

PRESIDENTS DAY LAST CHANCE QUALIFIER MEET

FEBRUARY 26-27, 2011

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, INC. SANCTION #MA 1184 B

JERSEY WAHOOS SWIM CLUB

4101 CHURCH ROAD

MT. LAUREL, NJ 08054

<u>FACILITY:</u>	6 lane/25 yd pool equipped w/competitor lane lines & paragon starting blocks. 12 ft depth at starting end and 3½ ft depth at turn end . Colorado 6000 starting system w/6 lane display. The competition course has not been certified in accordance with USA Swimming rule 104.2.2C(4). 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
<u>MEET & SAFETY DIRECTORS:</u>	MEET / TODD BRYAN (856-234-5898) SAFETY / MIKE SIMUNEK (856-234-5898)
<u>OFFICIALS:</u>	All USA certified officials and trainees are invited to officiate at this meet. Contact Bob Binz, official's coordinator, at 856/853-0119.
<u>ELIGIBILITY:</u>	The meet is open to any USA registered swimmer. Swimmer's age as of February 26, 2011 , governs age group participation for the entire meet. Times must be slower the MA JO/SR Champs standards.
<u>ENTRY LIMITATIONS:</u>	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.
<u>WARM-UPS</u>	There will be two 25-minute periods per AM session & three 25-minute periods per PM 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

	<u>WARM UP</u>	<u>MEET</u>	<u>NOTES</u>
SATURDAY AGES 11-14	8:00 AM	9:00 AM	Session 1A (11-14 500 Free) will start 5 minutes after morning session
SATURDAY AGES 9/10 & SENIOR	1:30 PM	2:30 PM	
SUNDAY AGES 11-14	8:00 AM	9:00 AM	Session 3A (11-14 400 IM) will start 5 minutes after morning session
SUNDAY AGES 9/10 & SENIOR	1:30 PM	2:30 PM	SUNDAY AGES 9/10 & SENIOR

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SATURDAY MORNING		
SESSION 1 – 11-12 / 13-14		
WARM-UP 8:00 AM START 9:00 AM		
GIRLS	EVENT	BOYS
1	11-12 50 FLY	2
3	13-14 100 BRST	4
5	11-12 100 BRST	6
7	13-14 200 BACK	8
9	11-12 200 BACK	10
11	13-14 200 FLY	12
13	11-12 200 FLY	14
15	11-12 50 BRST	16
17	13-14 50 FREE	18
19	11-12 50 FREE	20
21	13-14 200 IM	22
23	11-12 200 IM	24
SESSION 1A		
25	13-14 500 FREE	26
27	11-12 500 FREE	28

SATURDAY AFTERNOON		
SESSION 2 – SENIOR / 9-10		
WARM-UP 1:30 PM START 2:30 PM		
GIRLS	EVENT	BOYS
29	SR 100 BRST	30
31	9-10 100 BRST	32
33	SR 200 BACK	34
35	9-10 50 BACK	36
37	SR 200 FLY	38
39	9-10 50 FLY	40
41	SR 50 FREE	42
43	9-10 50 FREE	44
45	SR 200 IM	46
47	9-10 200 IM	48
49	SR 500 FREE	50
51	9-10 500 FREE	52

SUNDAY MORNING		
SESSION 3 – 11-12 / 13-14		
WARM-UP 7:00 AM START 8:00 AM		
GIRLS	EVENT	BOYS
53	11-12 100 IM	54
55	13-14 100 BACK	56
57	11-12 100 BACK	58
59	13-14 100 FREE	60
61	11-12 100 FREE	62
63	13-14 100 FLY	64
65	11-12 100 FLY	66
67	13-14 200 BRST	68
69	11-12 200 BRST	70
71	11-12 50 BACK	72
73	13-14 200 FREE	74
75	11-12 200 FREE	76
SESSION 3A		
77	13-14 400 IM	78
79	11-12 400 IM	80

SUNDAY AFTERNOON		
SESSION 4 – SENIOR / 9-10		
WARM-UP 1:00 PM START 2:00 PM		
GIRLS	EVENT	BOYS
81	9-10 100 IM	82
83	SR 100 BACK	84
85	9-10 100 BACK	86
87	SR 100 FREE	88
89	9-10 100 FREE	90
91	SR 100 FLY	92
93	9-10 100 FLY	94
95	SR 200 BRST	96
97	9-10 50 BRST	98
99	SR 200 FREE	100
101	9-10 200 FREE	102
103	SR 400 IM	104

