

2006 SPRING FLING SHORT COURSE "A/BB/C" MEET MAY 20-21, 2006

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, INC. SANCTION # MA 0688 A.

FACILITY:

6 LANE/25 YD POOL EQUIPPED W/COMPETITOR LANE LINES & PARAGON STARTING BLOCKS/12 FT DEPTH AT STARTING END. COLORADO 4000 STARTING SYSTEM W/6 LANE DISPLAY. SPECTATOR AREA W/SEATING FOR APPROXIMATELY 225 INDIVIDUALS. PARKING FOR 500 VEHICLES/REFRESHMENTS AVAILABLE IN OUR CONCESSION AREA.

DAY OF MEET EMERGENCY TELEPHONE 856/234-5898

MEET & SAFETY

DIRECTORS:

MEET/TODD BRYAN
856/985-5246

SAFETY/NICK KATSIKIANNIS
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 **MAY 20, 2006**, GOVERNS AGE GROUP PARTICIPATION FOR THE ENTIRE MEET.

ENTRY

LIMITATIONS:

MEET MANAGEMENT MAY ADD SESSIONS, SHIFT AN EVENT OR EVENTS TO FRIDAY EVENING, LIMIT THE NUMBER OF ENTRIES, ELIMINATE CERTAIN EVENTS AND/OR HEATS, AND ANY OTHER REASONABLE MODIFICATION TO THE MEET FORMAT AT THE DISCRETION OF THE MEET DIRECTOR IN ORDER TO COMPLETE SESSIONS WITHIN THE FOUR (4) HOUR SESSION LIMIT. NOTICE WILL BE PROVIDED PROMPTLY TO SWIMMERS AND TEAMS CONCERNING MODIFICATIONS TO THE MEET OR CHANGES TO ANY ENTRIES/EVENTS/HEATS. ENTRY FEES WILL BE REFUNDED TO TEAMS/SWIMMERS WHOSE ENTRIES HAVE BEEN REJECTED OR WHO ARE UNABLE TO COMPETE DUE TO LIMITATIONS.

WARM-UP &

START TIMES:

SATURDAY AND SUNDAY

AGES 9/10-SENIOR*
AGES 11-14*

WARM-UPS - 8:00 AM MEET - 8:50 AM
WARM-UPS - 1:30 PM MEET - 2:20 PM

WARM-UPS:

ASSIGNED WARM-UPS: 8:00 AM - 8:50 AM AND 1:30 PM - 2:20 PM. THERE WILL BE TWO 25-MINUTE WARM-UP PERIODS PER SESSION. *SPRINTS ARE INCLUDED AS A 5-MINUTE SEGMENT OF EACH WARM-UP PERIOD. ADDITIONAL WARM-UP SESSIONS MAY BE ADDED IF NECESSARY.* WARM-UP LANE ASSIGNMENTS WILL BE INCLUDED IN COACHES' PACKETS AND POSTED AROUND THE POOL DECK. LESSON POOL WILL BE AVAILABLE FOR WARM-UP/WARM-DOWN.

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 WHO WILL NOT BE ALLOWED TO SWIM IN HIS/HER NEXT INDIVIDUAL EVENT.

SEEDING:

ALL EVENTS WITH THE EXCEPTION OF THE 500 FREE AND 400 IM ARE PRESEDED TIMED FINALS. **11-14 & SENIOR 500 FREE AND 400IM ARE DECK SEEDED EVENTS WHICH REQUIRE POSITIVE CHECK- IN. EACH 11-14 EVENT WILL SWIM AS ONE EVENT AND BE SCORED SEPARATELY BY AGE GROUP. SWIMMERS MUST PROVIDE THEIR OWN TIMERS & LAP COUNTERS AS NECESSARY.*

SENIOR 500 FREE/400 IM
11/14 500 FREE/400 IM

PARTICIPATION MUST BE CONFIRMED BY 8:50 AM.
PARTICIPATION MUST BE CONFIRMED BY 2:20 PM.

2006 SPRING FLING SHORT COURSE "A/BB/C" MEET

SATURDAY, MAY 20, 2006

SESSION 1	AGES 9/10-SENIOR	WARM-UP 8:00 AM	START 8:50 AM
GIRLS EVENT#	EVENT		BOYS EVENT#
1	SENIOR 200 BREAST		2
3	9/10 50 BREAST		4
5	SENIOR 100 BACK		6
7	9/10 100 BACK		8
9	SENIOR 50 FREE		10
11	9/10 50 FREE		12
13	SENIOR 100 FLY		14
15	9/10 100 FLY		16
17	SENIOR 200 IM		18
19	9/10 200 IM		20
21	SENIOR 500 FREE*		22

SESSION 2	AGES 11-14	WARM-UP 1:30 PM	START 2:20 PM
GIRLS EVENT#	EVENT		BOYS EVENT#
23	11/14 200 BREAST		24
25	11/12 50 BREAST		26
27	13/14 100 BACK		28
29	11/12 100 BACK		30
31	13/14 50 FREE		32
33	11/12 50 FREE		34
35	13/14 100 FLY		36
37	11/12 100 FLY		38
39	13/14 200 IM		40
41	11/12 200 IM		42
43	11/14 500 FREE*		44

SUNDAY, MAY 21, 2006

SESSION 3	AGES 9/10-SENIOR	WARM-UP 8:00 AM	START 8:50 AM
GIRLS EVENT#	EVENT		BOYS EVENT#
45	9/10 100 IM		46
47	SENIOR 200 BACK		48
49	9/10 50 BACK		50
51	SENIOR 100 FREE		52
53	9/10 100 FREE		54
55	SENIOR 200 FLY		56
57	9/10 50 FLY		58
59	SENIOR 100 BREAST		60
61	9/10 100 BREAST		62
63	SENIOR 200 FREE		64
65	SENIOR 400 IM*		66

