

MIDDLE ATLANTIC SWIMMING JUNIOR OLYMPIC AGE GROUP CHAMPIONSHIPS March 15-18, 2007

GCIT Aquatics Center
Gloucester County Institute of Technology
1360 Tanyard Road
Sewell, NJ 08080

Day of Meet Emergency Phone: 856-468-1445, x 2659

Held under the sanction of Middle Atlantic Swimming
Sanction # MA 0787 AG
Time Trials # MA 0787 TT

General Chair
Administrative Chair
Age Group Chair
Officials Chair
Meet Directors
Safety Directors
Meet Referee
Middle Atlantic Office

Mike Seip
Fred Frank
Matt Sprang
Fred Killian

Ruthann Joyce/Patric Mills
Fred Killian
302/429-6288
office@maswim.org

- ✂ The 11-12 400 IM is a Timed Final event on Sunday with the fastest heat swimming at Finals. This race requires positive check-in and will close at 6:00 pm on Saturday evening (at the start of Finals). Swimmers in the top 8 after deck seeding will swim at Finals.
- ✂ Check-in for the 1650 freestyles will close at 6:00 pm (the start of Finals) on Saturday.
- ✂ School is in session on Thursday and Friday; please see sections below for essential information on parking and other restrictions.
- ✂ All relays will be swum as timed finals at the conclusion of the preliminary session.
- ✂ Long Course qualifying times will be accepted for entry into the Meet. Entry times must be submitted in the course in which they were achieved. Qualifying period is September 1, 2005 through the entry deadline.
- ✂ All e-mailed entries MUST include the number of swimmers, the number of individual event entries and the number of relay entries in the text of the e-mail. A copy of the TM entry file in MS Word format must be attached. Entries received without this information will be returned.
- ✂ **Swimmers who qualify for FINALS on the last night (or a swimmer's last meet day) and do not compete are subject to a \$50 fine, unless the swimmer has appropriately scratched.**
- ✂ All relay-only swimmers must be on the Team entry form and must pay the Meet surcharge.

**COACHES AND SWIMMERS ARE RESPONSIBLE FOR FAMILIARIZING THEMSELVES
WITH ALL THE INFORMATION CONTAINED IN THIS PACKET**

SITE: The Gloucester County Institute of Technology (GCIT) facility has two 8-lane/25-yard pools equipped with Competitor non-turbulent lane lines; water depth is 12 and 5 ft at starting ends. GCIT has Colorado timing systems on each pool with an 8-lane scoreboard on deep pool and 1-lane scoreboard display on shallow pool. There is balcony seating for spectators.

ELIGIBILITY: This Meet is limited to Middle Atlantic swimmers only; swimmers must be currently registered with Middle Atlantic and USA Swimming in order to compete. This meet will be conducted according to current USA Swimming Rules and Regulations. Age group is determined by the swimmer's age on Thursday, March 15, 2007. **All qualifying times must have been swum no earlier than September 1, 2005.** All swimmers are limited to three (3) individual events and one (1) relay per day. Swimmers aged 12 and under may swim a total of ten (10) individual events for the Meet. Swimmers aged 13 through 19 may swim the 1000 Free on Thursday night plus six (6) additional individual events during the course of the Meet. All entry times must be from a USA Swimming Sanctioned, Observed or Approved meet, or a Middle Atlantic Accepted meet. Penalties may be imposed upon the swimmer when any coach, parent or swimmer enters a time other than the swimmer's best time for an event, and could cause the swimmer to be suspended from further competition for a minimum of three (3) months, but not more than one year.

ENTRIES: Swimmers entering this Meet must have achieved a time in an event that is equal or faster than the Qualifying Times in the appropriate course. All entries must be submitted in the course in which they were achieved; qualifying times swum in meter pools should NOT be converted but should be clearly identified if swum in short-course (SCM) or long course (LC) meters. All SCM entry times will be converted by Meet Manager and seeded conforming with the SCY entries (except for distance Freestyle events); LC entry times (and SCM distance entries) will be treated as non-conforming.

