

MIDDLE ATLANTIC SWIMMING

ELITE INVITATIONAL

Modified 12/12/08 – scratch back procedure for 200 yd events – see Seeding section

January 23-25, 2009

**Gloucester County Institute of Technology
1360 Tanyard Road
Sewell, NJ 08080
856-468-1445, x. 2304 (Day of meet emergency only)**

**Held under the sanction of Middle Atlantic Swimming
Sanction # MA 0990 AG
Time Trials # MA 0990 TT**

General Chair	Mike Seip	Admin Chair	Fred Frank
Age Group	Matt Sprang	Safety	Patric Mills
Co-Chairs	Erik Posegay	Co-Chairs	Ruthann Joyce
Officials Chair	Fred Killian		
Meet Director	Stephanie Rozick		
Meet Referee			

**Middle Atlantic Swimming
2150 New Castle Ave.
New Castle, DE 19720
302/429-6288 (voice) 302/658-5666 (fax)
www.maswim.org**

Middle Atlantic Elite Invitational January 23-25, 2009

Please note important Information for 2009 Elite Meet:

- ENTRIES AND CHECKS MUST BE SENT DIRECTLY TO THE MEET DIRECTOR. **DO NOT SEND ANYTHING TO THE MIDDLE ATLANTIC OFFICE.**
- We will be using a scratch back procedure for all events 200 yards and over except for the 400IM, 500, 1000, 1650 Freestyle; see seeding section for details.
- The GCIT campus is off limits to swimmers, coaches, and parents until 3:30 pm on Friday, January 23rd. Please do not plan on arriving to GCIT until after 3:30 pm on this day.
- There is a \$5 surcharge for each swimmer entered in the meet, including Relay only swimmers.
- All Relays for 11 and older swimmers will be swum at the beginning of morning Prelims. Relays for 10 and under swimmers will be swum at the end of the afternoon sessions. There are no Relays at Finals.
- All swimmers must be entered in the Meet prior to the closing of entries; this includes Relay-only swimmers. **NO SWIMMER WILL BE ADDED INTO THE MEET DATA BASE AT THE MEET.**
- The fastest eight swimmers (from combined 11/12, 13/14 and Senior age-groups) entered in the 1650 and 1000 Free (based on conforming SCY entry times) will swim during Finals. Swimmers with another event on the distance event day may enter the distance event at the time standard to obtain an early swim.

Eligibility: This Meet is open to all swimmers currently registered with USA Swimming who meet the qualifying time standard in an event. Age group is determined by the swimmer's age on January 23, 2009. Each swimmer is limited to no more than three (3) individual events and one (1) relay per day.

Facility: The GCIT Aquatics Center, located on the campus of the Gloucester County Institute of Technology, has two 8-lane/25-yard courses equipped with Competitor non-turbulent lane lines; water depth is 12 feet and 5 feet 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 with a capacity of 450.

Entries: All entries MUST be submitted using the Hy-Tek Team Manager or compatible program using swimmer information generated by the Team's registration database and identical to that in the SWIMS database. Teams may either (a) send computer disk containing the entry information, a Hy-Tek entry report, the Meet Summary Sheet and check to the Meet Director, or (b) send the electronic entry information and entry report via E-mail to EliteMeet@maswim.org; then send the Meet Summary Sheet and check to the Meet Director. **DO NOT SEND ANYTHING TO THE MIDDLE ATLANTIC OFFICE. See protocol for e-mail entries below.** 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 Meet Director.** MANUAL ENTRIES FROM CLUB SWIMMERS WILL NOT BE ACCEPTED! This insures that all results achieved by the swimmer will be correctly assigned to that swimmer in the SWIMS database.

Protocol for e-mail entries:

- 1) Subject line should read "your team name" entry for Elite 2009.
- 2) Include # of swimmers, individual events and relays in the text of the e-mail.
- 3) Provide contact name and information.
- 4) Attach exported entry file and entry report.

Swimmers must enter their best time in an event (except distance Freestyle events – see below.) All times submitted must be for the course in which they were achieved; converted times are not acceptable. Non-conforming times will be seeded according to USA Swimming policy (Rule 207.12.7B).

Deck entries will not be accepted at this Meet.

Proof-of-Time: Middle Atlantic Swimming will require proof of entry time from any swimmer who does not swim the Qualifying Time at the Meet. Middle Atlantic swimmers who cannot prove their entry time (in the course swum) will be charged a \$50 fine and may be suspended from competition in Middle Atlantic-hosted meets until the fine is paid.

