

**JERSEY WAHOOS SWIM CLUB**  
**SPRING FLING "A/BB/C" MEET**

**MAY 16-17, 2009**

*HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, INC. SANCTION # MA 09107 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  
(856-234-5898)

SAFETY / MIKE SIMUNEK  
(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 **MAY 16, 2009**, governs age group participation for the entire meet.

**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:**

	<b><u>WARM UP</u></b>	<b><u>MEET</u></b>	<b><u>NOTES</u></b>
<b>SATURDAY AGES 9/10 &amp; SENIOR</b>	<b>7:00AM</b>	<b>8:00AM</b>	<b>All Senior Events will be deck seeded Event 23 Senior 400 Free will start 10 minutes after AM session</b>
<b>SATURDAY AGES 11-14 400 FREE</b>	<b>1:00 PM</b>	<b>1:30 PM</b>	
<b>SATURDAY AGES 11-14</b>	<b>2:30 AM</b>	<b>3:30 AM</b>	
<b>SUNDAY AGES 9/10 &amp; SENIOR</b>	<b>7:00AM</b>	<b>8:00AM</b>	<b>All Senior Events will be deck seeded Event 73 Senior 400 IM will start 10 minutes after AM session</b>
<b>SUNDAY AGES 11-14 400 IM</b>	<b>1:00 PM</b>	<b>1:30 PM</b>	
<b>SUNDAY AGES 11-14</b>	<b>2:30 AM</b>	<b>3:30 AM</b>	

**WARM-UPS:**

Assigned warm up. 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 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.

**SPRING FLING "A/BB/C" MEET**  
**SATURDAY, MAY 16, 2009**

SESSION 1 – SENIOR / 9-10 WARM-UP 7:00 AM START 8:00 AM All Senior Events will be deck seeded NO 8/unders in Senior events		
GIRLS EVENT#	EVENT	BOYS EVENT#
1	SENIOR 100 BACK	2
3	9-10 100 BACK	4
5	SENIOR 200 FLY	6
7	9-10 50 FLY	8
9	SENIOR 100 FREE	10
11	9-10 100 FREE	12
13	SENIOR 100 BRST	14
15	9-10 100 BRST	16
17	SENIOR 200 IM	18
19	9-10 200 IM	20
SESSION 2 EVENT to START 10 MINUTES AFTER event 20		
23	SENIOR 400 FREE	24

SESSION 3 – 11-14 400 FREE WARM-UP 1:00 PM START 1:30 PM		
GIRLS EVENT#	EVENT	BOYS EVENT#
25	11-12 400 FREE	26
27	13-14 400 FREE	28
SESSION 4 – 11-14 WARM-UP 2:30 PM START 3:30 PM		
29	11-12 100 BACK	30
31	13-14 100 BACK	32
33	11-12 50 BREAST	34
35	11-12 50 FLY	36
37	13-14 200 FLY	38
39	11-12 200 FLY	40
41	13-14 100 FREE	42
43	11-12 100 FREE	44
45	13-14 100 BRST	46
47	11-12 100 BRST	48
49	13-14 200 IM	50
51	11-12 200 IM	52

**SUNDAY, MAY 17, 2009**

SESSION 5 – SR SENIOR / 9-10 WARM-UP 7:00 AM START 8:00 AM All Senior Events will be deck seeded NO 8/unders in Senior events		
GIRLS EVENT#	EVENT	BOYS EVENT#
53	SENIOR 200 BACK	54
55	9-10 50 BACK	56
57	SENIOR 50 FREE	58
59	9-10 50 FREE	60
61	SENIOR 200 BRST	62
63	9-10 50 BRST	64
65	SENIOR 100 FLY	66
67	9-10 100 FLY	68
69	SENIOR 200 FREE	70
71	9-10 200 FREE	72
SESSION 6 EVENT to START 10 MINUTES AFTER event 72		
73	SENIOR 400 IM	74

SESSION 7 – 11-14 400 IM WARM-UP 1:00 PM START 1:30 PM		
GIRLS EVENT#	EVENT	BOYS EVENT#
75	11-12 400 IM	76
77	13-14 400 IM	78
SESSION 4 – 11-14 WARM-UP 2:30 PM START 3:30 PM		
79	11-12 200 BACK	80
81	13-14 200 BACK	82
83	11-12 50 FREE	84
85	13-14 50 FREE	86
87	11-12 50 BACK	88
89	13-14 200 BRST	90
91	11-12 200 BRST	92
93	13-14 100 FLY	94
95	11-12 100 FLY	96
97	13-14 200 FREE	98
99	11-12 200 FREE	100