Entries sent with 'No Time' will be rejected!

All entries must be prepared using Hy-Tek Team Manager or a compatible program and should be generated using information from your Team's registration database (e.g., Team Manager). Teams may either (a) send a computer disk containing the entry information, a Hy-Tek entry report, the Meet Summary Sheet (in MS Word format) and a check to the MA Office, or (b) send the entry information and entry report via E-mail to office@maswim.org; then send the Meet Summary Sheet and check to the MA Office. **All e-mailed entries must include the number of swimmers in the meet, the total number of individual event entries, and the total number of relay entries in the text of the e-mail.** The TM entry report in Word.doc format MUST be attached. Electronic entries received without this information will be rejected. Please waive the 'signature required' if your entry is sent via a Postal Service that provides one. **Do not send a disk if you e-mail your entries to the office. A report confirming all electronic entries will be sent to the Team contact via e-mail, and a Team will have 24 hours to make any corrections.** Swimmers currently registered as UNATTACHED may use the attached Entry Form. A fee of \$5.00 per swimmer will be charged any swimmer registered with a Club that does not use a computer entry; this is to insure that results will be correctly reported to the USA Swimming SWIMS database.

DECK ENTRIES WILL NOT BE ACCEPTED AT THIS MEET!

ENTRY FEE: \$4.00 for individual events and \$8.00 for Relays. **There is a \$3.00 surcharge for each swimmer, including Relay-only swimmers.** All relay-only swimmers MUST be listed on the entry form and pay the meet surcharge – swimmers CANNOT be added at the Meet.

Please send ONE check per club payable to "**Middle Atlantic Swimming.**"

ENTRY

DEADLINE: Entries must be received at the MA Office by **2:00 pm, Tuesday, March 6, 2007.** *Payment must be received by Friday, March 9, 2007.* No post entries will be accepted. Entries will be handled on a "first come, first serve" basis. Middle Atlantic reserves the right to modify the meet format to allow for the timely running of the meet. Entries without full payment will not be processed.

MAIL

ENTRIES TO: Middle Atlantic Swimming, JO Entries
2150 New Castle Ave.
New Castle, DE 19720

Phone: (302) 429-6288

email: office@maswim.org

RELAYS: All relays are Timed Finals. There are no qualifying times for relays. All relay-only swimmers must be entered in the meet before the entry deadline and pay the \$3 surcharge. All relays will be swum at the end of the preliminary sessions. Only two (2) relays from a team may score in an event, although additional relays may be entered.

FINALS: A- and B- Finals for all 11-12, 13-14, 15-19 Age Group individual events except the 1650-Free, 1000-Free and (11-12) 500-Free and 400 IM events which are Timed Finals. All 10 & U events are Timed Finals.

The B-Final will swim first at Finals, followed by the A- Final.

PROOF OF TIME:

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.

STARTING TIMES:

	<u>Day</u>	<u>Warm -Up</u>	<u>Meet Starts</u>
	Thurs	4:30 pm	5:30 pm
(Prelims 13-19)	Fri/Sat/Sun	7:00 am	8:30 am
(Prelims 11-12) (Timed Finals 10&Under)	Fri/Sat/Sun	12:30 pm (no earlier)	1:30 pm (no earlier)
(Finals)*	Fri/Sat	5:00 pm	6:00 pm
	Sun	4:30 pm	5:30 pm

Sprint and pace lanes will be opened 30 minutes before the start of each session. After all entries are received and a time line is established, it will be determined when breaks will be provided for warm-up/warm-down during the morning and afternoon sessions. Break times will be posted at each pool.

* The shallow Pool will be available for warm-up / warm-down during the Finals sessions.

