

JW WINTER BLIZZARD "A/BB/C" MEET

JANUARY 15-16, 2011

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, INC. SANCTION #MA 1161 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 January 15, 2011 , 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 per AM session & three 25-minute periods per PM 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

	<u>WARM UP</u>	<u>MEET</u>	<u>NOTES</u>
SATURDAY AGES 9/10 & SENIOR	7:00AM	8:00AM	
SATURDAY AGES 11-14	1:00 PM	2:20 PM	<i>11-14 500 FR session will start 10 min after the 200 IM. May switch pools to even timelines</i>
SUNDAY AGES 9/10 & SENIOR	7:00 AM	8:00 AM	
SUNDAY AGES 11-14	1:00 PM	2:20 PM	<i>11-14 400 IM session will start 10 min after the 200 breast. May switch pools to even timelines</i>

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SATURDAY MORNING		
SESSION 1 – SENIOR / 9-10		
WARM-UP 7:00 AM START 8:00 AM		
GIRLS	EVENT	BOYS
1	9-10 100 IM	2
3	SR 200 BACK	4
5	9-10 50 BACK	6
7	SR 100 FREE	8
9	9-10 100 FREE	10
11	SR 200 FLY	12
13	9-10 50 FLY	14
15	SR 100 BREAST	16
17	9-10 100 BRST	18
19	SR 200 IM	20
21	9-10 200 IM	22
23	SR 500 FREE	24

SATURDAY AFTERNOON		
SESSION 2 – 11-12 / 13-14		
WARM-UP 1:00 PM START 2:20 PM		
GIRLS	EVENT	BOYS
25	11-12 100 IM	26
27	13-14 200 BACK	28
29	11-12 200 BACK	30
31	13-14 100 FREE	32
33	11-12 100 FREE	34
35	13-14 200 FLY	36
37	11-12 200 FLY	38
39	11-12 50 BACK	40
41	13-14 100 BRST	42
43	11-12 100 BRST	44
45	13-14 200 IM	46
47	11-12 200 IM	48
	SESSION 3	
49	13-14 500 FREE	50
51	11-12 500 FREE	52

500 FR session will start 10 mins after the 200 IM

SUNDAY MORNING		
SESSION 4 – SENIOR / 9-10		
WARM-UP 7:00 AM START 8:00 AM		
GIRLS	EVENT	BOYS
53	SR 100 FLY	54
55	9-10 100 FLY	56
57	SR 50 FREE	58
59	9-10 50 FREE	60
61	SR 200 FREE	62
63	9-10 200 FREE*	64
65	SR 100 BACK	66
67	9-10 100 BACK	68
69	SR 200 BREAST	70
71	9-10 50 BREAST	72
73	SR 400 IM	74

SUNDAY AFTERNOON		
SESSION 5 – 11-12 / 13-14		
WARM-UP 1:00 PM START 2:00 PM		
GIRLS	EVENT	BOYS
75	11-12 100 FLY	76
77	13-14 100 FLY	78
79	11-12 50 FREE	80
81	13-14 50 FREE	82
83	11-12 200 FREE	84
85	13-14 200 FREE	86
87	11-12 100 BACK	88
89	13-14 100 BACK	90
91	11-12 50 BREAST	92
93	11-12 50 FLY	94
95	13-14 200 BRST	96
97	11-12 200 BRST	98
	SESSION 6	
99	13-14 400 IM	100
101	11-12 400 IM	102

400 IM session will start 10 min after the 200 breast

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>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>jwmeets@jerseywahoos.org 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>5:00 PM, SUNDAY, DECEMBER 19, 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>
<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>

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	<p>Meet Summary MUST accompany payment. <u>Payment MUST BE POSTMARKED BY SATURDAY, JANUARY 2, 2011</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 REGISTRATION:</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>
<p><u>VOLUNTEERS:</u></p>	<p>Free admission/refreshments will be provided to anyone who volunteers as a timer, runner, or other capacities designated by the meet director.</p>

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<p><u>SWIMMERS W/OUT COACHES:</u></p>	<p>Swimmers unaccompanied by a credentialed coach must report to the meet director prior to warm-ups for each session.</p>		
<p><u>SPECTATORS:</u></p>	<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>		
<p><u>DIRECTIONS:</u></p>	<p>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.</p>		
<p><u>HOTELS:</u></p>	<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>MARIOTT COURTYARD 1000 CENTURY PARKWAY MT. LAUREL, NJ 856/273-4400</p> <p>HOJO EXPRESS 1104 ROUTE 73 MT. LAUREL, NJ 856/778-3500</p>	<p>WYNDHAM 1111 ROUTE 73 MT. LAUREL, NJ 856/234-7000</p> <p>LAUREL INN 550 FELLOWSHIP MT. LAUREL, NJ 856/235-7400</p>

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JERSEY WAHOOS WINTER BLIZZARD 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 WINTER BLIZZARD

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