

**MIDDLE ATLANTIC SWIMMING  
2007 Summer  
Junior Olympic Championships**

**Hosted by  
LANCASTER AQUATIC CLUB**



**Golden Meadows Swim Center @ Workouts Fitness  
Lancaster, PA**

**Thursday - Sunday, July 26-29, 2007**

Held under the sanction of Middle Atlantic Swimming

Meet Sanction – MA 07101 AG  
Time Trials Sanction – MA 07101 TT

<b>Meet Site Director:</b>	<b>Ned Yoskoski</b>
<b>Safety Director:</b>	<b>Joanne Mongeau</b>
<b>Meet Manager:</b>	<b>Nancy Yoskoski</b>
<b>Meet Referee:</b>	<b>Fred Killian</b>
<b>General Chair:</b>	<b>Mike Seip</b>
<b>Age Group Chair:</b>	<b>Matt Sprang</b>
<b>Administrative Chair:</b>	<b>Fred Frank</b>
<b>Officials Chair:</b>	<b>Fred Killian</b>
<b>Middle Atlantic Office:</b>	<b>(302) 429-6288</b> <a href="mailto:office@maswim.org">office@maswim.org</a>

Please review the notes on page two of this meet packet.



MIDDLE  
ATLANTIC  
SWIMMING



## Notes on the 2007 Long Course Junior Olympics

- ✂ Swimmers who qualify for FINALS and do not compete are disqualified from participation in the remainder of the meet; Swimmers who qualify for FINALS on their last meet day and do not compete are subject to a \$50 fine. These penalties do not apply if the swimmer has appropriately scratched at Prelims, or is originally listed as an Alternate.
- ✂ 10 & Under events are Timed Finals; most 11-12, 13-14 and 15-19 events are Prelims/Finals and will have both A- and B-Finals.
- ✂ All swimmers, including relay-only swimmers, are subject to a \$3 surcharge. All relay-only swimmers must be entered into the meet prior to the entry deadline.
- ✂ Swimmers are limited to three (3) individual events each day and nine (9) total events.
- ✂ Swimmers eight (8) years and younger may enter 10 & Under events if they have achieved the event qualifying time.
- ✂ All 10&Under Relays will swim in the afternoon. The top eight (8) seeded relays (after check -in) for 11-12, 13-14, and 15-19 will swim at Finals. All other relays will swim during the Prelims sessions.
- ✂ All Thursday evening swimmers and relays must provide their own Timers. Swimmers in the 800 Free must also provide their own lap counter.
- ✂ **Make entry fee checks payable to: LANCASTER AQUATIC CLUB.**

### NEW FOR 2007

- ✂ **Bonus events will be allowed in this meet; any swimmer having a qualifying time in one event may enter one additional event; any swimmer having two or more qualifying times may enter two additional events. Bonus events are included in the daily limit of three (3) and the meet limit of nine (9) individual events. Swimmers must have an entry time to swim any bonus event. Bonus swims in events 400 meters or longer will be at the discretion of the Meet Director.**
- ✂ **'Fly-over' starts will be used at the morning and afternoon sessions.**
- ✂ The 11-12 400 IM is a Timed Final event, swum during the Sunday afternoon session only.