PARKING: **Parking in the GCIT parking lot will be limited to essential meet officials and personnel only on Friday until 3:30 pm. Swimmers may be dropped off at GCIT from 6:30 am until 7:20 am and during a designated time for the 12 and under session ONLY. The parking lot will be off limits at all other times on Friday. Parking will be available in designated areas at Gloucester County College located next to GCIT. Shuttle buses will run between GCIT and the Gloucester County College parking area throughout the day.**

SAFETY

REQUIREMENTS: USA Swimming and Middle Atlantic safety procedures will be enforced during the meet. Warm-ups are subject to the following procedures: No diving during warm-ups except in designated sprint lanes. The Referee may remove anyone from the warm-up for failure to comply with the warm-up rules. Swimmers without coaches should report to the Referee or Meet Director prior to entering the pool for warm-ups and will be assigned to a Team/Coach for that session.

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

SEEDING: All events will be pre-seeded except Relays, the 11-12/10&Un 500 Free and 400 IM, and the 13-14/15-19 1000 and 1650 Freestyles. If deemed necessary by meet management, the 13-14/15-19 400 IM events may be deck-seeded. Positive check-in is required to be seeded into any deck-seeded event. Times will be announced as to when the event will close, and will be approximately 30 minutes before an event is scheduled to swim **except for the 1650 freestyle and 11-12 400 IM. Check-in for these**

events will close at 6:00 pm on Saturday evening. Relays will swim slowest to fastest; the 800 Free Relay, 1000 and 1650 Free and the 11-12/10&U 500 Free will swim fastest to slowest.

SCM entry times will be converted by the Meet Manager program and seeded with the SCY entry times. LC entry times will be seeded as non-conforming.

DECK ENTRIES: Deck entries will NOT be accepted at this meet.

SCORING: Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
(max of two relays per team may score in any event)

AWARDS: Individual events: Medals for 1st-8th place
Relays: Medals for 1st-3rd place

A High Point trophy will be presented to the Team scoring the most overall combined points, and to the highest scoring Girls and Boys Team in each age group.

A High Point award will be presented to the highest scoring individual girl and boy in each age group, with the proviso that the award for 13-14 and 15-19 swimmers will be based on the swimmer's six highest scoring individual events.

**SCRATCH
POLICY:**

Any swimmer who does not swim a pre-seeded Preliminary or Timed-Final event will not be penalized.

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. A Declared False Start may be taken in deck-seeded events.

Any swimmer who qualifies for Finals in a Preliminary/Finals event and does not report for and 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 that event and then confirmed such intention to scratch within thirty (30) minutes of the announcement of the results of that swimmer's last individual event at the Preliminary session. A swimmer who does not confirm their intention is assumed NOT to have scratched and will be seeded into the event. Swimmers who are initially announced as an Alternate (or lower) for the Finals will not be so penalized. Swimmers must scratch or declare their intention to scratch with the Admin Referee at the appropriate time.

A Declared False Start, a Delay-of-Meet False Start or other action taken by a swimmer with the intent to non-compete at a Finals session will be treated as a failure to compete and will be penalized as such.

FINE for NON-COMPETE on LAST

MEET DAY: A \$50 fine will be imposed on any swimmer who qualifies for Finals on Sunday night (or on the last day of competition for that swimmer) and then does not compete in said Finals event unless such swimmer has appropriately scratched (see previous paragraph) or was initially listed as an Alternate (or lower) in said event. A \$50 fine will be similarly imposed on any swimmer who checks-in and is seeded to swim in the final heat of 1650 Free on Sunday night and then does not compete in that heat at Finals, unless the swimmer was initially not listed among the fastest eight swimmers entered in the event. Any swimmer fined for such violations will be suspended from further competition in Middle Atlantic sponsored meets until the fine is paid.

OFFICIALS: All certified Middle Atlantic and USA Swimming Officials are welcome and encouraged to help officiate at this meet. Officials should contact the Meet Director or Meet Referee (at officials@maswim.org) prior to the meet to indicate which sessions they will be available – or should report to the Referee at least one hour before the start of each session.

STARTING

PROCEDURES: This meet will be conducted using the 'No Recall' false start rule and will use whistle command starting procedure.

