



PRESENTS THE

2010 STORM GOLDEN HARVEST MEET

NOVEMBER 6 - 7, 2010

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING SANCTION #MA 1150 A

- MEET LOCATION:** Fort Dix Indoor Pool, 10th Street & Doughboy Loop, Fort Dix, NJ 08640
Phone: (609) 562-2808 (days of meet only).
Day of meet calls can also be placed to meet personnel at (609) 353-6760.
Access to base requires presentation of a valid photo ID (driver's license, passport, etc.) for ALL adults in the vehicle. The Department of Defense may also request that certain personally identifiable information be turned in prior to the meet including but not limited to drivers license number, USA swimming athlete ID, social security number and passport number.
Note to Team Administrators: Please update Team Manager information to include coaches information. This information is used along with athletes entered into the meet to generate a list for access to the base.
- FACILITIES:**
- Competition Pool: Indoor, six-lane, 25 yard competition pool with gutter system, Competitor non-turbulent lane lines, Colorado™ Electronic Timing System and six-lane scoreboard, pace clocks, and Paragon starting platforms (start/dive into 12 feet of water - turn end is 3 ½ feet of water). Pool has not been certified according to the USA Swimming Rules and Regulations.).
 - Warm-Up Pool: Indoor four-lane, 20 yard pool with gutter system, Competitor non-turbulent lane lines, and pace clocks. Pool depth, 3ft - 5ft. The warm-up pool will be open during the meet; however, the meet director reserves the right to close the warm-up pool at any time.
 - Spectator Seating: Seating for 200+ spectators. Additional off-deck seating available in concession area. Spectators are prohibited from entering areas of the pool which are being used by swimmers, coaches, and officials displaying valid USA Swimming credentials.
 - Swimmer Seating: Seating for 200+ swimmers available on pool deck
 - Snack Bar: A snack bar will be open throughout the meet serving hot and cold food, beverages, and snack. Ample room in concession area to sit and eat.
 - Hospitality: Hospitality will be provided for all coaches, officials and meet workers. Hot and cold food, beverages, and snacks will be available. Ample room in concession area to sit and eat.
 - Parking: Free parking located in front of pool.
- MEET DIRECTOR:** Bob Worrell
Phone: (609) 353-6760, e-mail: meetchief@jerseystormswimming.org
Contact with meet director via e-mail is preferred.
- SAFETY DIRECTOR:** Raimund Belonzi, Phone (609) 353-6760, e-mail: safety@jerseystormswimming.org
- OFFICIALS:** All USA Swimming certified officials and trainees are invited to assist in the operation of the meet. If interested in assisting at the meet, please contact Nick Chillelli at (609) 298-0204 or officials@jerseystormswimming.org.
- ELIGIBILITY:** This A/BB/C meet is open to all swimmers registered with USA Swimming. Swimmer's age as of November 6, 2010 determines the age group in which they will compete in at the meet.
- Qualification Times: No qualification times are required for this meet. Use NT for entries with no time.
 - Individual Event Limit: Swimmers may enter a maximum of 5 individual events per day.
 - Relay Event Limit: Swimmers may enter a maximum 1 relay event per day.
- MEET SESSION START TIMES:**
- Session #1 & #4: 11-12, 15&Over
 - Warm-Up: 6:50AM Meet Starts: 8:00AM
 - Session #2 & #5: 500FR / 400IM
 - Warm-Up: Will begin at the conclusion of the Morning Session
 - Sessions will start no earlier than 12:15PM
 - Session #3 & #6: 9-10, 13-14
 - Warm-Up: 1:20PM Meet Starts: 2:30PM

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ORDER of EVENTS:

Session start times may be adjusted depending on the number of entries. All coaches and club representatives will be notified a minimum of one week prior to the start of the meet.

