

JERSEY WAHOOS SWIM CLUB
4101 CHURCH ROAD, MT. LAUREL, NJ 08054
MEET DIRECTOR 856/985-5246 - FAX 856/778-7533

THANKSGIVING CELEBRATION "A/BB" MEET

NOVEMBER 20-21, 2004

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, SANCTION # MA 0506 A

Revised 10/04/2004 & events renumbered 10/13/2004

FACILITY:

GLOUCESTER COUNTY INSTITUTE OF TECHNOLOGY
TANYARD ROAD
SEWELL, NEW JERSEY
TELEPHONE: 856/468-1445 EXTENSION 2657

THIS FACILITY CONTAINS TWO 8 LANE/25 YD. POOLS EQUIPPED WITH LANE LINES, STARTING BLOCKS/12 AND 5 FT DEPTHS AT STARTING ENDS. COLORADO TIMING SYSTEM WITH EIGHT LANE DISPLAY. SEPARATE SPECTATOR AREA/UNLIMITED PARKING. REFRESHMENTS ARE AVAILABLE IN THE CONCESSION AREA.

MEET & SAFETY

DIRECTORS:

MEET/TODD BRYAN
856/985-5246

SAFETY/NICK KATSIGIANNIS
(856) 234-5898

OFFICIALS:

ALL USA CERTIFIED OFFICIALS AND TRAINEES ARE INVITED TO OFFICIATE AT THIS MEET. CONTACT BOB BINZ, OFFICIALS COORDINATOR, AT 856/853-0119.

ELIGIBILITY:

THE MEET IS OPEN TO ANY USA REGISTERED SWIMMER. THE SWIMMER'S AGE AS OF **NOVEMBER 20, 2004**, GOVERNS AGE GROUP PARTICIPATION FOR THE ENTIRE MEET.

ENTRY

LIMITATIONS:

MEET MANAGEMENT MAY LIMIT THE NUMBER OF ENTRIES AND ELIMINATE CERTAIN EVENTS AND/OR HEATS IN ORDER TO COMPLETE SESSIONS WITHIN THE FOUR (4) HOUR SESSION LIMIT. NOTICE WILL BE PROVIDED PROMPTLY TO SWIMMERS AND TEAMS CONCERNING ELIMINATION OF ANY ENTRIES/EVENTS/HEATS. ENTRY FEES WILL BE REFUNDED TO TEAMS/SWIMMERS WHOSE ENTRIES HAVE BEEN REJECTED DUE TO LIMITATIONS.

WARM-UP &

START TIMES:

	SATURDAY AND SUNDAY	
MEN/WOMEN	WARM-UPS	8:00 AM
ALL AGES	MEET START	9:30 AM
1650 FREE	WARM-UPS	NO EARLIER THAN 11:00 AM
SENIOR	MEET START	20-MINUTES LATER

THESE EVENTS WILL SWIM FASTEST TO SLOWEST-MEN ON SATURDAY-WOMEN ON SUNDAY, USING BOTH POOLS EACH DAY AND ARE SEEDED TO SWIM. PROOF OF TIME MUST BE PROVIDED WITH THE SWIMMER'S ENTRY OR IT WILL BE REJECTED.

WARM-UPS:

SATURDAY & SUNDAY 8:00AM TO 9:30AM. SPRINTS ARE INCLUDED AS A 5-MINUTE SEGMENT OF EACH WARM-UP PERIOD. WARM-UP LANE ASSIGNMENTS WILL BE INCLUDED IN COACHES' PACKETS AND POSTED ON DECK. 1650 WARM-UPS WILL BEGIN IMMEDIATELY UPON COMPLETION OF THE MORNING SESSIONS.

SPECTATORS:

SEATING IS FIRST COME/FIRST SERVE. SPECTATORS ARE PROHIBITED FROM ENTERING AREAS OF THE POOL THAT ARE BEING USED BY SWIMMERS, COACHES, AND OFFICIALS.

ADMISSION:

\$3.00 ADMISSION PER SESSION - A PROGRAM FOR THE ENTIRE MEET CAN BE PURCHASED FOR \$8.00.

**2004 THANKSGIVING CELEBRATION "A/BB" MEET
JERSEY WAHOOS AT GCIT**

RULES:

CURRENT USA AND MIDDLE ATLANTIC LSC RULES WILL GOVERN THE MEET. THE WHISTLE START AND NO RECALL FALSE START RULES WILL BE IN USE. USA SWIMMING/MIDDLE ATLANTIC SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. ONLY CURRENTLY CREDENTIALLED COACHES, USA SWIMMING REGISTERED ATHLETES AND MEET PERSONNEL WILL BE PERMITTED ON DECK.