TIME TRIALS: Time trials will be available after Prelims or Finals on Friday, Saturday & Sunday, time permitting; the cost is \$6.00 per individual swim, \$12.00 per Relay. To swim a Time Trial, a swimmer must be within 0.5 seconds per 50-yd (or 50-m) distance of the Sectional Time Standard for that event. A swimmer may swim one Time Trial per day in an event, and a maximum of two Time Trials per day. Time Trial Events count in the total allowable events to be swum in one day (3 individual and 1 relay). Swimmers participating in this meet will have priority at time trials; swimmers not in the meet must provide proof of USA Swimming registration. **TIME TRIALS WILL NOT BE ACCEPTED FOR CONSIDERATION TO THE MIDDLE ATLANTIC ALL-STAR ZONE TEAM.**

DECK ID: **Only swimmers, coaches, and meet personnel are allowed on deck.** All coaches must display their 2007 USA Swimming Coach's registration card. Officials must display their 2007 USA Swimming Officials registration card. This requirement will be strictly enforced! Coaches and officials without proper credentials will not be permitted on the pool deck. Meet workers will be given identification tags to be worn on deck. **THERE ARE NO EXCEPTIONS TO THIS RULE.**

ADMISSION: A four-day program will sell for \$10.00. Included in the program will be coupons that are redeemable for a Finals program at night. Finals programs can be purchased for \$2.00.

FINAL

RESULTS: Will be available on the Middle Atlantic Swimming website in both PDF and Commlink formats.

SEATING: There is seating for 450 spectators. Parents and swimmers for the afternoon session will be held in the lobby each day until the morning session is finished. This is for everyone's safety.

SCHOOL IN

SESSION: The GCIT school is in session on Thursday evening and Friday from 7:30 am until 3:30 pm. Access to the hallways will be extremely limited during these times. Persons found in unauthorized areas of the school will be barred from the facility for the remainder of the meet.

PARKING: Parking in the GCIT parking lot will be limited to essential meet officials and personnel only on Friday until 3:30 pm. Swimmers may be dropped off at GCIT from 6:30 am until 7:20 am **ONLY**. The parking lot will be off limits from 7:20 am until 3:30 pm on Friday. Parking will be available in designated areas at Gloucester County College located next to GCIT. Shuttle buses will run between GCIT and the Gloucester County College parking area throughout the day.

TEAM

ASSIGNMENTS: Every team entered in the Meet will be responsible for supplying workers for the Meet. **THIS IS A MANDATORY RESPONSIBILITY and is necessary to have a successful Meet.** Each Team's contact person will be contacted in order to organize our work force. Teams are also asked to keep their team area clean. It is important that Middle Atlantic Swimming respect the facilities that they use.

HOSPITALITY: There will be food and drink available at all sessions for coaches, officials and meet workers. A concession stand will be available during the meet for all meet attendees. Due to school space restraints hospitality may be very limited on Thursday and Friday. Coaches, officials and meet workers should plan accordingly.

MIDDLE ATLANTIC - JUNIOR OLYMPICS

Thursday Events

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	13-14 1000 Free 15-19 1000 Free	2
3	11-12 500 Free 10&Under 500 Free	4
5	13-14 800 Free Relay 15-19 800 Free Relay	6

The 1000 Free (check-in closes at 5:00 pm): The 1000 Free for 13 and over swimmers is a deck seeded, timed final event and will be swum fastest to slowest. This event is combined but will be scored separately for the 13-14 and 15-19 age groups. The event may be limited to four (4) heats per gender with guaranteed slots for 16 swimmers per age group. Each swimmer must provide their own timer and counter.

The 500 Free (check-in closes at 5:00 pm): The 500 Free for 12 and under swimmers is a deck seeded, timed final event and will be swum fastest to slowest. This event is combined but will be scored separately for the 11-12 and 10&Under age groups. If appropriate, a separate heat will be provided for the fastest swimmers in the 10&Under age group (min of 6 swimmers); remaining swimmers will be seeded based on time. Each swimmer must provide their own timer and counter.

The 800 Free Relays: (check in/relay cards due by 6:00 pm): The 800 Free Relay will be swum combined, but scored separately for the 15-19 and 13-14 age groups. Each Team must provide a timer for their relay. The 800 Free Relays are no longer designated as "open" or "senior" so all swimmers must be within a specified age group.

