

**Jersey Storm &  
NRG Mini Invitational Meet**  
**Sunday, January 11, 2009**  
Held under the Sanction of USA Swimming  
Sanctioned by Middle Atlantic Swimming, Inc.  
Sanction # MA 0933 M

**MEET DIRECTOR:** Michelle Carter 215-672-1622      **SAFETY DIRECTOR:** Barbara Burns/Steve Schenker

**INQUIRIES:** Questions should be referred to Michelle Carter at (215) 672-1622 or at [mcarter@nrgswim.com](mailto:mcarter@nrgswim.com)

**MEET LOCATION:** **Fort Dix Indoor Pool, 10<sup>th</sup> Street & Doughboy Loop, Fort Dix, NJ 08640**  
Phone: (609)562-2808 (day of meet only).  
**Access to base requires presentation of a valid photo ID (driver's license, passport, etc.) for ALL adults in the vehicle.**  
**Note to Team Administrators:** *Please update Team Manager information to include coaches information. This information is used along with athletes entered into the meet to generate a list for access to the base.*

**FACILITIES:**

- Competition Pool: Indoor, six-lane, 25 yard competition pool with gutter system, Competitor non-turbulent lane lines, Colorado™ Electronic Timing System and six-lane scoreboard, pace clocks, and Paragon starting platforms (start/dive into 12 feet of water).
- Warm-Up Pool: Indoor four-lane, 20 yard pool with gutter system, Competitor non-turbulent lane lines, and pace clocks. Pool depth, 3ft - 5ft. The warm-up pool will be open during the meet; however, the meet director reserves the right to close the warm-up pool at any time.
- Spectator Seating: Seating for 200+ spectators. Additional off-deck seating available in concession area. Spectators are prohibited from entering areas of the pool which are being used by swimmers, coaches, and officials displaying valid USA Swimming credentials.
- Swimmer Seating: Seating for 300+ swimmers available on pool deck
- Snack Bar: A snack bar will be open during the meet serving hot and cold food, beverages, and snack foods. Ample room is available in the concession area to sit and eat. Children are not to be left unattended in the concession area.
- Hospitality: Hospitality will be provided for all coaches, officials and meet workers.

**MEET FORMAT:** Pre-Seeded – Timed Finals – One Session  
**NRG/Jersey Storm reserves the right:**  
-----To **split meet into two sessions (one boys and one girls)**, if the meet is large.  
-----To **limit sessions** to no more than 130 swimmers per session.  
-----To **combine sessions**, if the meet is small.

Warm-up:	10:00am
Sprint Lanes 1 & 6:	10:20-10:30am
Start:	10:30am

**OFFICIALS:** All USA Certified Officials and Trainees are invited to work the meet. Please contact the NRG Office by phone at 215-672-1622 or e-mail at [mcarter@nrgswim.com](mailto:mcarter@nrgswim.com) or NRG's Head Official, Dale Carmody at 215-968-6036.

**ELIBILITY:** Open to all swimmers registered with USA Swimming and will be conducted according to current USA Swimming rules. Swimmer's age as of day of meet governs age group entry.

**ENTRIES:** Swimmers may enter a maximum of **5 Individual** events and **1 Relay**. Swimmers must enter best time in each event. Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for an event. Penalties may include fines or suspension set by Middle Atlantic.

**E-Mailed Computer Entries:** Entries attached to an E-mail, using Hy-Tek Team Manager software are preferred. The e-mail should include the number of entries and swimmers, coach and team contact, their addresses and telephone numbers to enable resolution of any discrepancies in the entries as soon as possible. The electronic data will be the official version of the meet entries.

**Manual Entries:** Submit entries on the official entry form, legibly printed with current USA registration numbers for each athlete. Indicate any meter times with designation of “S” for short course meter or “L” for long course meter. There will be a \$2.00 per swimmer surcharge for any team submitting 5 or more swimmers’ entries manually.

NRG Swimming reserves the right to limit entries to comply with Middle Atlantic rules and space availability of the facility. Refunds will be given to eliminated swimmers.

**No post entries** will be accepted.

**Deck entries** will be accepted upon discussion with the Meet Director and provided there is lane availability within existing heats. Swimmers not already in the meet must provide proof of current USA Swimming registration (**2009 USA Registration Card**) in order to deck-enter an event. Fees for deck entries will be paid prior to the event(s).

