

MIDDLE ATLANTIC SWIMMING
JUNIOR OLYMPIC
AGE GROUP CHAMPIONSHIPS
March 12-15, 2009

GCIT Aquatics Center
Gloucester County Institute of Technology
1360 Tanyard Road
Sewell, NJ 08080

Day of Meet Emergency Phone: 856-468-1445, x 2659

Updated 2/16/09 – officials section

Held under the sanction of Middle Atlantic Swimming
Sanction # **MA 09102 AG**
Time Trials # **MA 09102 TT**

General Chair
Administrative Chair
Age Group Chair
Officials Chair
Meet Director
Safety Directors
Meet Referee
Middle Atlantic Office

Mike Seip
Fred Frank
Matt Sprang/Erik Posegay
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302/429-6288
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- The 2009 Winter Junior Olympic meet is for 14 and under swimmers **ONLY**.
- Bonus events will be allowed in the meet this year. The Bonus qualifying times will be the 2007 Winter JO qualifying times. Please see the section on Bonus Events for more information.
- The 11-12 400 IM is a Timed Final event on Sunday with the fastest heat swimming at Finals. This event requires positive check-in and will close at 6:00 pm on Saturday evening (at the start of Finals). Swimmers in the top eight after seeding will swim at Finals.
- Check-in for the 1650 Freestyle will close at 6:00 pm (the start of Finals) on Saturday.
- GCIT School is in session on Thursday and Friday; please read the sections below that contain essential information on parking and other restrictions on those days.
- All relays will be swum as timed finals at the conclusion of the morning and afternoon sessions.
- Long Course qualifying times will be accepted for entry into the Meet. Entry times must be submitted in the course in which they were achieved. Qualifying period is September 1, 2007 through the entry deadline.
- Winter Junior Olympic Entries will be submitted using [USA Swimming's Online Meet Entry \(OME\) System](#). OME can be found on the USA Swimming website under the coach's section. Emailed entry files produced by Team Manager will not be accepted.
- **Swimmers who qualify for FINALS on the last night (or a swimmer's last meet day) and do not compete are subject to a \$50 fine, unless the swimmer has appropriately scratched.**
- All relay-only swimmers must be included in OME and must pay the Meet surcharge.

**COACHES AND SWIMMERS ARE RESPONSIBLE FOR FAMILIARIZING THEMSELVES
WITH ALL THE INFORMATION CONTAINED IN THIS PACKET**

PROOF

OF TIME: "Custom Times" entered in OME can be proven by sending a paper copy of results from a MA Accepted Meet to the Meet Director, or by notifying the Meet Director where electronic copy of results may be found for an Observed or Approved Meet. Swimmers will not be permitted to swim with un-proven times.

STARTING TIMES:

	<u>Day</u>	<u>Warm -Up</u>	<u>Meet Starts</u>
	Thurs	4:30 pm	5:30 pm
(Prelims 11-14)	Fri/Sat/Sun	7:00 am	8:30 am
(Timed Finals 10&Under)	Fri/Sat/Sun	12:30 pm (no earlier)	1:30 pm (no earlier)
(Finals)*	Fri/Sat/Sun	4:00 pm	5:00 pm

Sprint and pace lanes will be opened 30 minutes before the start of each session. After all entries are received and a time line is established, it will be determined when breaks will be provided for warm-up/warm-down during the morning and afternoon sessions. Break times will be posted at each pool.

* The shallow Pool will be available for warm-up / warm-down during the Finals sessions.

PARKING:

Parking in the GCIT parking lot will be limited to essential meet officials and personnel only on Friday until 3:30 pm. Swimmers may be dropped off at GCIT from 6:30 am until 7:20 am and during a designated time for the 10 and under session ONLY. The parking lot will be off limits at all other times on Friday. Parking will be available in designated areas at Gloucester County College located next to GCIT. Shuttle buses will run between GCIT and the Gloucester County College parking area throughout the day.

