

JERSEY WAHOOS SWIM CLUB

2009 SWEETHEART "A/BB/C" MEET

FEBRUARY 14-15, 2009

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, INC. SANCTION # MA 0970 A

FACILITY:

GLOUCESTER COUNTY INSTITUTE OF TECHNOLOGY
TANYARD ROAD
SEWELL, NEW JERSEY
TELEPHONE: 856/468-1445 EXTENSION 2657

THIS FACILITY CONTAINS TWO 8 LANE/25 YD. POOLS EQUIPPED WITH LANE LINES, STARTING BLOCKS/12 AND 5 FT DEPTHS AT STARTING ENDS. COLORADO TIMING SYSTEM WITH EIGHT LANE DISPLAY. SEPARATE SPECTATOR AREA/UNLIMITED PARKING. REFRESHMENTS ARE AVAILABLE IN THE CONCESSION AREA

MEET & SAFETY

DIRECTORS:

MEET / TODD BRYAN
(856-234-5898)

SAFETY / MIKE SIMUNEK
(856-234-5898)

OFFICIALS:

All USA certified officials and trainees are invited to officiate at this meet. Contact Bob Binz, official's coordinator, at 856/853-0119.

ELIGIBILITY:

The meet is open to any USA registered swimmer. Swimmer's age as of **February 14, 2009**, governs age group participation for the entire meet.

ENTRY

LIMITATIONS:

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.

WARM-UP & START TIMES:

	<u>WARM UP</u>	<u>MEET</u>	<u>NOTES</u>
SATURDAY AGES 9/10 & SENIOR	7:00AM	8:00AM	
SATURDAY AGES 11-14	1:30 PM	2:30 PM	<i>11-14 400 IM session will start 10 min after the 200 free. May switch pools to even timelines</i>
SUNDAY AGES 9/10 & SENIOR	7:00 AM	8:00 AM	
SUNDAY AGES 11-14	1:30 PM	2:30 PM	<i>11-14 500 free session will start 10 min after the 200 free. May switch pools to even timelines</i>

WARM-UPS:

ASSIGNED WARM-UPS: 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.

RULES:

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.

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.

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.

**SWEETHEART "A/BB/C" MEET
SATURDAY, FEBRUARY 14, 2009**

SESSION 1 – SR GIRLS / 9-10 BOYS POOL A SESSION 2 – SR BOYS / 9-10 GIRLS POOL B WARM-UP 7:00 AM START 8:00 AM		
GIRLS EVENT#	EVENT	BOYS EVENT#
1	9-10 100 IM	2
3	SENIOR 100 BREAST	4
5	9-10 100 BREAST	6
7	SENIOR 200 FLY	8
9	9-10 50 FLY	10
11	SENIOR 100 FREE	12
13	9-10 100 FREE	14
15	SENIOR 200 BACK	16
17	9-10 50 BACK	18
19	SENIOR 200 FREE	20
21	9-10 200 FREE	22
23	SENIOR 400 IM	24

SESSION 4 – 13-14 GIRLS / 11-12 BOYS POOL A SESSION 5 – 13-14 BOYS / 11-12 GIRLS POOL B WARM-UP 1:30 PM START 2:30 PM		
GIRLS EVENT#	EVENT	BOYS EVENT#
25	11-12 100 IM	26
27	13-14 100 BREAST	28
29	11-12 100 BREAST	30
31	13-14 200 FLY	32
33	11-12 200 FLY	34
35	13-14 100 FREE	36
37	11-12 100 FREE	38
39	11-12 50 BACK	40
41	13-14 200 BACK	42
43	11-12 200 BACK	44
45	13-14 200 FREE	46
47	11-12 200 FREE	48
SESSION 6		
49	13-14 400 IM	50
51	11-12 400 IM	52

The 400 IM session will start 10 minutes after the 200 free.

SUNDAY, FEBRUARY 15, 2009

SESSION 7 – SR BOYS / 9-10 GIRLS POOL A SESSION 8 – SR GIRLS / 9-10 BOYS POOL B WARM-UP 7:00 AM START 8:00 AM		
GIRLS EVENT#	EVENT	BOYS EVENT#
53	SENIOR 100 BACK	54
55	9-10 100 BACK	56
57	SENIOR 100 FLY	58
59	9-10 100 FLY	60
61	SENIOR 200 IM	62
63	9-10 200 IM	64
65	SENIOR 50 FREE	66
67	9-10 50 FREE	68
69	SENIOR 200 BREAST	70
71	9-10 50 BREAST	72
73	SENIOR 500 FREE	74

SESSION 10 – 13-14 BOYS / 11-12 GIRLS POOL A SESSION 11 – 13-14 GIRLS / 11-12 BOYS POOL B WARM-UP 1:30 PM START 2:30 PM		
GIRLS EVENT#	EVENT	BOYS EVENT#
75	11-12 100 BACK	76
77	13-14 100 BACK	78
79	11-12 100 FLY	80
81	13-14 100 FLY	82
83	11-12 200 IM	84
85	13-14 200 IM	86
87	11-12 50 FREE	88
89	13-14 50 FREE	90
91	11-12 50 FLY	92
93	11-12 50 BREAST	94
95	13-14 200 BREAST	96
97	11-12 200 BREAST	98
SESSION 12		
99	13-14 500 FREE	100
101	11-12 500 FREE	102

The 500 FR session will start 10 min after the 200 breast.

**ALL EVENTS ARE DECK SEEDED.
SWIMMERS MUST PROVIDE THEIR OWN TIMERS FOR 500 FREE & 400 IM.**

**SWEETHEART "A/BB/C" MEET
FEBRUARY 14-15, 2009**

SEEDING: All events will be deck seeded events.