Note: In the event that only one pool is used for competition, a determination of whether to alternate girls/boys heats will be made at that time.

Friday Events

Prelims - Morning

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
7	15-19 200 Breast	8
9	13-14 200 Breast	10
15	15-19 100 Fly	16
17	13-14 100 Fly	18
23	15-19 200 I.M.	24
25	13-14 200 I.M.	26
31	15-19 500 Free	32
33	13-14 500 Free	34
39	15-19 400 Free Relay	40
41	13-14 400 Free Relay	42

Prelims - Afternoon

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
11	11-12 100 Breast	12
13	10&U 100 Breast	14
19	11-12 200 Free	20
21	10&U 200 Free	22
27	11-12 50 Fly	28
29	10&U 50 Fly	30
35	11-12 100 I.M.	36
37	10&U 100 I.M.	38
43	11-12 200 Back	44
45	10&U 200 Free Relay	46
47	11-12 200 Free Relay	48

Finals, order of events

11-12 200 Back	13-14 200 I.M.
15-19 200 Breast	11-12 50 Fly
13-14 200 Breast	15-19 500 Free
11-12 100 Breast	13-14 500 Free
15-19 100 Fly	11-12 100 I.M.
13-14 100 Fly	
11-12 200 Free	
15-19 200 I.M.	

Saturday Events

Prelims - Morning

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
49	15-19 400 I.M. *	50
51	13-14 400 I.M. *	52
57	15-19 50 Free	58
59	13-14 50 Free	60
65	15-19 100 Back	66
67	13-14 100 Back	68
73	15-19 100 Breast	74
75	13-14 100 Breast	76
81	15-19 200 Free	82
83	13-14 200 Free	84
87	15-19 400 Med Relay	88
89	13-14 400 Med Relay	90

* These events may be deck seeded with positive check-in, if required to meet the time line.

Prelims - Afternoon

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
53	11-12 200 I.M.	54
55	10&U 200 I.M.	56
61	11-12 50 Free	62
63	10&U 50 Free	64
69	11-12 100 Back	70
71	10&U 100 Back	72
77	11-12 50 Breast	78
79	10&U 50 Breast	80
85	11-12 200 Fly	86
91	10&U 200 Med Relay	92
93	11-12 200 Med Relay	94

Finals order of events

15-19 400 I.M.	15-19 100 Breast
13-14 400 I.M.	13-14 100 Breast
11-12 200 I.M.	11-12 50 Breast
15-19 50 Free	15-19 200 Free
13-14 50 Free	13-14 200 Free
11-12 50 Free	11-12 200 Fly
15-19 100 Back	13-14 100 Back
11-12 100 Back	

Sunday Events

Prelims - Morning

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
97	15-19 200 Back	98
99	13-14 200 Back	100
105	15-19 100 Free	106
107	13-14 100 Free	108
113	15-19 200 Fly	114
115	13-14 200 Fly	116
95	13-14 1650 Free *	96
	15-19 1650 Free *	

* **The 1650 Free** is a deck seeded, Timed Final event. The fastest heat in each event will swim at Finals while the other heats will swim at Prelims, fastest to slowest. The event is combined but will be scored separately for the 13-14 and 15-19 age groups. The event will be limited to four heats per gender (including the heat at Finals) with guaranteed slots for 16 swimmers per age group. Each swimmer must provide their timer and counter (except timer for heat at Finals). **Check-in will close at 6 pm on Saturday evening.** Swimmers seeded in the top eight MUST swim at Finals.

Prelims - Afternoon

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
101	11-12 200 Breast	102
103	10&U 100 Free	104
109	11-12 100 Free	110
111	10&U 100 Fly	112
117	11-12 100 Fly	118
119	10&U 50 Back	120
121	11-12 50 Back	122
123	11-12 400 IM *	124

* **The 400 IM** is a Timed Final event. The fastest heat in each event will swim at Finals while the other heats will swim at Prelims, slowest-to-fastest. This event will be deck seeded with check-in closing at 6 pm on Saturday evening.

