

MIDDLE ATLANTIC SWIMMING

2008 Summer

Junior Olympic Championships

Hosted by

LANCASTER AQUATIC CLUB



Golden Meadows Swim Center @ Workouts Fitness

Lancaster, PA

Thursday - Sunday, July 24-27, 2008

Held Under the Sanction of Middle Atlantic Swimming

Meet Sanction # MA 0899 AG

Time Trials Sanction # MA 0899 TT

Meet Site Director:	Barbara LeBoon
Safety Director:	Jody Guokas Kuntz
Meet Manager:	Barbara LeBoon
Meet Referee:	Fred Killian
General Chair:	Mike Seip
Age Group Chair:	Matt Sprang
Administrative Chair:	Fred Frank
Officials Chair:	Fred Killian
Middle Atlantic Office:	(302) 429-6288 office@maswim.org











Please review the notes on page two of this meet packet



**MIDDLE
ATLANTIC
SWIMMING**



Notes on the 2008 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, 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 also must provide their own lap counter.
-  BONUS EVENTS will be allowed at 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 afternoon session only.

Make entry fee checks payable to: LANCASTER AQUATIC CLUB.

LOCATION	Golden Meadows Swim Center at Workouts 2301 Harrisburg Pike Lancaster, PA 17603 Day of meet ONLY emergency phone number: 717-392-3240
FACILITIES	<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 2nd and 4th 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 be no breaks during competition in the main pool.</p> <p>Free parking is available.</p> <p>Hospitality will be 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>
MEET DIRECTOR	<p>NEW MEET DIRECTOR INFORMATION</p> <p>Barbara LeBoon, 717-653-6681(h) Email entries and any questions to meetdirector@lancasteraquaticclub.com. Please put JOs on subject line. Please refer all questions to the above email address.</p>
SAFETY DIRECTOR	<p>Jody Guokas Kuntz (717) 397-4917 (H)</p> <p>MA safety rules and warm up procedures apply. All swimmers should be familiar with these rules. Any swimmer disregarding the rules could be suspended from the meet.</p>
OFFICIALS	<p>Meet Referee- Fred Killian (302-994-3389) Email: FK42@aol.com</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 717-569-2998 email: geh2570@comcast.net or report to the Referee at the start of warm-ups ready to work.</p>
ELIGIBILITY	<p>All swimmers must be currently registered with USA Swimming. The meet is limited to Middle Atlantic registered swimmers only.</p> <p>Age Group is determined by the swimmer's age as of July 24, 2008.</p> <p>Each swimmer may compete in a maximum of three (3) individual events and one (1) relay per day; swimmers are limited to nine (9) total individual events in the Meet.</p> <p>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.</p> <p>Qualifying times must have been achieved on or after January 1, 2007.</p> <p>Entry times must be equal or faster than the Qualifying Times shown in the</p>

	<p>attached Tables. All entry times must be from a USA Swimming Sanctioned, Observed or Approved meet or a Middle Atlantic Accepted meet. YMCA and high school times are not acceptable unless that particular meet was granted one of the above statuses. <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>																		
ENTRY LIMITATIONS	<p>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.</p>																		
WARM-UP & START TIMES	<table border="0"> <thead> <tr> <th></th> <th>Warm Up</th> <th>Start</th> </tr> </thead> <tbody> <tr> <td>Thursday</td> <td>4:30PM</td> <td>5:30PM</td> </tr> <tr> <td colspan="3">Friday-Sunday</td> </tr> <tr> <td>13 & Over Prelims</td> <td>6:30AM</td> <td>8:00AM</td> </tr> <tr> <td>12 & Under Prelims/TF</td> <td>11:30AM</td> <td>12:30PM</td> </tr> <tr> <td>Finals</td> <td>4:30PM</td> <td>5:30PM</td> </tr> </tbody> </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.</p> <p>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>		Warm Up	Start	Thursday	4:30PM	5:30PM	Friday-Sunday			13 & Over Prelims	6:30AM	8:00AM	12 & Under Prelims/TF	11:30AM	12:30PM	Finals	4:30PM	5:30PM
	Warm Up	Start																	
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RELAYS	<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. The Sunday Relay Rule will be in effect for teams wishing to swim their relays in the Prelims Session.</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. Only two (2) Relays from a Team will score in an event, although additional Relays may be entered. 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.</p>																		
DECK ENTRIES TIME TRIALS	<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. \$10.00 per individual swim, \$20.00 per relay. Middle Atlantic Time Trials policy will be followed. Time Trials Events count in the total allowable events to be swum in one day. Time Trial results can be used for entry to the Eastern Zone LC Championship Meet.</p>																		