PENALTIES WILL BE IMPOSED ON THE SWIMMER IN ACCORDANCE WITH USA AND MALSC RULES WHEN ANY COACH, PARENT, OR SWIMMER ENTERS A TIME OTHER THAN THE SWIMMERS BEST TIME, FOR ANY EVENT. FAILURE TO SWIM IN A DECK SEEDED EVENT AFTER CHECKING IN WILL RESULT IN A 1-EVENT PENALTY FOR THE SWIMMER.

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.

SWIMMERS

W/OUT COACHES:

SWIMMERS UNACCOMPANIED BY A CREDENTIALLED COACH MUST REPORT TO THE MEET DIRECTOR PRIOR TO WARM-UPS FOR EACH SESSION.

SEEDING:

ALL EVENTS WITH THE EXCEPTION OF THE 1650, 500 FREE AND 400 IM ARE PREESEDED TIMED FINALS. THE 1650 FREE, 500 FREE & 400IM ARE DECK SEEDED EVENTS WHICH ARE SEEDED TO SWIM AND REQUIRE POSITIVE CHECK-IN. SWIMMERS MUST PROVIDE THEIR OWN TIMERS & LAP COUNTERS AS NECESSARY

500 FREE/400 IM

PARTICIPATION MUST BE CONFIRMED BY 9:30 AM.

1650 FREE

PARTICIPATION MUST BE CONFIRMED BY 11:00 AM

AWARDS:

SWIMMERS ENTERED WITH USA "A" - MEDALS 1-3, RIBBONS 4-8

SWIMMERS ENTERED WITH USA "BB" - ROSETTES 1ST, RIBBONS 2-8

RESULTS:

RESULTS WILL BE POSTED ON THE WAHOOS WEB SITE (www.jerseywahoos.org) AND THE MIDDLE ATLANTIC WEBSITE (www.maswim.org). RESULTS WILL BE SENT TO ANY CLUB BY E-MAIL THAT PROVIDES A VALID E-MAIL ADDRESS. RESULTS WILL NOT BE MAILED TO CLUBS.

FUTURE MEETS:

DECEMBER 12, 2004

MINI-MEET (AT JERSEY WAHOOS)

JANUARY 8-9, 2005

A/BB/C MEET (AT GCIT)

FEBRUARY 4-6, 2005

A/BB/C MEET (AT JERSEY WAHOOS)

FEBRUARY 26-27, 2005

BB/C MEET (AT JERSEY WAHOOS)

MARCH 12-13, 2005

MINI CHAMPIONSHIPS (AT GCIT)

DIRECTIONS:

FROM THE SOUTH: TAKE ROUTE 55 NORTH TO ROUTE 47. TAKE EXIT 56B/WESTVILLE. TURN LEFT AT THE TRAFFIC LIGHT ONTO BANKBRIDGE ROAD. TURN LEFT AT THE NEXT TRAFFIC LIGHT ONTO TANYARD ROAD. THE ENTRANCE TO GCIT IS ON THE LEFT AT THE BOTTOM OF THE HILL.

FROM THE NORTH AND THE WALT WHITMAN BRIDGE: TAKE I-295 SOUTH TO ROUTE 42 SOUTH AND REMAIN IN RIGHT LANE. TAKE ROUTE 55 SOUTH TO EXIT 56B (ROUTE 47 NORTH/WOODBURY). TURN LEFT ONTO BANKBRIDGE ROAD AT THE TRAFFIC LIGHT. TURN LEFT AT THE NEXT TRAFFIC LIGHT ONTO TANYARD ROAD. GCIT IS ON THE LEFT AT THE BOTTOM OF THE HILL.

FROM THE DELAWARE MEMORIAL & COMMODORE BARRY BRIDGES: TAKE I-295 NORTH TO EXIT 21 ONTO DELAWARE ST. AND CONTINUE THROUGH WOODBURY. TURN RIGHT AT TRAFFIC LIGHT ONTO EVERGREEN AVE. TURN LEFT AT NEXT TRAFFIC LIGHT ONTO EGG HARBOR ROAD. CONTINUE 3-MILES TO THE NEXT TRAFFIC LIGHT. GCIT IS AT THE BOTTOM OF THE HILL ON LEFT.

