908-301-5424 /Email: tyurochko@childrens-specialized.org

FEES & REGISTRATION: The fee includes the registration and on-line registration service fee and results. Online registration must be completed by **Wednesday, February 8, 2017** to avoid a late fee. **A late fee of \$35.00 will be assessed for each online registration received between February 9 and 11, 2017.**

The online registration form can be found at: <https://www.simplyregister.net/register/?e=109918>

As a reminder: Online registration will end on Saturday, February 11, 2017

SCHEDULE:

Saturday March 4, 2017	Registration	12:00PM – 1:00PM
	Warm-Ups	12:30PM – 1:00PM
	Officials Report	12:30PM – 1:00PM
	Volunteers Report	12:30PM – 1:00PM
	Competition	1:15PM – 5:00PM
	Pick-up Results	5:00 PM
12:00 - 1:00 p.m.	Registration	
12:30 - 1:00 p.m.	Warm-Up	
12:30 - 1:00 p.m.	Officials/Volunteers Report	
1:10 - 5:00 p.m.	Swimming Events	
5:00 p.m.	Presentation of Results	

Please do not arrive at the facility before 12:00 PM. Thank you.

Registration will be at the top of the ramp – enter the facility through the door at side rear of the building just off the parking lot (up the ramp).

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REGISTRATION FORM: A sample copy of the registration form and event grid is included in this packet. This is for your use only. **Paper registration forms will not be accepted.**

RELAY FORMS: Relay forms are to be completed by coaches only and returned to the Meet Director by email or snail mail on or before February 28, 2017.

Email: tyurochko@childrens-specialized.org
Snail Mail – Tri-State Regional Swim Meet
Trisha Yurochko, Meet Director
Children’s Specialized Hospital
150 New Providence Road
Mountainside, NJ 07092

Relay forms are included in this packet.

HOTEL INFORMATION: A block of rooms has been reserved at the following hotel:

The Radisson Hotel Piscataway/Somerset
21 Kingsbridge Road
Piscataway, NJ 08854
732-980-0400

Call the hotel directly and tell the front desk that you are looking for a room under the “TRI-STATE SWIM MEET”. The room rate is \$109/night plus 15% tax which also includes breakfast for two people. If you have any questions, you may contact Aleesha Mahajan, Sales Manager, at the hotel at 732-667-1001 or Trisha Yurochko, Meet Director at tyurochko@childrens-specialized.org or 908-301-5424.

Directions to the hotel are at the end of the packet.

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Athlete Last Name: _____		First Name: _____											
Street Address: _____		City: _____											
State: _____	Zip Code: _____	ASUSA # _____	D.O.B. _____										
Cell Number: _____		Email: _____											
Team Name: _____		Veteran: Yes <input type="checkbox"/> No <input type="checkbox"/>											
Gender: M <input type="checkbox"/> F <input type="checkbox"/>	Age Group: U7 <input type="checkbox"/> U11 <input type="checkbox"/> U14 <input type="checkbox"/> U16 <input type="checkbox"/> U18 <input type="checkbox"/> U20 <input type="checkbox"/> U23 <input type="checkbox"/> (age as of 12/31/17)												
	Adult Division	Open	Masters (3 (40 and over) _____)										
Swim Class:	1	2	3	4	5	6	7	8	9	10	11	12	13
Free/Back/Fly = S													
Breast = SB													
SM Medley = SM													

The meet will follow IPC swim rules. Check event you wish to enter below. Be sure you are eligible for the event. There is no limit to the number of events you can enter, but due to pool time the meet can not wait more than 5 minutes between events except the 500Y Free. At Junior Nationals only 7 events plus 2 relays are allowed. Only unshaded events may be selected.

	U7 / 11	U14	U16	U18	U20 / 23	OPEN/MAST
25 Freestyle	S1-14	S1-14				
50 Freestyle	S1-14	S1-14	S1-14	S1-14	S1-14	S1-14
100 Freestyle		S5-14	S1-14	S1-14	S1-14	S1-14
200 Freestyle		S5-14	S1-14	S1-14	S1-14	S1-14
500Y Free			S6-14	S6-14	S6-14	S6-14
25 Backstroke	S1-14	S1-14				
50 Backstroke	S1-14	S1-14	S1-14	S1-13	S1-14	S1-5
100 Backstroke		S5-14	S1-14	S1-14	S1-14	S1-10
200 Backstroke					S6-10	S6-10
					S11-14	S11-14
25 Breaststroke	SB1-9	SB1-9	SB1-3	SB1-3	SB1-3	SB1-3
	11-14	11-14				
50 Breaststroke		SB3-9	SB1-9	SB1-9	SB1-9	SB1-3
		11-14	11-14	11-14	11-14	11-14
100 Breaststroke			SB3-9	SB3-9	SB3-9	SB1-10
			11-14	11-14	11-14	11-14
200 Breaststroke					SB6-9	SB4-10
					11-14	11-14
25 Butterfly	S5-14	S1-14	S1-5	S1-5	S1-5	S1-5
50 Butterfly		S5-14	S1-14	S1-14	S1-14	S1-7
100 Butterfly			S5-14	S5-14	S5-14	S5-14
200 Butterfly					S7-14	S8-14
75 IM	SM1-4	SM1-4				
100 IM	SM4-14	SM4-14				
150 IM			SM1-4	SM1-4	SM1-4	SM1-4
200 IM			SM4-14	SM4-14	SM4-14	SM3-14
400 IM					SM5-14	SM5-14

