



A Partnership Serving Essex County Student Athletes

Dear Coach,

Greetings! With another swim season underway, it is once again time to prepare for the SEC/Essex County Swimming Championships.

This year the meet will once again be held on the Dr. Martin Luther King Jr. Holiday, Monday, January 21. However, we have a new location, the Events and Wellness Center at NJIT, 104 Lock Street, Newark. As in recent years, the meet will begin at 9:30 am. Warm-up will be at 8:00 am, with a coaches meeting at 8:45.

The meet will be contested as a team championship in both the boys and girls divisions, with separate scoring for the SEC and the County depending on eligible teams. To be eligible for the team championship, schools must have an NJSIAA recognized team. I will hold a very brief ceremony to present the team trophies at the conclusion of the meet. For all meet information, see the packet below.

In the event of bad weather, I will send e-mail by 6am meet day and post any weather related issues on the meet website,

<https://sites.google.com/site/sececcswimmingchampionships/>

For those who are new and may not know me, I am the Head Coach at Seton Hall Prep. I have served as Meet Director since 1997. This year I am joined as Co-Director by John Butler of West Orange. Many of you know John from his years operating the timing system at the meet. I will continue to do pre/post meet administration, sharing everything with John as I do, but John will run the meet on meet day, and will be in charge of scoring, adjudicating disputes, etc.

Once again this year, all schools must apply to the tournament through the Super Essex Conference Website (<http://sec.powermediallc.org>). All event entries will be submitted separately. Please see the details in the meet instructions.

There is a new fee schedule this year for schools with individuals only. Please see the details in the meet instructions.

Teams which are competing for the team championship must submit their entries as in the past through the HY-TEK TEAM MANAGER software for seeding purposes. Teams with only individual entries may use either Hy-Tek Team Manager, or simply type your entries in an e-mail to me. Please see the attached instructions.

Once again this year the meet will be observed by USA Swimming Officials so that the times swum can be included in the USA Swimming SWIMS database. See the instructions if you would like your swimmers' times included.

The facility at NJIT is only about one year old and is beautiful. The swimmers will camp in a large room down the hall from the pool; they are not allowed in the spectator area, which is somewhat limited in size. Even at this new facility, please recall that we have agreed among ourselves to limit the number of people in the building by leaving non-competitors at home.

As NJIT does not have a warmdown pool, a second break will be added to the meet, after the completion of the 200 Free Relay.

If you have any questions, you can call me at Seton Hall Prep at 973-325-7737 ext. 5000 or e-mail me at jalexander@shp.org or thesixalexanders@aol.com. John can be reached at j.m.butler@comcast.net.

Here's looking forward to a great championship!

Sincerely,
Joe Alexander
Meet Director
Essex County/SEC Swimming Championships

2019 ESSEX COUNTY / SUPER ESSEX CONFERENCE SWIMMING CHAMPIONSHIPS

DATE: Monday, January 21, 2019

SITE: Events and Wellness Center at NJIT, 104 Lock Street, Newark, NJ
- 25 Yard Pool.

TIME: 8:00 am warm-up
8:45 am Coaches Meeting
9:30 pm Meet Start

MEET DIRECTOR: Joe Alexander, Seton Hall Prep
Phone: **973-325-7737 ext. 5000** Fax: 973-731-3920
E-Mail: thesixalexanders@aol.com or jalexander@shp.org
j.m.butler@comcast.net

SEC LIAISONS: Girls – Lorenzo Sozio, MSDA. 201-602-3568
Boys – Larry Baggitt, Seton Hall Prep. 973-325-6639

MEET DESCRIPTION: Events will be contested in the following order:

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|--------------------------------|-------------------------------|
| 1. GIRLS 200 MEDLEY RELAY | 2. BOYS 200 MEDLEY RELAY |
| 3. GIRLS 200 FREESTYLE | 4. BOYS 200 FREESTYLE |
| 5. GIRLS 200 INDIVIDUAL MEDLEY | 6. BOYS 200 INDIVIDUAL MEDLEY |
| 7. GIRLS 50 FREESTYLE | 8. BOYS 50 FREESTYLE |

15 minute break

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|-------------------------------|------------------------------|
| 9. GIRLS 100 BUTTERFLY | 10. BOYS 100 BUTTERFLY |
| 11. GIRLS 100 FREESTYLE | 12. BOYS 100 FREESTYLE |
| 13. GIRLS 500 FREESTYLE | 14. BOYS 500 FREESTYLE |
| 15. GIRLS 200 FREESTYLE RELAY | 16. BOYS 200 FREESTYLE RELAY |

15 minute break

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|-------------------------------|------------------------------|
| 17. GIRLS 100 BACKSTROKE | 18. BOYS 100 BACKSTROKE |
| 19. GIRLS 100 BREASTSTROKE | 20. BOYS 100 BREASTSTROKE |
| 21. GIRLS 400 FREESTYLE RELAY | 22. BOYS 400 FREESTYLE RELAY |

Heats will be swum as timed finals.