2004 THANKSGIVING CELEBRATION "A/BB" MEET
JERSEY WAHOOS AT GCIT

**HOW TO
ENTER:**

SWIMMERS MAY ENTER A MAXIMUM OF 5-INDIVIDUAL EVENTS PER DAY.

ENTRIES SUBMITTED AS AN ATTACHMENT TO AN E-MAIL ADDRESSED TO johnrg2@comcast.net USING HY-TEK SOFTWARE ARE PREFERRED. A COMPLETED MEET ENTRY SUMMARY FORM MUST ACCOMPANY THE E-MAIL AND THE PAYMENT FOR ENTRY FEES. A COPY OF THE SUMMARY IS ATTACHED TO THIS ANNOUNCEMENT. **TEAMS THAT SUBMIT ENTRIES BY E-MAIL USING HY-TEK SOFTWARE SHOULD NOT SUBMIT A DISK.**

ENTRIES ALSO MAY BE SUBMITTED ON A DISK. A PRINTOUT OF THE TEAM'S ENTRIES AND THE SUMMARY MUST ACCOMPANY ENTRIES SUBMITTED ON DISK. MEET MANAGEMENT WILL TAKE ACTION AS NECESSARY TO RESOLVE DISCREPANCIES IF A VALID CONTACT IS NOT INCLUDED WITH TEAM AND INDIVIDUAL ENTRIES.

MANUALLY PREPARED ENTRIES SHOULD BE SUBMITTED ON THE FORM ATTACHED TO THIS ANNOUNCEMENT AND TRANSMITTED AS AN ATTACHMENT TO AN E-MAIL. THE ANNOUNCEMENT IS AVAILABLE FROM OUR WEBSITE AT (www.jerseywahoos.org) AND THE MALSC WEBSITE (www.maswim.org).

ELECTRONIC DATA WILL BE CONSIDERED AS THE OFFICIAL VERSION OF MEET ENTRIES. ELECTRONIC DATA SUPERSEDES ANY INFORMATION CONTAINED ON TEAMS' ENTRY PRINTOUTS WITH RESPECT TO RESOLUTION OF ERRORS/DISCREPANCIES. ENTRIES TRANSMITTED BY E-MAIL WILL BE CONSIDERED AS THE OFFICIAL ENTRY IF A DISK IS ALSO SUBMITTED TO THE MEET DIRECTOR.

MANUAL AND DISK ENTRIES SHOULD BE MAILED TO MEET DIRECTOR, THANKSGIVING MEET C/O JERSEY WAHOOS. E-MAIL ENTRIES AND INQUIRIES MUST BE SUBMITTED TO johnrg2@comcast.net. TELEPHONE INQUIRIES PERTAINING TO ENTRIES MUST BE DIRECTED TO JOHN GONTOWICZ AT 609/668-0695. THIS IS THE OFFICIAL RECEIPT POINT FOR ALL ENTRIES E-MAIL. E-MAIL SENT TO ANY OTHER SITE WILL NOT BE VALID FOR PURPOSES OF THE MEET.

SURCHARGE:

THERE IS A SURCHARGE OF \$5.00/SWIMMER FOR ANY TEAM WITH 10 OR MORE INDIVIDUAL ENTRIES 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 TWENTY. FAILURE TO REMIT PAYMENT WILL RESULT IN REJECTION OF ENTRIES.

FEES:

\$3.00/INDIVIDUAL EVENT. SURCHARGE \$5.00 PER SWIMMER (IF APPLICABLE). CHECKS PAYABLE TO "JERSEY WAHOOS SWIM CLUB."

**SEND ENTRIES
& PAYMENT TO:**

MANUAL & DISK ENTRIES AND PAYMENT (INCLUDING APPLICABLE SURCHARGES) MUST BE MAILED TO JERSEY WAHOOS AT 4101 CHURCH ROAD, MT. LAUREL, NJ 08054. **PAYMENT MUST BE RECEIVED BY THURSDAY, NOVEMBER 4, 2004, OR ENTRIES WILL BE REJECTED. NO EXCEPTIONS.**

CLOSE:

ALL ENTRIES MUST BE RECEIVED BY **5:00 PM, THURSDAY, NOVEMBER 4, 2004.** LATE ENTRIES WILL NOT BE ACCEPTED.