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RELAY TEAM APPLICATION

TEAM NAME: _____

COACH: _____

Athlete Name	Class	Sex (Circle)	Points
		F – M	
		F – M	
		F – M	
		F – M	
Total Points			

EVENT:* Male () Female () Mixed ()

4 x 25 Points 10 () 20 () 30 ()
Freestyle Relay

4 x 25 Points 15 () 25 () 35 ()
Medley Relay

4 x 50 Points 30 () 40 ()
Freestyle Relay

4 x 50 Points 30 () 40 ()
Medley Relay

**Separate Forms must be completed and filed for each event.*

JUNIOR RELAYS

There will be three types of relay teams: all male, all female or mixed. Points will be assigned to each team member in accordance with the following table:

Age Class	S1 – 4	S5 – 6	S7 – 8	S9 - 10
U11	1	2	3	4
U14	2	3	4	5
U16/18	3	4	6	8
U20/23	4	6	8	10

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Rutgers University, Sonny Werblin Recreation Center

656 Bartholomew Rd, Piscataway, NJ 08854

Directions:

Route #287 North or South

Follow Route 287 to Exit 9. The sign says Highland Park & Bound Brook. Take River Road for 2.5 miles. At the 3rd light, make a left on to Hoes Lane. Stay on Hoes Lane, bearing to your right onto Frelinghuysen Road. Follow Frelinghuysen Road to the circle and take the third exit out of the circle, which is Bartholomew Road. Take Bartholomew Road to the first intersection and make a left onto Brett Road. Follow Brett Road as far as it will go. This will turn into Lots #60 and #64.

Route #18

Take Route 18 North over the Lynch Bridge and take the second exit (Campus Road, Busch Campus) after the bridge. Follow Campus Road to the circle. Make a right into the circle and take the first exit out of the circle, which is Bartholomew Road. Take Bartholomew Road to the first intersection and make a left onto Brett Road. Follow Brett Road as far as it will go. This will turn into Lots #60 and #64.

Route #1 North or South

Follow Route #1 toward New Brunswick. Exit onto Route #18 North. Follow Route #18 directions.

N.J. Turnpike North or South

Follow the Turnpike to Exit #9. After the toll take Route #18 North. Follow #18 North directions.

Garden State Parkway

Follow the Parkway to Route #287 or Route #1. Follow the respective directions for those roads.

The best door to enter is at the back and side of the building – up the walk-way right off the parking lot. The registration table will be set up here. By entering through this door you will not have to come up the ramp on the inside of the building to register and then go back down the ramp to access the locker rooms and the pool deck.

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Directions to the Radisson Hotel
21 Kingsbridge Road, Piscataway, N.J. 08854

Traveling on Route 287 – Northbound:

Take Route 287 North to Exit 9 (River Road). At the traffic light at the end of the ramp, turn left onto River Road. Go through one more light. Stay in the right lane just before the next light make a jughandle onto Centennial Avenue. Go through the first traffic light and make the first left onto Kingsbridge Road. The hotel is on the left side, one block down.

Traveling on Route 287 – Southbound:

Take Route 287 South to Exit 9 (River Road). At the traffic light at the end of the ramp, bear right onto River Road. Stay in the right lane just before the next light make a jughandle onto Centennial Avenue. Go through the first traffic light and make the first left onto Kingsbridge Road. The hotel is on the left side, one block down.

From Central and Southern New Jersey:
New Jersey Turnpike

Take the New Jersey Turnpike to Exit 10. Take 287 North. Follow the 287 Northbound directions above.

Garden State Parkway:

Take Garden State Parkway to exit 127 (Northbound) or 129 (Southbound). Take 287 North. Follow the 287 Northbound Directions above.

From Manhattan:

Take the Lincoln Tunnel or the George Washington Bridge to the New Jersey Turnpike South. Take the Turnpike to exit 10. Take 287 North. Follow the 287 Northbound directions above.

From Staten Island:

Take Route 440 South to Route 287 North. Follow the 287 Northbound directions above.

From Pennsylvania:

Take either Route 78 East or Route 22 East to Route to Route 287 South. Follow the 287 Southbound directions above.

From Northern New Jersey & New York:

Take Route 80 to Route 287 South. Follow the 287 Southbound directions above.