

JW SWEETHEART PRELIMS/FINALS MEET

FEBRUARY 12-13, 2011

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

<u>FACILITY:</u>	<p>GLOUCESTER COUNTY INSTITUTE OF TECHNOLOGY TANYARD ROAD * SEWELL, NEW JERSEY PHONE: 856/468-1445 EXTENSION 2657</p> <p>8 lane 50 meter pool separated into two 25 yard competition pools by a moveable bulkhead. The starting and turn end depth in the deep end (Pool A) is 10 feet and the starting and turn end depth in the shallow end (Pool B) is 5 feet. Each pool is equipped with non-turbulent lane lines, Paragon starting blocks and a Colorado 6 Timing System with separate scoreboards. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. There is a separate mezzanine with seating for 450 spectators and unlimited parking.</p>
<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 12, 2010 governs age group participation for the entire meet.
<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 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 & SUNDAY 13-14 & SENIOR PRELIMS	7:30 AM	8:30 AM	13-14 in one pool Seniors will be in the other pool
Saturday Prelims – Senior Pool A / 13-14 Pool B Sunday Prelims – Senior Pool B / 13-14 Pool A			
SATURDAY & SUNDAY 13-14 & SENIOR FINALS	5:20 PM	6:20 PM	Finals in the deep pool A & B Finals for each event Swum B finals first then A finals
SATURDAY & SUNDAY AGES 9/10 & 11-12			
SATURDAY & SUNDAY AGES 9/10 & 11-12	12:40 PM	1:30 PM	9-10 in one pool 11-12 will be in the other pool
Saturday – 9-10 Pool A / 11-12 Pool B Sunday – 9-10 Pool B / 11-12 Pool A			

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SATURDAY AFTERNOON TIMED FINALS		
WARM-UP 12:40 PM START 1:30 AM		
GIRLS	EVENT	BOYS
SESSION 3 – 9-10 POOL A		
101	100 IM	102
103	100 Free	104
105	100 Fly	106
107	50 Breast	108
109	100 Back	110
111	500 Free	112
SESSION 4 – 11-12 POOL B		
131	100 IM	132
133	200 Breast	134
135	100 Free	136
137	50 Back	138
139	100 Fly	140
141	200 Back	142
143	50 Breast	144
145	400 IM	146

SUNDAY AFTERNOON TIMED FINALS		
WARM-UP 12:40 PM START 1:30 AM		
GIRLS	EVENT	BOYS
SESSION 8 – 9-10 POOL B		
113	200 IM	114
115	50 Free	116
117	50 Fly	118
119	100 Breast	120
121	50 Back	122
123	200 Free	124
SESSION 9 – 11-12 POOL A		
147	200 Free	148
149	100 Back	150
151	200 IM	152
153	50 Free	154
155	200 Fly	156
157	100 Breast	158
159	50 Fly	160
161	500 Free	162

Based off of last year's meet size, we will plan to run breaks in the Senior pool and the 9-10 pool on both days. The time and number of breaks will be based on the size of the meet. There is no guarantee of any breaks, as we need to stay within the length of session guidelines.

<u>PRELIMS & TIMED FINALS SEEDING:</u>	<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>
<u>FINALS:</u>	<p>A & B Finals for each event - Swum B finals first then A finals</p> <p>Any swimmer who qualifies for Finals in a Preliminary event and does not report for and swim that event at Finals will be barred from the rest of the meet 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.</p>

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<p><u>HOW TO ENTER:</u></p>	<p>Morning session - swimmers may enter a maximum of 3 events per day. Afternoon session - swimmers may enter a maximum of 4 events per day. <u>Swimmers entering the morning session are limited to 3 events total for the day.</u></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>jwmeets@jerseywahoos.org SUBJECT = (YOUR TEAM) SWEETHEART MEET ENTIREES 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>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>
<p><u>CLOSE:</u></p>	<p>4:30 PM, THURSDAY, JANUARY 27, 2011.</p> <p>LATE ENTRIES WILL NOT BE ACCEPTED.</p>
<p><u>SEND ENTRIES & PAYMENT TO:</u></p>	<p>SWEETHEART 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 5, 2011</u> or entries will be rejected. No exceptions.</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>