DECK ENTRIES:

DECK ENTRIES WILL NOT BE ACCEPTED AT THIS MEET.

INQUIRIES:

REFER QUESTIONS TO TODD BRYAN AT 856/985-5246 OR E-MAIL AT swindog2@aol.com. THESE ARE THE OFFICIAL CONTACT POINTS FOR MEET INFORMATION. MEET MANAGEMENT IS NOT ACCOUNTABLE FOR MISINFORMATION PROVIDED FROM ANY OTHER SOURCE.

VOLUNTEERS:

FREE ADMISSION/REFRESHMENTS WILL BE PROVIDED TO ANYONE WHO VOLUNTEERS AS A TIMER, RUNNER, OR OTHER CAPACITIES DESIGNATED BY THE MEET DIRECTOR.

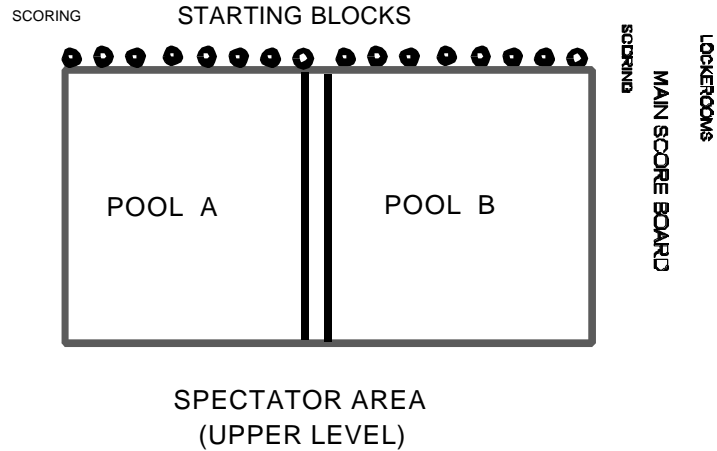
**2004 THANKSGIVING CELEBRATION "A/BB" MEET
JERSEY WAHOOS AT GCIT**

ACCOMODATIONS:

COMFORT INN	DAYS INN	QUALITY INN	HO JO INN	FAIRFIELD INN
RUNNEMEDE	BROOKLAWN	W. DEPTFORD	BLACKWOODMT. LAUREL	
856/939-6700	856/456-6688	856/848-4111	856/228-4040	856/642-0600 ASK FOR PAT

SWIMMING POOL DESIGNATION: SWIMMING POOLS HAVE BEEN DESIGNATED POOL A AND POOL B. SEE THE CHART BELOW.

POOL DIAGRAM



**2004 THANKSGIVING CELEBRATION "A/BB" MEET
JERSEY WAHOOS AT GCIT**

SCHEDULE OF EVENTS

*DECK SEEDED EVENT REQUIRES POSITIVE CHECK-IN THAT IS SEEDED TO SWIM. SWIMMERS MUST PROVIDE THEIR OWN TIMERS & LAP COUNTERS. PROOF OF TIME IS REQUIRED FOR THE 1650 FREESTYLE AND FOR ANY OTHER EVENT REQUESTED BY THE MEET DIRECTOR.

ENTRY TIMES MUST EQUAL OR BE FASTER THAN THOSE LISTED BELOW FOR EACH EVENT

SATURDAY, NOVEMBER 20, 2004

SESSION 1	AGES 10/U-SENIOR	POOL A	WARM-UP 8:00 AM	START 9:30 AM
WOMEN				MEN
EVENT#	TIME	EVENT	TIME	EVENT#
1	2:58.99	SENIOR 200 BREAST	2:42.59	2
3	47.79	10/U 50 BREAST	48.19	4
5	1:13.19	SENIOR 100 BACK	1:06.99	6
7	1:33.99	10/U 100 BACK	1:32.49	8
9	30.69	SENIOR 50 FREE	27.59	10
11	36.19	10/U 50 FREE	35.59	12
13	1:12.89	SENIOR 100 FLY	1:05.89	14
15	1:42.09	10/U 100 FLY	1:40.59	16
17	2:40.99	SENIOR 200 IM	2:26.99	18
19	3:19.39	10/U 200 I.M.	3:18.09	20
21	6:19.09	SENIOR 500 FREE*	5:52.39	22