SATURDAY, NOVEMBER 6, 2010

SESSION # 1

Warm-Up 6:50AM Meet Starts 8:00AM

GIRLS			BOYS		
Event #	EVENT	Event #	Event #	EVENT	Event #
1	11-12 200 Med Relay	2	2	11-12 200 FR Relay	52
3	15&O 200 Med Relay	4	4	15&O 200 FR Relay	54
5	11-12 100 FR	6	6	11-12 100 IM	56
7	15&O 100 FR	8	8	15&O 50 FR	58
9	11-12 100 BK	10	10	11-12 50 FR	60
11	15&O 100 BK	12	12	61A 11-12 200 BK	62A
13	11-12 50 BR	14	14	61 15&O* 200 BK	62
15A	11-12 200 BR	16A	16A	63 11-12 50 BK	64
15	15&O* 200 BR	16	16	65 15&O 100 BR	66
17	11-12 100 FL	18	18	67 11-12 100 BR	68
19	15&O 100 FL	20	20	69A 11-12 200 FL	70A
21	11-12 200 IM	22	22	69 15&O* 200 FL	70
23	15&O 200 IM	24	24	71 11-12 50 FL	72
				73 15&O 200 FR	74
				75 11-12 200 FR	76

SESSION # 2

Warm-Up following morning session

Session #2 will start no earlier than 12:15PM

GIRLS			BOYS		
Event #	EVENT	Event #	Event #	EVENT	Event #
25	9&O* 500 FR	26	26	9&O* 500 FR	77
	11&O* 400 IM			11&O* 400 IM	

SESSION # 3

Warm-Up 1:20PM Meet Starts 2:30PM

GIRLS			BOYS		
Event #	EVENT	Event #	Event #	EVENT	Event #
27	9-10 200 Med Relay	28	28	9-10 200 FR Relay	80
29	13-14 200 Med Relay	30	30	13-14 200 FR Relay	82
31	9-10 100 BK	32	32	9-10 100IM	84
33	13-14 100 BK	34	34	85 13-14 50 FR	86
35	9-10 50 BR	36	36	87 9-10 50 FR	88
37	13-14 200 BR	38	38	89 13-14 200 BK	90
39	9-10 100 FL	40	40	91 9-10 50 BK	92
41	13-14 100 FL	42	42	93 13-14 100 BR	94
43	9-10 100 FR	44	44	95 9-10 100 BR	96
45	13-14 100 FR	46	46	97 13-14 200 FL	98
47	9-10 200 IM	48	48	99 9-10 50 FL	100
49	13-14 200 IM	50	50	101 13-14 200 FR	102
				103 9-10 200 FR	104

SUNDAY, NOVEMBER 7, 2010

SESSION # 4

Warm-Up 6:50AM Meet Starts 8:00AM

GIRLS			BOYS		
Event #	EVENT	Event #	Event #	EVENT	Event #
51	11-12 200 FR Relay	52	52	11-12 200 FR Relay	80
53	15&O 200 FR Relay	54	54	13-14 200 FR Relay	82
55	11-12 100 IM	56	56	9-10 100IM	84
57	15&O 50 FR	58	58	85 13-14 50 FR	86
59	11-12 50 FR	60	60	87 9-10 50 FR	88
61A	11-12 200 BK	62A	62A	89 13-14 200 BK	90
61	15&O* 200 BK	62	62	91 9-10 50 BK	92
63	11-12 50 BK	64	64	93 13-14 100 BR	94
65	15&O 100 BR	66	66	95 9-10 100 BR	96
67	11-12 100 BR	68	68	97 13-14 200 FL	98
69A	11-12 200 FL	70A	70A	99 9-10 50 FL	100
69	15&O* 200 FL	70	70	101 13-14 200 FR	102
71	11-12 50 FL	72	72	103 9-10 200 FR	104
73	15&O 200 FR	74	74		
75	11-12 200 FR	76	76		

SESSION # 5

Warm-Up following morning session

Session #5 will start no earlier than 12:15PM

GIRLS			BOYS		
Event #	EVENT	Event #	Event #	EVENT	Event #
78	9&O* 500 FR	77	77	9&O* 500 FR	
	11&O* 400 IM			11&O* 400 IM	

