

# G. C. I. T. Swim Team

## Veteran's Day A/BB/C

November 13-14, 2004

Held under the Sanction of USA Swimming Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 0540 A

<b>LOCATION</b>	Gloucester County Institute of Technology 1360 Tanyard Rd Sewell, NJ 08080 Day of meet ONLY emergency phone # 856-468-1445 ext. 2657
<b>FACILITIES</b>	This facility contains an indoor 50 meter pool, divided into 2 8 lane 25 yard competition pools. One pool has a starting depth of 5 feet and the other a varying depth of 6 feet to 12 feet 6 inches. The pool is equipped with lane lines, Colorado 5 timing system, starting blocks and scoreboard displays for both pools. There is a separate mezzanine for spectators and unlimited parking. Concessions will be available.
<b>MEET DIRECTOR</b>	Matt Sprang – 856-468-1445 ext. 2304
<b>SAFETY DIRECTOR</b>	Ruthann Joyce – 856-582-2444
<b>OFFICIALS</b>	Glen Hanson - 856-228-3534
<b>ELIGIBILITY</b>	Open to registered USA Swimming athletes. Swimmers shall complete at the age attained on the first day of the meet.
<b>ENTRY LIMITATIONS</b>	A contestant may enter no more than 5 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.
<b>ORDER OF EVENTS</b> <b>WARM-UP &amp; START TIMES</b> <b>QUALIFYING TIMES</b>	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: 13-14/15-18 Saturday/Sunday Warm-up 7:00am, Events 8:00am 9-10/11-12 Saturday/Sunday Warm-up: No earlier than 1:00pm, Events 2:00pm  No diving during warm-ups, except limited diving in announced sprint lanes. When diving is permitted swimmers must only dive from the blocks in the designated sprint lanes and exit at the opposite end of the lane. All other entries must be feet first. For sessions 1,3,4 & 6 the pool will be cleared 5 minutes prior to the start of the meet.

	Sprint lanes will be open in lanes 2 and 7 for 10 minutes prior to the closing of the pool.
<b>DECK ENTRIES /TIME TRIALS</b>	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 \$5.00 Per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet or awards. To enter please see the Meet Director before or during warm-ups.
<b>SWIMMERS WITHOUT A COACH</b>	Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.
<b>SEEDING</b>	All events are pre-seeded timed finals.
<b>HOW TO ENTER</b>	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.
<b>ENTRY FEES</b>	Individual Events: \$3.00
<b>SEND ENTRIES TO</b>	<p>Mail Entries to: GCSTPA PO Box 230; Sewell, NJ 08080 Phone: 856-468-1445 ext. 2304; Fax: 856-468-3397</p> <p>Entries emailed to: <a href="mailto:msprang@gcit.org">msprang@gcit.org</a></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 GCSTPA.</p>
<b>ENTRY DEADLINE</b>	Entries are due by 4pm on Tuesday, November 2nd. No late entries will be accepted.
<b>RULES</b>	<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 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</p>

	<p>Penalties may include fines or suspension.</p> <p>Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has positively checked in for that event, must swim the event unless the swimmer notifies the Referee or Clerk of Course prior to the seeding of the event that the swimmer wishes to scratch. Failure to scratch prior to seeding after positively checking-in and not swimming the event will result in the swimmer being barred from the next individual event in which they are entered whether on the same or later meet day. Deck-seeded events normally close for seeding no earlier than thirty (30) minutes before the scheduled start of the event.</p> <p>All swimmers entered into the 400IM/500 Free must supply their own timers. Swimmers in the 500 must also supply a lap counter.</p>									
<b>SCORING &amp; AWARDS</b>	<p>Meet will be a standard 8 lane point value: 9-7-6-5-4-3-2-1 Awards will be based on the time achieved at the meet, not the entry time.</p> <p>A Entry Times: Medals to top 3 with ribbons to 6<sup>th</sup></p> <p>BB Entry Times: Large rosettes to top 3 with ribbons to 8<sup>th</sup></p> <p>C Entry Times: Ribbons to 8<sup>th</sup> Place</p>									
<b>PROGRAMS &amp; ADMISSION</b>	<p>Programs for entire meet will be available at the main entrance for \$10.00. Admission will be \$2.00 per person.</p>									
<b>RESULTS</b>	<p>Results will be posted on the Middle Atlantic website <a href="http://www.maswim.org">www.maswim.org</a></p>									
<b>DIRECTIONS</b>	<p>From the 295 North or South: Take 295 towards the Philadelphia Area, follow signs for Rt. 42 South. Once on 42 South second exit is 55 South only. Take exit. 2<sup>nd</sup> Exit on 55 South is the Woodbury/ 47 North Exit. Take exit (R) and at first light. Hang a Left on Bankbridge Rd. At next light take a Left at Tanyard Rd. School will be on the Left.</p> <p>From West. Take 76 through city and over the Walt Whitman Bridge. Follow signs to 42 South/Atlantic City. After 295 merges with you, the highway becomes 42 South. Take exit 55 South. 2<sup>nd</sup> Exit on 55 South is the Woodbury/ 47 North Exit. Take exit (R) and at first light. Hang a Left on Bankbridge Rd. At next light take a Left at Tanyard Rd. School will be on the Left.</p> <p>Any Questions use Map Quest or any other Internet direction guide.</p>									
<b>ACCOMODATIONS</b>	<table> <tr> <td>HOLIDAY INN</td> <td>COMFORT INN</td> <td>QUALITY INN</td> </tr> <tr> <td>RUNNEMEDE</td> <td>RUNNEMEDE</td> <td>W. DEPTFORD</td> </tr> <tr> <td>856/939-4200</td> <td>856/939-6700</td> <td>856/848-4111</td> </tr> </table>	HOLIDAY INN	COMFORT INN	QUALITY INN	RUNNEMEDE	RUNNEMEDE	W. DEPTFORD	856/939-4200	856/939-6700	856/848-4111
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Session 1  
 Saturday October 16, 2004  
 Warm up 6:30 am, Events 7:30 am