Entry Fee: \$ 4.00 per individual event.
\$ 8.00 per relay entry.
Make checks payable to "Middle Atlantic Swimming"; please submit one check per Club.

Entry Deadline: All entries must be received by **2:00 p.m., Monday, January 12, 2009**. No late entries will be accepted. Entries will be processed on a 'first come, first entered' basis. Middle Atlantic reserves the right to limit the number of entries to keep each session within a reasonable time limit. Refunds will be given for eliminated events. **Entries will not be processed without payment of the entry fees. Checks for electronic entries must be received by Wednesday, January 14 or the entries may be deleted.**

Mail to: Mail entries to: Elite Meet
c/o Stephanie Rozick
5249 West Buffalo Run Rd.
Port Matilda, PA 16870

Electronic entries and any entry questions from coaches or team administrators ONLY can be sent to the Meet Director: EliteMeet@maswim.org.

Awards: Individual events: Medals for 1st-8th places
Relays: Medals for 1st-3rd places

A High Point Award will be presented to the top three Teams based on overall points.

A High Point Award will be presented to the top scoring Boy and Girl in each individual Age Group.

Finals: All 10 & Under events are Timed Finals, swum in afternoon session only (except Friday events).
11/12, 13/14 and Senior age groups will swim an A- and B- Final in the evening Finals session, except the 11/12 age
200 Back, Breast, Fly events which will swim A-Final only.
The B-Final will precede the A-Final at Finals.
All Friday night events, plus the 1000 Free and 1650 Free, are Timed Finals.

Relays: All relays will be swum as Timed Finals.

Scratch policy: Any swimmer who does not swim a pre-seeded Preliminary or pre-seeded 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; swimmers may take a DFS in a Timed Final event (except those seeded into 1000/1650 Freestyle heat at Finals). Any swimmer who qualifies for Finals in a Preliminary/Finals event and does not report for and swim the Finals will be barred from the rest of the Meet (including Relays) unless the swimmer has scratched, or indicated their possible intention to scratch, to the Admin Referee within thirty (30) minutes of the announcement of the Preliminary results. Swimmers declaring possible intention must confirm their intention to scratch within thirty (30) minutes of the announcement of the results of that swimmer's last individual event at the Preliminary session or they will be seeded into the event and expected to swim. Swimmers who are initially announced as Alternates for the Finals will not be so penalized.

Seeding: All coaches will receive a scratch form with their team's entries for 200 yard events prior to the meet. (This does not apply to Friday evening or any 10 & Under age events.) The scratch form is to be returned to the Computer operator 45 minutes before the end of warm up for the morning Prelims sessions. Swimmers not present for that session should be scratched and those swimmers will not be seeded into their events in that session. There will be no penalty for swimmers that have not been scratched and then do not swim an event.

The 400 IM, 500 Free, 1000 Free and 1650 Free individual events and all Relays will be Deck-seeded; all other events will be Pre-seeded. Positive check-in is required to be seeded into Deck-seeded events. The 400 IM and 500 Free will swim slow-to-fast; the 1000 and 1650 Free will swim fast-to-slow. The top eight entered swimmers (from combined Senior, 13/14 and 11/12) based on their entry time (conforming) will swim the 1000/1650 at Finals; these swimmers will not have the option to swim the event during Prelims except at the discretion of the Meet Referee. Check-in for the 1000 / 1650 Free events will close at 10:00 a.m. on the respective morning; **all** swimmers must check in by the morning deadline.

A \$50 fine will be imposed on any MA swimmer who qualifies for Finals on the last night (or last day of competition for that swimmer) and then does not compete in that event, unless such swimmer has appropriately scratched or is otherwise excused from the event.

Time Trials: Time Trials will be available at times to be determined by the Meet Referee on Saturday and Sunday for a fee of \$10.00 per individual swim and \$20.00 per relay. To swim a Time Trial, a swimmer must have a qualifying time within 0.5-sec per 50-yd of the Eastern Zone 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. A Time Trial event counts in the total allowable events to be swum each day (3 individual and 1 relay.) Time Trials are open to any USA Swimming registered swimmer. Time Trial swimmers not entered in the Meet must provide proof of current USA Swimming registration.

Distance Events: Swimmers with qualifying times in the 1000 or 1650 Free may enter that event using their fastest time, or may enter at the time standard provided they are entered in at least one other individual event on the day of the distance Free event.