SESSION # 6

Warm-Up 1:20PM Meet Starts 2:30PM

GIRLS			BOYS		
Event #	EVENT	Event #	Event #	EVENT	Event #
79	9-10 200 FR Relay	80	80	9-10 200 FR Relay	104
81	13-14 200 FR Relay	82	82	13-14 200 FR Relay	
83	9-10 100IM	84	84	9-10 100IM	
85	13-14 50 FR	86	86	85 13-14 50 FR	
87	9-10 50 FR	88	88	87 9-10 50 FR	
89	13-14 200 BK	90	90	89 13-14 200 BK	
91	9-10 50 BK	92	92	91 9-10 50 BK	
93	13-14 100 BR	94	94	93 13-14 100 BR	
95	9-10 100 BR	96	96	95 9-10 100 BR	
97	13-14 200 FL	98	98	97 13-14 200 FL	
99	9-10 50 FL	100	100	99 9-10 50 FL	
101	13-14 200 FR	102	102	101 13-14 200 FR	
103	9-10 200 FR	104	104	103 9-10 200 FR	

- **Note:** 11-12, 15&Over 200BK, 11-12, 15&Over 200BR, 11-12, 15&Over 200FL, 9&Over 500FR, and 11&Over 400IM events will be swum together but awarded separately in the appropriate age-groups (9-10, 11-12, 13-14, 15&Over).
- **Coaches Note:** The 11-12 50 BR/FL/BK are swim adjacent to the 200 BR/FL/BK. Please do not enter your swimmers in back to back events as there may not be time to recover.

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WARM-UP INFO:

Warm-Up/Warm-Down Guidelines: Each team will be assigned warm-up times. Swimmers must be under direct supervision of a currently registered USA Swimming coach. **All unattached swimmers and swimmers without a coach must report to the meet director prior to warm-up.** The last 5 minutes of each team's warm-up session may be used for starts at coach's discretion. All starts during warm-up begin at starting block end and swimmers swim one way and get out at far end of pool. Swimmers violating safety rules will be removed from warm-up for the remainder of the warm-up session. Subsequent violations will result in the swimmer's disqualification for the remainder of the meet.

- Warm-Up Pool: The warm-up pool will be open during the meet but not during warm-ups prior to each session. The meet director reserves the right to close the warm-up pool at any time. There is absolutely NO DIVING permitted in warm-up pool at ANY time. Swimmers violating safety rules will be removed from the pool. Subsequent violations will result in the swimmer's disqualification for the remainder of the meet.
- Swimmers without a Coach: Swimmers unaccompanied by a coach with proper credentials should report to the Meet Director before the warm-up for each session. These swimmers will be placed under the supervision of the Jersey Storm coaches during the meet (for warm-up and competition). 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.

ENTRY LIMITATIONS:

The Meet Director reserves the right to limit entries, events, heats, or to modify the meet format to conform to Middle Atlantic rules. Each session will be held under the maximum 4-hour per session time limit. **Entries will be imported in the order they are received, NO exceptions.** Teams and/or individuals that do not make a particular session or the meet will be notified of their status ASAP. Refunds for returned entries will be available at the meet or mailed after the meet if not picked up. To ensure maximum participation, entries will be processed in the following way:

- If a session reaches 4 hours before all entries are entered, **the relays will be cut from the session.** When a session reaches 4 hours with the relays removed, all further entries *for the session* will be returned. All other sessions will remain open until they also reach 4 hours.

DECK ENTRIES/ TIME TRIALS:

- Deck Entries: Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$8.00/individual event, \$16.00/relay event. No additional heats will be added. Deck-entered swimmers will compete unofficially; the achieved time is official, but the swim will not score in the meet for points or awards. All deck entries must be submitted to the meet director 30 minutes prior to the start of the session to be considered. USA Athlete ID must be presented if a swimmer is not already entered into the meet. Swimmers may also use a USA Swimming-watermarked roster that the club prints from its Club Portal for proof of current registration.
- Time Trials: Time trials will not be offered at this meet.