<b>Girls Event</b>	<b>Event Description</b>	<b>Boys Event</b>
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 200yd Butterfly	16
17	13-14 50yd Freestyle	18
19	15-18 50yd Freestyle	20

Session 2  
 Saturday October 16, 2004  
 Warm-up approximately 11:30, Event 11:45

<b>Girls Event</b>	<b>Event Description</b>	<b>Boys Event</b>
21	11 & Over 500yd Freestyle	22

Session 3  
 Saturday October 16, 2004  
 Warm-up approximately 1:00pm, Events 2:00pm

<b>Girls Event</b>	<b>Event Description</b>	<b>Boys Event</b>
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 4  
 Sunday October 17, 2004  
 Warm-up 6:30am, Events 7:30am

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 5  
 Sunday October 17, 2004  
 Warm-up approximately 11:30, Events 11:45

Girls Event	Event Description	Boys Event
67	11 & Over 400yd IM	68

Session 6  
 Sunday October 17, 2004  
 Warm-up approximately 1:00 pm, Events 2:00pm

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



MEET ENTRY SUMMARY FORM

**GCIT's Veteran's Day Meet**

TEAM: \_\_\_\_\_ TEAM SYMBOL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

COACH: \_\_\_\_\_

TEAM CONTACT: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

ENTRY FEE SUMMARY

TOTAL NUMBER OF ENTRIES: \_\_\_\_\_

MULTIPLY BY: \$3.00

TOTAL NUMBER OF RELAYS: \_\_\_\_\_

MULTIPLY BY: \$6.00

SURCHARGE\* \$ \_\_\_\_\_ (\$5.00/SWIMMER)

TOTAL ENTRY FEES: \$ \_\_\_\_\_

ATHLETE SUMMARY

NUMBER OF MALE ATHLETES: \_\_\_\_\_ ENTRIES: \_\_\_\_\_

NUMBER OF FEMALE ATHLETES: \_\_\_\_\_ ENTRIES: \_\_\_\_\_

TOTAL NUMBER OF ATHLETES: \_\_\_\_\_ TOTAL: \_\_\_\_\_

\*THERE IS A SURCHARGE OF \$5.00/SWIMMER FOR ANY TEAM THAT DOES NOT SUBMIT ITS ENTRIES USING HY-TEK SOFTWARE. TEAMS/SWIMMERS CANNOT AVOID THE SURCHARGE BY SUBMITTING INDIVIDUAL ENTRIES FOR SWIMMERS. MEET MANAGEMENT WILL BILL INDIVIDUALS WHEN A TEAM'S ENTRIES EXCEED THE LIMIT OF TEN. **FAILURE TO REMIT ENTRY FEES OR THE SURCHARGE WILL RESULTS IN REJECTION OF ENTRIES.**

**I ATTEST THAT THE ENTERED ATHLETES ARE PROPERLY REGISTERED WITH USA SWIMMING AND THAT THEY HAVE ACHIEVED THE SEED TIMES RECORDED.**

\_\_\_\_\_  
Signature of head coach or authorized team representative