SAFETY

REQUIREMENTS: USA Swimming and Middle Atlantic safety procedures will be enforced during the meet. Warm-ups are subject to the following procedures: No diving during warm-ups except in designated sprint lanes. The Referee may remove anyone from the warm-up for failure to comply with the warm-up rules. Swimmers without coaches should report to the Referee or Meet Director prior to entering the pool for warm-ups and will be assigned to a Team/Coach for that session.

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

SEEDING:

All events will be pre-seeded except Relays, the 11-12/10&U 500 Free, the 11-12/ 13-14 1000 Free, the 11-12 400 IM and the 1650 Free. If deemed necessary by meet management, the 13-14 400 IM events may be deck-seeded. Positive check-in is required to be seeded into any deck-seeded event. Times will be announced as to when the event will close, and will be approximately 30 minutes before an event is scheduled to swim **except for the 1650 freestyle and 11-12 400 IM. Check-in for these events will close at 6:00 pm on Saturday evening.** Relays (exc 800 FR) will swim slowest to fastest; the 800 Free Relay, 1000 Free, 1650 Free and the 11-12/10&U 500 Free will swim fastest to slowest.

SCM and LC entry times will be seeded as non-conforming. Bonus event times will be seeded last (according to USA Rule 207.12.7B).

DECK ENTRIES: Deck entries will NOT be accepted at this meet.

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
(max of two relays per team may score in any event)

AWARDS: Individual events: Medals for 1st-8th place
Relays: Medals for 1st-3rd place

A High Point trophy will be presented to the Team scoring the most overall combined points, and to the highest scoring Girls and Boys Team in each age group.

A High Point award will be presented to the highest scoring individual girl and boy in each age group.

An award will also be presented to the swimmer in each age group with the highest composite IMX score from events swum at the meet. In order for a swimmer to be eligible for this award, they must swim all of the IMX events in their age group.

SCRATCH
POLICY:

Any swimmer who does not swim a pre-seeded Preliminary or 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. A Declared False Start may be taken in deck-seeded events.

Any swimmer who qualifies for Finals in a Preliminary/Finals event and does not report for and 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 event and then confirmed such intention to scratch within thirty (30) minutes of the announcement of the results of that swimmer's last individual event at the Preliminary session. A swimmer who does not confirm their intention is assumed NOT to have scratched and will be seeded into the event. Swimmers who are initially announced as an Alternate (or lower) for the Finals will not be so penalized. Swimmers must scratch or declare their intention to scratch with the Admin Referee at the appropriate time.

A Declared False Start, a Delay-of-Meet False Start or other action taken by a swimmer with the intent to non-compete at a Finals session will be treated as a failure to compete and will be penalized as such.

FINE for NON-COMPETE

on LAST MEET DAY: A \$50 fine will be imposed on any swimmer who qualifies for Finals on Sunday night (or on the last day of competition for that swimmer) and then does not compete in said Finals event unless such swimmer has appropriately scratched (see previous paragraph) or was initially listed as an Alternate (or lower) in said event. A \$50 fine will be similarly imposed on any swimmer who checks-in and is seeded to swim in the final heat of 1650 Free on Sunday night and then does not compete in that heat at Finals, unless the swimmer was initially not listed among the fastest eight swimmers entered in the event. Any swimmer fined for such violations will be suspended from further competition in Middle Atlantic sponsored meets until the fine is paid.

OFFICIALS: All certified Middle Atlantic and USA Swimming Officials are welcome and encouraged to help officiate at this meet. Officials should contact the Meet Director or Meet Referee (at officials@maswim.org) prior to the meet to indicate which sessions they will be available – or should report to the Referee at least one hour before the start of each session. Middle Atlantic has applied to have the meet approved as an OQM for N2 certifications; officials interested in being evaluated for this certification should contact the Meet Referee.

STARTING

PROCEDURES: This meet will be conducted using 'Fly-over' starts at the morning and afternoon sessions. Whistle command starting procedures and 'No Recall' false start rules will be followed.