Each Team will have a check-in sheet with all events listed for each session. **All check-in 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.

Swimmers must provide their own timers for 500 free and 400 IM.

**HOW TO
ENTER:**

Swimmers may enter a maximum of 4 events per day.

HY-TEK ENTRIES PREFERRED

Entries should be submitted as an e-mail attachment addressed to:

jwmeets@jerseywahoos.org

SUBJECT = (YOUR TEAM) SWEETHEART MEET ENTIRE

BODY MUST INCLUDE: Team name / Number of swimmers / Number of entries

ATTACHMENTS: ENTRY FILE / TM ENTRY REPORT

DO NOT SEND FLOPPY DISKS.

Manually prepared entries (\$5.00/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/>

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.

SURCHARGE:

***\$5.00/swimmer for ALL MANUALLY prepared entries of teams of 5 or more swimmers. (Entries not sent using Hy-Tek software). Teams/swimmers cannot avoid the surcharge by submitting individual entries for swimmers. Failure to remit payment will result in rejection of entries.**

FEES:

**\$4.00/INDIVIDUAL EVENT. \$5.00 SURCHARGE PER SWIMMER (IF APPLICABLE).
CHECKS PAYABLE TO "JERSEY WAHOOS SWIM CLUB."**

**SEND ENTRIES
& PAYMENT TO:**

**SWEETHEART MEET ENTRIES
C/O JERSEY WAHOOS
4101 CHURCH RD
MT. LAUREL, NJ 08054**

**Meet Summary MUST accompany payment.
Payment MUST BE POSTMARKED BY SATURDAY, FEBRUARY 7, 2009
or entries will be rejected. No exceptions.**

**CLOSE: 5:00 PM, SUNDAY, JANUARY 25, 2009.
LATE ENTRIES WILL NOT BE ACCEPTED.**

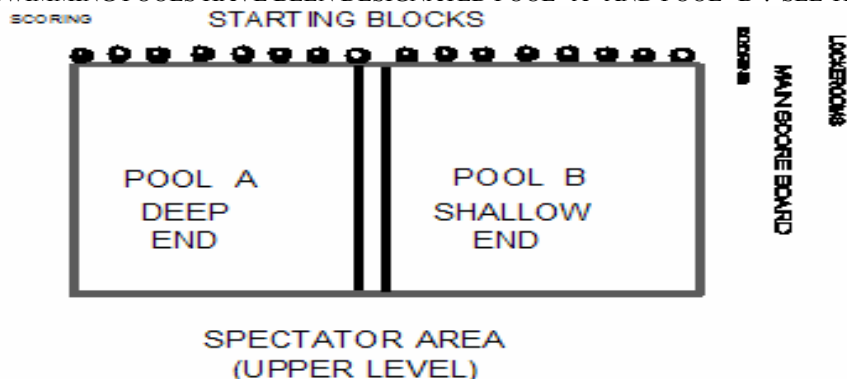
**SWEETHEART "A/BB/C" MEET
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INQUIRIES:

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.

POOL SETUP:

SWIMMING POOLS HAVE BEEN DESIGNATED POOL "A" AND POOL "B". SEE THE CHART BELOW.



AWARDS:

WAHOOS WILL NOT MAIL AWARDS IF YOUR TEAM FAILS TO PICK THEM UP

14/under's entered with USA "A" - Medals 1-3, Ribbons 4-8

14/under swimmers entered with USA "BB" - Rosettes 1st, Ribbons 2-8

14/under swimmers entered with USA "C" - Ribbons 1st through 8th

ADMISSION:

\$5.00 FOR ADMISSION/ PERSON

\$3.00 Session Psych Sheet. *If time permits*, Session Heat Sheets will be available to those who purchased psych sheets.

RESULTS:

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.***

DECK ENTRIES:

Deck entries may be accepted at the discretion of the meet director as non-award swims.

COST:

\$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.

VOLUNTEERS:

Free admission/refreshments will be provided to anyone who volunteers as a timer, runner, or other capacities designated by the meet director.

SWIMMERS

W/OUT COACHES:

Swimmers unaccompanied by a credentialed coach must report to the meet director prior to warm-ups for each session.

SPECTATORS:

Seating is first come/first served. Spectators are prohibited from the deck.

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DIRECTIONS:

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.

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.

From the Delaware Memorial & Commodore Barry bridges: 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.

ACCOMODATIONS:

COMFORT INN	DAYS INN	QUALITY INN	HO JO INN	FAIRFIELD INN
RUNNEMEDE	BROOKLAWN	W. DEPTFORD	BLACKWOOD	MT. LAUREL, NJ
856/939-6700	856/456-6688	856/848-4111	856/228-4040	856/642-0600

STAYBRIDGE SUITES
4115 CHURCH RD.
MT LAUREL NJ 08054
856-722-1900

MEET ENTRY SUMMARY FORM
MUST ACCOMPANY PAYMENT

MEET: **JW 2009 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 # IND ENTRIES: _____ X \$4.00 \$ _____

SURCHARGE* (\$5.00/SWIMMER) \$ _____

TOTAL ENTRY FEES: \$ _____

ATHLETE SUMMARY

NUMBER OF MALE ATHLETES: _____ ENTRIES: _____

NUMBER OF FEMALE ATHLETES: _____ ENTRIES: _____

TOTAL NUMBER OF ATHLETES: _____ TOTAL: _____

*** \$5.00/swimmer for ALL MANUALLY submitted prepared entries of teams of 5 or more swimmers (entries not submitted using Hy-Tek software). Teams/swimmers cannot avoid the surcharge by submitting individual entries for swimmers. Failure to remit entry fees or the surcharge will result in rejection of entries.**

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