<b>LOCATION</b>	Golden Meadows Swim Center at Workouts Fitness Center 2301 Harrisburg Pike Lancaster, PA 17603 Day of meet ONLY emergency phone number: 717-392-3240
<b>FACILITIES</b>	<p>OUTDOOR competition pool is 50 meters; 8 lanes with non-turbulent lane lines. Water depth is 12 feet at the starting end; and 3.5 - 4.0 feet at the turn end. The limited shallow-end water depth will require an in-water start for the 2<sup>nd</sup> and 4<sup>th</sup> swimmers in the 200-meter relays.</p> <p>Colorado electronic timing system, with a single line scoreboard.</p> <p>An indoor 25-yd pool will be available for warm -up and warm -down throughout the Meet. There will no breaks during competition in the main pool.</p> <p>Free parking is available.</p> <p>Hospitality will be available at all sessions for coaches, officials and volunteer workers. A snack bar will be provided for spectators.</p> <p>JOs T-shirts will be available for purchase.</p> <p>A Speedo vendor will be on site to sell suits and equipment.</p> <p>There are no provisions for Spectator seating. You are encouraged to bring lawn chairs. Team tents are suggested. Contact Tents for Rent at 717-733-9700.</p>
<b>MEET DIRECTOR</b>	Ned Yoskoski, 717-653-8156 (h) E-mail team entries to: <a href="mailto:lacmeetentry@yahoo.com">lacmeetentry@yahoo.com</a> Please put LC JO Entry in subject line. Please refer all questions to the above e-mail address.
<b>SAFETY DIRECTOR</b>	Joanne Mongeau - <a href="mailto:mongeau3@verizon.net">mongeau3@verizon.net</a>
<b>OFFICIALS</b>	<p>Meet Referee – Fred Killian (302-994-3389) E-mail: <a href="mailto:FK42@aol.com">FK42@aol.com</a></p> <p>Middle Atlantic Officials will be contacted via e-mail prior to the Meet to determine their availability. All Officials are urged to work when present at the Meet. If you are not contacted but will be at the Meet, please contact Gary Gehman at <a href="mailto:gehman2570@comcast.net">gehman2570@comcast.net</a> (phone 717-569-2998) or report to the Referee at the start of warm-ups ready to work.</p>
<b>ELIGIBILITY</b>	<p>All swimmers must be currently registered with USA Swimming. <b>The meet is limited to Middle Atlantic registered swimmers only.</b> Age group is determined by the swimmer's age on Thursday, July 26, 2007.</p> <p><b>Swimmers are limited to three (3) individual events and one (1) relay per day; swimmers are limited to nine (9) total individual events in the Meet.</b></p> <p><b>Bonus events will be allowed in this meet; any swimmer having a qualifying time in one event may enter one (1) additional event; any swimmer having two or more qualifying times may enter two (2) additional events. Bonus events count towards the daily and total meet entry limitations.</b></p> <p>Qualifying times must have been <b>achieved on or after January 1, 2005.</b> Entry times must be equal to or faster than the Qualifying Times shown in the attached Tables. All entry times must be from a USA Swimming Sanctioned, Observed or Approved meet or a Middle Atlantic Accepted meet. <b>YMCA and high school times are not acceptable unless that particular meet was granted one of the above statuses.</b> <i>Penalties will be imposed upon the swimmer when any coach, parent or swimmer enters a time other than the swimmer's best time for any particular event, and could cause the swimmer to be suspended from competition for a minimum of three months, but not more than one year. Further violations by a coach or parent could result in that person being forbidden to participate in, or attend, USA Swimming functions.</i></p>

<b>ENTRY LIMITATIONS</b>	The Meet Director reserves the right to limit the number of heats in certain events, or to limit the number of entries per swimmer, or to otherwise modify the meet format, in order to run the meet in a timely manner.																		
<b>WARM-UP &amp; START TIMES</b>  <b>ORDER OF EVENTS AND QUALIFYING TIMES ARE ON THE ATTACHED SHEET</b>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;"></td> <td style="text-align: center;"><b>WARM UP</b></td> <td style="text-align: center;"><b>START</b></td> </tr> <tr> <td><b>Thursday</b></td> <td style="text-align: center;"><b>4:30pm</b></td> <td style="text-align: center;"><b>5:30pm</b></td> </tr> <tr> <td colspan="3"><b>Friday - Sunday</b></td> </tr> <tr> <td style="padding-left: 20px;"><b>13/O Prelims</b></td> <td style="text-align: center;"><b>6:30am</b></td> <td style="text-align: center;"><b>8:00am</b></td> </tr> <tr> <td style="padding-left: 20px;"><b>12/Under Prelims/TF</b></td> <td style="text-align: center;"><b>11:30 am</b></td> <td style="text-align: center;"><b>12:30pm</b></td> </tr> <tr> <td><b>Finals</b></td> <td style="text-align: center;"><b>4:30pm</b></td> <td style="text-align: center;"><b>5:30pm</b></td> </tr> </table> <p>Fly-over starts will be utilized at both morning and afternoon sessions in order to facilitate the running of the meet; except when Backstroke starts are used, swimmers should remain in the water until after the start of the next heat. The afternoon sessions will begin no earlier than the above times, depending on the length of the morning sessions. Finals times may be delayed depending on the length of the afternoon sessions.</p>		<b>WARM UP</b>	<b>START</b>	<b>Thursday</b>	<b>4:30pm</b>	<b>5:30pm</b>	<b>Friday - Sunday</b>			<b>13/O Prelims</b>	<b>6:30am</b>	<b>8:00am</b>	<b>12/Under Prelims/TF</b>	<b>11:30 am</b>	<b>12:30pm</b>	<b>Finals</b>	<b>4:30pm</b>	<b>5:30pm</b>
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<b>RELAYS</b>	<p>All Relays are Timed Finals and will be deck seeded. All 10/U Relays will be swum at the afternoon session. The top eight (8) seeded 11-12, 13-14 and 15-19 Relays will swim at Finals; all other Relays will swim at the end of the Prelims sessions.</p> <p>A swimmer does not have to be entered in an Individual Event at the Meet in order to swim on a Relay, but all relay swimmers must be entered in the meet by the entry deadline and are subject to the \$3 surcharge. Only two (2) Relays from a Team will score in an event, although additional Relays may be entered. <b>All relay cards must be returned to the Admin Referee at a designated time during each Prelims session. Failure to do so will result in a relay not being seeded. Relays seeded in the top-8 are expected to swim at Finals unless an alternate relay is found.</b></p>																		
<b>DECK ENTRIES</b>  <b>TIME TRIALS</b>	<p>Deck entries will not be accepted.</p> <p>Time Trials will be available after each session on Friday, Saturday and Sunday, time permitting, or at other times determined by the Meet Referee: \$6.00 per individual swim, \$12.00 per relay. Middle Atlantic Time Trials policy will be followed. Time Trial Events count in the total allowable events to be swum in one day. <b>Time Trial results can be used for entry to the Eastern Zone LC Championship Meet.</b></p>																		
<b>SEEDING &amp; FORMAT</b>	<p>Positive check-in will be required for all events 400 meters and longer in order to be seeded. All events 200 meters and shorter will be pre-seeded; however, the Meet Director reserves the right to require positive check-in for certain 200 meter events if it is deemed necessary to keep the Meet within the allowable time limits. Positive check-in events will generally close for seeding thirty minutes before the expected starting time for that event</p> <p>Entry times must be submitted in the course in which they were achieved. All entries other than LC will be treated as Non-Conforming, and will be seeded according to USA Swimming Rules (i.e., they will not be converted and will be seeded AFTER all LC entry times).</p> <p><b><i>The 11-12, 13-14 and 15-19 age groups will have a B-Final (9-16) and A-Final (1-8), swum in that order, in all events except those listed as Timed Finals.</i></b></p> <p><b><i>The 12 &amp; under 400 Free and the 800 Free on Thursday will swim fastest to slowest, alternating Girls and Boys. The 1500 Free on Sunday will</i></b></p>																		