SESSION 4	AGES 11-14	WARM-UP 1:30 PM	START 2:20 PM
GIRLS EVENT#	EVENT		BOYS EVENT#
67	11/12 100 IM		68
69	11/14 200 BACK		70
71	11/12 50 BACK		72
73	13/14 100 FREE		74
75	11/12 100 FREE		76
77	11/14 200 FLY		78
79	11/12 50 FLY		80
81	13/14 100 BREAST		82
83	11/12 100 BREAST		84
85	11/14 400 IM*		86

*DECK SEEDED EVENT THAT REQUIRES POSITIVE CHECK-IN. SWIMMERS MUST PROVIDE THEIR OWN TIMERS AND LAP COUNTERS AS NECESSARY.

2006 SPRING FLING SHORT COURSE "A/BB/C" MEET
MAY 20-21, 2006

**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 jwmeets@jerseywahoos.org 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 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 ENTRIES COORDINATOR, AUTUMN HARVEST MEET C/O JERSEY WAHOOS. E-MAIL ENTRIES AND INQUIRIES MUST BE SUBMITTED TO jwmeets@jerseywahoos.org. TELEPHONE INQUIRIES PERTAINING TO ENTRIES MUST BE DIRECTED TO TODD BRYAN, MEET DIRECTOR AT 856/985-5246. THIS IS THE OFFICIAL RECEIPT POINT FOR ALL 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 TEN. FAILURE TO REMIT PAYMENT WILL RESULT IN REJECTION OF ENTRIES.

FEES:

\$3.00/INDIVIDUAL EVENT. \$5.00 SURCHARGE 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 HARVEST MEET ENTRIES C/O JERSEY WAHOOS AT 4101 CHURCH ROAD, MT. LAUREL, NJ 08054. **PAYMENT MUST BE RECEIVED BY THURSDAY, MAY 4, 2006, OR ENTRIES WILL BE REJECTED. NO EXCEPTIONS.**

CLOSE:

ALL ENTRIES MUST BE RECEIVED BY **5:00 PM, THURSDAY, MAY 4, 2006. LATE ENTRIES WILL NOT BE ACCEPTED.**

INQUIRIES:

REFER QUESTIONS ABOUT THE ENTRIES AND THE MEET TO TODD BRYAN, MEET DIRECTOR AT 856/985-5246 OR E-MAIL AT swimdog2@aol.com. THESE ARE THE OFFICIAL CONTACT POINTS FOR MEET INFORMATION AND ENTRIES. MEET MANAGEMENT IS NOT ACCOUNTABLE FOR MISINFORMATION PROVIDED FROM ANY OTHER SOURCE.

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

ADMISSION:

\$3.00 FOR ADMISSION AND PROGRAM PER SESSION.

RESULTS:

RESULTS WILL BE FINAL AND POSTED ON THE WAHOOS WEB SITE (www.jerseywahoos.org) WITHIN 48-HOURS OF THE CONCLUSION OF THE MEET AND TRANSMITTED BY E-MAIL TO ANY CLUB THAT PROVIDES A VALID E-MAIL ADDRESS. RESULTS WILL ALSO BE POSTED ON THE MIDDLE ATLANTIC WEBSITE (www.maswim.org). RESULTS WILL NOT BE MAILED TO CLUBS.

**2006 SPRING FLING SHORT COURSE "A/BB/C" MEET
MAY 20-21, 2006**

DECK ENTRIES: DECK ENTRIES WILL NOT BE ACCEPTED AT THE MEET.

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

SWIMMERS

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

SPECTATORS: SEATING IS FIRST COME/FIRST SERVED. SEATING ON THE LOWER DECK PRIMARILY FOR USE BY SWIMMERS AND COACHES. SPECTATORS ARE PROHIBITED FROM AREAS OF THE DECK THAT ARE IN USE BY COACHES AND OFFICIALS WITH CURRENT USA CREDENTIALS.

DIRECTIONS:

JERSEY WAHOOS IS LOCATED JUST OFF SOUTHBOUND ROUTE 73, BEHIND BENNIGAN'S, BELOW ROUTE 295 AND THE NEW JERSEY TURNPIKE(TAKE EXIT #4 TO ROUTE 73 SOUTH). CONTINUE ON ROUTE 73 SOUTH AND MAKE A RIGHT TURN INTO BENNIGAN'S. PROCEED TO THE PARKING LOT IN THE REAR OF BENNIGAN'S. YOU MAY PARK IN THIS LOT OR IN THE WAHOOS' PARKING LOT.

ACCOMODATIONS:

LAUREL INN 550 FELLOWSHIP RD. MT. LAUREL, NJ 856/235-7400	HOJO EXPRESS 1104 ROUTE 73 MT. LAUREL, NJ 856/778-3500	WYNDHAM 1111 ROUTE 73 MT. LAUREL, NJ 856/234-7000	MARIOTT COURTYARD 1000 CENTURY PARKWAY MT. LAUREL, NJ 856/273-4400
FAIRFIELD INN 350 CENTURY BLVD. MT. LAUREL, NJ 856/642-0600 ASK FOR PAT	STAYBRIDGE SUITES 4115 CHURCH RD. MT LAUREL NJ 08054 856-722-1900		

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: _____

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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