<p>SEEDING & FORMAT</p>	<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>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.</p> <p>The 12 & Under 400 Free and the 800 Free on Thursday will swim fastest to slowest, alternating Girls and Boys. The 1500 Free on Sunday will swim fastest-to-slowest, alternating Girls and Boys, except for the fastest heat of each gender which will swim at Finals.</p> <p>The 11-12 400 IM is a Timed Final event and will swim at the afternoon session only, slowest-to-fastest.</p> <p>All swimmers in Thursday's events, including the 800 Free Relay, must provide their own timer. All swimmers in the preliminary heats of the 1500 Free must provide their own timer. All swimmers in the 800 and 1500 Freestyle events must provide their own counter.</p>
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session, and will be assigned to a Team for that session.</p>
<p>HOW TO ENTER</p>	<p>All entries should be prepared using Hy-Tek Team Manager or compatible program. You may either (a) send a computer disk containing your entry information, a Hy-Tek entry report, the Meet Summary Sheet and your check to LAC, or (b) send the entry information and entry report via E-mail to meetdirector@lancasteraquaticclub.com , then send the Meet Summary Sheet and your check to LAC. An e-mailed entry MUST contain the name of the Team and a contact person, along with the number of swimmers, the number of individual events and the number of relays in the text of the e-mail. The entry file from TM in MS Word document MUST be attached. Entries received without this information will be returned.</p> <p>Please waive the 'signature required' if your entry is sent via a postal service that requires one. Do not send a disk if entries are e-mailed to LAC.</p> <p>If use of a Hy-Tek compatible program is not possible, the attached Entry Form must be used. A fee of \$5.00 per swimmer will be charged to any team that enters 5 or more swimmers and does not use a computer entry.</p> <p>Entries sent with 'No Time' will be rejected. All entries must be submitted in the Course in which they were swum. Entries based on SCM or SCY will be seeded as non-conforming; a swimmer may choose which best time in either course to enter.</p>

<p>ENTRY FEES</p>	<p>\$5.00 per individual event. Relay entries \$10.00 per relay team.</p> <p>\$5.00 per swimmer surcharge for teams of 5 or more submitting entries manually. See above</p>
<p>SEND ENTRIES TO</p>	<p>LAC JO Entries or E-mail: meetdirector@lancasteraquaticclub.com c/o Barbara LeBoon with "JO Entry" as subject 1309 Heatherwood DR Mount Joy, PA 17552</p> <p>Make checks payable to "Lancaster Aquatic Club". Waive signature if sending by UPS, FedEX, RPS, etc.</p>
<p>ENTRY DEADLINE</p>	<p>All entries must be received by 5 PM, Monday, July 14, 2008</p> <p>No late entries will be accepted. <u>Entries will not be processed without full payment.</u> Payment for all entries must arrive by Friday, July 18, 2008.</p>
<p>RULES</p>	<p>This meet will be conducted according to current USA Swimming rules and Middle Atlantic Swimming practices. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. Warm-ups are subject to the following procedures: No diving during warm-up except in designated sprint lanes. Pool entry during warm-up s must be from the end 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, USA Swimming registered athletes and registered essential meet personnel will be permitted on deck. All coaches must display their 2008 USA Swimming Coach Membership Card. Officials and meet personnel must display their 2008 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>SCRATCH POLICY</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 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</p>

	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.
PROOF OF TIME FINES & DEADLINES	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 an exception to this policy.
SCORING & AWARDS	Individual: 10& Under Medals 1-8 11-12, 13-14 Medals 1-9 Relays: All Age Groups Medals 1-3 (except 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)
PROGRAMS & ADMISSION	Admission \$3.00 per day. Spectators 8 years of age and under will be admitted free. Finals- Free Admission. Programs: 3 1/2 Day- \$12.00 per program
TEAM WORK ASSIGNMENTS	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. Teams are also asked to keep their team area clean. It is important that Middle Atlantic Swimming respect the facilities that they use.
RESULTS	Results will be posted on the Middle Atlantic website www.maswim.org No disks will be returned with final meet results.
DIRECTIONS	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. 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. From East – Follow Rt. 30 West, exit at Harrisburg Pike (same exit as Franklin and Marshall). Turn right onto Harrisburg Pike. Follow Harrisburg Pike past the Lancaster Health Campus, cross Rt. 741, pool is 0.3 of a mile on right. 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.