	<p>of lanes only. The Referee may remove anyone from the warm-up for failure to comply with appropriate warm-up rules and procedures.</p> <p>Only currently credentialed coaches, registered athletes and registered essential meet personnel will be permitted on deck. All coaches must display their 2007 USA Swimming Coach Membership Card. Officials and meet personnel must display their 2007 Non-athlete Membership Card. This requirement will be strictly enforced! This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p>																											
<p><b>SCRATCH POLICY</b></p>	<p>Any swimmer who does not swim a pre-seeded preliminary or timed-final event will not be penalized.</p> <p>Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next Individual event, either on the same or next meet day.</p> <p>Any swimmer who qualifies for Finals in a Preliminary/Finals event and does not swim that event at Finals will be barred from the rest of the Meet (including Relays) unless the swimmer has scratched, or indicated their possible intention to scratch, within thirty (30) minutes of the announcement of the Preliminary results of the event; swimmers indicating a possible intention to scratch must confirm their intention within thirty (30) minutes of the announcement of the Preliminary results of that swimmer's last individual event at the Preliminary session. A swimmer who does not confirm their intention will not be scratched and will be seeded into the event and expected to swim. Swimmers initially announced as Alternates for the Finals heats will not be so penalized.</p> <p>A swimmer may take a Declared False Start in a Preliminary or Timed Final event, including deck-seeded events. At Finals, a Declared False Start, deliberate Delay of Meet False Start or other action to non-compete will be subject to the penalty for non-competition.</p> <p>Any swimmer that qualifies for and fails to compete in a Finals heat, or is seeded into a deck-seeded Timed Final heat that swims at Finals and then fails to swim, on the last night of competition (or that swimmer's final day of competition) will be subject to a \$50 fine. Such swimmer will be suspended from MA Championship or other MA hosted meets until the fine is paid.</p>																											
<p><b>PROOF OF TIME FINES &amp; DEADLINES</b></p>	<p>Middle Atlantic Swimming will notify each Team regarding any swimmer on the Team who does not swim the qualifying time at the meet; those swimmers will be required to prove their entry time. If the entry time cannot be proven, a \$50 fine per event will be levied against the swimmer, to be paid within the time specified by Middle Atlantic. Swimmers not satisfying this requirement will be suspended from further competition in Middle Atlantic sponsored meets until the fine is paid. Bonus events are excepted from this policy.</p>																											
<p><b>SCORING &amp; AWARDS</b></p>	<table border="0"> <tr> <td>Individual:</td> <td>10&amp;under</td> <td>Medals 1-8</td> </tr> <tr> <td></td> <td>11-12, 13-14</td> <td>Medals 1-9</td> </tr> <tr> <td>Relays:</td> <td>All age groups</td> <td>Medals 1-3 (exc 15-19)</td> </tr> <tr> <td>High Point</td> <td>Team:</td> <td>Combined</td> </tr> <tr> <td></td> <td>Age Group:</td> <td>For each gender</td> </tr> <tr> <td></td> <td>Individual:</td> <td>For each gender and age group</td> </tr> <tr> <td>Scoring for individual events</td> <td>20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1</td> <td></td> </tr> <tr> <td>Scoring for relays</td> <td>40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2</td> <td></td> </tr> <tr> <td></td> <td colspan="2">(max of two relays per team per age group score)</td> </tr> </table>	Individual:	10&under	Medals 1-8		11-12, 13-14	Medals 1-9	Relays:	All age groups	Medals 1-3 (exc 15-19)	High Point	Team:	Combined		Age Group:	For each gender		Individual:	For each gender and age group	Scoring for individual events	20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1		Scoring for relays	40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2			(max of two relays per team per age group score)	
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<p><b>PROGRAMS &amp; ADMISSION</b></p>	<p>Program: 3-1/2 Day-\$12.00; coupons for finals in program/\$3 without coupon.</p>																											

