

JERSEY WAHOOS SWIM CLUB

SUMMER SOLSTICE MEET
Senior "A" Level / Age Group A/BB
June 19-21, 2009

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, INC. SANCTION # MA 09112 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 19, 2009, governs age group participation for the entire meet.

SENIOR EVENTS - Must meet the age 15-16 "A" standard (Trials / Finals)
AGE GROUP - Must meet USA Swimming "BB" standard of your age group - Timed Finals

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.

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.

SUMMER SOLSTICE MEET
SENIOR EVENTS
Must meet 15-16 "A" Level Standards

FRIDAY MORNING SENIOR PRELIMS

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

All Events will be deck seeded

NO 8/unders in Senior events

A & B Finals Heats

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 Events will be deck seeded

NO 8/unders in Senior events

A & B Finals Heats

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 Events will be deck seeded

NO 8/unders in Senior events

A & B Finals Heats

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 MEET
AGE GROUP EVENTS**

FRIDAY AGE GROUP EVENTS

WARM-UP 12:00 PM START 12:45 PM

GIRLS EVENT#	EVENT	BOYS EVENT#
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

SATURDAY AGE GROUP EVENTS

WARM-UP 12:00 PM START 12:45 PM

GIRLS EVENT#	EVENT	BOYS EVENT#
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

SUNDAY AGE GROUP EVENTS

WARM-UP 12:00 PM START 12:45 PM

GIRLS EVENT#	EVENT	BOYS EVENT#
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

All events will be deck seeded on all days.

You must meet the "BB" Time standard in your age group to be eligible to swim that event.

SUMMER SOLSTICE MEET

June 19-21, 2009

SEEDING: All events will be deck seeded events.

CHECK IN: Each Team will have a check-in sheet with all 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.

Long Course times preferred. Must enter best times or face possible penalties. Times must be entered in the course they were achieved. 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 3 events per day.

HY-TEK ENTRIES PREFERRED

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

jwmeets@jerseywahoos.org

SUBJECT = (YOUR TEAM) SUMMER SOLSTICE ENTIREES

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

ATTACHMENTS: ENTRY FILE / TM ENTRY REPORT

DO NOT SEND FLOPPY DISKS.

NO DECK ENTRIES ACCEPTED.

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:

\$15.00 PER SWIMMER FOR ALL MANUALLY PREPARED ENTRIES.

(Entries not sent using Hy-Tek software). Failure to remit payment will result in rejection of entries. We encourage individuals to use the free TM-Lite or purchase Hy-Tek Personal Swim Manager to enter meets. TM-Lite is available for download via a link on Jersey Wahoos web page or at the Hy-Tek website.

Manually prepared entries (\$15.00/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/>

FINALS:

Any swimmer that qualifies for one of the Finals heats (A or B- Finals) in a Prelims/Finals event and then does not compete in that event at Finals will be barred from further competition in 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 results of the Prelims results of that event (and confirmed their possible intention to scratch within thirty minutes of the announcement of the results of that swimmer's last individual event at the Prelims session.) A swimmer who does not confirm their intention to scratch is assumed NOT to have scratched and will be seeded into the Finals event. Swimmers initially announced as Alternates for the Finals will not be so penalized.

SUMMER SOLSTICE MEET
June 19-21, 2009

FEES: **\$5.00/INDIVIDUAL EVENT - \$8/RELAY.**
\$15.00 SURCHARGE PER SWIMMER (IF APPLICABLE).
CHECKS PAYABLE TO "JERSEY WAHOOS SWIM CLUB."

CLOSE: **5:00 PM, FRIDAY, JUNE 5, 2009. LATE ENTRIES WILL NOT BE ACCEPTED.**

SEND ENTRIES **SUMMER SOLSTICE ENTRIES**
& PAYMENT TO: **C/O JERSEY WAHOOS**
 4101 CHURCH RD
 MT. LAUREL, NJ 08054

Meet Summary MUST accompany payment. Payment MUST BE POSTMARKED BY SATURDAY, JUNE 6, 2009 or entries will be rejected. No exceptions.

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.** 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 2009 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 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 Swimmers unaccompanied by a credentialed coach must report to the meet director prior to
W/OUT COACHES: 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.

SUMMER SOLSTICE MEET
June 19-21, 2009

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

MEET ENTRY SUMMARY FORM
MUST ACCOMPANY PAYMENT

MEET: **JW 2009 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: _____ x \$5.00 = \$ _____

TOTAL NUMBER OF RELAYS: _____ x \$8.00 = \$ _____

SURCHARGE* \$ _____ (\$15.00/SWIMMER)

TOTAL ENTRY FEES: \$ _____

ATHLETE SUMMARY

NUMBER OF MALE ATHLETES: _____ ENTRIES: _____

NUMBER OF FEMALE ATHLETES: _____ ENTRIES: _____

TOTAL NUMBER OF ATHLETES: _____ TOTAL: _____

*** \$15.00 PER SWIMMER FOR ALL MANUALLY PREPARED ENTRIES.**

(Entries not sent using Hy-Tek software). Failure to remit payment will result in rejection of entries. We encourage individuals to use the free TM -Lite or purchase Hy-Tek Personal Swim Manager to enter meets. TM-Lite is available for download via a link on Jersey Wahoos web page or at the Hy-Tek website

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