TIME TRIALS: Time trials will be available after Prelims or Finals on Friday, Saturday & Sunday, time permitting; the cost is \$10.00 per individual swim, \$20.00 per Relay. To swim a Time Trial, a swimmer must be within 0.5 seconds per 50-yd (or 50-m) distance of the 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. Time Trial Events count in the total allowable events to be swum in one day (3 individual and 1 relay). Swimmers participating in this meet will have priority at time trials; swimmers not in the meet must provide proof of USA Swimming registration. TIME TRIALS WILL NOT BE ACCEPTED FOR CONSIDERATION TO THE MIDDLE ATLANTIC WINTER ALL-STAR ZONE TEAM.

BONUS

EVENTS: Bonus events will be offered at the 2009 Winter JO Meet. In order to swim a bonus event, a swimmer must have qualified for and entered at least one individual event. Relay only swimmers are not eligible for bonus swims. The qualifying times for Bonus events are the 2007 Winter Junior Olympic time standards. Swimmers can participate in a maximum of two (2) bonus events, depending on the number of events entered in which they meet the official meet qualifying times.

1 qualifying time: Swimmer can add ONE Bonus Event

2 qualifying times: Swimmer can add TWO Bonus Events

3 qualifying times: Swimmer can add ONE Bonus Event

4 or more qualifying times: No Bonus Events

Bonus events will be seeded last (slowest), preceded by non-conforming times and then conforming times. Swimmers competing in Bonus Events will be eligible for Finals and all awards/points available for that event.

DECK ID: **Only swimmers, coaches, and meet personnel are allowed on deck.** All coaches must display their 2009 USA Swimming Coach's registration card. Officials must display their 2009 USA Swimming Officials registration card. This requirement will be strictly enforced! Coaches and officials without proper credentials will not be permitted on the pool deck. Meet workers will be given identification tags to be worn on deck. **THERE ARE NO EXCEPTIONS TO THIS RULE.**

ADMISSION: A four-day program will sell for \$10.00. Included in the program will be coupons that are redeemable for a Finals program at night. Finals programs can be purchased for \$2.00.

FINAL

RESULTS: Will be available on the Middle Atlantic Swimming website in both PDF and Commlink formats.

SEATING: There is seating for 450 spectators. Parents and swimmers for the afternoon session will be held in the lobby each day until the morning session is finished. This is for everyone's safety.

SCHOOL IN SESSION:

The GCIT school is in session on Thursday evening (5 pm to 10 pm) and Friday from 7:30 am until 3:30 pm. Access to the hallways will be extremely limited during these times. Persons found in unauthorized areas of the school will be barred from the facility for the remainder of the meet.

PARKING: Parking in the GCIT parking lot will be limited to essential meet officials and personnel only on Friday until 3:30 pm. Swimmers may be dropped off at GCIT from 6:30 am until 7:20 am **ONLY**. The parking lot will be off limits from 7:20 am until 3:30 pm on Friday. Parking will be available in designated areas at Gloucester County College located next to GCIT. Cars must be parked in designated parking spots only. Cars parked illegally will be subject to ticketing by the Gloucester County Sheriff's Office. Shuttle buses will run between GCIT and the Gloucester County College parking area throughout the day.

TEAM

ASSIGNMENTS: Every team entered in the Meet will be responsible for supplying workers for the Meet. **THIS IS A MANDATORY RESPONSIBILITY and is necessary to have a successful Meet.** 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.

HOSPITALITY: There will be food and drink available at all sessions for coaches, officials and meet workers. A concession stand will be available during the meet for all meet attendees. Due to school space restraints hospitality may be very limited on Thursday and Friday. Coaches, officials and meet workers should plan accordingly.

MIDDLE ATLANTIC - JUNIOR OLYMPICS

Thursday Events

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	11-12 1000 Free 13-14 1000 Free	2
3	11-12 500 Free 10&Under 500 Free	4
5	13-14 800 Free Relay	6

The 1000 Free (check-in closes at 5:00 pm): The 1000 Free for 11-12 and 13-14 swimmers is a deck seeded, timed final event and will be swum fastest to slowest. This event is combined but will be scored separately for the 11-12 and 13-14 age groups. The event may be limited to four (4) heats per gender. Each swimmer must provide their own timer and counter.