	Admission \$3.00 per day. 8 and under spectators – free. Finals – free admission.
<b>TEAM WORK ASSIGNMENTS</b>	<p>Every Team entered will be responsible for supplying workers for the Meet. This is a mandatory duty and is necessary for the smooth running of the Meet. If the Team’s workers do not report when called, that Team’s swimmers may not be allowed to swim. Each Team’s contact person will be contacted in order to organize our work force.</p> <p>Teams are also asked to keep their team area clean. It is important that Middle Atlantic Swimming respect the facilities that they use.</p>
<b>RESULTS</b>	<p>Will be posted on the Middle Atlantic website <a href="http://www.maswim.org">www.maswim.org</a>  No disks will be returned with final meet results.</p>
<b>DIRECTIONS</b>	<p>From West – Take PA Turnpike to Lancaster exit, (I-283 Exit 247). Just past toll booth bear right onto Rt. 283 East toward Lancaster. Follow Rt. 283 to Pa-722 exit. Turn right at end of off ramp onto State Road. Proceed to the traffic light at Harrisburg Pike. Turn left onto Harrisburg Pike. Pool is 1.3 miles on the left.</p> <p>From North – South via Rt. 81. Take the exit for Harrisburg and follow Rt. 83 South 3 miles until the exit for Rt. 283. Then follow directions from the west.</p> <p>From East – Follow Rt. 30 West, exit at Harrisburg Pike (same exit as Franklin and Marshall). Turn <b>right</b> onto Harrisburg Pike. Follow Harrisburg Pike past the Lancaster Health Campus, cross Rt. 741, pool is 0.3 of a mile on right.</p> <p>From South – Rt. 83 North to US Rt. 30 East. Exit Pa-741. Turn left onto PA-741 Rohrerstown Road. Turn left onto Harrisburg Pike; pool is 0.3 of a mile on right.</p>
<b>ACCOMMODATIONS</b>	<p>Park Plaza – 5000 Centerville Road, Lancaster, PA 17603 Ph: 717-898-2431</p> <p>Hampton Inn – 545 Greenfield Road, Lancaster, PA Ph: 717-299-1200</p> <p>Hilton Garden Inn – 101 Granite Run Road, Lancaster, PA Ph: 717-560-0880</p> <p>Eden (Best Western) – 222 Eden Road, Lancaster, PA Ph: 717-569-6444</p> <p>Fairfield Inn – 150 Granite Run Road, Lancaster, PA Ph: 717-581-1800</p> <p>Hawthorn Inn and Suites – 2045 Lincoln Hwy East, Lancaster, PA 717-290-7100</p> <p>Holiday Inn – 521 Greenfield Road, Lancaster, PA 717-299-2551</p> <p>Quality Inn and Suites – 2364 Oregon Pike, Lancaster, PA 717-569-0477</p> <p>Country Inn and Suites – 2260 Lincoln Hwy East, Lancaster, PA 17602 717-299-4460</p> <p>Country Inn and Suites – 1475 Lancaster Road (Rt. 72) Manheim, PA 17545 717-665-5440</p> <p>Sleep Inn – 310 Primrose Lane, Mountville, PA 17554 717-285-0444</p> <p>Main Stay Suites – 314 Primrose Lane, Mountville, PA 17554 717-285-2500</p> <p>Marriott Court Yard – Lancaster, PA Ph: 717-393-3600</p>

# ORDER OF EVENTS

Thursday – Timed Finals								
Warm up 4:30 pm    Meet start 5:30 pm								
GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
1	12:07.59	10:36.69	10:47.99	<b>13-14 800 Free</b>	10:31.29	10:15.99	11:43.89	2
	11:55.89	10:26.49	10:41.89	<b>15-19 800 Free</b>	10:04.59	9:48.19	11:12.19	
3	6:48.39	5:57.39	6:09.69	<b>10/U 400 Free</b>	6:06.79	5:54.09	6:44.59	4
	6:04.29	5:18.79	5:32.29	<b>11-12 400 Free</b>	5:30.89	5:20.29	6:06.09	
5				<b>13-14 800 Free Relay</b>				6
				<b>15-19 800 Free Relay</b>				

Age groups will swim combined in the 800 Free, 400 Free and the 800 Free Relay, and score separately. All events will swim fast to slow, alternating girls and boys.