SESSION 2	AGES 11-14	POOL B	WARM-UP 8:00 AM	START 9:30 AM
WOMEN				MEN
EVENT#	TIME	EVENT	TIME	EVENT#
23	3:01.99	13/14 200 BREAST	2:49.39	24
25	41.09	11/12 50 BREAST	41.09	26
27	1:15.59	13/14 100 BACK	1:10.29	28
29	1:21.89	11/12 100 BACK	1:19.89	30
31	31.09	13/14 50 FREE	28.79	32
33	32.29	11/12 50 FREE	31.09	34
35	1:14.09	13/14 100 FLY	1:09.39	36
37	1:21.79	11/12 100 FLY	1:19.69	38
39	2:44.09	13/14 200 IM	2:34.39	40
41	2:52.19	11/12 200 IM	2:50.49	42
43	6:22.39	1114 500 FREE*	6:08.49	44

SESSION 3—MEN'S 1650 FREESTYLE

WARM-UPS BEGIN UPON COMPLETION OF AM SESSION		START-20-MINUTES LATER	
EVENT#	TIME	EVENT	MEN-EVENT#
		SENIOR 1650 FREE*	94
		20:21.89 YDS	
		20:59.89 LC	
		20:14.79 SCM	

**2004 THANKSGIVING CELEBRATION "A/BB" MEET
JERSEY WAHOOS AT GCIT**

*DECK SEEDED EVENT REQUIRES POSITIVE CHECK-IN THAT IS SEEDED TO SWIM. SWIMMERS MUST PROVIDE THEIR OWN TIMERS & LAP COUNTERS. PROOF OF TIME IS REQUIRED FOR THE 1650 FREESTYLE AND FOR ANY OTHER EVENT REQUESTED BY THE MEET DIRECTOR.

ENTRY TIMES MUST EQUAL OR BE FASTER THAN THOSE LISTED BELOW FOR EACH EVENT

SUNDAY, NOVEMBER 21, 2004

SESSION 4	AGES 10/U-SENIOR	POOL B	WARM-UP 8:00 AM	START 9:30 AM
GIRLS				BOYS
EVENT#	TIME	EVENT	TIME	EVENT#
45	1:34.39	10/U 100 I.M.	1:31.39	46
47	2:38.79	SENIOR 200 BACK	2:23.69	48
49	43.49	10/U 50 BACK	43.99	50
51	1:06.59	SENIOR 100 FREE	59.99	52
53	1:22.19	10/U 100 FREE	1:19.99	54
55	1:23.19	SENIOR 100 BREAST	1:14.99	56
57	1:46.69	10/U 100 BREAST	1:44.89	58
59	2:39.59	SENIOR 200 FLY	2:25.79	60
61	42.99	10/U 50 FLY	41.99	62
63	2:23.49	SENIOR 200 FREE	2:10.89	64
65	2:58.29	10/U 200 FREE	2:50.89	66
67	5:40.29	SENIOR 400 IM*	5:13.19	68

SESSION 5	AGES 11-14	POOL A	WARM-UP 8:00 AM	START 9:30 AM
GIRLS				BOYS
EVENT#	TIME	EVENT	TIME	EVENT#
69	1:20.59	11/12 100 I.M.	1:18.99	70
71	2:42.09	13/14 200 BACK	2:31.09	72
73	37.19	11/12 50 BACK	37.09	74
75	1:07.79	13/14 100 FREE	1:02.89	76
77	1:10.59	11/12 100 FREE	1:08.19	78
79	1:24.49	13/14 100 BREAST	1:18.39	80
81	1:29.29	11/12 100 BREAST	1:28.59	82
83	2:40.99	13/14 200 FLY	2:34.19	84
85	35.39	11/12 50 FLY	35.49	86
87	2:25.39	13/14 200 FREE	2:17.19	88
89	2:31.79	11/12 200 FREE	2:28.29	90
91	5:46.89	11/14 400 IM*	5:28.19	92

