

JERSEY WAHOOS SWIM CLUB

SUMMER SOLSTICE MEET
Senior "A" Level / Age Group A/BB/C

June 20-22, 2008

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, INC. SANCTION # MA 0985 A

FACILITY:

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

THIS FACILITY CONTAINS ONE 8 LANE 50 METER. POOL EQUIPPED WITH LANE LINES, STARTING BLOCKS, 12 FT DEPTH AT STARTING END. 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 SAFETY / MIKE SIMUNEK
(856-234-5898) (856-234-5898)

OFFICIALS:

All USA certified officials and trainees are invited to officiate at this meet. Contact Bob Binz, official's coordinator, at 856/853-0119.

ELIGIBILITY:

The meet is open to any USA registered swimmer. Swimmer's age as of June 20, 2008, governs age group participation for the entire meet.

SENIOR EVENTS – Must meet the 2005-2008 USA Swimming age 15-16 "A" standard

ENTRY

LIMITATIONS:

Meet management may add sessions, shift an event, limit the number of entries, eliminate certain events and/or heats, and any other reasonable modification to the meet format 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. NO 8/unders allowed in Senior events.

WARM-UP & START TIMES:

Table with 4 columns: Event, Warm Up, Meet, Notes. Rows include Senior Prelims, Senior Finals, and Age Group.

WARM-UPS:

ASSIGNED WARM-UPS: There will be two 25-minute 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. Lane assignments will be included in coaches' packets and posted around the pool deck.

RULES:

Current USA and Middle Atlantic LSC rules will govern the meet. 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun. USA swimming/ MA swimming safety guidelines and warm-up procedures will be in effect for the entire meet. Only currently credentialed coaches, USA swimming registered athletes and meet personnel will be permitted on deck.

Penalties will be imposed on swimmers (in accordance with USA/MA LSC rules) when any coach, parent, or swimmer enters a time other than a best time, for any event. Failure to swim in a deck seeded event after checking in will result in a 1-event penalty. The swimmer will not be allowed to swim in their next individual event.

**SUMMER SOLSTICE "A/BB/C" MEET  
SENIOR EVENTS**

**FRIDAY MORNING SENIOR PRELIMS**

WARM-UP 7:00 AM START 8:00 AM

All Senior Events will be deck seeded

NO 8/unders in Senior events

Qualifying Time	GIRLS EVENT#	EVENT	BOYS EVENT#	Qualifying Time
1:27.69	1	Senior 100 Breast	2	1:20.59
2:29.39	3	Senior 200 Free	4	2:18.99
1:15.89	5	Senior 100 Fly	6	1:09.09
2:48.09	7	Senior 200 IM	8	2:37.09
10:41.89	9	Senior 800 Free	10	10:04.59
	11	Senior 800 Fr Relay (at Finals)	12	

**SATURDAY MORNING SENIOR PRELIMS**

WARM-UP 7:00 AM START 8:00 AM

All Senior Events will be deck seeded

NO 8/unders in Senior events

Qualifying Time	GIRLS EVENT#	EVENT	BOYS EVENT#	Qualifying Time
5:56.59	13	Senior 400 IM	14	5:29.99
32.29	15	Senior 50 Free	16	29.39
1:18.29	17	Senior 100 Back	18	1:11.69
5:12.19	19	Senior 400 Free	20	4:53.29
	21	Senior 400 Med Relay (at Finals)	22	

**SUNDAY MORNING SENIOR PRELIMS**

WARM-UP 7:00 AM START 8:00 AM

All Senior Events will be deck seeded

NO 8/unders in Senior events

Qualifying Time	GIRLS EVENT#	EVENT	BOYS EVENT#	Qualifying Time
3:08.49	23	Senior 200 Breast	24	2:54.29
2:47.29	25	Senior 200 Back	26	2:34.29
1:09.59	27	Senior 100 Free	28	1:04.09
2:44.69	29	Senior 200 Fly	30	2:32.19
	31	Senior 400 Fr Relay	32	
20:28.39	33	Senior 1500 Free	34	19:22.99

**SUMMER SOLSTICE “A/BB/C” MEET  
AGE GROUP EVENTS**

<b>FRIDAY AGE GROUP EVENTS</b>		
<b>WARM-UP 12:00 PM START 12:45 PM</b>		
<b>GIRLS EVENT#</b>	<b>EVENT</b>	<b>BOYS EVENT#</b>
101	11-12 200 Breast	102
103	13-14 200 Breast	104
105	9-10 50 Free	106
107	11-12 50 Fly	108
109	13-14 100 Back	110
111	11-12 200 Back	112
113	9-10 100 Back	114
115	13-14 200 Free	116
117	11-12 200 Free	118
119	9-10 200 IM	120
121	13-14 200 IM	122
123	11-12 50 Free	124