SEEDING:

- Events: All events are timed finals.
- Entry Seeding: All events will be pre-seeded swimming slowest to fastest with the exception of the 500 Freestyle and 400 Individual Medley, which will be deck seeded with a *positive check-in required :30 minutes before the session start time.*
- The 500FR and 400IM will swim fastest to slowest.
- 500FR & 400IM swimmers must provide their own timers and counters
- 11-12, 15&Over 200BK, 11-12, 15&Over 200BR, 11-12, 15&Over 200FL, 9&Over 500FR, and 11&Over 400IM events will be swum together but awarded separately in the appropriate age-groups.
- Scratch Rule: **Any swimmer who positively checked in for an event, and then does not swim that event, will be scratched from their next individual event.**

HOW TO ENTER:

Entry times should reflect performance in short course yards (SCY) competition, however, entries reflecting performance in non-conforming times (long course meters (LCM) or short course meters (SCM)) are acceptable. All meet entries should be submitted using the actual time swum in the course in which the time was achieved. Entries with converted times will be rejected. In accordance with Middle Atlantic rules, the meet director will convert all times as necessary for seeding. If swimmer has no time for an event, use NT for the entry.

- E-Mail Hy-Tek Entries (preferred): All entries must be submitted using the Hy-Tek Team Manager program. A copy of the Team Manager entry report and entry zip. file must accompany the E-mail. Entries must be accompanied by a completed 'Team Summary' (.DOC or .PDF) file.
- Paper entries: Use official Meet Entry forms enclosed. In accordance with current Mid-Atlantic policy, any team entering the meet with more than five swimmers that does not submit entries on a computer disk using the Hy-Tek program will incur a \$5.00 per swimmer surcharge. This surcharge, as well as normal entry fees must be paid in full for the entries to be considered received. Entries must be accompanied by a complete 'Team Summary' (.DOC or .PDF) file.

Please send ONE check per club, payable to JERSEY STORM SWIMMING (do not send individual checks for each swimmer). Entries using Hy-Tek Team Manager must be e-mailed to the meet director.

ON-SITE REGISTRATION:

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.

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- ENTRY FEES:**
- Individual Events: \$4.00/Event
 - Relay Events: \$8.00/Relay

SEND ENTRIES TO: **Entries (using Hy-Tek software) attached to an e-mail are preferred.** Please send ONE check per club, payable to JERSEY STORM SWIMMING (do not send individual checks for each swimmer).

Mail checks and entry information to:

Bob Worrell
15 Whitlow Drive
Westampton, NJ 08060

*Request signature waiver when mailing entries

ENTRY DEADLINE: **The entry deadline is Friday, October 22, 2010. No late entries will be accepted.** Payment must be received by October 29, 2010. Entries are processed in the order received. For entries received on the same day, Hy-Tek entries will be accepted first (in the order received) followed by paper (official entry form) entries.

QUESTIONS: Direct all questions to the meet director. This is the only valid source of information regarding the meet. Meet management is not responsible for information from any other source(s)

RESULTS: Results will be posted on the Middle Atlantic website www.maswim.org & www.jerseystormswimming.org
Results will not be mailed to clubs, but will be transmitted by E-Mail to any club that provides an E-Mail address with their entries.

RULES: This meet will be conducted according to current USA Swimming and Middle Atlantic Swimming rules.

- USA Swimming/Middle Atlantic Swimming safety guidelines and warm-up procedures will be in effect for the entire meet. Failure to obey instructions of safety director, marshals & officials will result in disqualification from meet. There is absolutely NO DIVING permitted in warm-up pool at ANY time. Swimmers violating safety rules will be removed from the pool. Subsequent violations will result in the swimmer's disqualification for the remainder of the meet.
- All coaches/officials must be registered with USA Swimming and must display valid USA card. Only USA Swimming registered swimmers, coaches, and officials with valid credentials and essential meet personnel will be permitted on deck.
- Spectators are prohibited from entering areas of the pool which are being used by swimmers, coaches, and officials displaying valid USA Swimming credentials.

Entry Times: Penalties will be imposed upon a swimmer when any coach, parent, or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines and suspension.

Start Procedure: This meet will be conducted using the 'Whistle Commands' and 'No Recall' false start procedures as outlined by USA Swimming. '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.

Official Times/Results: All events are timed finals with times/places being determined by the timing system and verified by meet officials. The scoreboard is not official time. Questions regarding results should be addressed to the meet director by the **swimmer's coach only**.

