

AUTUMN HARVEST "A/BB/C" MEET

OCTOBER 22-24, 2010

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, INC. SANCTION # MA 1135 A

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 October 22, 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 for Friday. Saturday & Sunday morning sessions and three 25-minute periods per PM session on. 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>
FRIDAY	5:15PM	6:15PM	11-14 500 free, 400 IM & 11-12 100 IM
SATURDAY AGES 9/10 & SENIOR	7:00 AM	8:00 AM	<i>Senior 500 free will start 5 minutes after the morning session - not before 11:00am</i>
SATURDAY AGES 11-14	1:00 PM	2:20 PM	
SUNDAY AGES 9/10 & SENIOR	7:00 AM	8:00 AM	<i>Senior 400 will start 5 minutes after the morning session - not before 11:00am</i>
SUNDAY AGES 11-14	1:00 PM	2:20 PM	<i>11-14 200 free will start 5 minutes after the pm session</i>

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FRIDAY SESSION 1 AGES 11-14		
WARM-UP 5:15 PM START 6:15 PM		
GIRLS EVENT#	EVENT	BOYS EVENT#
1	11-12 500 FREE	2
3	13-14 500 FREE	4
5	11-12 100 IM	6
7	13-14 400 IM	8
9	11-12 400 IM	10

SATURDAY MORNING		
SESSION 2 AGES 9-10 & SENIOR		
WARM-UP 7:00 AM START 8:00 AM		
GIRLS	EVENT	BOYS
11	SR 100 FREE	12
13	9-10 100 FREE	14
15	SR 200 FLY	16
17	9-10 50 FLY	18
19	SR 200 BRST	20
21	9-10 50 BRST	22
23	SR 100 BACK	24
25	9-10 100 BK	26
27	SR 200 IM	28
29	9-10 200 IM	30
SESSION 2A		
31	SR 500 FREE	32

SATURDAY AFTERNOON		
SESSION 3 AGES 11-14		
WARM-UP 1:00 PM START 2:20 PM		
GIRLS	EVENT	BOYS
33	13-14 100 FR	34
35	11-12 100 FR	36
37	13-14 200 FLY	38
39	11-12 200 FLY	40
41	13-14 200 BRST	42
43	11-12 200 BRST	44
45	11-12 50 BRST	46
47	13-14 100 BK	48
49	11-12 100 BK	50
51	13-14 200 IM	52
53	11-12 200 IM	54

SUNDAY MORNING		
SESSION 4 AGES 9-10 & SENIOR		
WARM-UP 7:00 AM START 8:00 AM		
GIRLS	EVENT	BOYS
55	9-10 100 IM	56
57	SR 100 FLY	58
59	9-10 100 FLY	60
61	SR 50 FREE	62
63	9-10 50 FREE	64
65	SR 200 BACK	66
67	9-10 50 BACK	68
69	SR 100 BRST	70
71	9-10 100 BRST	72
73	SR 200 FREE	74
75	9-10 200 FREE	76
SESSION 4A		
77	SR 400 IM	78

SUNDAY AFTERNOON		
SESSION 5 AGES 11-14		
WARM-UP 1:00 PM START 2:20 PM		
GIRLS	EVENT	BOYS
79	11-12 50 BK	80
81	13-14 100 FLY	82
83	11-12 100 FLY	84
85	13-14 50 FR	86
87	11-12 50 FR	88
89	13-14 200 BK	90
91	11-12 200 BK	92
93	11-12 50 FLY	94
95	13-14 100 BRST	96
97	11-12 100 BRST	98
99	13-14 200 FR	100
101	11-12 200 FR	102

ALL EVENTS ARE TIMED FINALS EVENTS

SWIMMERS MUST PROVIDE TIMERS FOR THE 500 FREE & 400 IM

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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 (except Friday, where all events will be deck 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</u> PARTICIPATION MUST BE CONFIRMED BY 5:15 PM <u>11/14 400 IM</u> PARTICIPATION MUST BE CONFIRMED BY 6:30 PM. <u>SENIOR 500 FREE/400 IM</u> PARTICIPATION MUST BE CONFIRMED BY 10:30 AM.</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><u>jwmeets@jerseywahoos.org</u> SUBJECT = (YOUR TEAM) AUTUMN HARVEST 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>4:30 PM, FRIDAY, OCTOBER 8, 2010. 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>AUTUMN HARVEST 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, OCTOBER 10 , 2009</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> 12/under's entered with USA "A" - Medals 1-3, Ribbons 4-6 12/under swimmers entered with USA "BB" - Rosettes 1st, Ribbons 2-6 12/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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JERSEY WAHOOS AUTUMN HARVEST 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 2010 AUTUMN HARVEST

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