**ENTRY FEES:** \$4.00 per Event \$8.00 per Relay. \$5.00 Deck Entries. \$2.00 per Swimmer surcharge for submitting entries manually.

Make check payable to: **NRG Swimming**  
Mail Entries to: 629 Continental Road Hatboro PA 19040  
E-Mail Entries to: [mcarter@nrgswim.com](mailto:mcarter@nrgswim.com)

**ENTRY CLOSE:** **All Entries** must be received by 6:00pm Friday, December 26<sup>th</sup>, 2008.

**RULES:** This meet will be conducted according to current USA Swimming and MA Swimming rules. USA Swimming and MA Swimming safety guidelines and warm-up procedures will be effect for the entire meet.

This meet will be conducted using the Whistle command, supplemented with verbal commands, and No-Recall False Start procedures.

**No Diving** in warm-up lanes except in designated sprint lanes. Sprint lanes will be announced during warm-up.

All relay starts from the **shallow end** of the pool will **start from the water.**

Coaches are asked to place themselves at the end of each lane during warm-up and supervise the swimmers in their lanes.

Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.

**AWARDS:** Individual Events Rosettes 1st through 3<sup>rd</sup> and Ribbons 4<sup>th</sup> through 24<sup>th</sup>  
Relays Ribbons 1<sup>st</sup> through 3<sup>rd</sup>  
Heat Winner Ribbons

**RESULTS:** Results will be posted on the Middle Atlantic Swimming web site @ ([www.maswim.org](http://www.maswim.org))

Results will not be mailed to clubs, but will be transmitted by E-Mail to any club that provides an E-Mail address with their entries.

**ADMISSION:** Adults only \$4.00 for program and admission per session.

**DIRECTIONS:**

The Fort Dix Indoor Pool, (609) 562-2808, is located on Doughboy Loop, next to the Fort Dix Outdoor Recreation building and the Doughboy Field Parade Grounds, Fort Dix, NJ 08640. **Access to base requires presentation of a valid photo ID (driver's license, passport, etc.) for ALL adults in the vehicle.** Directions are also available on the MA website [www.maswim.org](http://www.maswim.org)

From the North or South via NJ Turnpike: Take the NJ Turnpike to Exit 7 (Bordentown, Ft. Dix, McGuire AFB). Follow directions from NJ Turnpike Exit 7.

From the West via PA Turnpike: Take the PA Turnpike east across the Delaware river into NJ. Take the NJ Turnpike north to Exit 7 (Bordentown, Ft. Dix, McGuire AFB). Follow directions from NJ Turnpike Exit 7.

From NJ Turnpike Exit 7: After paying toll, follow signs for military bases onto Rt 206 South and merge into far left lane. After 1<sup>st</sup> traffic light, take a left onto Rt. 68 (signs point left towards direction of military bases and there is a traffic light in the median). Follow Rt. 68 through 4 traffic lights to the Fort Dix Security gate (photo ID required). After security gate, follow Rt. 68 to a traffic circle. Take 1<sup>st</sup> right off of traffic circle onto 4<sup>th</sup> Street. At 1<sup>st</sup> intersection (blinking traffic light), take a right onto New Jersey Ave. Follow New Jersey Ave. to stop sign. Take left onto 10<sup>th</sup> Street. At stop sign, take a right onto Doughboy Loop. The indoor pool is the blue and yellow building immediately on your left (ample parking in front of building).

From the East (via Rt 70): Take Rt 70 West to Rt 530 West. Follow Rt. 530 West to the 3<sup>rd</sup> traffic light (Shell Gas Station) and take a right onto Rt 545 (stay to the right of the gas station). Follow Rt 545 (Texas Ave.) through one traffic light to the Ft Dix Security gate (photo ID required). At 1<sup>st</sup> traffic light (blinking yellow) past the security gate, take a left onto 8<sup>th</sup> Street. At blinking traffic light, take a left onto Doughboy Loop (police station will be on right). The indoor pool is the blue and yellow building ¼ mile up the road on your left (ample parking in front of building).

