

# JW SPRING FLING MEET

MAY 21-22, 2011

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

<p><b><u>FACILITY:</u></b></p>	<p><b>GLOUCESTER COUNTY INSTITUTE OF TECHNOLOGY TANYARD ROAD * SEWELL, NEW JERSEY PHONE: 856/468-1445 EXTENSION 2657</b></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>		
<p><b><u>MEET &amp; SAFETY DIRECTORS:</u></b></p>	<p>MEET / TODD BRYAN (856-234-5898)                      SAFETY / MIKE SIMUNEK (856-234-5898)</p>		
<p><b><u>OFFICIALS:</u></b></p>	<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>		
<p><b><u>ELIGIBILITY:</u></b></p>	<p>The meet is open to any USA registered swimmer. Swimmer's age as of <b>May 21, 2011</b> governs age group participation for the entire meet.</p>		
<p><b><u>ENTRY LIMITATIONS:</u></b></p>	<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. <b>NT (no time) swims NOT allowed – MUST HAVE TIME</b></p>		
<p><b><u>WARM-UPS</u></b></p>	<p>Open warm ups</p>		
	<p><b><u>WARM UP</u></b></p>	<p><b><u>MEET</u></b></p>	<p><b><u>NOTES</u></b></p>
<p><b>SATURDAY &amp; SUNDAY 13/OVER</b></p>	<p><b>6:30 AM</b></p>	<p><b>8:00 AM</b></p>	<p><b>400 IM / 500 FREE will start 10 min after last event of main session</b></p>
<p><b>SATURDAY &amp; SUNDAY 9-12 YEAR OLDS</b></p>	<p><b>2:00 PM</b></p>	<p><b>3:00 PM</b></p>	<p><b>400 IM / 500 FREE will start 10 min after last event of main session</b></p>
<p><b><u>SEEDING PROCEDURE:</u></b></p>	<p><b>All events will be seeded after teams declare scratches, EXCEPT 1<sup>st</sup> event of each session, which will be pre-seeded</b></p> <p>Each Team will have a roster with all events listed for each session except 400IM &amp; 500 free. <b><u>All sheets must be turned into the computer operator 30 minutes after the start of warm up.</u></b> 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. No penalty if you don't swim after checking in. 400IM/500 free will have a separate check-in.</p> <p><b>EVENTS WILL BE SEEDED WITH YARD TIMES FIRST, then LC Meters and then SC Meters (Y, L, S). Entry times must be submitted in the course in which they were achieved. "NT" NOT ALLOWED – SWIMMER MUST HAVE A TIME</b></p>		

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<b>SATURDAY MORNING</b>		
<b>Session 1 - 13/over</b>		
WARM-UP 6:30 AM START 8:00 AM		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	13/O 100 Back	2
3	13/O 200 Fly	4
5	13/O 100 Free	6
7	13/O 100 Breast	8
9	13/O 200 IM	10
<b>Session 2 – 10 min after event 10</b>		
11	13/O 400 Free	12

<b>SATURDAY AFTERNOON</b>		
<b>Session 3 - 9-12 year olds</b>		
WARM-UP 2:00 PM START 3:00 PM		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
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
<b>Session 4 – 10 min after event 122</b>		
123	9-12 400 Free	124

<b>SUNDAY MORNING</b>		
<b>Session 5 - 13/over</b>		
WARM-UP 6:30 AM START 8:00 AM		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
13	13/O 200 Back	14
15	13/O 50 Free	16
17	13/O 200 Breast	18
19	13/O 100 Fly	20
21	13/O 200 Free	22
<b>Session 6 – 10 min after event 22</b>		
23	13/O 400 IM	24

<b>SUNDAY AFTERNOON</b>		
<b>Session 7 - 9-12 year olds</b>		
WARM-UP 2:00 PM START 3:00 PM		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
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
<b>Session 4 – 10 min after event 148</b>		
149	11-12 400 IM	150

