

JERSEY WAHOOS SWIM CLUB
4101 CHURCH ROAD, MT. LAUREL, NJ 08054

AUTUMN HARVEST "A/BB/C" MEET
OCTOBER 23-25, 2009

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, INC. SANCTION # MA 1022 A

FACILITY: 6 lane/25 yd pool equipped w/competitor lane lines & paragon starting blocks/12 ft depth at starting end. Colorado 4000 starting system w/6 lane display. Spectator area w/seating for approximately 225 individuals. Parking for 500 vehicles/refreshments available in our concession area.

DAY OF MEET EMERGENCY TELEPHONE 856/234-5898

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 **October 23, 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.

**WARM-
UP &
START
TIMES:**

| | <u>WARM UP</u> | <u>MEET</u> | <u>NOTES</u> |
|--------------------------------------------|-----------------------|--------------------|--------------------------------------------------------------------------------------------|
| FRIDAY | 4:30PM | 5:30PM | 11-14 500 free, 400 IM & 11-12 100 IM |
| SATURDAY AGES 9/10 & SENIOR | 7:00 AM | 8:00 AM | <i>Senior 500 free will start 5 minutes after the morning session - not before 11:00am</i> |
| SATURDAY AGES 11-14 | 1:30 PM | 2:30 PM | |
| SUNDAY AGES 9/10 & SENIOR | 7:00 AM | 8:00 AM | <i>Senior 400 will start 5 minutes after the morning session - not before 11:00am</i> |
| SUNDAY AGES 11-14 | 1:30 PM | 2:30 PM | <i>11-14 200 free will start 5 minutes after the pm session</i> |

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. Lesson pool will be available for warm-up/warm-down.

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.

Penalties will be imposed on swimmers (in accordance with USA/MA LSC rules) when any coach, parent, or swimmer enters a time other than a best time, for any event. Failure to swim in a deck seeded event after checking in will result in a 1-event penalty. The swimmer will not be allowed to swim in their next individual event.

AUTUMN HARVEST "A/BB/C" MEET
FRIDAY, OCTOBER 23, 2009

| SESSION 1 AGES 11-14 | | |
|--------------------------------------|----------------|--------------------|
| WARM-UP 5:00 PM START 6:00 PM | | |
| GIRLS EVENT# | EVENT | BOYS EVENT# |
| 1 | 11-12 500 FREE | 2 |
| 3 | 13-14 500 FREE | 4 |
| 5 | 11-12 100 IM | 6 |
| 7 | 13-14 400 IM | 8 |
| 9 | 11-12 400 IM | 10 |

SATURDAY, OCTOBER 24, 2009

| SESSION 2 AGES 9-10 & SENIOR | | |
|-----------------------------------------|-------------------|--------------------|
| WARM-UP 7:00 AM START 8:00 AM | | |
| GIRLS EVENT# | EVENT | BOYS EVENT# |
| 11 | SENIOR 100 FREE | 12 |
| 13 | 9-10 100 FREE | 14 |
| 15 | SENIOR 200 FLY | 16 |
| 17 | 9-10 50 FLY | 18 |
| 19 | SENIOR 200 BREAST | 20 |
| 21 | 9-10 50 BREAST | 22 |
| 23 | SENIOR 100 BACK | 24 |
| 25 | 9-10 100 BACK | 26 |
| 27 | SENIOR 200 IM | 28 |
| 29 | 9-10 200 IM | 30 |
| SESSION 2A | | |
| 31 | SENIOR 500 FREE | 32 |

| SESSION 3 AGES 11-14 | | |
|--------------------------------------|------------------|--------------------|
| WARM-UP 1:30 PM START 2:30 PM | | |
| GIRLS EVENT# | EVENT | BOYS EVENT# |
| 33 | 13-14 100 FREE | 34 |
| 35 | 11-12 100 FREE | 36 |
| 37 | 13-14 200 FLY | 38 |
| 39 | 11-12 200 FLY | 40 |
| 41 | 13-14 200 BREAST | 42 |
| 43 | 11-12 200 BREAST | 44 |
| 45 | 11-12 50 BREAST | 46 |
| 47 | 13-14 100 BACK | 48 |
| 49 | 11-12 100 BACK | 50 |
| 51 | 13-14 200 IM | 52 |
| 53 | 11-12 200 IM | 54 |