All Thursday evening swimmers and relays must provide their own Timers; swimmers in the 800 Free must provide their own counter.

Friday Morning Prelims								
Warm up 6:30 am    Meet start 8:00 am								
GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
7	1:06.79	1:14.59	1:18.39	<b>15-19 100 Back</b>	1:11.99	1:10.69	1:03.29	8
9	1:08.09	1:15.49	1:19.69	<b>13-14 100 Back</b>	1:15.59	1:11.69	1:04.89	10
11	2:05.49	2:19.99	2:25.39	<b>15-19 200 Free</b>	2:17.39	2:08.79	1:55.39	12
13	2:09.89	2:24.99	2:28.59	<b>13-14 200 Free</b>	2:24.99	2:19.19	2:04.69	14
15	1:05.29	1:12.89	1:16.09	<b>15-19 100 Fly</b>	1:09.09	1:06.79	59.79	16
17	1:07.39	1:14.89	1:17.59	<b>13-14 100 Fly</b>	1:12.69	1:10.79	1:04.09	18
19	5:14.09	5:47.09	5:57.59	<b>15-19 400 IM</b>	5:29.99	5:19.49	4:49.09	20
21	5:21.49	5:58.79	6:03.19	<b>13-14 400 IM</b>	5:46.79	5:34.69	5:02.89	22
23				<b>15-19 400 Free Relay</b>				24
25				<b>13-14 400 Free Relay</b>				26

Fastest heat of each Relay will swim at Finals.

Friday Afternoon Prelims								
Warm up 11:30 am    Meet start 12:30 pm								
GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
27	1:20.79	1:30.19	1:33.79	<b>11-12 100 Breast</b>	1:33.89	1:29.79	1:21.29	28
29	1:33.39	1:43.19	1:47.49	<b>10/U 100 Breast</b>	1:46.99	1:44.49	1:34.09	30
31	2:16.19	2:32.09	2:39.69	<b>11-12 200 Free</b>	2:36.19	2:31.19	2:16.89	32
33	2:36.39	2:52.79	2:59.89	<b>10/U 200 Free</b>	2:54.39	2:50.89	2:33.89	34
35	32.09	35.69	36.79	<b>11-12 50 Fly</b>	36.79	35.79	32.39	36
37	37.49	41.69	42.09	<b>10/U 50 Fly</b>	41.49	40.49	36.69	38
39	2:37.09	2:53.59	3:00.69	<b>11-12 200 Back</b>	3:01.59	2:49.99	2:33.79	40
41				<b>10/U 200 Free Relay</b>				42
43				<b>11-12 200 Free Relay</b>				44

Fastest heat of each 11-12 Relay will swim at Finals.

<b>FRIDAY – FINALS</b>		
<b>GIRLS</b>	<b>Event</b>	<b>BOYS</b>
43	11-12 200 Free Relay – F1	44
7	15-19 100 Back	8
9	13-14 100 Back	10
27	11-12 100 Breast	28
11	15-19 200 Free	12
13	13-14 200 Free	14
31	11-12 200 Free	32
15	15-19 100 Fly	16
17	13-14 100 Fly	18
35	11-12 50 Fly	36
19	15-19 400 IM	20
21	13-14 400 IM	22
39	11-12 200 Back	40
23	15-19 400 Free Relay – F1	24
25	13-14 400 Free Relay – F1	26

<b>Saturday Morning Prelims</b>								
<b>Warm up 6:30 am Meet start 8:00 am</b>								
<b>GIRLS</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>Event</b>	<b>LCM</b>	<b>SCM</b>	<b>SCY</b>	<b>BOYS</b>
45	2:26.49	2:43.49	2:47.59	15-19 200 Back	2:34.89	2:26.59	2:13.59	46
47	2:25.69	2:42.69	2:51.99	13-14 200 Back	2:42.99	2:34.19	2:19.69	48
49	1:15.79	1:24.59	1:29.79	15-19 100 Breast	1:20.59	1:16.49	1:09.19	50
51	1:17.49	1:25.89	1:30.09	13-14 100 Breast	1:23.59	1:19.89	1:12.29	52
53	2:27.29	2:42.79	2:44.69	15-19 200 Fly	2:32.19	2:28.69	2:14.59	54
55	2:28.59	2:44.19	2:49.59	13-14 200 Fly	2:41.59	2:37.19	2:22.29	56
57	26.99	32.39	31.89	15-19 50 Free	28.79	26.89	24.09	58
59	27.49	30.49	31.89	13-14 50 Free	30.69	28.89	25.89	60
61	5:44.99	5:01.89	5:12.89	15-19 400 Free	4:53.29	4:40.29	5:20.29	62
63	5:53.69	5:09.49	5:16.59	13-14 400 Free	5:06.29	4:53.29	5:35.09	64
65				15-19 400 Med Relay				66
67				13-14 400 Med Relay				68

Fastest heat of each Relay will swim at Finals.