ACCOMODATIONS

Park Plaza – 5000 Centerville Road, Lancaster, PA 17603 Ph: 717-898-2431
 Hampton Inn – 545 Greenfield Road, Lancaster, PA Ph: 717-299-1200
 Hilton Garden Inn – 101 Granite Run Road, Lancaster, PA Ph: 717-560-0880
 Eden (Best Western) – 222 Eden Road, Lancaster, PA Ph: 717-569-6444
 Fairfield Inn – 150 Granite Run Road, Lancaster, PA Ph: 717-581-1800
 Hawthorn Inn and Suites – 2045 Lincoln Hwy East, Lancaster, PA 717-290-7100
 Holiday Inn – 521 Greenfield Road, Lancaster, PA 717-299-2551
 Quality Inn and Suites – 2364 Oregon Pike, Lancaster, PA 717-569-0477
 Country Inn and Suites – 1475 Lancaster Road (Rt. 72) Manheim, PA 17545 717-665-5440
 Sleep Inn – 310 Primrose Lane, Mountville, PA 17554 717-285-0444
 Main Stay Suites – 314 Primrose Lane, Mountville, PA 17554 717-285-2500
 Marriott Court Yard – Lancaster, PA Ph: 717-393-3600

ORDER OF EVENTS

THURSDAY, JULY 24, 2008- Timed Finals

Warm up 4:30 PM – Start 5:30 PM

WOMEN	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	MEN
1	12:07.59	10:36.69	10:47.99	13-14 800 Free	10:31.29	10:15.99	11:43.89	2
	11:55.89	10:26.49	10:41.89	15-19 800 Free	10:04.59	9:48.19	11:12.19	
3	6:48.39	5:54.59	6:06.79	10/U 400 Free	6:09.79	5:54.09	6:44.59	4
	5:59.29	5:13.79	5:23.29	11-12 400 Free	5:30.89	5:15.79	6:01.09	
5				13-14 800 Free Relay				6
				15-19 800 Free Relay				

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, JULY 25, 2008- Morning Prelims

Warm up 6:30 AM – Start 8:00 AM

WOMEN	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	MEN
7	1:06.79	1:14.59	1:18.39	15-19 100 Back	1:11.99	1:10.69	1:03.29	8
9	1:07.69	1:15.09	1:19.69	13-14 100 Back	1:15.59	1:11.69	1:04.89	10
11	2:05.49	2:19.99	2:25.39	15-19 200 Free	2:17.39	2:08.79	1:55.39	12
13	2:08.59	2:23.69	2:28.59	13-14 200 Free	2:24.99	2:23.89	2:03.59	14
15	1:05.29	1:12.89	1:16.09	15-19 100 Fly	1:09.09	1:06.79	:59.79	16
17	1:06.69	1:14.29	1:17.59	13-14 100 Fly	1:12.69	1:10.79	1:04.09	18
19	5:14.09	5:47.09	5:57.59	15-19 400 IM	5:29.99	5:19.49	4:49.09	20
21	5:17.49	5:54.79	6:03.19	13-14 400 IM	5:46.79	5:34.19	5:02.39	22
23				15-19 400 Free Relay				24
25				13-14 400 Free Relay				26

Fastest heat of each Relay will swim at Finals.

FRIDAY, JULY 25, 2008- Afternoon Prelims

Warm up 11:30 AM – Start 12:30 PM

WOMEN	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	MEN
27	1:20.79	1:30.19	1:33.79	11-12 100 Breast	1:33.89	1:29.79	1:21.29	28
29	1:33.39	1:43.19	1:47.49	10/U 100 Breast	1:46.99	1:44.49	1:34.09	30
31	2:14.49	2:30.39	2:39.69	11-12 200 Free	2:36.19	2:31.19	2:16.89	32
33	2:36.39	2:52.79	2:59.89	10/U 200 Free	2:54.39	2:50.89	2:33.89	34
35	31.59	35.19	36.79	11-12 50 Fly	36.79	35.29	31.89	36
37	36.99	41.19	42.09	10/U 50 Fly	41.49	40.49	36.69	38
39	2:35.09	2:51.59	3:00.69	11-12 200 Back	3:01.59	2:49.99	2:33.79	40
41				10/U 200 Free Relay				42
43				11-12 200 Free Relay				44