<b>SATURDAY AGE GROUP EVENTS</b>		
<b>WARM-UP 12:00 PM START 12:45 PM</b>		
<b>GIRLS EVENT#</b>	<b>EVENT</b>	<b>BOYS EVENT#</b>
125	9-10 50 Back	126
127	13-14 50 Free	128
129	11-12 50 Back	130
131	9-10 50 Fly	132
133	13-14 200 Fly	134
135	11-12 200 Fly	136
137	9-10 100 Breast	138
139	11-12 100 Breast	140
141	13-14 100 Free	142
143	9-10 200 Free	144
145	11-12 100 Free	146
147	13-14 400 IM	148
149	11-12 400 IM	150

<b>SUNDAY AGE GROUP EVENTS</b>		
<b>WARM-UP 12:00 PM START 12:45 PM</b>		
<b>GIRLS EVENT#</b>	<b>EVENT</b>	<b>BOYS EVENT#</b>
151	13-14 100 Breast	152
153	9-10 50 Breast	154
155	11-12 100 Fly	156
157	13-14 100 Fly	158
159	9-10 100 Free	160
161	11-12 50 Breast	162
163	13-14 200 Back	164
165	11-12 100 Back	166
167	9-10 100 Fly	168
169	11-12 200 IM	170
171	13-14 400 Free	172
173	11-12 400 Free	174

## SUMMER SOLSTICE "A/BB/C" MEET

*June 20-22, 2008*

**SEEDING:** **ALL SENIOR EVENTS WILL BE DECK SEEDED.** Each Team will have a check-in sheet with all Senior events listed for each session. **All check-in sheets must be turned into the computer operator 30 minutes after the start of warm up.** Swimmers that are present and swimming will have lines through their names. Swimmers that are being scratched will have their names circled with "SCR" next to the circle. Swimmers scratching a single event will have a line through their names and the event number circled with "SCR" next to the circle. Please use a simple line, not a scribble, so that the name can still be read.

**AGE GROUP EVENTS:** All 200 & 400 meter events require check-in. All others will be pre-seeded.

Long Course times preferred. Non-Conforming times will be seeded last.

**HOW TO  
ENTER:**

**SENIOR SWIMMERS** - *May enter a maximum of 3 events per day.*

**AGE GROUP SWIMMERS** - *May enter a maximum of 4 events per day.*

**HY-TEK ENTRIES PREFERRED**

**Entries should be submitted as an e-mail attachment addressed to:**

[jwmeets@jerseywahoos.org](mailto:jwmeets@jerseywahoos.org)

**SUBJECT = (YOUR TEAM) SUMMER SOLSTICE ENTIRES**

**BODY MUST INCLUDE: Team name / Number of swimmers / Number of entries**

**ATTACHMENTS: ENTRY FILE / TM ENTRY REPORT**

**DO NOT SEND FLOPPY DISKS.**

Manually prepared entries of 5 or more swimmers (\$5.00/swimmer surcharge) should be submitted on the form attached to this announcement and transmitted as an e-mail attachment. The announcement is available from our website at

(<http://www.jerseywahoos.org/>) and the MA Swimming website <http://www.maswim.org/>

Electronic data will be considered the official version of meet entries. Electronic data supersedes any information contained on teams' entry printouts with respect to resolution of errors/discrepancies.

**SURCHARGE:**

**\$5.00/swimmer for ALL MANUALLY** prepared entries (Entries not sent 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 five. Failure to remit payment will result in rejection of entries.

**FEES:**

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

**CLOSE:**

**5:00 PM, FRIDAY, JUNE 6, 2008. LATE ENTRIES WILL NOT BE ACCEPTED.**

**SEND ENTRIES  
& PAYMENT TO:**

**SUMMER SOLSTICE ENTRIES  
C/O JERSEY WAHOOS  
4101 CHURCH RD  
MT. LAUREL, NJ 08054**

**Meet Summary MUST accompany payment.**

**Payment MUST BE POSTMARKED BY SATURDAY, JUNE 7, 2008  
or entries will be rejected. No exceptions.**

# SUMMER SOLSTICE "A/BB/C" MEET

*June 20-22, 2008*

**INQUIRIES:** REFER QUESTIONS ABOUT THE ENTRIES AND THE MEET TO TODD BRYAN, MEET DIRECTOR AT 856/234-5898 OR E-MAIL AT [jwmeets@jerseywahoos.org](mailto:jwmeets@jerseywahoos.org). This is the official contact point for meet information and entries. Meet management is not accountable for misinformation provided from any other source.