AWARDS:

Awards: Awards based on entry time are presented for each event in accordance with Middle Atlantic Swimming Inc. policy.

- Individual Events:
 - "A" entries: Medals 1st through 3rd place, ribbons 4th through 6th place;
 - "BB" entries: Rosettes 1st through 3rd place, ribbons 4th through 6th place;
 - "C" entries: Ribbons 1st through 6th place;
- Relay Events - Medals for 1st place team, ribbons for 2nd and 3rd place teams.

ADMISSION & PROGRAM:

Admission: \$3.00 admission per person per session. Children under 5 free.
Programs: \$5.00 for a meet program (covers all sessions).

VOLUNTEERS:

If anyone is interested in volunteering to assist in the operation of the meet, please contact the meet director (meetdirector@jerseystormswimming.org). Admission fees will be waived and the hospitality area will be available for sessions for which you assist.

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**SPONSORSHIP
AVAILABILITY:**

Program Advertisements & Meet Sponsorship: If you would like to place an advertisement in our meet program or be a meet sponsor, please contact Jersey Storm by e-mailing us at info@jerseystormswimming.org. Advertisements will be strategically placed in all programs.

FUTURE MEETS:

Jersey Storm Swimming hosts six swim meets sanctioned by USA Swimming and Middle Atlantic Swimming Inc. each year. Please consider participating in another of our upcoming meets. Meets being hosted by Jersey Storm during the 2010-2011 Short Course season are as follows:

- STORM Mini Meet - October 2011 at Fort Dix, NJ
- New Jersey State A/BB/C/Mini Meet - December 18-19, 2010 at GCIT, Sewell, NJ
- STORM Treasure Chest Mini Meet - February 6, 2011 at Fort Dix, NJ
- STORM A/BB/C Meet - February 19-20, 2011 at Fort Dix, NJ
- STRM Distance Meet - February 27, 2011 at Fort Dix, NJ

Please see the Middle Atlantic Swimming Inc. web site www.maswim.org for the meet information or contact the meet director for further information.

DIRECTIONS:

The Fort Dix Indoor Pool is located on Doughboy Loop, next to the Fort Dix Outdoor Recreation building and the Doughboy Field Parade Grounds, Fort Dix, NJ 08640. **Access to base requires presentation of a valid photo ID (driver's license, passport, etc.) for ALL adults in the vehicle.** Directions are also available on the MA website www.maswim.org

If there are problems entering the base, a new visitor center is located at the Main Gate located off of Rt 68.

From the North or South via NJ Turnpike: Take the NJ Turnpike to Exit 7 (Bordentown, Ft. Dix, McGuire AFB). Follow directions from NJ Turnpike Exit 7.

From the West via PA Turnpike: Take the PA Turnpike east across the Delaware river into NJ. Take the NJ Turnpike north to Exit 7 (Bordentown, Ft. Dix, McGuire AFB). Follow directions from NJ Turnpike Exit 7.

From NJ Turnpike Exit 7: After paying toll, follow signs for military bases onto Rt 206 South and merge into far left lane. After 1st traffic light, take a left onto Rt 68 (signs point left towards direction of military bases and there is a traffic light in the median). Follow Rt. 68 through 4 traffic lights to the Ft Dix Main Gate for security check (photo ID required). After security gate, follow Rt. 68 to a traffic circle. Take 1st right off of traffic circle onto 4th Street. At 1st intersection (blinking traffic light), take a right onto New Jersey Ave. Follow New Jersey Ave. to stop sign. Take left onto 10th Street. At stop sign, take a right onto Doughboy Loop. The indoor pool is the blue and yellow building immediately on your left (ample parking in front of building).

From the East (via Rt 70): Take Rt 70 West to Rt 530 West. Follow Rt. 530 West to the 3rd traffic light (Shell Gas Station) and take a right onto Rt 545 (stay to the right of the gas station). Follow Rt 545 (Texas Ave.) through one traffic light to the Ft Dix Security gate (photo ID required). At 1st traffic light (blinking yellow) past the security gate, take a left onto 8th Street. At blinking traffic light, take a left onto Doughboy Loop (police station will be on right). The indoor pool is the blue and yellow building ¼ mile up the road on your left (ample parking in front of building).

