

**GCIT SWIMMING AND THE GLOUCESTER COUNTY SWIM
TEAM PARENTS ASSOCIATION PRESENT:**

SPRING FLOOD 2006

Saturday and Sunday April 22-23, 2006

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 0684 A

LOCATION	Gloucester County Institute of Technology 1360 Tanyard Road Sewell, NJ 08080 Day of meet ONLY emergency phone # 856-468-1445 ext. 2304
FACILITIES	The Aquatic Center at the Gloucester County Institute of Technology is an 8 lane 50 meter pool. The starting depth is 12 feet. The pool is equipped with non-turbulent lane lines, Paragon starting blocks and a Colorado 5 Timing System with an 8-line scoreboard. There is a separate mezzanine with seating for 500 spectators and unlimited parking. Concessions will be available for purchase during the meet.
MEET DIRECTORS	Matt Sprang, gcitswimming@yahoo.com , 856-468-1445 ext. 2304. Mark Edwards, mvedwards5@comcast.net
SAFETY DIRECTORS	Hugh McCaffrey, h.mccaffrey@snjs.org . Bob Taffet, robodoc920@aol.com
MEET OFFICIALS	Officials interested in working the meet should contact Sharon Loudermilk, imtherealsharona@hotmail.com .
ELIGIBILITY	This meet is open to all USA Swimming registered swimmers. Swimmer's age is as of the first day of the meet. In order to swim Open Events the swimmer must have achieved the 15-16 "BB" Time Standards. Swimmers are limited to a total of 5 individual events per day regardless of how many sessions they participate in each day.

ENTRY LIMITATIONS	<p>The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform with Middle Atlantic rules and the four hour session rule will be strictly enforced. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</p>
ORDER OF EVENTS WARM-UP & START TIMES	<p>Attach is a sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule. Warm-up times will be assigned by the meet director once all entries have been received. Sprint and Pace lanes will be opened during warm-up at the discretion of the Meet Referee.</p>
DECK ENTRIES	<p>Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet at the cost of \$8 per event. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration. Deck entries will be accepted only until 30 minutes prior to the start of each session. 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 Meet Director before or during warm-ups. Deck entries must be paid for at the time of entry with exact change.</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. It is requested that teams sending swimmers without a coach notify the Meet Director via email upon submitting entries for the meet.</p>
SEEDING	<p>This meet will be pre-seeded for all events with the exception of the 400 freestyle on Saturday and the 400 IM on Sunday. A scratch table will be set up on deck and will close at approximately 11am each day.</p>
HOW TO ENTER	<p>All entries should be submitted using Hy-Tek's Team Manager Program. Any team submitting entries for more than five athletes and not using Team Manager must submit a surcharge of \$5 per athlete. Entries must be submitted in the course they were achieved. Upon receipt of all entries the meet director will convert all non-conforming times to long course meters for the purposed of seeding the meet. All entries must be submitted with an entry summary report.</p>
ENTRY FEES	<p>\$4 Per Event.</p>
MEET SURCHARGE	<p>\$4 Per swimmer for facility usage</p>

<p>SEND ENTRIES TO</p>	<p>Email is the preferred manner to send your entries in. Please send emailed entries (including entry report) to gcitswimming@yahoo.com. Please include the number of athletes and entries in the body of the email as well as a contact number for the person responsible for your team's entries. Entries can also be mailed to: GCSTPA; Box 293 ;Sewell, NJ 08080. Teams are asked to submit one check or money order to cover the cost of their collective entries. Make all checks payable to "GCSTPA".</p>
<p>ENTRY DEADLINE</p>	<p>All entries must be received by 5 pm on Thursday, April 14th. If sending the entries by express mail, be sure to waive the signature requirement. Entries received after 5 pm on April 14th will be treated as deck entries and subject to the deck entry requirements and stipulations.</p>
<p>RULES</p>	<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. YOU MUST PROVIDE EITHER CURRENT USA SWIMMING CREDENTIALS OR WRITTEN PROOF THAT YOU ARE CURRENTLY CERTIFIED BY USA SWIMMING TO BE ON THE POOL DECK. THERE WILL BE ABSOLUTELY NO DECK ACCESS FOR PERSONS NOT CREDENTIALLED BY USA SWIMMING UNLESS YOU ARE WORKING IN AN OFFICIAL MEET CAPACITY. THIS RULE WILL BE STRICTLY ENFORCED BY THE MEET SAFETY COMMITTEE.</p> <p>Positive check-in is required for the 400 free and 400 IM. The check-in table will close at approximately 11am each day.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures. Once a session starts the meet referee has all control over the meet as it takes place in the water. A timeline will be provided to all entered teams utilizing a 30 second heat interval. If the number of entries warrants, the "Over-Under" start will be used with a 20 second interval to conform with the 4 hour time limit.</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. Penalties may include fines or suspension at the discretion of the Middle Atlantic Swimming Board of Directors.</p>