**\* ALL EVENTS ARE DECK SEEDED & TIMED FINALS.**  
**SWIMMERS MUST PROVIDE THEIR OWN TIMERS FOR 400 FREE & 400 IM**  
**PLEASE ENTER WITH YARD TIMES – OTHER WILL BE SEEDED AFTER YARD TIMES**



**SPRING FLING "A/BB/C" MEET  
MAY 16-17, 2009**

**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](mailto: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 entered with USA "A" - Medals 1-3, Ribbons 4-8  
12/under swimmers entered with USA "BB" - Rosettes 1st, Ribbons 2-8  
12/under swimmers entered with USA "C" - Ribbons 1st through 8th

**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**

**W/OUT COACHES:**

Swimmers unaccompanied by a credentialed coach must report to the meet director prior to 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.

**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 SPRING FLING**

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: \_\_\_\_\_

MULTIPLY BY: \$5.00

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

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# Hy-Tek's TEAM MANAGER Lite

**TEAM MANAGER Lite** has two functions:

1. As a **Demo** for a prospective Customer to be able to evaluate TM as a product and to experience its functionality and ease-of-use.
2. As a Free **Product** for helping a team **entering a meet** to key in their meet entries and then to export those entries by disk or e-mail to the Meet Host.

**TM Lite is FREE** to download from the Hy-Tek web site's **Download Center** found at [www.hy-teklttd.com](http://www.hy-teklttd.com). TM Lite is basically the TM production version with **all six Standard Options enabled**, but with the **following restrictions**:

- Only the Export of Meet Entries and the Export of Athletes/Teams are operational. All other Exports are not available.
- Only the Import of Meet Events, Mark Standards, and Records are operational. All other Imports are not available.
- The Database conversion from WIN-TM to TM is not available.
- Any Report may be Previewed on the screen, but **only the Meet Entries Report may be printed**.
- A maximum of 3 Meets may be added.
- Unlimited number of Entry Events per meet, but a maximum of 10 Result Events per meet.
- Maximum of 3 meet results for each athlete for each stroke/distance combination.
- Maximum of two Teams may be entered.
- Maximum of 100 Athletes may be entered.
- Maximum of two Journal Entries may be entered.

**FREE** Tech Support is available by e-mail at [tm@hy-teklttd.com](mailto:tm@hy-teklttd.com). **No Telephone Tech Support is offered for TM Lite.**

## How to Use TM Lite

After Installing TM Lite, please follow these steps for **completing your entries to send to the meet host**.

### What the Meet Host does:

1. The meet host sets up the meet name and meet events in Hy-Tek's **MEET MANAGER for Windows**.
2. In **MEET MANAGER**, the meet host clicks **File / Export / Events for TM** and e-mails this Meet Events file to all teams/schools entering.

### What the Team does:

1. Each team imports this Meet Events file into TM Lite or **TEAM MANAGER** using **File / Import / Meet Events**. **NOTE:** Upon first use of TM Lite or **TEAM MANAGER** and before importing, the TM person must click **File / Open** and type in a database name to create a TM database.
2. If the TM person did not receive a Meet Events file, then the TM person must add the meet as well as the meet events. In TM, Go to **Meets / Add** and enter the appropriate information. Then go to **Events**, click the radio button for Entry Events, then add the events. It is highly recommended that the TM person import the Meet Event file rather than manually add the

## TEAM MANAGER Lite

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meet events to TM Lite.

3. The TM person adds their team abbreviation and team name using the Teams Menu and enters their rosters using the Athletes Menu.
4. The TM person then clicks **Meets**, selects the meet and clicks **Entries** and selects **By Event** or **By Name** to place athletes into events and to add relays. For each entry, the team puts in a custom entry time. Relays can only be added By Event.
5. The team clicks **Reports / Performance / Meet Entries** to create a report of the meet entries to verify that all entries are complete and correct.
6. Upon verification, the TM person clicks **File / Export / Meet Entries**. This will create a zipped file that is to be e-mailed to the meet host.

