

Gloucester County Swim Team

Veteran's Day A/BB/C

November 9, 2002

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # 0351A

LOCATION	Gloucester County Institute of Technology 1360 Tanyard Rd. Sewell, NJ 08080 Day of meet ONLY emergency phone #856-468-1445 ext. 2659
FACILITIES	This facility contains an 8 lane/50 meter pool equipped with lane lines, starting blocks/12 ft depth at starting end. The meet will be conducted in two 25 yard courses. Colorado 5000 timing system with eight lane display. Separate spectator area/unlimited parking. Refreshments available in concession area.
MEET DIRECTOR	Jack Schwerzler, 856-468-1445 ext. 2653 Jschwerzler@gcit.org
SAFETY DIRECTOR	Matt Sprang, 856-468-1445 ext. 2657 Msprang@gcit.org
OFFICIALS	Contact Jack Schwerzler 856-468-1445 ext. 2653
ELIGIBILITY	Open to registered United States Swimming athletes. Swimmers shall compete at the age attained on the first day of the meet. It may be necessary to limit entries due to time constraints.
ENTRY LIMITATIONS	A contestant may enter no more than five individual events per day. The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform with Middle Atlantic rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.
ORDER OF EVENTS WARM-UP & START TIMES QUALIFYING TIMES	Please see attached order of events. All events are pre-seeded timed finals. There are no qualifying times for this meet. Sessions are as follows: Saturday AM Warm-ups 7:00am Events 8:00am Saturday PM Warm-ups 1pm Events 2pm No diving during warm-ups, except limited diving in announced sprint lanes. When diving is permitted the swimmers must enter from the starting blocks and exit from the opposite end of the pool. All entries must be feet-first other than the above-mentioned.

	<p>must be feet-first other than the above-mentioned.</p> <p>For all sessions, the pool will be cleared 5 minutes prior to the start of the meet. Sprint lanes will be opened in lanes 2 & 7 for ten (10) minutes prior to the closing of the pool.</p>
DECK ENTRIES /TIME TRIALS	<p>Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$3.00 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the MD before or during warm-ups</p>
SWIMMERS WITHOUT A COACH	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.</p>
SEEDING	<p>All events are pre-seeded timed finals</p>
HOW TO ENTER	<p>Entries must be submitted using Hy-Tek software, and must be submitted in the course in which they were achieved. Supporting paperwork and recap sheet must accompany all entries.</p>
ENTRY FEES	<p>Individual Events: \$3.00</p>
SEND ENTRIES TO	<p>Mail Entries to: GCIT Swim Team, 1360 Tanyard Rd. , Sewell, NJ 08080. (Phone) 856-468-1445-ext 2653 (Fax) 856-468-3397</p> <p>Entries can be e-mailed to: Jschwerzler@gcit.org</p> <p>Each team is requested to remit one check to cover the entry fees for the entire team. Please do not send cash. Entry fees are due with entries. Make checks Payable to GCIT.</p>
ENTRY DEADLINE	<p>Entries are due no later than 6:00pm on Wednesday October 30, 2002. No late entries will be accepted.</p>
RULES	<p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>Any swimmer observed swimming under or through the Bulkhead by an Official or Safety Monitor at the Meet will be disqualified from that swimmer's next Individual Event or from the remainder of the Meet, as determined by the Meet Referee. This policy will be strictly enforced.</p> <p>Penalties will be imposed upon any swimmer when any, coach, parent, or swimmer enters any time other than the swimmer's best time for any event and</p>

	could result in the swimmer's suspension from competition for a minimum of 3 months, but not more than one year. Further violation by a coach, parent, or swimmer could result in that person being forbidden from participating in or attending USA Swimming functions.
SCORING & AWARDS	Swimmers entered with USA "a" - medals 1-3, ribbons 4-6 Swimmers entered with USA "bb" - rosettes 1st, ribbons 2-6 Swimmers entered with USA "c" - ribbons 1st through 6th
PROGRAMS & ADMISSION	Admission \$2 per person per session. Programs \$10 / entire meet. Children under 5 years of age are free.
RESULTS	Results will be posted on the Middle Atlantic web site (maswim.org). Results will also be e-mailed to any coach providing an e-mail address.
DIRECTIONS	Please see attached
ACCOMODATIONS	Please see attached