Finals order of events

11-12 400 IM (G)	11-12 100 Free
13-19 1650 Free (G)	15-19 200 fly
11-12 400 IM (B)	13-14 200 Fly
13-19 1650 Free (B)	11-12 100 Fly
11-12 200 Breast	
15-19 200 Back	
13-14 200 back	
11-12 50 Back	
15-19 100 Free	
13-14 100 Free	

2006-07				
JUNIOR OLYMPIC TIME STANDARDS				
Approved 10/04				
GIRLS			BOYS	
JO SCM	JO SCY	10/Under	JO SCY	JO SCM
:36.29	:32.49	50 Free	:32.39	:36.19
1:19.29	1:11.39	100 Free	1:10.79	1:18.19
2:52.79	2:36.39	200 Free	2:33.89	2:50.89
5:57.39	6:48.39	500 Free	6:44.59	5:54.09
:42.19	:37.99	50 Back	:38.29	:42.59
1:30.89	1:22.19	100 Back	1:21.69	1:30.19
:46.49	:41.99	50 Breast	:42.99	:47.79
1:43.19	1:33.39	100 Breast	1:34.09	1:44.49
:41.69	:37.49	50 Fly	:36.69	:40.49
1:35.09	1:26.69	100 Fly	1:26.69	1:36.29
1:31.39	1:22.29	100 IM	1:21.49	1:29.79
3:07.29	2:55.99	200 IM	2:56.29	3:16.09
GIRLS			BOYS	
JO SCM	JO SCY	11/12 YO	JO SCY	JO SCM
:31.99	:28.59	50 Free	:28.59	:31.69
1:08.49	1:01.29	100 Free	1:02.19	1:09.09
2:32.09	2:16.19	200 Free	2:16.89	2:31.19
5:18.79	6:04.29	400/500 Free	6:06.09	5:20.29
:36.79	:33.09	50 Back	:33.79	:37.59
1:20.49	1:12.09	100 Back	1:13.09	1:20.69
2:53.59	2:37.09	200 Back	2:33.79	2:49.99
:41.79	:37.59	50 Breast	:37.69	:41.49
1:30.19	1:20.79	100 Breast	1:21.29	1:29.79
3:16.29	2:57.69	200 Breast	2:52.99	3:11.09
:35.69	:32.09	50 Fly	:32.39	:35.79
1:21.79	1:13.29	100 Fly	1:12.49	1:20.19
3:01.99	2:44.69	200 Fly	2:38.29	2:54.89
1:19.79	1:11.89	100 IM	1:12.39	1:20.39
2:54.89	2:36.69	200 IM	2:36.69	2:53.09
6:31.89	5:54.59	400 IM	5:36.69	6:11.99