SUNDAY, OCTOBER 25, 2009

| SESSION 4 AGES 9-10 & SENIOR | | |
|-----------------------------------------|-------------------|--------------------|
| WARM-UP 7:00 AM START 8:00 AM | | |
| GIRLS EVENT# | EVENT | BOYS EVENT# |
| 55 | 9-10 100 IM | 56 |
| 57 | SENIOR 100 FLY | 58 |
| 59 | 9-10 100 FLY | 60 |
| 61 | SENIOR 50 FREE | 62 |
| 63 | 9-10 50 FREE | 64 |
| 65 | SENIOR 200 BACK | 66 |
| 67 | 9-10 50 BACK | 68 |
| 69 | SENIOR 100 BREAST | 70 |
| 71 | 9-10 100 BREAST | 72 |
| 73 | SENIOR 200 FREE | 74 |
| 75 | 9-10 200 FREE | 76 |
| SESSION 4A | | |
| 77 | SENIOR 400 IM | 78 |

| SESSION 5 AGES 11-14 | | |
|--------------------------------------|------------------|--------------------|
| WARM-UP 1:30 PM START 2:30 PM | | |
| GIRLS EVENT# | EVENT | BOYS EVENT# |
| 79 | 11-12 50 BACK | 80 |
| 81 | 13-14 100 FLY | 82 |
| 83 | 11-12 100 FLY | 84 |
| 85 | 13-14 50 FREE | 86 |
| 87 | 11-12 50 FREE | 88 |
| 89 | 13-14 200 BACK | 90 |
| 91 | 11-12 200 BACK | 92 |
| 93 | 11-12 50 FLY | 94 |
| 95 | 13-14 100 BREAST | 96 |
| 97 | 11-12 100 BREAST | 98 |
| SESSION 5A | | |
| 99 | 13-14 200 FREE | 100 |
| 101 | 11-12 200 FREE | 102 |

ALL EVENTS ARE DECK SEEDED.
SWIMMERS MUST PROVIDE THEIR OWN TIMERS FOR 500 FREE & 400 IM.

AUTUMN HARVEST "A/BB/C" MEET

SEEDING: All events will be deck seeded events.

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.

Swimmers must provide their own timers for 500 free and 400 IM.

11/14 500 FREE

PARTICIPATION MUST BE CONFIRMED BY 5:00 PM

11/14 400 IM

PARTICIPATION MUST BE CONFIRMED BY 7:00 PM.

SENIOR 500 FREE/400 IM

PARTICIPATION MUST BE CONFIRMED BY 10:30 AM.

**HOW TO
ENTER:**

Swimmers may enter a maximum of 4 events per day.

HY-TEK ENTRIES PREFERRED

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

jwmeets@jerseywahoos.org

SUBJECT = (YOUR TEAM) AUTUMN HARVEST ENTIREES

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

ATTACHMENTS: ENTRY FILE / TM ENTRY REPORT

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/>

FEES:

**\$4.00/INDIVIDUAL EVENT. \$15.00 SURCHARGE/SWIMMER (IF APPLICABLE).
CHECKS PAYABLE TO "JERSEY WAHOOS SWIM CLUB."**

**CLOSE: 4:30 PM, FRIDAY, OCTOBER 9, 2009.
LATE ENTRIES WILL NOT BE ACCEPTED.**

AUTUMN HARVEST "A/BB/C" MEET

**SEND ENTRIES
& PAYMENT TO:**

**AUTUMN HARVEST ENTRIES COORDINATOR
C/O JERSEY WAHOOS
4101 CHURCH RD
MT. LAUREL, NJ 08054**

**Meet Summary MUST accompany payment.
Payment MUST BE POSTMARKED BY SATURDAY, OCTOBER 10, 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

14/under's entered with USA "A" - Medals 1-3, Ribbons 4-6
14/under swimmers entered with USA "BB" - Rosettes 1st, Ribbons 2-6
14/under swimmers entered with USA "C" - Ribbons 1st through 6th

ADMISSION:

\$6.00 FOR ADMISSION. Session programs will be posted behind the blocks & stands

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 WILL NOT BE ACCEPTED AT THE MEET.

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. Seating on the lower deck is for use by swimmers and coaches. Spectators are prohibited from areas of the deck that are in use by coaches and officials with current USA credentials.

DIRECTIONS:

Jersey Wahoos is located just off southbound route 73, behind Bennigan's, below route 295 and the New Jersey turnpike (take exit #4 to route 73 south). Continue on route 73 South and make a right turn into Bennigan's. Proceed to the parking lot in the rear of Bennigan's. You may park in this lot or in the Wahoos' parking lot.

ACCOMODATIONS:

| | | | |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------------------|
| LAUREL INN 550 FELLOWSHIP RD. MT. LAUREL, NJ 856/235-7400 | HOJO EXPRESS 1104 ROUTE 73 MT. LAUREL, NJ 856/778-3500 | WYNDHAM 1111 ROUTE 73 MT. LAUREL, NJ 856/234-7000 | MARIOTT COURTYARD 1000 CENTURY PARKWAY MT. LAUREL, NJ 856/273-4400 |
| FAIRFIELD INN 350 CENTURY BLVD. MT. LAUREL, NJ 856/642-0600 ASK FOR PAT | STAYBRIDGE SUITES 4115 CHURCH RD. MT LAUREL NJ 08054 856-722-1900 | | |

MEET ENTRY SUMMARY FORM
MUST ACCOMPANY PAYMENT

MEET: **JW 2009 AUTUMN HARVEST**

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: \$4.00

SURCHARGE* (If applicable) \$ _____ (\$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