GLOUCESTER COUNTY INSTITUTE OF TECHNOLOGY

DIRECTIONS

NJ TURNPIKE

Take NJ Turnpike south to exit 3. After toll, follow signs for Route 168 south. Continue for one mile to traffic light and turn right on Route 544 & Route 41 south (Clements Bridge Road). Continue on Clements Bridge Road to 2nd traffic light and bear right (McDonalds) onto Route 544. Proceed to sixth light, bear right onto Cooper Street. Continue 4/10 mile to next light (Intersection of Cooper Street and Delsea Drive). Turn left and continue about 2 miles to second light (Bankbridge Road). Turn right onto Bankbridge Road. Follow Bankbridge to first traffic light and turn left (Tanyard Road). Continue ¼ mile to bottom of hill and GCIT will be on the left.

INTERSTATE 295

Take 295 South to Route 42 South (follow signs to Atlantic City Expressway). Follow 42 South to the second exit (Route 55 South). Follow Route 55 South to 2nd exit (56B Route 47). At the first light take a left (Bankbridge Road.) Follow Bankbridge to first traffic light and turn left (Tanyard Road). Continue ¼ mile to bottom of hill and GCIT will be on the left.

DELAWARE MEMORIAL BRIDGE

Take Interstate 295 north to exit 21 Delaware Street (@30 minutes). Continue on Delaware Street through Woodbury. Turn Right at second traffic light onto Evergreen Avenue. Travel one block to next light and turn left onto Egg Harbor Road (Mobil Station). Proceed about 2 miles through three traffic lights. The GCIT entrance is on the left at the bottom of the hill.

ROUTE 55

Exit at 56B (Route 47 Delsea Drive North) At the first light take a left (Bankbridge Road.) Follow Bankbridge to first traffic light and turn left (Tanyard Road). Continue ¼ mile to bottom of hill and GCIT will be on the left.

COMMODORE BARRY BRIDGE

After crossing the bridge take US Route 130 North to Interstate 295 North. Take Interstate 295 north to exit 21 Delaware Street. Continue on Delaware Street through Woodbury. Turn Right at second traffic light onto Evergreen

Avenue. Travel one block to next light and turn left onto Egg Harbor Road (Mobil Station). Proceed about 2 miles through three traffic lights. The GCIT entrance is on the left at the bottom of the hill.

WALT WHITMAN BRIDGE

After crossing the bridge take Route 42 South (Follow signs to Atlantic City Expressway). Follow 42 South to the second exit (Route 55 South). Follow Route 55 South to 2nd exit (56B Route 47 Delsea Drive North). At the first light take a left (Bankbridge Road.) Follow Bankbridge to first traffic light and turn left (Tanyard Road). Continue ¼ mile to bottom of hill and GCIT will be on the left.

ATLANTIC CITY EXPRESSWAY

Expressway North to Route 42 to Deptford exit, Route 544. Light at the end of the ramp - make a left onto Clements Bridge Road. Proceed to fifth light, bear right onto Cooper Street. Continue 4/10 mile to next light (Intersection of Cooper Street and Delsea Drive). Turn left and continue about 2 miles to second light (Bankbridge Road). Turn right onto Bankbridge Road. Follow Bankbridge to first traffic light and turn left (Tanyard Road). Continue ¼ mile to bottom of hill and GCIT will be on the left.

PHILADELPHIA INTERNATIONAL AIRPORT

Exit the airport onto Route 95 North toward Center City Philadelphia. Exit 95 onto the Walt Whitman Bridge. Follow directions for Walt Whitman Bridge.

AMTRAK 30TH STREET STATION

Exit 30th Street Station onto Route 76 East. Follow Route 76 East over the Walt Whitman Bridge. Follow directions for Walt Whitman Bridge.