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

WOMEN	FRIDAY, JULY 25, 2008- FINALS EVENT	MEN
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

SATURDAY, JULY 26, 2008- Morning Prelims
Warm up 6:30 AM – Start 8:00 AM

WOMEN	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	MEN
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	2:35.99	2:19.48	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	1:16.49	1:24.89	1:30.09	13-14 100 Breast	1:23.59	1:19.89	1:12.29	52
53	2:28.00	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	28.49	25.49	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				13-14 400 Free				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, JULY 26, 2008- Afternoon Prelims
Warm up 11:30 AM – Start 12:30 PM

WOMEN	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	MEN
69	2:34.69	2:52.89	3:00.19	11-12 200 IM	2:58.09	2:52.59	2:35.19	70
71	2:54.99	3:06.29	3:22.59	10/U 200 IM	3:20.89	3:16.09	2:56.29	72
73	37.09	41.29	43.19	11-12 50 Breast	43.69	41.39	37.59	74
75	41.99	46.49	48.79	10/U 50 Breast	48.99	47.79	42.99	76
77	1:11.39	1:20.49	1:26.29	11-12 100 Back	1:24.09	1:19.69	1:12.09	78
79	1:21.19	1:29.89	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	31.19	28.09	82
83	31.99	35.79	38.49	10/U 50 Free	36.79	35.69	31.89	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.

WOMEN	SATURDAY, JULY 26, 2008- FINALS EVENT	MEN
89	11-12 200 Medley 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 Medley Relay – F1	66
67	13-14 400 Medley Relay – F1	68

SUNDAY, JULY 27, 2008- Morning Prelims

Warm up 6:30 AM – Start 8:00 AM

WOMEN	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	MEN
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	2:45.99	3:03.69	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	58.59	1:04.89	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	2:41.29	2:18.99	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
105	20:12.19	20:05.09	20:39.79	13-14 1500 Free	20:14.39	19:32.59	19:39.49	106

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, JULY 27, 2008- Afternoon Prelims

Warm up 11:30 AM – Start 12:30 PM

WOMEN	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	MEN
105	5:38.09	6:15.39	6:20.09	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	37.09	33.29	108
109	37.49	41.69	43.69	10/U 50 Back	44.69	42.09	37.79	110
111	1:12.39	1:20.79	1:24.09	11-12 100 Fly	1:23.09	1:20.19	1:12.49	112
113	1:25.79	1:34.19	1:39.69	10/U 100 Fly	1:38.19	1:36.29	1:26.69	114
115	1:01.19	1:08.39	1:13.59	11-12 100 Free	1:11.59	1:08.09	1:01.19	116
117	1:10.39	1:18.29	1:21.89	10/U 100 Free	1:21.59	1:17.59	1:10.19	118
119	2:57.29	2:15.89	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

WOMEN	SUNDAY, JULY 27, 2008- FINALS EVENT	MEN
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 SHEET MUST ACCOMPANY THE OFFICIAL ENTRY BLANK

TEAM _____

TEAM CODE _____

COACH _____

PHONE# _____

ADDRESS _____

E-MAIL _____

Person designated to receive entry limitation information, if needed:

Name: _____ Phone: _____

Email: _____

Mail Entries To:

LAC JO ENTRIES
c/o Barbara LeBoon
1309 Heatherwood DR
Mount Joy, PA 17552

Phone: 717-653-6681
Email: meetdirector@lancasteraquaticclub.com

ENTRY DEADLINE: 5PM MONDAY JULY 14TH No entries accepted after this date.

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

ENTRY FEES:

_____ Individual Events @ \$5.00	\$ _____
_____ Relay Teams @ \$10.00	\$ _____
_____ Manual Processing Fee \$5.00	\$ _____
Non-disk entry of swimmers only Per swimmer Fee	

Total: \$ _____

Payment to be received by Friday, July 18, 2008

Total Swimmers Entered in Meet _____

One check only per team please

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: _____ Phone: _____

Email: _____

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 _____