ALL EVENTS ARE TIMED FINALS EVENTS

SWIMMERS MUST PROVIDE TIMERS FOR THE 500 FREE & 400 IM

TIMES MUST BE SLOWER THAN MA JO/SR CHAMP STANDARDS

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<p><u>SEEDING:</u></p>	<p>All events will be deck seeded events EXCEPT 1st event of each session will be pre-seeded</p> <p>Each Team will have a check-in sheet with all events listed for each session. <u>All check-in sheets must be turned into the computer operator 30 minutes after the start of warm up.</u> 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.</p>
<p><u>500 Free & 400 IM</u></p>	<p><i>Swimmers must provide their own timers for 500 free and 400 IM.</i></p> <p><u>11/14 500 FREE/400 IM</u> PARTICIPATION MUST BE CONFIRMED BY 10:30 AM. <u>SENIOR 500 FREE/400 IM</u> PARTICIPATION MUST BE CONFIRMED BY 4:30 PM</p>
<p><u>HOW TO ENTER:</u></p>	<p>Swimmers may enter a maximum of 4 events per day.</p> <p><u>HY-TEK ENTRIES PREFERRED</u></p> <p><u>Entries should be submitted as an e-mail attachment addressed to:</u></p> <p>iwmeets@jerseywahoos.org SUBJECT = (YOUR TEAM) PRESIDENTS DAY MEET ENTIERES BODY MUST INCLUDE: Team name / Number of swimmers / Number of entries ATTACHMENTS: ENTRY FILE / TM ENTRY REPORT</p> <p>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.</p>
<p><u>CLOSE:</u></p>	<p>5:00 PM WEDNESDAY, FEBRUARY 16, 2011. LATE ENTRIES WILL NOT BE ACCEPTED.</p>
<p><u>FEES:</u></p>	<p>\$4.00/INDIVIDUAL EVENT. \$15.00 SURCHARGE/SWIMMER (IF APPLICABLE). CHECKS PAYABLE TO "JERSEY WAHOOS SWIM CLUB."</p>
<p><u>SURCHARGE:</u></p>	<p><u>\$15.00 PER SWIMMER FOR ALL MANUALLY PREPARED ENTRIES.</u> (Entries not sent using Hy-Tek software). Failure to remit payment will result in rejection of entries. 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/</p> <p>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.</p>

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<p><u>SEND ENTRIES & PAYMENT TO:</u></p>	<p>PRESIDENTS LAST CHANCE MEET ENTRIES COORDINATOR C/O JERSEY WAHOOS 4101 CHURCH RD MT. LAUREL, NJ 08054</p> <p>Meet Summary MUST accompany payment. <u>Payment MUST BE POSTMARKED BY SATURDAY, FEBRUARY 19, 2011</u> or entries will be rejected. No exceptions.</p>
<p><u>RULES:</u></p>	<p>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.</p> <p>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.</p>
<p><u>RACING START CERTIFICATION:</u></p>	<p>Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p>
<p><u>ON-SITE REGISTRAION:</u></p>	<p>Unregistered swimmers may register on deck at this meet by turning in the athlete registration form and payment to the Meet Director. The cost of registering on deck is double the normal fee (\$120 per swimmer for 2010-11 registration). This applies to all swimmers attached to a club.</p>
<p><u>INQUIRIES:</u></p>	<p>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.</p>
<p><u>AWARDS:</u></p>	<p><u>WAHOOS WILL NOT MAIL AWARDS IF YOUR TEAM FAILS TO PICK THEM UP</u> 14/under swimmers entered with USA "BB" - Rosettes 1st, Ribbons 2-6 14/under swimmers entered with USA "C" - Ribbons 1st through 6th</p>
<p><u>ADMISSION:</u></p>	<p>\$6.00 FOR ADMISSION/ PERSON</p> <p>Psych Sheet will be posted on JW website. Session programs will be posted behind the blocks & stands after seeding events. A limited number of heat sheets will be available at the admissions desk for \$3.00 after seeding the session (about 10 minutes after the start of the session)</p>
<p><u>RESULTS:</u></p>	<p>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</p>
<p><u>DECK ENTRIES:</u></p>	<p>DECK ENTRIES WILL NOT BE ACCEPTED AT THE MEET.</p>