AREA HOTELS AND MOTELS

RESIDENCE INN. 1154 Hurfville Road; Deptford, NJ. (856) 686-9188. 102 rooms. Continental Breakfast, Indoor pool, Exercise Room. Located next to the Pizzeria Uno (8 MINUTES FROM POOL).

FAIRFIELD INN. 1160 Hurfville Road; Deptford, NJ. (856) 686-9050. 102 rooms plus meeting rooms. Indoor pool, Continental Breakfast (8 MINUTES FROM POOL).

BEST WESTERN WEST DEPTFORD. 101 Grove Road; Thorofare, NJ08086. (856) 848-4111. 100 rooms, restaurant, outdoor pool, lounge, some exercise equipment (10 MINUTES FROM POOL).

HOLIDAY INN SELECT. Interstate HWY. 295 & Center Square Road; Bridgeport, NJ 08014. (856) 467-3322. 149 rooms. Restaurant, Lounge, Indoor pool, Game room (20 MINUTES FROM POOL).

HAMPTON INN BRIDGEPORT. 2 Pureland Drive; Swedesboro, NJ 08085. (856) 467-6200. 95 rooms. Restaurant nearby (20 MINUTES FROM POOL).

HOLIDAY INN RUNNEMEDE. 109 9th Avenue; Runnemede, NJ 08078. (856) 939-4200. 174 rooms, Restaurant, Lounge, Meeting rooms (15 MINUTES FROM POOL).

COMFORT INN. 9th Avenue and Black Horse Pike; Runnemede, NJ 08078. (856) 939-6700. 44 rooms. Restaurant nearby, Continental breakfast (15 MINUTES FROM POOL).

DAYS INN. 801 US Highway 130; Brooklawn, NJ 08030. (856) 456-6688. 115 rooms, Outdoor pool Continental Breakfast, Meeting rooms, playground, Limited Exercise equipment (15 MINUTES FROM POOL).

ECONO LODGE. 301 Black Horse Pike; Bellmawr, NJ 08031. (856) 931-2800 (15 MINUTES FROM POOL).

RAMADA INN. Harmony Road & Interstate HWY. 295; Gibbstown, NJ 08027. (856) 423-6600. 124 rooms, Continental Breakfast, Restaurant, Outdoor pool, Lounge (15 MINUTES FROM POOL).

HOWARD JOHNSON. 832 Black Horse Pike; Blackwood, NJ 08012. (856) 228-4040. 115 rooms, Continental Breakfast, Restaurant nearby, outdoor pool (15 MINUTES FROM POOL).

CLARION HOTEL AND CONFERENCE CENTER. 1450 State HWY. 70; Cherry Hill, NJ 08034. (856) 428-2300. 204 rooms, Exercise room, Tennis courts, Outdoor pool, Lounge, Restaurant, Meeting rooms (ABOUT 20 MINUTES FROM POOL).

HILTON AT CHERRY HILL. State HWY. 70 & Cutherbert Road; Cherry Hill, NJ 08034. (856) 665-6666. 408 rooms. Restaurant, Lounge, Outdoor pool, Meeting rooms (20 MINUTES FROM POOL).

HOLIDAY INN. State HWY. 70 & Sayer Avenue; Cherry Hill, NJ 08034. (856) 663-5300. 184 rooms, Indoor and Outdoor pools, Conference rooms, Restaurant, Lounge (20 MINUTES FROM POOL).

RESIDENCE INN. 1821 Old Cuthbert Road; Cherry Hill, NJ 08034. (856) 429-6111. 96 rooms, Outdoor pool, Whirlpool, Basketball courts, Horseshoes, Sand volleyball, Meeting rooms, Restaurant nearby (20 MINUTES FROM POOL).

DOUBLETREE GUEST SUITES. 515 Fellowship Road; Mt. Laurel, NJ 08054. (856) 778-8999. 204 rooms, Exercise room, Indoor pool, Lounge, Restaurant, Conference rooms (20 MINUTES FROM POOL).