SESSION 6—WOMEN'S 1650 FREESTYLE

WARM-UPS BEGIN UPON COMPLETION OF AM SESSION

START-20-MINUTES LATER

WOMEN		
EVENT#	TIME	EVENT
93	21:38.89 YDS	SENIOR 1650 FREE*
	22:10.79 LC	
	21:31.29 SCM	

2000-2004 USA Motivational Time Standards - Long Course Meter

Event	A	BB
Girls 9-10 50 Free	36.49	40.89
Girls 9-10 100 Free	1:21.89	1:32.99
Girls 9-10 200 Free	2:59.89	3:25.09
Girls 9-10 50 Back	43.69	49.89
Girls 9-10 100 Back	1:35.29	1:48.89
Girls 9-10 50 Breast	48.29	54.89
Girls 9-10 100 Breast	1:47.49	2:02.79
Girls 9-10 50 Fly	42.09	48.59
Girls 9-10 100 Fly	1:38.69	1:56.19
Girls 9-10 100 IM	N/A	N/A
Girls 9-10 200 IM	3:20.59	3:47.29
Girls 11-12 50 Free	33.69	36.39
Girls 11-12 100 Free	1:14.19	1:20.39
Girls 11-12 200 Free	2:39.69	2:52.99
Girls 11-12 400/500 Free	5:32.39	6:00.09
Girls 11-12 50 Back	39.19	42.49
Girls 11-12 100 Back	1:26.29	1:34.39
Girls 11-12 200 Back	3:09.59	3:25.39
Girls 11-12 50 Breast	43.19	46.79
Girls 11-12 100 Breast	1:33.79	1:41.89
Girls 11-12 200 Breast	3:31.69	3:49.39
Girls 11-12 50 Fly	36.79	39.89
Girls 11-12 100 Fly	1:24.09	1:31.99
Girls 11-12 200 Fly	3:07.89	3:23.49
Girls 11-12 100 IM	N/A	N/A
Girls 11-12 200 IM	3:00.19	3:15.19
Girls 11-12 400 IM	6:42.49	7:15.99
Girls 13-14 50 Free	32.89	35.69
Girls 13-14 100 Free	1:11.39	1:17.29
Girls 13-14 200 Free	2:32.59	2:45.29
Girls 13-14 400/500 Free	5:16.19	5:42.99
Girls 13-14 100 Back	1:20.49	1:27.19
Girls 13-14 200 Back	2:51.99	3:06.39
Girls 13-14 100 Breast	1:29.09	1:36.59
Girls 13-14 200 Breast	3:11.99	3:27.99
Girls 13-14 100 Fly	1:17.59	1:24.09
Girls 13-14 200 Fly	2:49.59	3:03.69
Girls 13-14 200 IM	2:52.39	3:06.79
Girls 13-14 400 IM	6:03.19	6:33.49
Women Senior 50 Free	32.39	35.09
Women Senior 100 Free	1:10.09	1:15.89
Women Senior 200 Free	2:29.39	2:41.89
Women Senior 400/500 Free	5:12.89	5:38.89
Women Senior 1500/1650 Free	20:28.49	22:10.79
Women Senior 100 Back	1:18.69	1:25.29
Women Senior 200 Back	2:47.59	3:01.49
Women Senior 100 Breast	1:27.79	1:35.09
Women Senior 200 Breast	3:08.49	3:24.19
Women Senior 100 Fly	1:16.09	1:22.39
Women Senior 200 Fly	2:44.69	2:58.39
Women Senior 200 IM	2:48.09	3:02.09
Women Senior 400 IM	5:57.59	6:27.39