**AWARDS:** **WAHOOS WILL NOT MAIL AWARDS IF YOUR TEAM FAILS TO PICK THEM UP**  
12/under's - Medals 1-3, Ribbons 4-8

Up to \$50 per swimmer who achieves a 2008 US Open qualifying time will be awarded to that swimmers team after the meet. A total of \$500 is available. If more than 10 people achieve qualifying times, the \$500 will be divided equally by the number of swimmers and awarded to their respective teams. Only 1 qualifying time per swimmer qualifies.

**ADMISSION:** **\$3.00 FOR ADMISSION AND \$8.00 MEET PROGRAM.**

If time allows for copies to be made, heat sheets for the deck seeded events will be distributed to anyone who has purchased a program.

**RESULTS:** Final results will be posted on the Wahoos website within 48 hours of the conclusion of the meet and transmitted to all clubs that sent an entry via E-mail. Results will also be posted on the Middle Atlantic website. Results will NOT be mailed.

**DECK ENTRIES:** Deck entries may be accepted at the discretion of the meet director as non-award swims.

**COST:** \$10.00/event. Limited to one event/swimmer per day. Swimmers not already in the meet must present proof of current USA swimming registration. See Meet Director.

**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 credentialed coach must report to the meet director prior to warm-ups for each session.

**SPECTATORS:** Seating is first come/first served. Spectators are prohibited from areas of the deck that are in use by coaches and officials with current USA credentials.

**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.

**ACCOMODATIONS:**

COMFORT INN	DAYS INN	QUALITY INN	HO JO INN	FAIRFIELD INN
RUNNEMEDE	BROOKLAWN	W. DEPTFORD	BLACKWOOD	MT. LAUREL, NJ
856/939-6700	856/456-6688	856/848-4111	856/228-4040	856/642-0600

STAYBRIDGE SUITES  
4115 CHURCH RD.  
MT LAUREL NJ 08054  
856-722-1900

**JERSEY WAHOOS SUMMER SOLSTICE MEET ENTRY INFORMATION**

**TEAM:** \_\_\_\_\_ **TEAM CODE:** \_\_\_\_\_ **CONTACT:** \_\_\_\_\_  
**ADDRESS:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_  
**PHONE:** \_\_\_\_\_ **TOTAL SWIMMERS:** \_\_\_\_\_ **AMOUNT PAID:** \_\_\_\_\_

**FIRST NAME:** \_\_\_\_\_ **MID INITIAL:** \_\_\_\_\_ **LAST NAME:** \_\_\_\_\_

**BIRTH DATE:** \_\_\_\_\_ **USS#:** \_\_\_\_\_ **MALE/ FEMALE:** \_\_\_\_\_

EVENT #	EVENT DESCRIPTION	TIME

**FIRST NAME:** \_\_\_\_\_ **MID INITIAL:** \_\_\_\_\_ **LAST NAME:** \_\_\_\_\_

**BIRTH DATE:** \_\_\_\_\_ **USS#:** \_\_\_\_\_ **MALE/ FEMALE:** \_\_\_\_\_

EVENT #	EVENT DESCRIPTION	TIME

**MEET ENTRY SUMMARY FORM**  
**MUST ACCOMPANY PAYMENT**

MEET: **JW 2008 SUMMER SOLSTICE**

TEAM: \_\_\_\_\_ SYMBOL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

COACH: \_\_\_\_\_

TEAM CONTACT: \_\_\_\_\_

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

EMAIL: \_\_\_\_\_

**CHECK THIS BOX IF ENTRY WAS E-MAILED**

ENTRY FEE SUMMARY

TOTAL NUMBER OF ENTRIES: \_\_\_\_\_

MULTIPLY BY: \$5.00

SURCHARGE\* \$ \_\_\_\_\_ (\$5.00/SWIMMER)

TOTAL ENTRY FEES: \$ \_\_\_\_\_

ATHLETE SUMMARY

NUMBER OF MALE ATHLETES: \_\_\_\_\_ ENTRIES: \_\_\_\_\_

NUMBER OF FEMALE ATHLETES: \_\_\_\_\_ ENTRIES: \_\_\_\_\_

TOTAL NUMBER OF ATHLETES: \_\_\_\_\_ TOTAL: \_\_\_\_\_

**\* \$5.00/swimmer for ALL MANUALLY submitted entries (entries not submitted using Hy-Tek software). Teams/swimmers cannot avoid the surcharge by submitting individual entries for swimmers. Failure to remit entry fees or the surcharge will result 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