***MEET WILL BE SEEDED IN YARDS***

OTHERS WILL BE SEEDED AFTER THE YARD TIMES  
 NT SWIMS NOT ALLOWED – SWIMMERS MUST HAVE A TIME

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	<p><u>ALL EVENTS ARE TIMED FINALS</u></p>
<p><u>HOW TO ENTER:</u></p>	<p>13 &amp; over morning session – 3 events per day 9-10 &amp; 11-12 swimmers in afternoon session - 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><a href="mailto:jwmeets@jerseywahoos.org">jwmeets@jerseywahoos.org</a> SUBJECT = (YOUR TEAM) SPRING FLING 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><b>\$5.00/EVENT / \$5.00 FACILITY SURCHARGE PER SWIMMER</b> <b>\$15.00 SURCHARGE/SWIMMER (IF APPLICABLE).</b> <b>CHECKS PAYABLE TO "JERSEY WAHOOS SWIM CLUB."</b></p>
<p><u>SURCHARGE:</u></p>	<p><b><u>\$15.00 PER SWIMMER FOR ALL MANUALLY PREPARED ENTRIES.</u></b> (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 (<a href="http://www.jerseywahoos.org/">http://www.jerseywahoos.org/</a>) and the MA Swimming website <a href="http://www.maswim.org/">http://www.maswim.org/</a></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><b>4:30 PM, THURSDAY, MAY 7, 2011.</b></p> <p><b>LATE ENTRIES WILL NOT BE ACCEPTED.</b></p>
<p><u>SEND ENTRIES &amp; PAYMENT TO:</u></p>	<p>SPRING FLING 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, MAY 14, 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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<b><u>RULES:</u></b>	<p>Current USA and Middle Atlantic LSC rules will govern the meet. <b>'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.</b> 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>
<b><u>ON-SITE REGISTRATION:</u></b>	<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>
<b><u>INQUIRIES:</u></b>	<p><b>REFER QUESTIONS ABOUT THE ENTRIES AND THE MEET TO TODD BRYAN, MEET DIRECTOR AT 856/234-5898 OR E-MAIL AT <a href="mailto:jwmeets@jerseywahoos.org">jwmeets@jerseywahoos.org</a>.</b> This is the official contact point for meet information and entries. Meet management is not accountable for misinformation provided from any other source.</p>
<b><u>AWARDS:</u></b>	<p><b><u>WAHOOS WILL NOT MAIL AWARDS IF YOUR TEAM FAILS TO PICK THEM UP</u></b> 12/under's - Medals 1-3, Ribbons 4-8</p>
<b><u>ADMISSION:</u></b>	<p>\$7.00 FOR ADMISSION/ PERSON <i>Psych Sheet will be posted on JW website. Session programs will be posted behind the blocks &amp; 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>
<b><u>RESULTS:</u></b>	<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. <b>Results will NOT be mailed</b></p>
<b><u>DECK ENTRIES:</u></b>	<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>
<b><u>VOLUNTEERS:</u></b>	<p>Free admission/refreshments will be provided to anyone who volunteers as a timer, runner, or other capacities designated by the meet director.</p>
<b><u>SWIMMERS W/OUT COACHES:</u></b>	<p>Swimmers unaccompanied by a credentialed coach must report to the meet director prior to warm-ups for each session.</p>
<b><u>SPECTATORS:</u></b>	<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><b><u>DIRECTIONS:</u></b></p>	<p><b>From the south:</b> 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><b>From the north and the Walt Whitman bridge:</b> 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><b>From the Delaware Memorial &amp; Commodore Barry bridge:</b> 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><b><u>HOTELS:</u></b></p>	<p><b>STAYBRIDGE SUITES</b> 4115 CHURCH RD. MT LAUREL NJ 08054 856-722-1900</p> <p><b>FAIRFIELD INN</b> 350 CENTURY BLVD MT. LAUREL, NJ 856-642-0600 ASK FOR PAT</p>	<p><b>DAYS INN</b> BROOKLAWN, NJ 856-456-6688</p> <p><b>HOJO INN</b> BLACKWOOD, NJ 856-228-4040</p>	<p><b>COMFORT INN</b> RUNNEMEDE, NJ 856-939-6700</p> <p><b>QUALITY INN</b> W. DEPTFORD, NJ 856-848-4111</p>

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## JERSEY WAHOOS SPRING FLING 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 SPRING FLING 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: \$5.00

FACILITY CHARGE ***\$5.00 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 Wahos 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