			<u>Warm-ups</u>	<u>Meet Starts</u>
Schedule:	Friday	All events Timed Finals	4:30 pm	5:30 pm
	Saturday	11/12,13/14 and Senior Prelims	7:00 am	8:30 am
		10/Under Timed Finals	1:15 pm	2:00 pm
		11/12,13/14 and Senior Finals	4:30 pm	5:30 pm
	Sunday	11/12,13/14 and Senior Prelims	7:00 am	8:30 am
		10/Under Timed Finals	1:15 pm	2:00 pm
		11/12,13/14 and Senior Finals	4:30 pm	5:30 pm

Sprint and pace lanes will be opened approximately thirty minutes before the start of each session.

Prelims for 11/12, 13/14 and Senior events will be held in both courses, and will alternate on Saturday and Sunday. The 10/Under Timed Finals sessions, and the Finals for 11/12, 13/14 and Senior events will be held in the deep pool. The order of events for Finals will be identical to the order for Prelims, except for one heat each gender of the 1000 Free and 1650 Free which will swim as the first event at Finals.

Officials: Officials attending and interested in working at this meet may contact Fred Killian at FK42@aol.com or (302) 994-3389 prior to the meet. Officials not contacting Fred prior to the meet should report to the Referee at the start of warm-ups for any session.

This meet may be an Officials Qualifying Meet (OQM) for those officials seeking advancement or renewal of their N2 or N3 (S&T only) certification. Officials wanting to renew or advance their N2 certification should contact Fred Killian.

Safety: USA Swimming and Middle Atlantic safety procedures will be enforced during the Meet. There shall be no diving during Warm-up, except in designated sprint lanes. The Referee may remove anyone from warm-up for failure to comply with the Warm-up rules. Swimmers without a Coach should report to the Referee prior to entering the pool to obtain assignment to a Team for that session.

Any swimmer observed swimming under or through the Bulkhead by an Official or Safety Monitor 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.

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

Deck ID: Only SWIMMERS, COACHES, OFFICIALS and MEET VOLUNTEERS are allowed on Deck. All Coaches must display their current 2009 USA Swimming Coach's Membership Card. This requirement will be strictly enforced! Spectators may view the Meet from the balcony.

Admission: Free

Programs: A 3-day Program will be sold for \$10. Included in the program are coupons that may be redeemed for a Finals program at night. Finals Programs can be purchased for \$2.

Final Results: Meet Results will not be mailed to the entered clubs. Meet results will be available on the Middle Atlantic Website.

Team Work Assignments: This Meet is sponsored and administered by Middle Atlantic Swimming. MIDDLE ATLANTIC CLUBS WILL BE RESPONSIBLE FOR PROVIDING VOLUNTEER WORKERS BASED ON THE NUMBER OF THEIR SWIMMERS ENTERED IN THE MEET. This requirement is necessary for the smooth running of the Meet. Each Team's contact person will be notified of their Team's assignments. Failure to provide assigned workers could cause penalties to be imposed on that Team's entries in the Meet.

Hospitality: A Snack Bar will be available. The Gloucester County Institute of Technology school and staff administer the snack bar. Middle Atlantic Swimming has no responsibility whatsoever for aspect of the snack bar.

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 convenience store 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:	<p>FOUR POINTS CHERRY HILL (856) 428-2300</p> <p>HOLIDAY INN CHERRY HILL (856) 663-5300</p>	<p>HOLIDAY INN RUNNEMEDE (856) 939-4200</p> <p>FAIRFIELD INN DEPTFORD (856) 686-9050</p>	<p>DAYS INN BROOKLAWN (856) 456-6688</p> <p>HOLIDAY INN SELECT (FULL SERVICE HOTEL) BRIDGEPORT (856) 467-3322</p>	<p>RESIDENCE INN DEPTFORD (856) 686-9188</p>
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Qualifying Standards