The 500 Free (check-in closes at 5:00 pm): The 500 Free for 10 and under and 11-12 swimmers is a deck seeded, timed final event and will be swum fastest to slowest. This event is combined but will be scored separately for the 11-12 and 10&U age groups. If appropriate, a separate heat will be provided for the fastest swimmers in the 10&U age group (min of 6 swimmers); remaining swimmers will be seeded based on time. Each swimmer must provide their own timer and counter.

The 13-14 800 Free Relay: (check in/relay cards due by 6:00 pm): The relay will swim fast to slow. Each Team must provide a timer for their relay.

Note: In the event that only one pool is used for competition, a determination of whether to alternate girls/boys heats will be made at that time.

Friday Events

Prelims - Morning

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
7	11-12 100 Breast	8
9	13-14 200 Breast	10
11	11-12 200 Free	12
13	13-14 100 Fly	14
15	11-12 50 Fly	16
17	13-14 200 IM	18
19	11-12 100 IM	20
21	13-14 500 Free	22
23	11-12 200 Back	24
25	13-14 400 Free Relay	26
27	11-12 200 Free Relay	28

Timed Finals - Afternoon

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
29	10 & Under 100 Breast	30
31	10 & Under 200 Free	32
33	10 & Under 50 Fly	34
35	10 & Under 100 IM	36
37	10 & Under 200 Free Relay	38

Finals, order of events

11-12 100 Breast
13-14 200 Breast
11-12 200 Free
13-14 100 Fly
11-12 50 Fly
13-14 200 IM
11-12 100 IM
13-14 500 Free
11-12 200 Back

Saturday Events

Prelims - Morning

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
39	11-12 200 IM	40
*41	*13-14 400 IM*	*42
43	11-12 50 Free	44
45	13-14 50 Free	46
47	11-12 100 Back	48
49	13-14 100 Back	50
51	11-12 50 Breast	52
53	13-14 100 Breast	54
55	11-12 200 Fly	56
57	13-14 200 Free	58
59	11-12 200 Medley Relay	60
61	13-14 400 Medley Relay	62

* These events may be deck seeded with positive check-in, if required to meet the time line.

Timed Finals - Afternoon

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
63	10 & Under 200 IM	64
65	10 & Under 50 Free	66
67	10 & Under 100 Back	68
69	10 & Under 50 Breast	70
71	10 & Under 200 Medley Relay	72

Finals order of events

11-12 200 IM
13-14 400 IM
11-12 50 Free
13-14 50 Free
11-12 100 Back
13-14 100 Back
11-12 50 Breast
13-14 100 Breast
11-12 200 Fly
13-14 200 Free

Sunday Events

Prelims - Morning

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
77	11-12 200 Breast	78
79	13-14 200 Back	80
81	11-12 50 Back	82
83	13-14 100 Free	84
85	11-12 100 Free	86
87	13-14 200 Fly	88
89	11-12 100 Fly	90
73	11-12 400 IM	74
75	11-12 1650 Free	76
	13-14 1650 Free	

- **The 1650 Free** is a deck seeded, Timed Final event. The fastest heat in each event will swim at Finals while the other heats will swim at Prelims, fastest to slowest. The event is combined but will be scored separately for the 11-12 and 13-14 age groups. The event will be limited to four heats per gender (including the heat at Finals) with guaranteed slots for 16 swimmers per age group. Each swimmer must provide their timer and counter (except timer for heat at Finals). **Check-in will close at 6:00 pm on Saturday evening.** Swimmers may enter at the time standard if they have at least one other individual event on Sunday.
- **The 400 IM** is a Timed Final event. The fastest heat in each event will swim at Finals while the other heats will swim at Prelims, slowest-to-fastest. This event will be deck seeded with check-in closing at 6:00 pm on Saturday evening. Swimmers may enter at the time standard if they have at least one other individual event on Sunday.