From the South (via I-295 North): Take I-295N to Exit 45A (Mount Holly Exit). At 3<sup>rd</sup> traffic light take a left onto Irick Rd. At 1<sup>st</sup> traffic light take right onto Rt 630 (Woodlane Rd). Follow Rt 630 to the 5<sup>th</sup> traffic light (Mobil Gas Station and CVS Pharmacy) and take a left onto Rt 537 East (Monmouth Rd). Follow Rt 537 East to the 3<sup>rd</sup> traffic light. At 3<sup>rd</sup> traffic light, take a right onto Rt. 68. Follow Rt. 68 through 1 traffic light to the Ft Dix Security gate (photo ID required). After security gate, follow Rt. 68 to a traffic circle. Take 1<sup>st</sup> right off of traffic circle onto 4<sup>th</sup> Street. At 1<sup>st</sup> intersection (blinking traffic light), take a right onto New Jersey Ave. Follow New Jersey Ave. to stop sign. Take left onto 10<sup>th</sup> Street. At stop sign, take a right onto Doughboy Loop. The indoor pool is the blue and yellow building immediately on your left (ample parking in front of building).

**UNATTACHED & SWIMMERS WITHOUT COACHES:**

An NRG coach will supervise swimmers unaccompanied by their team coach. Please report to the Meet Director on deck when you arrive.

# NRG Mini Invitational Meet

## Sunday January 11, 2009

### Girls

### Boys

1	25 Free	5 & Under	25 Free	2
3	25 Free	6 Year Olds	25 Free	4
5	25 Free	7 Year Olds	25 Free	6
7	25 Free	8 Year Olds	25 Free	8
9	50 Free	8 & Under	50 Free	10
11	25 Back	5 & Under	25 Back	12
13	25 Back	6 Year Olds	25 Back	14
15	25 Back	7 Year Olds	25 Back	16
17	25 Back	8 Year Olds	25 Back	18
19	25 Brst	6 & Under	25 Brst	20
21	25 Brst	7 Year Olds	25 Brst	22
23	25 Brst	8 Year Olds	25 Brst	24
25	25 Fly	6 & Under	25 Fly	26
27	25 Fly	7 Year Olds	25 Fly	28
29	25 Fly	8 Year Olds	25 Fly	30
31	100 IM	7 & Under	100 IM	32
33	100 IM	8 Year Olds	100 IM	34
35	100 Fr. Relay	6 & Under	100 Fr. Relay	36
37	100 Fr. Relay	7 Year Olds	100 Fr. Relay	38
39	100 Fr. Relay	8 Year Olds	100 Fr. Relay	40

All relay starts from the shallow end of the pool will start from the water.

**NRG SWIMMING/Jersey Storm Swimming**  
**Mini Invitational Meet**  
**January 11, 2009**

This Form Must Accompany the Official Entries

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

Head Coach \_\_\_\_\_ E-Mail \_\_\_\_\_

Address \_\_\_\_\_

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

Telephone (     ) \_\_\_\_\_

Individual Event Fees: \_\_\_\_\_ @ \$4.00 \$ \_\_\_\_\_

Relay Event Fees: \_\_\_\_\_ @ \$8.00 \$ \_\_\_\_\_

Manual Entry Processing Fee \_\_\_\_\_ swimmers @ \$2.00 \$ \_\_\_\_\_  
(For Non-Disk Entry Swimmers Only)

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

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

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

# NRG SWIMMING/Jersey Storm Swimming

## January 11, 2009

### Meet Entry Form

Reproduce this form to accommodate the total number of swimmers for your team.

**Team Information:** Fill out Summary Form.

**Contact Information:** Coach - Team Representative - Parent  
(Please Circle One)

Contact Address if different from Team Address: \_\_\_\_\_

Contact E-Mail Address: \_\_\_\_\_ (Results will be sent E-mail)

Contact Phone Number: \_\_\_\_\_ (Include Area Code)

### Swimmer's Information:

Swimmer's Name: \_\_\_\_\_  
First
Middle Initial
Last

Swimmer's Birth Date: \_\_\_\_\_

USA Registration number: \_\_\_\_\_ (Must be accurate and current for 2009 year)

Male or Female: (Please Circle One)

### Event Information:

	Event #	Age Group	Event Description	Time
<b>Example</b>	2	5 & Under	25 Free	31.72
1				
2				
3				
4				
5				

### Swimmer's Information:

Swimmer's Name: \_\_\_\_\_  
First
Middle Initial
Last

Swimmer's Birth Date: \_\_\_\_\_

USA Registration number: \_\_\_\_\_ (Must be accurate and current for 2009 year)

Male or Female: (Please Circle One)

### Event Information:

	Event #	Age Group	Event Description	Time
<b>Example</b>	2	5 & Under	25 Free	31.72
1				
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3				
4				
5				