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<u>VOLUNTEERS:</u>	Free admission/refreshments will be provided to anyone who volunteers as a timer, runner, or other capacities designated by the meet director.		
<u>SWIMMERS W/OUT COACHES:</u>	Swimmers unaccompanied by a credentialed coach must report to the meet director prior to warm-ups for each session.		
<u>SPECTATORS:</u>	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.		
<u>DIRECTIONS:</u>	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.		
<u>HOTELS:</u>	STAYBRIDGE SUITES 4115 CHURCH RD. MT LAUREL NJ 08054 856-722-1900 FAIRFIELD INN 350 CENTURY BLVD MT. LAUREL, NJ 856/642-0600 ASK FOR PAT	MARIOTT COURTYARD 1000 CENTURY PARKWAY MT. LAUREL, NJ 856/273-4400 HOJO EXPRESS 1104 ROUTE 73 MT. LAUREL, NJ 856/778-3500	WYNDHAM 1111 ROUTE 73 MT. LAUREL, NJ 856/234-7000 LAUREL INN 550 FELLOWSHIP MT. LAUREL, NJ 856/235-7400

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MEET ENTRY SUMMARY FORM MUST ACCOMPANY PAYMENT

MEET: JW 2011 PRESIDENTS LAST CHANCE MEET

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.**

(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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2011 Middle Atlantic Junior Olympic Championship Qualifying Time Standards

GIRLS			13-14	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
31.59	30.19	27.19	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
5:14.59	5:02.49	5:46.19	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
2:50.99	2:41.69	2:24.69	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
2:47.39	2:40.19	2:23.49	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
33.29	31.69	28.29	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
39.09	36.69	32.99	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	2:37.39	2:53.79	3:00.39
6:05.39	5:54.39	6:49.39	400/500 Free	6:50.59	5:55.59	6:06.59
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

QUALIFYING TIMES – Middle Atlantic Short Course Senior Championships 2011

Thursday

Warm up 4:30 PM Meet Starts 5:30 PM

WOMEN					MEN			
#	LC	SCM	SCY	Event	SCY	SCM	LC	#
1	20:28.49	19:51.99	19:59.89	1650 Freestyle				
				1000 Freestyle	11:12.19	9:48.19	10:04.59	2

Friday

Prelim Warm-Up - 7:30 AM Meet Starts - 9:00 AM Finals Warm-up – 4:00 PM Meet Starts – 5:00 PM

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
3	2:22.09	2:19.49	2:04.99	200 Freestyle	1:54.89	2:08.19	2:12.79	4
5	1:29.79	1:24.59	1:15.79	100 Breaststroke	1:09.19	1:16.49	1:20.59	6
7	1:16.09	1:12.89	1:05.29	100 Butterfly	59.79	1:06.79	1:09.09	8
9	5:53.89	5:41.59	5:06.09	400 Individual Medley	4:49.09	5:19.49	5:29.99	10
11				800 Freestyle Relay				12

Saturday

Prelim Warm-Up - 7:30 AM Meet Starts - 9:00 AM Finals Warm-up – 4:00 PM Meet Starts – 5:00 PM

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
13	2:44.69	2:42.79	2:27.69	200 Butterfly	2:14.59	2:28.69	2:32.19	14
15	31.89	32.39	26.99	50 Freestyle	24.09	26.89	28.79	16
17	3:08.49	3:06.79	2:47.29	200 Breaststroke	2:30.09	2:45.89	2:54.29	18
19	1:18.29	1:14.49	1:06.29	100 Backstroke	1:02.59	1:09.89	1:11.99	20
21	5:12.89	4:52.29	5:34.09	500 Freestyle	5:14.29	4:34.99	4:44.39	22
23				400 Free Relay				24

Sunday

Prelim Warm-Up - 7:30 AM Meet Starts - 9:00 AM Finals Warm-up – 4:00 PM Meet Starts – 5:00 PM

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
25	10:41.89	10:26.49	11:55.89	1000 Freestyle				
				1650 Freestyle	18:47.49	18:41.39	19:22.99	26
27	2:44.29	2:41.29	2:24.49	200 Backstroke	2:13.59	2:26.59	2:34.89	28
29	1:06.59	1:04.89	58.19	100 Freestyle	52.49	58.59	1:00.79	30
31	2:44.89	2:39.59	2:22.99	200 Individual Medley	2:15.39	2:31.19	2:37.19	32
33				400 Medley Relay				34

*Swimmers for the 1000 and 1650 Freestyle events must provide their own timer (except at Finals) and counter. The fastest heat of the men's 1650 and the women's 1000 will swim as the first event at Sunday Finals; remaining heats will swim on Sunday afternoon with warm-up one hour before the scheduled start.