2006-07				
JUNIOR OLYMPIC TIME STANDARDS				
Approved 10/04				
GIRLS			BOYS	
JO SCM	JO SCY	13/14 YO	JO SCY	JO SCM
:30.49	:27.49	50 Free	:25.89	:28.89
1:05.89	:59.59	100 Free	:55.59	1:01.89
2:24.99	2:09.89	200 Free	2:04.69	2:19.19
5:09.49	5:53.69	400/500 Free	5:35.09	4:53.29
10:36.69	12:07.59	800/1000 Free	11:43.89	10:15.99
20:05.09	20:12.19	1500/1650 Free	19:39.49	19:32.59
1:15.49	1:08.09	100 Back	1:04.89	1:11.69
2:42.69	2:25.69	200 Back	2:19.69	2:34.19
1:25.89	1:17.49	100 Breast	1:12.29	1:19.89
3:05.69	2:47.99	200 Breast	2:36.29	2:52.69
1:14.89	1:07.39	100 Fly	1:04.09	1:10.79
2:44.19	2:28.59	200 Fly	2:22.29	2:37.19
2:42.79	2:25.79	200 IM	2:20.49	2:35.99
5:58.79	5:21.49	400 IM	5:02.89	5:34.69
GIRLS			BOYS	
JO SCM	JO SCY	15/19 YO	JO SCY	JO SCM
:32.39	:26.99	50 Free	:24.09	:26.89
1:04.89	58.39	100 Free	:52.49	:58.59
2:19.99	2:05.49	200 Free	1:55.39	2:08.79
5:01.89	5:44.99	400/500 Free	5:20.29	4:40.29
10:26.49	11:55.89	800/1000 Free	11:12.19	9:48.19
19:51.99	19:59.89	1500/1650 Free	18:47.49	18:41.39
1:14.59	1:06.79	100 Back	1:03.29-	1:10.69-
2:43.49	2:26.49	200 Back	2:13.59	2:26.59
1:24.59	1:15.79	100 Breast	1:09.19	1:16.49
3:06.79	2:47.29	200 Breast	2:30.09	2:45.89
1:12.89	1:05.29	100 Fly	:59.79	1:06.79
2:42.79	2:28.00	200 Fly	2:14.59	2:28.69
2:43.29	2:24.99	200 IM	2:17.39	2:33.39
5:47.09	5:14.09	400 IM	4:49.09	5:19.49

DIRECTIONS: FROM THE SOUTH: Take Route 55 North to exit 56B (Route 47-N/Westville or Woodbury). Turn left at the first traffic light onto Bankbridge Road; then left again at the next traffic light onto Tanyard Road. The entrance to GCIT is on the left side of the road at the bottom of the hill.

FROM THE NORTH AND THE WALT WHITMAN BRIDGE: Take I-295 South to the merge with route 42 south. Follow 42-S to Route 55, and then take Route 55 South to exit 56B (Route 47-N/Woodbury). Turn left at the first traffic light onto Bankbridge Road; then turn left again at the next traffic light onto Tanyard Road. The entrance to GCIT is on the left side of the road at the bottom of the hill.

FROM DELAWARE MEMORIAL BRIDGE AND COMMODORE BARRY BRIDGE: Take I-295 North to exit 21 (Woodbury - Delaware Street) and continue through Woodbury. After passing through center of Woodbury, Turn right at the next traffic light onto Evergreen Avenue; then left at next traffic light onto Egg Harbor Road. Continue approx. 3 miles (past a Wawa market on the left) to the next traffic light (Bankbridge Road.) GCIT is on the left at the bottom of the hill beyond the traffic light.

ACCOMMODATIONS:

FOUR POINTS
CHERRY HILL
(856) 428-2300

HOLIDAY INN
RUNNEMEDE
(856) 939-4200

DAYS INN
BROOKLAWN
(856) 456-6688

RESIDENCE INN
DEPTFORD
(856) 686-9188

HOLIDAY INN
CHERRY HILL
(856) 663-5300

FAIRFIELD ININ
DEPTFORD
(856) 686-9050

HOLIDAY INN SELECT (FULL SERVICE HOTEL)
BRIDGEPORT
(856) 467-3322

SHORT COURSE JOS – MARCH 15-18, 2007

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 questions and/or limitation information, if needed:

Name: _____ **Phone:** _____ **E-mail:** _____

Mail Entries to: Middle Atlantic Swimming JO Entries
2150 New Castle Avenue
New Castle, DE 19720

ENTRY DEADLINE: Received by 2:00 pm, Tuesday, March 6, 2007
No entries will be accepted after that date.

Please make checks payable to Middle Atlantic Swimming. One check per club, please.

Check here if you e-mailed your entry

ENTRY FEES: (Fill in every blank. If zero, so note.)

_____ Individual Events @ \$4.00 \$ _____

_____ Relay Teams @ \$8.00 \$ _____

_____ Manual processing fee @ \$5.00 \$ _____
(for non-disk entry of swimmers only)

_____ **Total swimmers entered in meet**
(including relay only) x \$3 surcharge = \$_____ (everybody pays this!!!)

Total \$ _____

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: (mandatory!!!) _____

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 _____