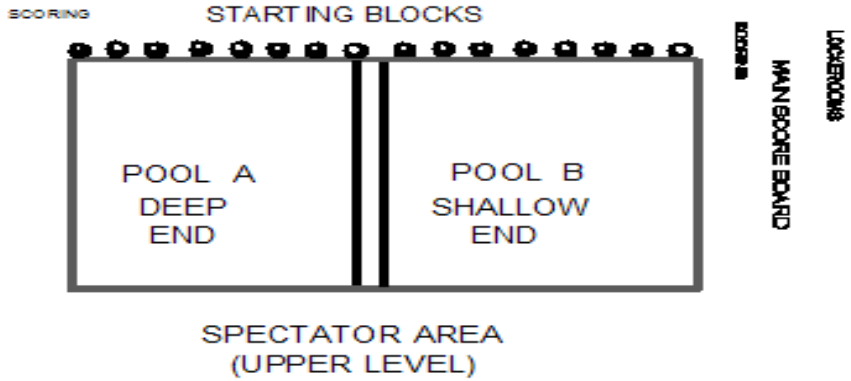
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<u>RULES:</u>	<p>Current USA and Middle Atlantic LSC rules will govern the meet. 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat 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>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.</p>
<u>ON-SITE REGISTRATION:</u>	<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>
<u>INQUIRIES:</u>	<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>
<u>AWARDS:</u>	<p><u>WAHOOS WILL NOT MAIL AWARDS IF YOUR TEAM FAILS TO PICK THEM UP</u> 12/under's - Medals 1-3, Ribbons 4-8</p>
<u>ADMISSION:</u>	<p>PRELIMS & 9-12 YR OLD SESSIONS - \$7.00 FOR ADMISSION/ PERSON <i>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)</i> FINALS - \$3.00/PERSON - \$1.00 PROGRAM</p>
<u>RESULTS:</u>	<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 MA website. Results will NOT be mailed</p>
<u>DECK ENTRIES:</u>	<p>Deck entries may be accepted at the discretion of the meet director as non-award swims. \$8.00/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.</p>
<u>VOLUNTEERS:</u>	<p>Free admission/refreshments will be provided to anyone who volunteers as a timer, runner, or other capacities designated by the meet director.</p>
<u>SWIMMERS W/OUT COACHES:</u>	<p>Swimmers unaccompanied by a credentialed coach must report to the meet director prior to warm-ups for each session.</p>
<u>SPECTATORS:</u>	<p>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.</p>

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<p><u>POOL SETUP:</u></p>	<p>SWIMMING POOLS HAVE BEEN DESIGNATED POOL "A" AND POOL "B". SEE THE CHART BELOW.</p>  <p>The diagram shows two rectangular swimming pools side-by-side. Pool A is on the left and is labeled 'POOL A DEEP END'. Pool B is on the right and is labeled 'POOL B SHALLOW END'. Above the pools, there are two rows of starting blocks: 'SCORING' on the left and 'STARTING BLOCKS' in the center. To the right of the pools, there are two vertical areas labeled 'MAIN SCORE BOARD' and 'LAP BOARD'. Below the pools, there is a 'SPECTATOR AREA (UPPER LEVEL)'.</p>		
<p><u>DIRECTIONS:</u></p>	<p>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.</p> <p>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.</p> <p>From the Delaware Memorial & Commodore Barry bridge: 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.</p>		
<p><u>HOTELS:</u></p>	<p>STAYBRIDGE SUITES 4115 CHURCH RD. MT LAUREL NJ 08054 856-722-1900</p> <p>FAIRFIELD INN 350 CENTURY BLVD MT. LAUREL, NJ 856-642-0600 ASK FOR PAT</p>	<p>DAYS INN BROOKLAWN, NJ 856-456-6688</p> <p>HOJO INN BLACKWOOD, NJ 856-228-4040</p>	<p>COMFORT INN RUNNEMEDE, NJ 856-939-6700</p> <p>QUALITY INN W. DEPTFORD, NJ 856-848-4111</p>

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MEET ENTRY SUMMARY FORM MUST ACCOMPANY PAYMENT

MEET: **JW 2011 SWEETHEART 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