

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

**MAY 22-23, 2010**

*HELD UNDER THE SANCTION OF USA SWIMMING / MIDDLE ATLANTIC SWIMMING, INC. SANCTION # MA 1096 A*

**FACILITY:**

GLOUCESTER COUNTY INSTITUTE OF TECHNOLOGY  
TANYARD ROAD • SEWELL, NEW JERSEY  
TELEPHONE: 856/468-1445 EXTENSION 2657

FACILITY CONTAINS ONE 8 LANE 50 METER COURSE, 12 FT DEPTH AT STARTING END – 5 FT DEPTH AT TURN END, EQUIPPED WITH LANE LINES, STARTING BLOCKS, COLORADO TIMING SYSTEM WITH EIGHT LANE DISPLAY. THE COMPETITION COURSE HAS BEEN CERTIFIED IN ACCORDANCE WITH 104.2.2C(4). THE COPY OF SUCH CERTIFICATION IS ON FILE WITH USA SWIMMING.

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 22, 2010, governs age group participation for the entire meet. All events are 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 five (5) hour session limit for 13/overs & four (4) hour limit for 12/unders. 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 13/14 &amp; SENIOR</b>	<b>6:30AM</b>	<b>8:00AM</b>	<b>All Events will be deck seeded 400 Free will start 10 min after AM session</b>
<b>SATURDAY AGES 12/UNDER</b>	<b>2:30 AM</b>	<b>3:15 AM</b>	<b>All Events will be deck seeded 400 Free will start 10 min after main session</b>
<b>SUNDAY AGES 13/14 &amp; SENIOR</b>	<b>6:30AM</b>	<b>8:00AM</b>	<b>All Events will be deck seeded 400 IM will start 10 min after AM session</b>
<b>SUNDAY AGES 12/UNDER</b>	<b>2:30 AM</b>	<b>3:15 AM</b>	<b>All Events will be deck seeded 400 IM will start 10 min after main session</b>

**WARM-UPS:**

Open warm ups

**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 22, 2010**

SESSION 1 – 13 & Over		
WARM-UP 6:30 AM START 8:00 AM		
All Events will be deck seeded		
NO 8/unders in Senior events		
GIRLS EVENT#	EVENT	BOYS EVENT#
1	13\OVER 100 BACK	2
3	13\OVER 200 FLY	4
5	13\OVER 100 FREE	6
7	13\OVER 100 BRST	8
9	13\OVER 200 IM	10
SESSION 2		
EVENT to START 10 MINUTES AFTER EVENT 10		
11	13\OVER 400 FREE	12

SESSION 3 – 12 & Under		
All Events PRE-SEEDED		
WARM-UP 2:30 PM START 3:15 PM		
GIRLS EVENT#	EVENT	BOYS EVENT#
101	11-12 100 BACK	102
103	9-10 100 BACK	104
105	11-12 200 FLY	106
107	11-12 50 FLY	108
109	9-10 50 FLY	110
111	11-12 100 FREE	112
113	9-10 100 FREE	114
115	11-12 100 BREAST	116
117	9-10 100 BREAST	118
119	11-12 200 IM	120
121	9-10 200 IM	122
SESSION 4		
EVENT to START 10 MINUTES AFTER EVENT 124		
123	9-12 400 FREE (awarded 9-10 & 11-12)	124

**SUNDAY, MAY 23, 2010**

SESSION 5 – 13 & Over		
WARM-UP 6:30 AM START 8:00 AM		
All Events will be deck seeded		
NO 8/unders in Senior events		
GIRLS EVENT#	EVENT	BOYS EVENT#
13	13\OVER 200 BACK	14
15	13\OVER 50 FREE	16
17	13\OVER 200 BRST	18
19	13\OVER 100 FLY	20
21	13\OVER 200 FREE	22
SESSION 6		
EVENT to START 10 MINUTES AFTER EVENT 70		
23	13\OVER 400 IM	24

SESSION 7 – 12 & Under		
All Events PRE-SEEDED		
WARM-UP 2:30 PM START 3:15 PM		
GIRLS EVENT#	EVENT	BOYS EVENT#
125	11-12 200 BACK	126
127	11-12 50 BREAST	128
129	9-10 50 BREAST	130
131	11-12 50 FREE	132
133	9-10 50 FREE	134
135	11-12 100 FLY	136
137	9-10 100 FLY	138
139	11-12 200 BREAST	140
141	11-12 50 BACK	142
143	9-10 50 BACK	144
145	11-12 200 FREE	146
147	9-10 200 FREE	148
SESSION 8		
EVENT to START 10 MINUTES AFTER EVENT 150		
149	11-12 400 IM	150

**ALL EVENTS ARE TIMED FINALS**

**SWIMMERS MUST PROVIDE THEIR OWN TIMERS FOR 400 FREE & 400 IM**  
**PLEASE ENTER WITH YARD TIMES – OTHERS WILL BE SEEDED AFTER YARD TIMES**

**SPRING FLING "A/BB/C" MEET  
MAY 22-23, 2010**

**SEEDING:** All events will be deck seeded events. Meet will be seeded using yard times. Please submit yard times, all other courses will be seeded after yard times.

Swimmers **MUST** enter with best times or face penalties proscribed by Middle Atlantic Swimming.

**DECLARED SCRATCHES:**

Each Team will have a sheet with all events listed for each session to declare scratches. **All 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. **Failure to follow this procedure will result in the swimmer(s) being scratched from the session.**

**HOW TO** 13-14 & Senior Swimmers - 3 events/day.

**ENTER:** 9-10 & 11-12 Swimmers - 4 events/day.

<b><u>PLEASE ENTER YARD TIMES</u></b> (Others will be seeded after yard times)
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**HY-TEK ENTRIES PREFERRED**

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

**[jwmeets@jerseywahoos.org](mailto:jwmeets@jerseywahoos.org)**

**SUBJECT = (YOUR TEAM) SPRING FLING ENTRIES**

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

**ATTACHMENTS: ENTRY FILE / TM ENTRY REPORT**

**DO NOT SEND FLOPPY DISKS.**

**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/>

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.

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

**CLOSE:** **5:00 PM, WED., MAY 5, 2010. LATE ENTRIES WILL NOT BE ACCEPTED.**

**SEND ENTRIES** **SPRING FLING ENTRIES**  
**4101 CHURCH RD**  
**MT. LAUREL, NJ 08054**

<b>Meet Summary MUST accompany payment.</b>
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<b>Payment MUST BE POSTMARKED BY FRIDAY, MAY 7, 2010</b>
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<b>or entries will be rejected. No exceptions.</b>
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MAY 22-23, 2010

**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:**

**\$8.00 FOR ADMISSION AND \$2.00 SESSION PYSCH SHEET.**

Heat sheets will be posted behind.

**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.

**REGISTRATION:**

On-Site registration **WILL NOT** be accepted at this meet. Each swimmer must be registered through his/her LSC prior to competition.

**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.

**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 2010 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.**

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**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