DAYS INN. 550 Fellowship Road; Mt. Laurel, NJ 08054. (856) 235-7400 (20 MINUTES FROM POOL).

RADISON INN. State HWY. 73; Mt. Laurel, NJ 08054. (856) 234-7300. 283 rooms, Outdoor pool, Tennis courts, Exercise room, Basketball Courts, Conference rooms (20 MINUTES FROM POOL).

HAMPTON INN VOORHEES. 121 Laurel Oak Road; Voorhees, NJ 08043. (856) 346-4500. 120 rooms, Outdoor pool, Meeting rooms, Restaurant Nearby, Gym nearby (20 MINUTES FROM POOL).

TRAVEL LODGE HOTEL. 1111 State HWY. 73; Mt. Laurel, NJ 08054. (856) 234-7000 (20 MINUTES FROM POOL).

HAMPTON INN. 429 N. Broadway; Pennsville, NJ 08070. (856) 351-9554. 104 rooms, Outdoor pool, Restaurant nearby, Gym nearby, Meeting rooms (20 MINUTES FROM POOL).

Session 1
Deep Pool
Warm up 7:00am, Events 8:00am

Girls Event	Event Description	Boys Event
1	13-14 200yd Freestyle	2
3	15-18 200yd Freestyle	4
5	13-14 200yd Breaststroke	6
7	15-18 200yd Breaststroke	8
9	13-14 100yd Backstroke	10
11	15-18 100yd Backstroke	12
13	13-14 200yd Butterfly	14
15	15-18 200 yd Butterfly	16
17	13-14 50yd Freestyle	18
19	15-18 50yd freestyle	20

Session 2
Shallow Pool
Warm up 7:00am, Events 8:00am

Girls Event	Event Description	Boys Event
23	9-10 200yd Freestyle	24
25	11-12 200yd Freestyle	26
27	9-10 100yd Breaststroke	28
29	11-12 100yd Breaststroke	30
31	9-10 50yd Backstroke	32
33	11-12 50yd Backstroke	34
35	9-10 100yd Butterfly	36
37	11-12 100yd Butterfly	38
39	9-10 50yd Freestyle	40
41	11-12 50yd Freestyle	42
43	9-10 100yd Individual Medley	44
45	11-12 100yd Individual Medley	46

Session 3
Deep Pool
Warm-up 1pm Events 2pm

Girls Event	Event Description	Boys Event
47	13-14 200yd Individual Medley	48
49	15-18 200yd Individual Medley	50
51	13-14 100yd Breaststroke	52
53	15-18 100yd Breaststroke	54
55	13-14 200yd Backstroke	56
57	15-18 200yd Backstroke	58
59	13-14 100yd Butterfly	60
61	15-18 100yd Butterfly	62
63	13-14 100yd Freestyle	64
65	15-18 100yd Freestyle	66

Session 4
Shallow Pool
Warm-up 1pm Events 2pm

Girls Event	Event Description	Boys Event
69	9-10 200yd Individual Medley	70
71	11-12 200yd Individual Medley	72
73	9-10 50yd Breaststroke	74
75	11-12 50yd Breaststroke	76
77	9-10 100yd Backstroke	78
79	11-12 100yd Backstroke	80
81	9-10 50yd Butterfly	82
83	11-12 50yd Butterfly	84
85	9-10 100yd Freestyle	86
87	11-12 100yd Freestyle	88

GCIT
Meet Summary Form
This Form Must Accompany All Entries

Team Name _____

Code _____ Coach _____

E-Mail _____ Phone # _____

Address _____

City _____ State _____ Zip _____

Contact Person _____ E-Mail _____

of Girl Swimmers _____

Individual Girl Entries _____ X 3.00 = \$ _____

of Boy Swimmers _____

Individual Boy Entries _____ X 3.00 = \$ _____

Total # Swimmers _____

Total Amount Enclosed: \$ _____

Please Make checks Payable to GCIT.