2000-2004 USA Motivational Time Standards - Long Course Meter

Event	A	BB
Boys 9-10 50 Free	36.19	40.39
Boys 9-10 100 Free	1:20.59	1:31.09
Boys 9-10 200 Free	2:52.39	3:13.99
Boys 9-10 50 Back	44.19	50.49
Boys 9-10 100 Back	1:33.69	1:46.09
Boys 9-10 50 Breast	48.49	55.09
Boys 9-10 100 Breast	1:45.99	1:59.79
Boys 9-10 50 Fly	40.99	46.89
Boys 9-10 100 Fly	1:37.19	1:53.99
Boys 9-10 100 IM	N/A	N/A
Boys 9-10 200 IM	3:18.89	3:44.79
Boys 11-12 50 Free	33.09	35.79
Boys 11-12 100 Free	1:11.59	1:17.59
Boys 11-12 200 Free	2:36.19	2:49.29
Boys 11-12 400/500 Free	5:30.89	5:58.39
Boys 11-12 50 Back	38.79	42.29
Boys 11-12 100 Back	1:23.59	1:31.39
Boys 11-12 200 Back	3:01.59	3:16.69
Boys 11-12 50 Breast	43.19	47.29
Boys 11-12 100 Breast	1:33.89	1:42.29
Boys 11-12 200 Breast	3:21.19	3:37.99
Boys 11-12 50 Fly	36.69	40.19
Boys 11-12 100 Fly	1:22.59	1:30.69
Boys 11-12 200 Fly	3:02.19	3:17.39
Boys 11-12 100 IM	N/A	N/A
Boys 11-12 200 IM	2:58.09	3:13.89
Boys 11-12 400 IM	6:24.29	6:56.29
Boys 13-14 50 Free	30.69	33.19
Boys 13-14 100 Free	1:06.59	1:12.19
Boys 13-14 200 Free	2:24.99	2:37.09
Boys 13-14 400/500 Free	5:05.59	5:31.09
Boys 13-14 100 Back	1:15.59	1:21.89
Boys 13-14 200 Back	2:42.09	2:55.59
Boys 13-14 100 Breast	1:23.59	1:30.49
Boys 13-14 200 Breast	3:02.39	3:17.59
Boys 13-14 100 Fly	1:12.69	1:18.69
Boys 13-14 200 Fly	2:41.59	2:54.99
Boys 13-14 200 IM	2:44.59	2:58.29
Boys 13-14 400 IM	5:46.79	6:15.59
Men Senior 50 Free	29.39	31.79
Men Senior 100 Free	1:04.09	1:09.39
Men Senior 200 Free	2:19.19	2:30.79
Men Senior 400/500 Free	4:53.29	5:17.79
Men Senior 1500/1650 Free	19:22.99	20:59.89
Men Senior 100 Back	1:11.99	1:17.99
Men Senior 200 Back	2:34.89	2:47.79
Men Senior 100 Breast	1:20.59	1:27.29
Men Senior 200 Breast	2:54.29	3:08.79
Men Senior 100 Fly	1:09.09	1:14.79
Men Senior 200 Fly	2:32.19	2:44.89
Men Senior 200 IM	2:37.19	2:50.29
Men Senior 400 IM	5:29.99	5:57.49

2000-2004 USA Swimming Motivational Time Standards – Short Course Meters

Event	A	BB
Girls 9-10 50 Free	35.79	39.99
Girls 9-10 100 Free	1:19.99	1:30.79
Girls 9-10 200 Free	2:52.79	3:16.99
Girls 9-10 50 Back	42.19	48.09
Girls 9-10 100 Back	1:30.89	1:43.79
Girls 9-10 50 Breast	46.49	52.79
Girls 9-10 100 Breast	1:43.19	1:57.89
Girls 9-10 50 Fly	41.19	47.49
Girls 9-10 100 Fly	1:35.79	1:52.79
Girls 9-10 100 IM	1:31.89	1:44.29
Girls 9-10 200 IM	3:14.49	3:40.29
Girls 11-12 50 Free	32.99	35.69
Girls 11-12 100 Free	1:11.99	1:17.99
Girls 11-12 200 Free	2:34.89	2:47.79
Girls 11-12 400/500 Free	5:23.19	5:50.09
Girls 11-12 50 Back	37.89	41.09
Girls 11-12 100 Back	1:22.79	1:30.49
Girls 11-12 200 Back	3:03.19	3:18.39
Girls 11-12 50 Breast	41.99	45.49
Girls 11-12 100 Breast	1:30.79	1:38.69
Girls 11-12 200 Breast	3:25.79	3:42.89
Girls 11-12 50 Fly	36.19	39.19
Girls 11-12 100 Fly	1:21.89	1:29.69
Girls 11-12 200 Fly	3:01.99	3:17.09
Girls 11-12 100 IM	1:22.19	1:28.99
Girls 11-12 200 IM	2:55.59	3:10.19
Girls 11-12 400 IM	6:31.89	7:04.49
Girls 13-14 50 Free	31.79	34.39
Girls 13-14 100 Free	1:09.09	1:14.89
Girls 13-14 200 Free	2:28.29	2:40.69
Girls 13-14 400/500 Free	5:08.89	5:34.59
Girls 13-14 100 Back	1:17.09	1:23.49
Girls 13-14 200 Back	2:45.39	2:59.19
Girls 13-14 100 Breast	1:26.19	1:33.39
Girls 13-14 200 Breast	3:05.69	3:21.09
Girls 13-14 100 Fly	1:15.59	1:21.89
Girls 13-14 200 Fly	2:44.19	2:57.89
Girls 13-14 200 IM	2:47.39	3:01.39
Girls 13-14 400 IM	5:53.79	6:23.29
Women Senior 50 Free	31.29	33.89
Women Senior 100 Free	1:07.89	1:13.49
Women Senior 200 Free	2:26.39	2:38.59
Women Senior 400/500 Free	5:06.29	5:31.79
Women Senior 1500/1650 Free	19:51.99	21:31.29
Women Senior 100 Back	1:15.29	1:21.59
Women Senior 200 Back	2:41.99	2:55.49
Women Senior 100 Breast	1:24.79	1:31.89
Women Senior 200 Breast	3:02.59	3:17.79
Women Senior 100 Fly	1:14.29	1:20.49
Women Senior 200 Fly	2:42.79	2:56.29
Women Senior 200 IM	2:44.09	2:57.79
Women Senior 400 IM	5:47.09	6:15.99