Sunday Events (continued)

Timed Finals - Afternoon

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
91	10 & Under 100 Free	92
93	10 & Under 100 Fly	94
95	10 & Under 50 Back	96

Finals order of events

11-12 400 IM (G)
11-14 1650 Free (G)
11-12 400 IM (B)
11-14 1650 Free (B)
11-12 200 Breast
13-14 200 back
11-12 50 Back
13-14 100 Free
11-12 100 Free
13-14 200 Fly
11-12 100 Fly

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 Wawa market 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:

FOUR POINTS
CHERRY HILL
(856) 428-2300

HOLIDAY INN
RUNNEMEDE
(856) 939-4200

DAYS INN
BROOKLAWN
(856) 456-6688

RESIDENCE INN
DEPTFORD
(856) 686-9188

HOLIDAY INN
CHERRY HILL
(856) 663-5300

FAIRFIELD ININ
DEPTFORD
(856) 686-9050

HOLIDAY INN SELECT (FULL SERVICE HOTEL)
BRIDGEPORT
(856) 467-3322

2009 JUNIOR OLYMPIC QUALIFYING TIME STANDARDS

GIRLS			13-14	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
31.89	30.49	27.49	50 Free	25.49	28.49	30.69
1:09.29	1:04.89	58.59	100 Free	55.59	1:01.89	1:06.39
2:28.59	2:23.69	2:08.59	200 Free	2:03.59	2:17.89	2:24.99
5:16.59	5:04.49	5:48.69	400/500 Free	5:33.09	4:51.49	5:06.29
10:47.99	10:36.69	12:07.59	800/1000 Free	11:43.89	10:15.99	10:31.29
20:39.79	20:05.09	20:12.19	1500/1650 Free	19:39.49	19:32.59	20:14.39
1:19.69	1:15.09	1:07.69	100 Back	1:04.89	1:11.69	1:15.59
2:51.99	2:42.69	2:25.69	200 Back	2:19.49	2:35.99	2:42.99
1:30.09	1:24.89	1:16.49	100 Breast	1:12.29	1:19.89	1:23.59
3:11.99	3:03.69	2:45.99	200 Breast	2:36.29	2:52.69	3:02.39
1:17.59	1:14.29	1:06.69	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	200 Fly	2:22.29	2:37.19	2:41.59
2:48.39	2:42.79	2:25.79	200 IM	2:18.99	2:35.19	2:44.59
6:03.19	5:54.79	5:17.49	400 IM	5:02.39	5:34.19	5:46.79

GIRLS			11-12	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
33.59	31.99	28.59	50 Free	28.09	31.19	33.09
1:13.59	1:08.39	1:01.19	100 Free	1:01.19	1:08.09	1:11.59
2:39.69	2:30.39	2:14.49	200 Free	2:16.89	2:31.19	2:36.19
5:32.29	5:13.79	5:59.29	400/500 Free	6:01.09	5:15.79	5:30.89
11:36.46	11:16.49	12:52.99	800/1000 Free	12:48.89	11:12.89	11:39.29
22:23.79	21:34.09	21:41.69	1500/1650 Free	21:35.89	21:28.39	22:27.89
39.19	36.79	33.09	50 Back	33.29	36.79	38.79
1:26.29	1:20.49	1:11.39	100 Back	1:12.09	1:19.69	1:24.09
3:00.69	2:51.59	2:35.09	200 Back	2:33.79	2:49.99	3:01.59
43.19	41.29	37.09	50 Breast	37.59	41.39	43.69
1:33.79	1:30.19	1:20.79	100 Breast	1:21.29	1:29.79	1:33.89
3:23.69	3:15.89	2:57.29	200 Breast	2:52.99	3:11.09	3:21.19
36.79	35.19	31.59	50 Fly	31.89	35.29	36.79
1:24.09	1:20.79	1:12.39	100 Fly	1:12.49	1:20.19	1:23.09
3:07.89	3:01.99	2:44.69	200 Fly	2:38.29	2:54.89	3:02.19
N/A	1:18.99	1:11.09	100 IM	1:11.39	1:19.39	N/A
3:00.19	2:52.89	2:34.69	200 IM	2:35.19	2:52.59	2:58.09
6:20.09	6:15.39	5:38.09	400 IM	5:36.69	6:11.99	6:24.29