Saturday Afternoon Prelims								
Warm up 11:30 am Meet start 12:30 pm								
GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
69	2:36.69	2:54.89	3:00.19	11-12 200 IM	2:58.09	2:53.09	2:36.69	70
71	2:55.99	3:07.29	3:22.59	10/U 200 IM	3:20.89	3:16.09	2:56.29	72
73	37.59	41.79	43.19	11-12 50 Breast	43.69	41.49	37.69	74
75	41.99	46.49	48.79	10/U 50 Breast	48.99	47.79	42.99	76
77	1:12.09	1:20.49	1:26.29	11-12 100 Back	1:24.09	1:20.69	1:13.09	78
79	1:22.19	1:30.89	1:35.49	10/U 100 Back	1:34.69	1:30.19	1:21.69	80
81	28.59	31.99	33.59	11-12 50 Free	33.09	31.69	28.59	82
83	32.49	36.29	38.49	10/U 50 Free	36.79	36.19	32.39	84
85	2:44.69	3:01.99	3:07.89	11-12 200 Fly	3:02.19	2:54.89	2:38.29	86
87				10/U 200 Med Relay				88
89				11-12 200 Med Relay				90

Fastest heat of each 11-12 Relay will swim at Finals.

SATURDAY – FINALS		
GIRLS	Event	BOYS
89	11-12 200 Med Relay - F1	90
45	15-19 200 back	46
47	13-14 200 Back	48
69	11-12 200 IM	70
49	15-19 100 Breast	50
51	13-14 100 Breast	52
73	11-12 50 Breast	74
53	15-19 200 Fly	54
55	13-14 200 Fly	56
77	11-12 100 Back	78
57	15-19 50 Free	58
59	13-14 50 Free	60
81	11-12 50 Free	82
61	15-19 400 Free	62
63	13-14 400 Free	64
85	11-12 200 Fly	86
65	15-19 400 Med Relay -F1	66
67	13-14 400 Med Relay - F1	68

Sunday Morning Prelims								
Warm up 6:30 am Meet start 8:00 am								
GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
91	2:47.29	3:06.79	3:08.49	15-19 200 Breast	2:54.29	2:45.89	2:30.09	92
93	2:47.99	3:05.69	3:11.99	13-14 200 Breast	3:02.39	2:52.69	2:36.29	94
95	58.39	1:04.89	1:08.09	15-19 100 Free	1:03.09	58.59	52.49	96
97	59.59	1:05.89	1:09.29	13-14 100 Free	1:06.39	1:01.89	55.59	98
99	2:24.99	2:43.29	2:46.09	15-19 200 IM	2:37.19	2:33.39	2:17.39	100
101	2:25.79	2:42.79	2:48.39	13-14 200 IM	2:44.59	2:35.99	2:20.49	102
103	19:59.89	19:51.99	20:28.49	15-19 1500 Free	19:22.99	18:41.39	18:47.49	104
	20:12.19	20:05.09	20:39.79	13-14 1500 Free	20:14.39	19:32.59	19:39.49	

Fastest heat of 1500 Free will swim at Finals; remaining heats will swim at Prelims, fast to slow, alternating girls and boys. Swimmers at Prelims must provide their own timer and counter.

Sunday Afternoon Prelims								
Warm up 11:30 am Meet start 12:30 pm								
GIRLS	SCY	SCM	LCM	Event	LCM	SCM	SCY	BOYS
105	5:54.59	6:31.89	6:42.49	11-12 400 IM	6:24.29	6:11.99	5:36.69	106
107	33.09	36.79	39.19	11-12 50 Back	38.79	37.59	33.79	108
109	37.99	42.19	43.69	10/U 50 Back	44.69	42.59	38.29	110
111	1:13.29	1:21.79	1:24.09	11-12 100 Fly	1:23.09	1:20.19	1:12.49	112
113	1:26.69	1:35.09	1:39.69	10/U 100 Fly	1:38.19	1:36.29	1:26.69	114
115	1:01.29	1:08.49	1:13.59	11-12 100 Free	1:11.59	1:09.09	1:02.19	116
117	1:11.39	1:19.29	1:21.89	10/U 100 Free	1:21.59	1:18.19	1:10.79	118
119	2:57.69	3:16.29	3:23.69	11-12 200 Breast	3:21.19	3:11.09	2:52.99	120
121				10/U 400 Free Relay				122
123				11-12 400 Free Relay				124

11-12 400 IM is Timed Finals – swum at Prelims only. Fastest heat of each 11-12 Relay will swim at Finals.