2000-2004 USA Swimming Motivational Time Standards – Short Course Meters

Event	A	BB
Boys 9-10 50 Free	35.29	39.29
Boys 9-10 100 Free	1:18.19	1:28.29
Boys 9-10 200 Free	2:47.89	3:08.89
Boys 9-10 50 Back	42.59	48.59
Boys 9-10 100 Back	1:30.19	1:42.19
Boys 9-10 50 Breast	46.89	53.29
Boys 9-10 100 Breast	1:42.59	1:55.89
Boys 9-10 50 Fly	40.49	46.39
Boys 9-10 100 Fly	1:34.69	1:51.09
Boys 9-10 100 IM	1:29.79	1:40.99
Boys 9-10 200 IM	3:13.69	3:38.89
Boys 11-12 50 Free	31.69	34.39
Boys 11-12 100 Free	1:09.59	1:15.39
Boys 11-12 200 Free	2:31.19	2:43.79
Boys 11-12 400/500 Free	5:20.29	5:46.99
Boys 11-12 50 Back	37.59	40.99
Boys 11-12 100 Back	1:20.69	1:28.29
Boys 11-12 200 Back	2:49.99	3:04.09
Boys 11-12 50 Breast	41.49	45.39
Boys 11-12 100 Breast	1:29.79	1:37.89
Boys 11-12 200 Breast	3:11.09	3:26.99
Boys 11-12 50 Fly	35.79	39.19
Boys 11-12 100 Fly	1:20.19	1:27.99
Boys 11-12 200 Fly	2:54.89	3:09.49
Boys 11-12 100 IM	1:20.39	1:27.29
Boys 11-12 200 IM	2:53.09	3:08.39
Boys 11-12 400 IM	6:11.99	6:42.99
Boys 13-14 50 Free	29.39	31.89
Boys 13-14 100 Free	1:04.19	1:09.49
Boys 13-14 200 Free	2:19.99	2:31.59
Boys 13-14 400/500 Free	4:57.69	5:22.49
Boys 13-14 100 Back	1:11.69	1:17.69
Boys 13-14 200 Back	2:34.19	2:46.99
Boys 13-14 100 Breast	1:19.89	1:26.59
Boys 13-14 200 Breast	2:52.69	3:07.09
Boys 13-14 100 Fly	1:10.79	1:16.69
Boys 13-14 200 Fly	2:37.19	2:50.29
Boys 13-14 200 IM	2:37.49	2:50.59
Boys 13-14 400 IM	5:34.69	6:02.59
Men Senior 50 Free	28.19	30.49
Men Senior 100 Free	1:01.19	1:06.29
Men Senior 200 Free	2:13.49	2:24.59
Men Senior 400/500 Free	4:44.69	5:08.39
Men Senior 1500/1650 Free	18:41.39	20:14.79
Men Senior 100 Back	1:08.29	1:13.99
Men Senior 200 Back	2:26.59	2:38.79
Men Senior 100 Breast	1:16.49	1:22.79
Men Senior 200 Breast	2:45.89	2:59.69
Men Senior 100 Fly	1:07.19	1:12.79
Men Senior 200 Fly	2:28.69	2:41.09
Men Senior 200 IM	2:29.89	2:42.39
Men Senior 400 IM	5:19.49	5:46.09

MEET ENTRY SUMMARY FORM

MEET: _____

TEAM: _____ TEAM SYMBOL: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACH: _____

TEAM CONTACT: _____

TELEPHONE: _____

EMAIL: _____

ENTRY FEE SUMMARY

TOTAL NUMBER OF ENTRIES: _____

MULTIPLY BY: \$3.00

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 TWENTY. 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