GIRLS			10/Under	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
38.49	35.79	31.99	50 Free	31.89	35.69	36.79
1:21.89	1:18.29	1:10.39	100 Free	1:10.19	1:17.59	1:21.59
2:59.89	2:52.79	2:36.39	200 Free	2:33.89	2:50.89	2:54.39
6:09.69	5:54.59	6:48.39	400/500 Free	6:44.59	5:54.09	6:06.29
43.69	41.69	37.49	50 Back	37.79	42.09	44.69
1:35.49	1:29.89	1:21.19	100 Back	1:21.69	1:30.19	1:34.69
48.79	46.49	41.99	50 Breast	42.99	47.79	48.99
1:47.49	1:43.19	1:33.39	100 Breast	1:34.09	1:44.49	1:46.99
42.09	41.19	36.99	50 Fly	36.69	40.49	41.49
1:39.69	1:34.19	1:25.79	100 Fly	1:26.69	1:36.29	1:38.19
N/A	1:30.39	1:21.29	100 IM	1:21.49	1:29.79	N/A
3:22.59	3:14.29	2:54.99	200 IM	2:56.29	3:16.09	3:20.89

2009 BONUS TIME STANDARDS for Junior Olympics

GIRLS			BONUS STANDARDS	BOYS		
JO LC	JO SCM	JO SCY	10/Under	JO SCY	JO SCM	JO LC
:38.49	:36.29	:32.49	50 Free	:32.39	:36.19	:36.79
1:21.89	1:19.29	1:11.39	100 Free	1:10.79	1:18.19	1:21.59
2:59.89	2:52.79	2:36.39	200 Free	2:33.89	2:50.89	2:54.39
6:09.69	5:57.39	6:48.39	500 Free	6:44.59	5:54.09	6:06.79
:43.69	:42.19	:37.99	50 Back	:38.29	:42.59	:44.69
1:35.49	1:30.89	1:22.19	100 Back	1:21.69	1:30.19	1:34.69
:48.79	:46.49	:41.99	50 Breast	:42.99	:47.79	:48.99
1:47.49	1:43.19	1:33.39	100 Breast	1:34.09	1:44.49	1:46.99
:42.09	:41.69	:37.49	50 Fly	:36.69	:40.49	:41.49
1:39.69	1:35.09	1:26.69	100 Fly	1:26.69	1:36.29	1:38.19
N/A	1:31.39	1:22.29	100 IM	1:21.49	1:29.79	N/A
3:22.59	3:16.49	2:55.99	200 IM	2:56.29	3:16.09	3:20.89

GIRLS			BONUS STANDARDS	BOYS		
JO LC	JO SCM	JO SCY	11/12 YO	JO SCY	JO SCM	JO LC
:33.59	:31.99	:28.59	50 Free	:28.59	:31.69	:33.09
1:13.59	1:08.49	1:01.29	100 Free	1:02.19	1:09.09	1:11.59
2:39.69	2:32.09	2:16.19	200 Free	2:16.89	2:31.19	2:36.19
5:32.29	5:18.79	6:04.29	400/500 Free	6:06.09	5:20.29	5:30.89
11:36.46	11:16.49	12:52.99	800/1000 Free	12:48.89	11:12.89	11:39.29
22:23.79	21:34.09	21:41.69	1500/1650 Free	21:35.89	21:28.39	22:27.89
:39.19	:36.79	:33.09	50 Back	:33.79	:37.59	:38.79
1:26.29	1:20.49	1:12.09	100 Back	1:13.09	1:20.69	1:24.09
3:00.69	2:53.59	2:37.09	200 Back	2:33.79	2:49.99	3:01.59
:43.19	:41.79	:37.59	50 Breast	:37.69	:41.49	:43.69
1:33.79	1:30.19	1:20.79	100 Breast	1:21.29	1:29.79	1:33.89
3:23.69	3:16.29	2:57.69	200 Breast	2:52.99	3:11.09	3:21.19
:36.79	:35.69	:32.09	50 Fly	:32.39	:35.79	:36.79
1:24.09	1:21.79	1:13.29	100 Fly	1:12.49	1:20.19	1:23.09
3:07.89	3:01.99	2:44.69	200 Fly	2:38.29	2:54.89	3:02.19
N/A	1:19.79	1:11.89	100 IM	1:12.39	1:20.39	N/A
3:00.19	2:54.89	2:36.69	200 IM	2:36.69	2:53.09	2:58.09
6:42.49	6:31.89	5:54.59	400 IM	5:36.69	6:11.99	6:24.29