SUNDAY – FINALS		
GIRLS	Event	BOYS
123	11-12 400 Free Relay - F1	124
103	13-19 1500 Free - F1	104
107	11-12 50 Back	108
91	15-19 200 Breast	92
93	13-14 200 Breast	94
111	11-12 100 Fly	112
95	15-19 100 Free	96
97	13-14 100 Free	98
115	11-12 100 Free	116
99	15-19 200 IM	100
101	13-14 200 IM	102
119	11-12 200 Breast	120

# LONG COURSE JOs - SUMMARY SHEET

THIS FORM **MUST** ACCOMPANY THE OFFICIAL ENTRY BLANK

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_

Head Coach \_\_\_\_\_

Coach's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone: Daytime ( ) \_\_\_\_\_ Evening ( ) \_\_\_\_\_

Person designated to receive entry limitation information, if needed:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Mail Entries to: **Lancaster Aquatic Club JO Entries**  
309 School Lane  
Mount Joy, PA 17552

**Phone: (717) 653-9642**  
**Fax: (717) 653-8156**  
**email: lacmeetentry@yahoo.com**

ENTRY DEADLINE: Must be received by 5:00 pm, Wednesday, July 11, 2007  
No entries will be accepted after that date.

Please make checks payable to Lancaster Aquatic Club, one check per club, please.

## ENTRY FEES:

\_\_\_\_\_ # of swimmers x \$3 surcharge \$ \_\_\_\_\_ (everybody pays this)  
Include relay-only swimmers

\_\_\_\_\_ Individual Events @ \$5.00 \$ \_\_\_\_\_

\_\_\_\_\_ Relay Teams @ \$10.00 \$ \_\_\_\_\_

\_\_\_\_\_ Manual processing fee @ \$5.00 \$ \_\_\_\_\_  
(For non-disk entry of swimmers only)  
Per swimmer fee

**Total** \$ \_\_\_\_\_

Payment to be received by Friday, July 13, 2007

**Total swimmers entered in meet:** \_\_\_\_\_

WORKER CONTACT PERSON: THIS PERSON WILL BE RESPONSIBLE FOR OBTAINING THE WORKERS FOR YOUR CLUB FOR THIS MEET. THE AGE GROUP COMMITTEE WILL CONTACT THEM AFTER THE ENTRIES ARE SUBMITTED. NO ENTRIES WILL BE ACCEPTED WITHOUT THIS INFORMATION.

NAME: \_\_\_\_\_

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

FAX NUMBER: \_\_\_\_\_

EMAIL (preferred) \_\_\_\_\_

*I certify that all swimmers from this team entered in this meet are current members of USA Swimming and that all coaches from this team who will attend the meet hold current USA Swimming coaching credentials.*

***Head coach's signature*** \_\_\_\_\_





**2006-07  
JUNIOR OLYMPIC TIME STANDARDS**

Approved 10/04

GIRLS				BOYS		
JO LC	JO SCM	JO SCY	10/Under	JO SCY	JO SCM	JO LC
:38.49	:36.29	:32.49	<b>50 Free</b>	:32.39	:36.19	:36.79
1:21.89	1:19.29	1:11.39	<b>100 Free</b>	1:10.79	1:18.19	1:21.59
2:59.89	2:52.79	2:36.39	<b>200 Free</b>	2:33.89	2:50.89	2:54.39
6:09.69	5:57.39	6:48.39	<b>500 Free</b>	6:44.59	5:54.09	6:06.79
:43.69	:42.19	:37.99	<b>50 Back</b>	:38.29	:42.59	:44.69
1:35.49	1:30.89	1:22.19	<b>100 Back</b>	1:21.69	1:30.19	1:34.69
:48.79	:46.49	:41.99	<b>50 Breast</b>	:42.99	:47.79	:48.99
1:47.49	1:43.19	1:33.39	<b>100 Breast</b>	1:34.09	1:44.49	1:46.99
:42.09	:41.69	:37.49	<b>50 Fly</b>	:36.69	:40.49	:41.49
1:39.69	1:35.09	1:26.69	<b>100 Fly</b>	1:26.69	1:36.29	1:38.19
N/A	1:31.39	1:22.29	<b>100 IM</b>	1:21.49	1:29.79	N/A
3:22.59	3:07.29	2:55.99	<b>200 IM</b>	2:56.29	3:16.09	3:20.89

