

JW SUMMER SOLSTICE MEET

JUNE 24-26, 2011

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, INC. SANCTION # MA 11101 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. The starting end depth is 10 feet and the turn end is 5 feet. Equipped with non-turbulent lane lines, Paragon starting blocks and a Colorado 6 Timing System with scoreboard. 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>	<p>MEET / TODD BRYAN (856-234-5898) SAFETY / MIKE SIMUNEK (856-234-5898)</p>
<u>OFFICIALS:</u>	<p>All USA certified officials and trainees are invited to officiate at this meet. Contact Bob Binz, official's coordinator, at 856/853-0119.</p>
<u>ELIGIBILITY:</u>	<p>The meet is open to any USA registered swimmer. Swimmer's age as of June 24, 2011 governs age group participation for the entire meet.</p> <p><i>SENIOR EVENTS – Must meet the age 15-16 “A” standard (Trials / Finals Top 16)</i> <i>13-14 EVENTS - Must meet USA Swimming “BB” standard (Trials / Finals Top 8)</i> <i>9-10 & 11-12 – Must meet USA Swimming “BB” standard of your age group – Timed Finals</i></p>
<u>ENTRY LIMITATIONS:</u>	<p>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.</p>
<u>WARM-UPS</u>	<p>Open warm ups</p>

	<u>WARM UP</u>	<u>MEET</u>	<u>NOTES</u>
FRI / SAT / SUN 13-14 / SENIOR PRELIMS	6:30 AM	8:00 AM	800 & 1500 Fast to slow alternating Girls/Boys with fastest heat at finals
FRI / SAT / SUN 13-14 / SENIOR FINALS	5:30 PM	6:30 PM	A/ B finals for Senior events A Finals for 13-14 800 & 1500 fastest heat is 1st event at Finals All relays at finals - No more than 2 heats
FRI / SAT / SUN 9-10 & 11-12	1:00 PM	1:45 PM	

Entry times must be submitted in the course in which they were achieved. LC Meter times will be seeded first, then SC Meter times and Yard times. (L,S,Y)

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FRIDAY MORNING PRELIMS				
WARM UP 6:30 START 8:00 / ALL EVENTS DECK SEEDED / SENIOR A & B FINALS / 13-14 A FINALS				
LC Q TIMES	Girls Event	Event Description	Boys Event	LC Q TIMES
	1	200 Medley Relay (Prelims only)	2	
1:36.39	3	13-14 100 Breast	4	1:28.09
1:26.69	5	SR 100 Breast	6	1:19.69
2:44.39	7	13-14 200 Free	8	2:35.19
2:27.19	9	SR 200 Free	10	2:17.19
1:22.89	11	13-14 100 Fly	12	1:16.99
1:14.19	13	SR 100 Fly	14	1:07.69
3:05.69	15	13-14 200 IM	16	2:55.99
2:47.29	17	SR 200 IM	18	2:35.89
10:37.09	19	SR 800 Free	20	10:01.89
	21	800 Free Relay (at Finals)	22	
SATURDAY MORNING PRELIMS				
WARM UP 6:30 START 8:00 / ALL EVENTS DECK SEEDED / SENIOR A & B FINALS / 13-14 A FINALS				
	23	200 Free Relay (Prelims only)	24	
6:31.09	25	13-14 400 IM	26	6:13.19
5:50.59	27	SR 100 400 IM	28	5:27.09
35.19	29	13-14 50 Free	30	32.79
31.79	31	SR 50 Free	32	28.79
1:24.29	33	13-14 100 Back	34	1:20.59
1:16.29	35	SR 100 Back	36	1:10.59
5:42.99	37	13-14 400 Free	38	5:27.99
5:08.89	39	SR 400 Free	40	4:50.19
	41	400 Medley Relay (at Finals)	42	
SUNDAY MORNING PRELIMS				
WARM UP 6:30 START 8:00 / ALL EVENTS DECK SEEDED / SENIOR A & B FINALS / 13-14 A FINALS				
3:27.99	43	13-14 200 Breast	44	3:17.19
3:05.69	45	SR 200 Breast	46	2:54.29
3:01.29	47	13-14 200 Back	48	2:54.09
2:44.29	49	SR 200 Back	50	2:31.29
1:16.19	51	13-14 100 Free	52	1:11.49
1:08.59	53	SR 100 Free	54	1:03.09
3:02.29	55	13-14 200 Fly	56	2:51.99
2:42.69	57	SR 200 Fly	58	2:30.59
20:28.39	59	SR 1500 Free	60	19:13.39
	61	400 Free Relay (at Finals)	62	
<ul style="list-style-type: none"> • The 800 Free & 1500 Free will swim combined SR & 13-14, with the fastest heat after check-in swimming at Finals. Prelims will swim Fast to Slow, alternating girls then boys. Prelim swims must have own timers. • 200 Medley & Free relays at prelims only. • 400 & 800 Free Relay & 400 Medley Relay at Finals. Limited to 2 heats each. 				