From the South (via I-295 North): Take I-295N to Exit 45A (Mount Holly Exit). At 3rd traffic light take a left onto Irick Rd. At 1st traffic light take right onto Rt 630 (Woodlane Rd). Follow Rt 630 to the 5th traffic light (Mobil Gas Station and CVS Pharmacy) and take a left onto Rt 537 East (Monmouth Rd). Follow Rt 537 East to the 3rd traffic light. At 3rd traffic light, take a right onto Rt. 68. Follow Rt. 68 through one 1 traffic light to the Ft Dix Main Gate for security check (photo ID required). After security gate, follow Rt. 68 to a traffic circle. Take 1st right off of traffic circle onto 4th Street. At 1st intersection (blinking traffic light), take a right onto New Jersey Ave. Follow New Jersey Ave. to stop sign. Take left onto 10th Street. At stop sign, take a right onto Doughboy Loop. The indoor pool is the blue and yellow building immediately on your left (ample parking in front of building).

LODGING:

- Days Inn – 1073 Route 206, Bordentown, NJ 08505, (609) 298-6100 (< 10 miles from pool)
- Best Western – 1068 Route 206, Bordentown, NJ 08505, (609) 298-8000 (< 10 miles from pool)
- Econo Lodge – 187 US Hwy 130, Bordentown, NJ 08505, (609) 298-5000 (< 10 miles from pool)
- Hampton Inn - 2004 Route 206, Bordentown, NJ 08505, 609-298-4000 (< 10 miles from pool)
- Quality Inn – 21 Wrightstown-Cookstown Rd., Wrightstown, NJ, (609) 723-6500 (< 5 miles from pool)
- Comfort Inn – 1009 Route 206, Bordentown (609) 298-6100 (< 10 miles from pool)
- Ramada Inn - 1083 Route 206, Bordentown, NJ, 08505, (609) 298-3200 (< 10 miles from pool)

TEAM SUMMARY SHEET

* This form must be mailed in with the entries *(even if entries are sent on disk)*.

CLUB NAME: _____ CLUB CODE: _____ LSC: _____

COACH: _____ PHONE #: (____) _____ - _____

CLUB ADDRESS: _____

EMAIL ADDRESS: _____
E-Mail Address will be used to pass info (meet changes, results, etc. to your team)

MEET ENTRY INFORMATION:

INDIVIDUAL EVENTS _____ x \$4.00 = \$ _____

RELAY'S _____ x \$8.00 = \$ _____

SURCHARGES (applies to teams with more than five swimmers who do not submit entries via HY-TEK)

SWIMMERS _____ x \$5.00 = \$ _____

TOTAL = \$ _____

(Make checks payable to **JERSEY STORM SWIMMING**)

In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/our heirs, administrators and assignees, waive and release any and all claims for damages which I/we may have against USA, Jersey Storm Swimming, their agents or representatives, for any and all injuries suffered by myself/us and/or my swimmers in, at, and during travel to/from said meet. I/we are bona-fide amateur athlete(s), USA registered, and eligible to compete in all of the events I/we have entered.

CLUB REP. NAME/SIGNATURE: _____ / _____

PHONE NUMBER: (____) _____ - _____

**Entry deadline is FRIDAY, OCTOBER 22, 2010.
NO LATE ENTRIES WILL BE ACCEPTED**

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JERSEY STORM SWIMMING INDIVIDUAL EVENT MEET ENTRY FORM

CLUB: _____ CLUB CODE: _____ PHONE #: (_____) _____ - _____

COACH: _____ E-MAIL ADDRESS: _____

NAME	AGE	USA #	EVENT		EVENT		EVENT	
			#	Time	#	Time	#	Time
Example: Michael A Smith (Mike)	11	010299MICASMIT	4	1:14.56	14	36.12	22	2:34.11
			60	42.45	68	NT	72	36.76

Note: - Swimmers may enter a maximum of 5 individual events per day.
 - There is a \$5.00 per swimmer surcharge for teams with more than five swimmers when entries submitted by hand vs. Hy-Tek entries.