GIRLS				BOYS		
JO LC	JO SCM	JO SCY	11/12 YO	JO SCY	JO SCM	JO LC
:33.59	:31.99	:28.59	<b>50 Free</b>	:28.59	:31.69	:33.09
1:13.59	1:08.49	1:01.29	<b>100 Free</b>	1:02.19	1:09.09	1:11.59
2:39.69	2:32.09	2:16.19	<b>200 Free</b>	2:16.89	2:31.19	2:36.19
5:32.29	5:18.79	6:04.29	<b>400/500 Free</b>	6:06.09	5:20.29	5:30.89
:39.19	:36.79	:33.09	<b>50 Back</b>	:33.79	:37.59	:38.79
1:26.29	1:20.49	1:12.09	<b>100 Back</b>	1:13.09	1:20.69	1:24.09
3:00.69	2:53.59	2:37.09	<b>200 Back</b>	2:33.79	2:49.99	3:01.59
:43.19	:41.79	:37.59	<b>50 Breast</b>	:37.69	:41.49	:43.69
1:33.79	1:30.19	1:20.79	<b>100 Breast</b>	1:21.29	1:29.79	1:33.89
3:23.69	3:16.29	2:57.69	<b>200 Breast</b>	2:52.99	3:11.09	3:21.19
:36.79	:35.69	:32.09	<b>50 Fly</b>	:32.39	:35.79	:36.79
1:24.09	1:21.79	1:13.29	<b>100 Fly</b>	1:12.49	1:20.19	1:23.09
3:07.89	3:01.99	2:44.69	<b>200 Fly</b>	2:38.29	2:54.89	3:02.19
N/A	1:19.79	1:11.89	<b>100 IM</b>	1:12.39	1:20.39	N/A
3:00.19	2:54.89	2:36.69	<b>200 IM</b>	2:36.69	2:53.09	2:58.09
6:42.49	6:31.89	5:54.59	<b>400 IM</b>	5:36.69	6:11.99	6:24.29

**2006-07  
JUNIOR OLYMPIC TIME STANDARDS**

Approved 10/04

GIRLS			13/14 YO	BOYS		
JO LC	JO SCM	JO SCY		JO SCY	JO SCM	JO LC
:31.89	:30.49	:27.49	<b>50 Free</b>	:25.89	:28.89	:30.69
1:09.29	1:05.89	:59.59	<b>100 Free</b>	:55.59	1:01.89	1:06.39
2:28.59	2:24.99	2:09.89	<b>200 Free</b>	2:04.69	2:19.19	2:24.99
5:16.59	5:09.49	5:53.69	<b>400/500 Free</b>	5:35.09	4:53.29	5:06.29
10:47.99	10:36.69	12:07.59	<b>800/1000 Free</b>	11:43.89	10:15.99	10:31.29
20:39.79	20:05.09	20:12.19	<b>1500/1650 Free</b>	19:39.49	19:32.59	20:14.39
1:19.69	1:15.49	1:08.09	<b>100 Back</b>	1:04.89	1:11.69	1:15.59
2:51.99	2:42.69	2:25.69	<b>200 Back</b>	2:19.69	2:34.19	2:42.99
1:30.09	1:25.89	1:17.49	<b>100 Breast</b>	1:12.29	1:19.89	1:23.59
3:11.99	3:05.69	2:47.99	<b>200 Breast</b>	2:36.29	2:52.69	3:02.39
1:17.59	1:14.89	1:07.39	<b>100 Fly</b>	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	<b>200 Fly</b>	2:22.29	2:37.19	2:41.59
2:48.39	2:42.79	2:25.79	<b>200 IM</b>	2:20.49	2:35.99	2:44.59
6:03.19	5:58.79	5:21.49	<b>400 IM</b>	5:02.89	5:34.69	5:46.79

GIRLS			15/19 YO	BOYS		
JO LC	JO SCM	JO SCY		JO SCY	JO SCM	JO LC
:31.89	:32.39	:26.99	<b>50 Free</b>	:24.09	:26.89	:28.79
1:08.09	1:04.89	58.39	<b>100 Free</b>	:52.49	:58.59	1:03.09
2:25.39	2:19.99	2:05.49	<b>200 Free</b>	1:55.39	2:08.79	2:17.39
5:12.89	5:01.89	5:44.99	<b>400/500 Free</b>	5:20.29	4:40.29	4:53.29
10:41.89	10:26.49	11:55.89	<b>800/1000 Free</b>	11:12.19	9:48.19	10:04.59
20:28.49	19:51.99	19:59.89	<b>1500/1650 Free</b>	18:47.49	18:41.39	19:22.99
1:18.39	1:14.59	1:06.79	<b>100 Back</b>	1:03.29-	1:10.69-	1:11.99
2:47.59	2:43.49	2:26.49	<b>200 Back</b>	2:13.59	2:26.59	2:34.89
1:29.79	1:24.59	1:15.79	<b>100 Breast</b>	1:09.19	1:16.49	1:20.59
3:08.49	3:06.79	2:47.29	<b>200 Breast</b>	2:30.09	2:45.89	2:54.29
1:16.09	1:12.89	1:05.29	<b>100 Fly</b>	:59.79	1:06.79	1:09.09
2:44.69	2:42.79	2:28.00	<b>200 Fly</b>	2:14.59	2:28.69	2:32.19
2:46.09	2:43.29	2:24.99	<b>200 IM</b>	2:17.39	2:33.39	2:37.19
5:57.59	5:47.09	5:14.09	<b>400 IM</b>	4:49.09	5:19.49	5:29.99