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FRIDAY AFTERNOON TIMED FINALS

WARM UP 1:00 START 1:45

LC Q TIMES	Girls Event	Event Description	Boys Event	LC Q TIMES
3:40.59	101	11-12 200 Breast	102	3:37.49
40.79	103	9-10 50 Free	104	40.19
39.39	105	11-12 50 Fly	106	39.59
3:15.29	107	11-12 200 Back	108	3:11.09
49.89	109	9-10 50 Back	110	50.09
2:50.79	111	11-12 200 Free	112	2:47.79
3:23.59	113	9-10 200 Free	114	3:13.99
36.39	115	11-12 50 Free	116	35.29
	117	9-10 200 Med Relay	118	
	119	11-12 200 Med Rel	120	

SATURDAY AFTERNOON TIMED FINALS

WARM UP 1:00 START 1:45

1:19.59	121	11-12 100 Free	122	1:17.39
3:46.49	123	9-10 200 IM	124	3:44.79
1:41.89	125	11-12 100 Breast	126	1:40.89
48.59	127	9-10 50 Fly	128	46.89
3:14.19	129	11-12 200 Fly	130	3:13.39
2:02.29	131	9-10 100 Breast	132	1:59.79
42.29	133	11-12 50 Back	134	42.19
6:55.89	135	11-12 400 IM	136	6:51.79
	137	9-10 200 FR Rel	138	
	139	11-12 200 Fr Rel	140	

SUNDAY AFTERNOON TIMED FINALS

WARM UP 1:00 START 1:45

1:31.09	141	11-12 100 Back	142	1:31.39
1:48.89	143	9-10 100 Back	144	1:45.69
1:30.79	145	11-12 100 Fly	146	1:29.49
1:55.19	147	9-10 100 Fly	148	1:53.19
3:14.79	149	11-12 200 IM	150	3:13.89
54.89	151	9-10 50 Breast	152	55.09
45.59	153	11-12 50 Breast	154	47.09
1:32.99	155	9-10 100 Free	156	1:31.09
6:00.09	157	11-12 400 Free	158	5:54.39

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<p><u>SEEDING PROCEDURE:</u></p>	<p>All events will be seeded after teams declare scratches, EXCEPT 1st event of each session, which will be pre-seeded.</p> <p>Each Team will have a roster with all events listed for each session except 400IM & 500 free. 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. For <i>prelims/timed finals</i>, no penalty if you don't swim after checking in. 400IM/500 free will have a separate check-in.</p>
<p><u>HOW TO ENTER:</u></p>	<p>13-14 & SR SWIMMERS - May enter a maximum of 3 events & 2 Relays per day. <u>9-10 & 11-12 SWIMMERS</u> – May enter a maximum of 4 events & 1 relay 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>jwmeets@jerseywahoos.org SUBJECT = (YOUR TEAM) SUMMER SOLSTICE MEET ENTIRES 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>\$5.00/Individual Event / \$8.00/Relay Event \$5.00 FACILITY SURCHARGE PER SWIMMER \$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, TUESDAY, JUNE 7, 2011.</p> <p>LATE ENTRIES WILL NOT BE ACCEPTED.</p>

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<p><u>SEND ENTRIES & PAYMENT TO:</u></p>	<p>SUMMER SOLSTICE MEET ENTRIES 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, JUNE 18, 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>
<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.</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>
<p><u>FINALS:</u></p>	<p>Senior events swim B finals first then A finals / 13-14 Only 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>
<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> 12/under's - Medals 1-3, Ribbons 4-8</p>

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<u>ADMISSION:</u>	<p>\$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></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. \$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.</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>		
<u>DIRECTIONS:</u>	<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>		
<u>HOTELS:</u>	<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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JERSEY WAHOOS SUMMER SOLSTICE MEET ENTRY INFORMATION

TEAM: _____ SYMBOL: _____

LAST NAME: _____ FIRST NAME: _____ INITIAL: _____

BIRTHDATE: _____ USA# _____ M/F: _____

EVENT #	EVENT DESCRIPTION	TIME

LAST NAME: _____ FIRST NAME: _____ INITIAL: _____

BIRTHDATE: _____ USA# _____ M/F: _____

EVENT #	EVENT DESCRIPTION	TIME

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MEET ENTRY SUMMARY FORM MUST ACCOMPANY PAYMENT

MEET: JW 2011 SUMMER SOLSTICE MEET

TEAM: _____ SYMBOL: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACH: _____

TEAM CONTACT: _____

TELEPHONE: _____

EMAIL: _____

CHECK THIS BOX IF ENTRY WAS E-MAILED

ENTRY FEE SUMMARY

TOTAL INDIVIDUAL ENTRIES: _____ X \$5.00 = _____

TOTAL RELAY ENTRIES: _____ X \$8.00 = _____

FACILITY CHARGE: Swimmers _____ *\$5.00 Facility Surcharge per swimmer*

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 Wahoo's 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