The meet is essentially “two meets in one”, and separate scoring will be kept for the Essex County Championships and for the Super Essex Conference Championships in both the boys and the girls divisions. In each case, 12 places will be scored for the team championships. Scoring will be as follows:

INDIVIDUAL EVENTS: 16-13-12-11-10-9-7-5-4-3-2-1

RELAY EVENTS: 32-26-24-22-20-18-14-10-8-6-4-2

Swimmers will also compete for individual and relay medals for both the Essex County Meet and the Super Essex Meet.

Swimmers from teams that are not eligible for the team championship will not earn points, but they will be eligible for individual medals. Their place will be “skipped” when compiling team points.

QUALIFICATION AND ENTRIES: Entry into the meet is a two part process:

1. **Event entries must be received by Meet Director Joe Alexander by 12 noon on Saturday, January 12, 2019. All seeding will be done by computer. Psych Sheets will be posted by Sunday evening, January 13, on the meet website, <https://sites.google.com/site/sececcswimmingchampionships/>. Coaches may not change entries once the psych sheets are posted. If the Meet Director makes an error, it can be corrected; if a coach makes an error, the entry will stand. Challenges to entry times should be received by the Meet Director by Noon on Tuesday, January 15, 2019**
2. All Schools must enter the tournament through the Super Essex Conference Website, <http://sec.powermediallc.org>. This is for registration and invoicing purposes; swimmers times are not entered via the website. Please complete all necessary information that you find there by noon on **Monday, January 14, 2019.**

Only schools with recognized NJSIAA swim teams will be able to compete for the girls or boys team championship. Such schools are required to submit entries by exporting them via e-mail using Hy-Tek Team Manager software. **Schools using Team Manager should remember to delete entries from previous years and “grade-up” their swimmers.** Schools who do not own a copy of Team Manager may use the free “Lite” edition found on the HY-TEK website (<http://www.hy-tekld.com/downloads.html>) These should be e-mailed to thesixalexanders@aol.com. If you are not familiar with this program, please contact Joe Alexander for assistance.

Schools entering individuals but not competing for the team title may also use Hy-Tek, or can simply type swimmers events, names and times in an e-mail to thesixalexanders@aol.com or jalexander@shp.org.

If a school does not have a swim coach, a school may substitute a designated representative whose name is indicated on the entry form and is required to attend the meet. Coaches/Representatives should include with their entries a phone number and/or e-mail address where they can be reached **on Saturday, January 12** in the event of a problem with entries.

In order to swim in the meet, a swimmer's name must be in the HY-TEK Roster List. Relay Names must be submitted with the entry, but relay swimmers may be changed on the day of the meet.

In order to swim in the meet, a swimmer must have swum in 50% of conference dual meets for which he/she is eligible prior to the championship meet. An athlete with a medical excuse may have his/her case reviewed by the Meet Director.

Late entries will be handled in accordance with normal SEC and ECADA procedures.

Any scratch at the coaches meeting on the day of the meet is still regarded as an entry and is the equivalent of a declared false start. National federation rules and seeding procedures are followed.

Each school shall be permitted a maximum of 4 entries in an individual event and 1 team in a relay event. A competitor shall be permitted to enter a maximum of 4 events, no more than 2 of which may be individual events.

All entry times are to be yard times. Meter times should be converted using the approved conversion factors. Coaches must be prepared to certify the time of any entrant at the seeding meeting. Relay entry times which are a compilation of the four intended swimmers' best splits of the season are permitted. The meet director reserves the right to disqualify any entry or any school that cannot certify their entry times.