SCORING & AWARDS	<p>There will be no scoring at this meet.</p> <p>Due to the late nature of this meet there will be no awards.</p>
PROGRAMS & ADMISSION	<p>One program for the entire meet will be for sale for \$10. Admission is \$2 per person per session. Children ages 5 and under will be admitted free of charge. Free admission and a heat sheet for that day's session will be given to any persons assisting in the running of the meet as necessary.</p>
RESULTS	<p>Results will be posted on the Middle Atlantic Swimming web site www.maswim.org as well as the GCIT Swim Team web site www.gcitaquatics.org. A results file will also be emailed to each club providing a valid email address (1 per club) upon entering the meet.</p> <p>THE SCOREBOARD IS THE UNOFFICIAL TIME. Problems may result from numbers on the board sticking or from the swimmer not touching the pads properly. All results will be reviewed by the meet scorer and certified by the Meet Referee when a discrepancy occurs. COACHES ONLY should notify the meet referee of any problems with the meet results (be it time or awards). Team officials are asked to report any discrepancies to the Meet Director within 24 hours of the meet results being distributed via email.</p>
DIRECTIONS	<p>For Directions please visit our website at www.gcitaquatics.org.</p>
ACCOMODATIONS	<p>HOLIDAY INN/RUNNEMEDE 856-939-4200</p>

SESSION 1
SATURDAY, APRIL 22, 2006
WARM-UP: 6:30 AM
EVENTS: 8:00 AM

Female Event #	Event Description	Male Event #
1	Senior 200 Back	2
3	13-14 200 Back	4
5	Senior 100 Breast	6
7	13-14 100 Breast	8
9	Senior 200 Fly	10
11	13-14 200 Fly	12
13	Senior 100 Free	14
15	13-14 100 Free	16
17	Senior 200 IM	18
19	13-14 200 IM	20

SESSION 2
WARM-UP: BEGINS 5 MINUTES AFTER THE END OF SESSION 1
EVENTS: 30 MINUTES AFTER THE END OF SESSION 1

Female Event #	Event Description	Male Event #
21	Senior 400 Free	22

SESSION 3
WARM-UP: 30 MINUTES AFTER THE END OF SESSION 2, NO EARLIER THAN 1 PM
MEET: NO EARLIER THAN 2 PM

FEMALE EVENT #	EVENT DESCRIPTION	MALE EVENT #
23	9-10 100 Fly	24
25	11-12 100 Fly	26
27	9-10 50 Back	28
29	11-12 50 Back	30
31	9-10 100 Free	32
33	11-12 100 Free	34
35	9-10 50 Breast	36
37	11-12 100 Breast	38
39	9-10 200 IM	40
41	11-12 200 IM	42

SESSION 4
SUNDAY, APRIL 23, 2006
WARM-UP: 6:30 AM
EVENTS: 8 AM

FEMALE EVENT #	EVENT DESCRIPTION	MALE EVENT #
43	Senior 200 Free	44
45	13-14 200 Free	46
47	Senior 100 Fly	48
49	13-14 100 Fly	50
51	Senior 50 Free	52
53	13-14 50 Free	54
55	Senior 100 Back	56
57	13-14 100 Back	58
59	Senior 200 Breast	60
61	13-14 200 Breast	62

SESSION 5
WARM-UP: BEGINS 5 MINUTES AFTER THE END OF SESSION 4
EVENTS: 30 MINUTES AFTER THE END OF SESSION 4

FEMALE EVENT #	EVENT DESCRIPTION	MALE EVENT #
63	Senior 400 IM	64

SESSION 6
WARM-UP: BEGINS 30 MINUTES AFTER THE END OF SESSION 5, NO EARLIER THAN 1 PM
EVENTS: NO EARLIER THAN 2 PM

FEMALE EVENT #	EVENT DESCRIPTION	MALE EVENT #
65	9-10 200 Free	66
67	11-12 200 Free	68
69	9-10 50 Fly	70
71	11-12 50 Fly	72
73	9-10 100 Back	74
75	11-12 100 Back	76
77	9-10 50 Free	78
79	11-12 50 Free	80
81	9-10 100 Breast	82
83	11-12 100 Breast	84

GCIT SPRING FLOOD 2006

ENTRY SUMMARY

Team: _____ **USA-S CLUB CODE:** _____

Name of Club: _____

USA Club Code: _____

Name(s) of Coach(es) _____

Address: _____

Phone #: _____ E-Mail: _____

Contact Person Responsible for Entries: _____

Phone #: _____

Fax #: _____

E-Mail: _____

Contact Person Regarding Timers and Officials: _____

Phone #: _____

Fax#: _____

E-Mail: _____

ENTRY FEE SUMMARY

Total # of Individual Entries _____ x \$4.00 = \$ _____

Total Amount of Entry \$ _____

Total # of Swimmers _____

Facility Usage Fee (\$4 per swimmer for all swimmers in the meet) _____

Swimmer Surcharge (\$5 per swimmer)* _____

MAKE CHECKS PAYABLE TO: GCSTPA

*Any team not submitting their entries electronically will be charged a \$5 per swimmer surcharge. Teams can not get around this by submitting swimmer entries individually. Meet Management will bill each club the proper surcharge fee once they have entered 5 swimmers in the meet. **Failure to remit entry fees or surcharge fees will result in the rejection of all entries.**

I attest that the athletes are currently registered with USA Swimming and that they have achieved the seed time recorded.

Signature of Head Coach or Authorized Team Representative