GIRLS			BONUS STANDARDS	BOYS		
JO LC	JO SCM	JO SCY	13/14 YO	JO SCY	JO SCM	JO LC
:31.89	:30.49	:27.49	50 Free	:25.89	:28.89	:30.69
1:09.29	1:05.89	:59.59	100 Free	:55.59	1:01.89	1:06.39
2:28.59	2:24.99	2:09.89	200 Free	2:04.69	2:19.19	2:24.99
5:16.59	5:09.49	5:53.69	400/500 Free	5:35.09	4:53.29	5:06.29
10:47.99	10:36.69	12:07.59	800/1000 Free	11:43.89	10:15.99	10:31.29
20:39.79	20:05.09	20:12.19	1500/1650 Free	19:39.49	19:32.59	20:14.39
1:19.69	1:15.49	1:08.09	100 Back	1:04.89	1:11.69	1:15.59
2:51.99	2:42.69	2:25.69	200 Back	2:19.69	2:34.19	2:42.99
1:30.09	1:25.89	1:17.49	100 Breast	1:12.29	1:19.89	1:23.59
3:11.99	3:05.69	2:47.99	200 Breast	2:36.29	2:52.69	3:02.39
1:17.59	1:14.89	1:07.39	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	200 Fly	2:22.29	2:37.19	2:41.59
2:48.39	2:42.79	2:25.79	200 IM	2:20.49	2:35.99	2:44.59
6:03.19	5:58.79	5:21.49	400 IM	5:02.89	5:34.69	5:46.79

SHORT Course JOs – MARCH 12-15, 2009

Summary Sheet

THIS FORM **MUST** BE COMPLETED AND SENT TO THE MEET DIRECTOR

Team Name _____ Team Code _____

Head Coach _____

Coach's Address _____

City _____ State _____ Zip Code _____

Telephone: Daytime () _____ Evening () _____

Person designated to receive entry questions and/or limitation information, if needed:

Name: _____ Phone: _____ E-mail: _____

Mail Form/Payment to: **MA JO Entries**
c/o Stephanie Rozick
5249 West Buffalo Run Road
Port Matilda, PA 16870

ENTRY DEADLINE: OME ENTRIES completed by 9:00 pm, Tuesday, March 3, 2009

OME closes and no more entries will be accepted after that date.

Payment is also due by 9:00pm, Tuesday, March 3, 2009

If paying by check, please make checks payable to Middle Atlantic Swimming. One check per club, please. **You do not need to complete the entry fee part of this form if you paid by credit card in OME! Everyone must complete the team information part above and the worker contact info below and mail it in! Only fill out the entry fee part if you are paying by check!**

ENTRY FEES: (Fill in every blank. If zero, so note.)

_____ Individual Events @ \$4.00 \$ _____

_____ Relay Teams @ \$8.00 \$ _____

_____ Manual processing fee @ \$5.00 \$ _____
(for non-disk entry of swimmers only)

_____ **Total swimmers entered in meet**
(including relay only) x \$5 surcharge = \$ _____ (everybody pays this!!!)

Total \$ _____

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: _____

TELEPHONE: _____

FAX NUMBER: _____

EMAIL: (mandatory!!!) _____

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 _____