Coaches have the responsibility to submit a correct entry. The meet director shall review all entries; if an error is discovered before Psych Sheets are published, the meet director will contact the coach to make a correction. However, if the error is not discovered until after the psych sheets are posted, the meet director shall proceed as follows:

1.) If a coach enters a swimmer in too many individual events, the meet director shall remove the swimmer from the latest event in the sequence (example - swimmer is entered in the 50 free, 100 free and 100 back; meet director shall remove the swimmer from the 100 back as this is the event that would be third, thus illegal). If the error is noted after the meet, the swimmer will be disqualified from the extra events and scoring adjusted accordingly.

2.) If a coach enters too many swimmers in an event, the meet director shall remove the slowest seeded of the swimmers until the limit is reached. (Example - a team enters 6 competitors in the 100 breaststroke; the meet director removes the 5th and 6th seeded of these swimmers from the event.) If the error is noted after the meet, the swimmer will be disqualified from the extra events and scoring adjusted accordingly.

3.) After the publication of psych sheets, an illegal entry counts as an entry toward a swimmer's total event if the swimmer is removed or disqualified by the meet director.

4.) If a coach enters a swimmer in too many combined events, the swimmer is disqualified from any event which places him/her over the limit. If such an event is a relay event, the relay on which the swimmer swam as an illegal entrant is disqualified.

5.) Results become official 48 hours after the completion of the meet. If an error is not discovered by that point, the results stand.

CUTOFF TIMES

There are no cutoff times for relay events. Cutoff times for individual events are based on the 30th place finish from the previous year's meet, with minor adjustments for appropriate balance. The cutoff times for 2018 are:

Event	Girls	Boys
200 Freestyle	2:29.71	2:15.71
200 IM	2:50.46	2:41.66
50 Freestyle	28.99	26.15
100 Butterfly	1:19.55	1:13.32
100 Freestyle	1:04.10	58.50
500 Freestyle	6:43.48	6:51.56
100 Backstroke	1:14.95	1:14.19
100 Breaststroke	1:24.45	1:21.44

SEC/ECADA ENTRY FEE SCHEDULE:

There is a new simplified fee system in place this year:

Team entry, boys OR girls remains \$200 per team, \$400 for both.

**For schools not entering as a full team the fee is
\$10 for each individual event entry; \$40 for each relay event entry.**

All entry fee checks should be made payable to the Super Essex Conference and must be mailed to SEC/ECADA officer Bruce Essing.

SPECIAL MEET RULES: Warm-up sessions will be assigned once entries are received.

Swimmers will "camp" in the assigned room down the hall. Instructions for marshalling and access to the pool will be discussed on meet day. Coaches are responsible for the conduct of their team and students. No food is allowed in the pool area. Instruct your team to keep the entire pool area and campout room clean.

AWARDS: Trophies will be awarded to the top three teams in each division. Medals will be awarded to the top six place finishers in individual events and the top three place finishers in each relay event. Separate medals and awards will be presented for the County Results and the Conference Results.

The Cullen Jones Award for the Most Valuable Swimmer in both the girls and boys divisions will continue as an Essex County Meet Award.

USA SWIMMING TIMES RECOGNITION: The meet will be observed by USA Swimming Officials. Schools should submit the USA-S ID # in the HY-TEK entry if they wish that their times be included in the USA Swimming SWIMS database. **It makes things much easier on meet day if these are included with the entry. Please make every effort to do this.**

SPECTATORS: Spectators are not allowed on the pool deck, and must remain in the seating area upstairs. Seating is only permitted in the chairs; no one can sit on the stairs. There is standing room in the rear of the seating area. There are no coolers permitted in the seating area.

PARKING: There is a new NJIT parking garage one block away from the pool facility. This is at 42 Wilsey Street, Newark. The Events and Wellness Center which contains the pool is at 104 Lock Street, Newark. The pool entrance is nearest to the under construction soccer field. Spectators should go up the ramp; the seating area will be on the right. Buses with swimmers are to be dropped off at the same entrance, but head down the stairs to the locker area. Buses cannot stay at the meet.

Directions to the NJIT Events and Wellness Center:

Address: 104 Lock Street, Newark NJ

The following route will bring you to the dropoff point on the correct side of the street: Take Interstate 280 East to Exit 13 (which is on the left). Make a right at the end of the ramp onto First Street. Go through several lights, and then make a left onto West Market Street. At the first left, take the angle left onto Warren Street. Go to Lock Street (It is Raymond Boulevard on the right) and make the left. The building is on the immediate right; the entrance is at the far end of the building.