Elite Invitational 2009

Girls Event #	SCM	LCM	SCY	Friday Evening Timed Finals	SCY	LCM	SCM	Boys Event #
1	5:16.39	5:22.89	6:01.59	500 Free 11-12	6:05.99	5:26.49	5:20.29	2
3	4:56.09	5:02.19	5:38.39	500 Free 13/14	5:30.09	4:58.79	4:48.79	4
5	4:50.59	4:56.49	5:31.99	500 Free Senior	5:04.49	4:36.39	4:26.49	6
7	5:57.39	6:04.49	6:48.39	500 Free 10/U	6:49.59	6:01.19	5:54.09	8
9	2:50.99	2:54.09	2:33.19	200 IM 11/12	2:36.69	2:57.49	2:53.99	10
11	3:14.49	3:20.59	2:55.99	200 IM 10/Under	2:55.29	3:18.89	3:13.69	12
13	5:45.49	5:52.39	5:11.19	400 IM 13/14	5:02.89	5:43.09	5:36.29	14
15	5:32.79	5:42.09	5:01.19	400 IM Senior	4:31.29	5:11.99	4:59.79	16
17	6:23.59	6:28.39	5:43.69	400 IM 11/12	5:40.69	6:21.09	6:13.79	18
Girls Event #	SCM	LCM	SCY	Saturday Preliminary 11&O	SCY	LCM	SCM	Boys Event #
19				200 Medley Relay 11/12				20
21				200 Medley Relay 13/14				22
23				400 Medley Relay Senior				24
25	2:30.79	2:32.69	2:15.09	200 Free 11/12	2:17.89	2:34.99	2:31.99	26
27	2:18.89	2:20.59	2:04.39	200 Free Senior	1:53.39	2:10.59	2:05.29	28
29	2:21.09	2:22.89	2:06.39	200 Free 13/14	2:00.79	2:18.09	2:14.89	30
31	1:30.69	1:33.09	1:21.19	100 Breast 11/12	1:22.29	1:33.19	1:31.39	32
33	1:21.39	1:24.49	1:13.69	100 Breast Senior	1:04.99	1:15.19	1:11.89	34
35	1:24.89	1:27.39	1:15.99	100 Breast 13/14	1:12.29	1:21.89	1:20.29	36
37	1:20.09	1:20.59	1:11.69	100 Fly 11/12	1:12.99	1:22.09	1:20.49	38
39	1:11.29	1:12.29	1:04.49	100 Fly Senior	56.89	1:04.49	1:02.89	40
41	1:14.09	1:14.59	1:06.39	100 Fly 13/14	1:03.89	1:12.19	1:11.39	42
43	2:50.39	2:52.49	2:32.59	200 Back 11/12	2:34.39	2:53.69	2:50.29	44
45	2:35.09	2:40.39	2:20.39	200 Back Senior	2:05.19	2:25.19	2:18.29	46
47	2:40.59	2:42.59	2:23.89	200 Back 13-14	2:19.49	2:37.99	2:34.89	48
49	37.29	38.09	33.59	50 Back 11/12	33.99	38.69	37.79	50
51	1:04.29	1:06.29	58.19	100 Free Senior	52.09	1:00.09	57.59	52
53	1:05.39	1:06.59	58.59	100 Free 13/14	55.69	1:03.59	1:02.19	54
55	1:09.09	1:10.39	1:01.89	100 Free 11/12	1:01.99	1:10.19	1:08.89	56
57	9:58.59	10:10.09	11:23.99	1000 Free Senior *	10:36.19	9:34.09	9:16.79	58
	10:36.79	10:47.99	12:07.59	1000 Free 13/14 *	11:43.89	10:31.29	10:15.99	
	11:44.79	11:57.49	13:25.29	1000 Free 11/12 *	13:00.49	11:49.09	11:23.09	
Girls	SCM	LCM	SCY	Saturday Timed Finals 10&U	SCY	LCM	SCM	Boys Event #
59	1:18.19	1:19.79	1:10.19	100 Free 10/Under	1:11.79	1:22.09	1:19.69	60
61	46.49	47.39	41.99	50 Breast 10/Under	42.99	48.69	47.79	62
63	1:36.29	1:38.19	1:26.69	100 Fly 10/Under	1:26.69	1:38.19	1:36.29	64
65	42.79	43.59	38.49	50 Back 10/Under	38.49	43.59	42.79	66
67	1:30.19	N/A	1:21.19	100 IM 10/Under	1:22.19	N/A	1:31.39	68
69				200 Medley Relay 10/Under				70

* This is a Timed Final event, swum combined but scored separately. Positive Check-in is required to be seeded. The top eight seeded swimmers will swim the event in the evening Finals session. Remaining swimmers will swim in Prelim session, fastest to slowest. Swimmers at Prelims must provide their own timer and counter.