### **What the Meet Host does:**

3. The meet host runs MEET MANAGER, clicks **File / Import / Entries**, and selects the zipped entry file. A menu will appear with various options and it is important to check the box that says to "match on event number". This way the entries from each team are guaranteed to come in perfectly with the correct event.
4. The meet host then creates a Flat HTML report for each team using **Reports / Psych Sheets**. This Flat HTML file is then e-mailed back to the team/school for verification that the entries are correct.

Please note that if you had the basic **TEAM MANAGER**, this entry process would be **much easier** as TM would use each athlete's Best Time as the entry time for the meet - no need to enter a Custom Entry Time for each entry and each meet. **TM Start Up is offered at \$99.00 - \$74.25 if your club is a member of an organization that is eligible for Hy-Tek's Group Discount of 25%**. Just call the Sales Office toll free at **866.456.5111** or **252.633.5111** or e-mail them at [sales@hy-tek ltd.com](mailto:sales@hy-tek ltd.com) for more information. Or you can order TEAM MANAGER right on the web at [www.hy-tek ltd.com/store](http://www.hy-tek ltd.com/store).


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- ▶ Hy-Tek Per/Pro Swimmer

[--- Internet Platform ---](#)

- ▶ Meet Entries Online
- ▶ Team Stats Online
- ▶ Team Registration Online
- ▶ Team Connect Online

- ▶ Newsletter
- ▶ Demos
- ▶ Swimming Links
- ▶ Group Discounts
- ▶ Price List

## Personal SWIM MANAGER Reloaded

[Download Maintenance Update](#)
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[Click Here](#) to view the PSM-R User Guide in Acrobat format.

[Download and install the free Adobe Acrobat Reader.](#)

**Personal SWIM MANAGER - Reloaded (PSM-R)** has been designed and developed for the individual swimmer, parent, or family. **PSM-R** is Licensed to the **Family's Last Name** and can only be used for up to four family members. **PSM-R** includes BOTH Windows desktop software (**PSM-R for Windows**) AND mobile software for your Palm OS device (**PSM-R Mobile**). This product includes many new features beyond our "old" PSM including:



- Set up and export **meet entries** to the team's TEAM MANAGER or to MEET MANAGER.
- Import your swimmers' meet results from either MEET MANAGER or TEAM MANAGER, with splits!
- Import a swimmer's meet results directly from your team's web based **TEAM MANAGER Online** database.
- Greatly improved and enhanced Workout module that supports the import of workouts from your coach in the

**NEW WORKOUT MANAGER** for Windows format.

- **PSM-R** includes software for your **Palm OS** device so that you can hot sync information back and forth between your **PSM-R for Windows** and **PSM-R Mobile** for your Palm OS device software.
- All NEW Reports using Crystal Report Writer with the ability to **export any report** to Word, Excel, CSV, RTF, etc.
- Many other additional features and menus.
- Windows XP menu and user interface look and feel.

**PSM-R for Windows** also includes the features that were initially included in PSM version 1 including:

- Interactive **Calendar** to help with Scheduling of Team Meetings, Swim Meets, Practices, etc.
- Track Swim Performances and splits with Meet filters, Goal Setting, and Reports and optionally Import your own meet results directly from your team's TEAM MANAGER or MEET MANAGER.
- Graph Swim Times (even 3 D color).
- Setup your own Workouts and Energy Systems.

Retail Price for **Personal SWIM MANAGER Reloaded** is **\$39.95** and includes the **PSM-R Mobile** software for your Palm OS device. If you already have PSM version 1, then you can return your PSM CD back to us for a \$20.00 credit towards the purchase of **PSM-R**. Or if you are currently running **Personal SWIMMER for Palm OS**, contact us for a \$20.00 credit towards the purchase of **PSM-R**. If you have both products (PSM and PerSWIMMER for Palm OS), you can only receive the \$20.00 credit for one of them.

Purchase 10 or more **PSM-R** products directly from us and receive a **\$10.00 Rebate** check for each one made out directly to your Swim Team. For example, order 20 PSM-R products for your team and receive a **\$200.00** check.

[Click Here](#) to view the **PSM-R Mobile** User Guide in Acrobat format.

[Download and install the free Adobe Acrobat Reader.](#)

### System Requirements:

- Windows 95, 98, NT, ME, 2000, XP, and VISTA
- Pentium PC or Faster with 32 MB RAM
- CD-ROM Drive

Email: [sales@hy-tekLtd.com](mailto:sales@hy-tekLtd.com) TEL: Toll Free 866.456.5111  
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