Qualifying Standards

Elite Invitational 2009

Girls Event #	SCM	LCM	SCY	Sunday Preliminary 11 & Over	SCY	LCM	SCM	Boys Event #
71				200 Free Relay 11/12				72
73				200 Free Relay 13/14				74
75				400 Free Relay Senior				76
77	3:01.99	3:05.59	2:44.69	200 Fly 11/12	2:38.29	2:59.29	2:55.79	78
79	2:32.69	2:35.59	2:18.19	200 Fly Senior	2:04.19	2:23.29	2:17.29	80
81	2:44.99	2:47.19	2:28.59	200 Fly 13/14	2:22.29	2:40.79	2:37.99	82
83	35.29	36.09	31.79	50 Fly 11/12	32.39	36.69	35.99	84
85	29.99	30.49	26.79	50 Free Senior	23.79	27.39	26.59	86
87	30.39	30.99	27.19	50 Free 13/14	25.09	28.89	28.09	88
89	31.59	32.19	28.29	50 Free 11/12	28.39	32.29	31.59	90
91	1:12.29	1:15.19	1:05.49	100 Back Senior	58.09	1:07.69	1:04.09	92
93	1:13.99	1:14.99	1:06.29	100 Back 13/14	1:04.29	1:12.79	1:11.39	94
95	1:20.29	1:21.29	1:11.89	100 Back 11/12	1:13.09	1:23.79	1:21.19	96
97	3:21.19	3:24.79	3:00.19	200 Breast 11/12	2:54.99	3:20.89	3:12.09	98
99	2:55.59	3:01.19	2:38.89	200 Breast Senior	2:21.49	2:43.29	2:36.29	100
101	3:04.29	3:08.29	2:45.99	200 Breast 13/14	2:36.29	2:56.99	2:53.99	102
103	41.69	42.49	37.49	50 Breast 11/12	37.59	42.59	41.79	104
105	2:37.69	2:40.59	2:21.29	200 IM Senior	2:07.19	2:27.79	2:20.59	106
107	2:40.19	2:43.09	2:23.49	200 IM 13/14	2:17.99	2:37.89	2:34.09	108
109	1:19.19	N/A	1:11.29	100 IM 11/12	1:12.49	N/A	1:20.49	110
111	18:52.09	19:26.39	18:58.69	1650 Free Senior *	17:41.09	18:13.29	17:34.89	112
	20:05.09	20:39.79	20:12.19	1650 Free 13/14 *	19:39.49	20:14.39	19:32.59	
	22:15.19	22:59.89	22:22.99	1650 Free 11/12 *	21:47.59	22:31.29	21:39.99	
Girls Event #	SCM	LCM	SCY	Sunday Timed Finals 10&U	SCY	LCM	SCM	Boys Event #
113	35.09	35.79	32.09	50 Free 10/Under	31.89	37.09	35.59	114
115	1:44.19	1:46.29	1:33.79	100 Breast 10/Under	1:34.79	1:46.29	1:44.19	116
117	40.89	41.69	36.79	50 Fly 10/Under	37.29	42.19	41.39	118
119	1:31.29	1:33.09	1:22.19	100 Back 10/Under	1:22.69	1:35:09	1:32.29	120
121	2:53.59	2:57.99	2:36.39	200 Free 10/Under	2:33.89	2:54.29	2:50.89	122
123				200 Free Relay 10/Under				124

* This is a Timed Final event, swum combined but scored separately. Positive Check-in is required to be seeded. The top eight seeded swimmers will swim the event in the evening Finals session. Remaining swimmers will swim in Prelim session, fastest to slowest. Swimmers at prelims must provide their own timer and counter.

ELITE INVITATIONAL 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: _____ E-mail: _____

Mail Entries to: ELITE MEET
C/O STEPHANIE ROZICK
5249 West Buffalo Run Rd.
Port Matilda, PA 16870

ENTRY DEADLINE: Must be received by **2:00 pm, Monday, January 12, 2009**. No entries will be accepted after that date. Please make checks payable to **Middle Atlantic Swimming**. One check per club, please.

ENTRY FEES:

_____ Swimmers @ \$5.00 surcharge	\$ _____ (everyone pays this!)
_____ Individual Events @ \$4.00	\$ _____
_____ Relay Events @ \$8.00	\$ _____
Total	\$ _____

WORKER CONTACT PERSON: THIS PERSON WILL BE RESPONSIBLE FOR OBTAINING WORKERS FROM 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: _____

E-mail: _____ Fax NUMBER _____

IF THERE ARE SPECIFIC JOBS THAT YOUR CLUB HAS EXPERIENCE IN, AND WOULD LIKE TO BE ASSIGNED TO, PLEASE LIST THOSE POSITIONS:** _____. **We cannot guarantee specific assignments but will do our best to accommodate Clubs that request such positions.**

** Positions needed: Hy-Tek computer operator, Colorado timing system, scorer, admissions, t-shirt sales, runner, announcer, safety marshal, awards, head timer.

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 _____

