

Middle Atlantic 2003 Summer Junior Olympic Championships

**Gloucester County Institute of Technology
Sewell, New Jersey**

Thursday, Friday, Saturday and Sunday, July 24-27, 2003

Held under the sanction of Middle Atlantic Swimming

Meet Sanction #0385AG

Time Trials Sanction # 0385TT

Meet Site Directors:

Safety Director: Patric Mills / Michael Ramone

Meet Referees:

General Chair: George Breen

Age Group Chair: Kip Hein

Middle Atlantic Office: (302) 529-5859

Teams and Participants Responsibility

It shall be the teams and participants' responsibility to become familiar with all of the information contained in this meet packet.

Note Changes from 2002 Long Course Junior Olympics:

- Meet is for 14 and under swimmers only. Therefore, there is only one prelim session on Fri, Sat and Sun. There are no 15-19 events; swimmers 15 and Over can enter the Senior LC Championships on July 17-20.
- All qualifying times must have been achieved since January 1, 2002.
- There will be A-finals (top 8) for 10/unders. 11/12 and 13/14 will have both A- and B-finals (top 16.)
- All swimmers, including relay-only swimmers are subject to a \$2 surcharge. All relay-only swimmers must be entered into the meet prior to the entry deadline.
- The 800 Free, 1500 Free and 400 IM are 14/under events. All swimmers must have the 13/14 qualifying time to enter. These events will be scored as 14/under (age groups will not be separated out and scored). Swimmers are limited to ONE individual event on Thursday night (i.e. an 11/12 swimmer may not enter the 11/12 400 Free and the 14/under 800 Free).
- **Proof of Time:** All Teams with swimmers that fail to swim the qualifying time will be notified of such failure via US mail by August 31, 2003. Proof of time, or payment of \$50 fine per swim, must be received by October 15, 2003. Teams that fail to meet these obligations will be suspended from future Middle Atlantic competitions until payment is received. Fines are automatically accessed after the October 15 deadline, regardless of whether they can be proven, or not.
- Top eight (8) seeded relays will swim in finals on Friday and Saturday; all Sunday relays will swim in prelims.

LOCATION	Gloucester County Institute of Technology 1360 Tanyard Road Sewell, NJ 08080 Day of meet ONLY emergency phone # 856/468-1445 x 2657
FACILITIES	Indoor competition pool is 50 meters; 8 lanes with non-turbulent lane lines. Water depth is 12 feet at the starting end; Colorado electronic timing system with 8-lane scoreboard. Breaks will be scheduled throughout each Prelims and Finals session for warmup/warmdown, as shown in the Order of Events. The Referee will determine the length of each Break. Adequate parking is available in the school parking lot. Please be advised that cars parked illegally will be ticketed. Food and drink will be available at all sessions for coaches, officials and workers. A snack bar will be provided by the facility for spectators. JOs T-shirts will be available for purchase
MEET DIRECTOR	To be announced
SAFETY DIRECTOR	Patric Mills and Michael Ramone
OFFICIALS	Fred Killian [302/994-3389] [E-mail: fk42@aol.com] Middle Atlantic Officials will be contacted via e-mail prior to the Meet to determine their availability. All Officials are urged to work whenever present at the meet. If you are not contacted but will be at the Meet, please report at the start of warm-ups ready to work.
ELIGIBILITY	Swimmers must be currently registered with USA Swimming to compete. The meet is limited to Middle Atlantic registered swimmers only. Age group is determined by the swimmer's age on Thursday, July 24, 2003. Swimmers are limited to three (3) individual events (one individual event on Thursday) and one (1) relay per day. Qualifying times must have been achieved on or after January 1, 2002. Entry times must be equal to or faster than the Qualifying Times shown in the attached Tables. All entry times must be from a USA Swimming Sanctioned, Observed or Approved Meet or a Middle Atlantic Accepted Meet. <u>YMCA and high school times are not acceptable unless that particular meet was granted one of the above status.</u>
ENTRY LIMITATIONS	The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format in order to run the meet in a timely manner.
WARM-UP & START TIMES	Warm-ups: <u>Prelims</u> <u>Friday thru Sunday 13 & Over</u> 7:30am to 8:30 am General Warm-up 8:30am to 8:55 am Lane 1&8 Pace / Lane 2&7 Sprint / Lanes 3 thru 6 General Warm-up Additional lanes may be assigned based on need. <u>Finals</u> <u>Thursday 4:30pm to 5:10 pm</u> General Warm-up <u>Thursday 5:10pm to 5:25 pm</u> Lanes 1&8 Pace <u>Fri. - Sat: 5:30pm to 6:10 pm</u> General Warm-up <u>Fri. - Sat: 6:10pm to 6:25 pm</u> Lane 1&8 Pace / Lane 2&7 Sprint / Lanes 3 thru 6 <u>Sun 5:00pm – 5:40pm</u> General Warm-up <u>Sun: 5:40pm to 5:55 pm</u> Lane 1&8 Pace / Lane 2&7 Sprint / Lanes 3 thru 6

<p>ORDER OF EVENTS AND QUALIFYING TIMES ON ATTACHED SHEET</p>	<p>Start Times:</p> <table border="0"> <thead> <tr> <th></th> <th>Day</th> <th>Warm-Up</th> <th>Meet Starts</th> </tr> </thead> <tbody> <tr> <td>Prelims:</td> <td>Fri.-Sun.</td> <td>7:30 am</td> <td>9:00am</td> </tr> <tr> <td>Finals:</td> <td>Thursday</td> <td>4:30pm</td> <td>5:30pm</td> </tr> <tr> <td></td> <td>Fri.-Sat.</td> <td>5:30pm</td> <td>6:30pm</td> </tr> <tr> <td></td> <td>Sun</td> <td>5:00pm</td> <td>6:00pm</td> </tr> </tbody> </table> <p>A- and B- Finals for 11-12, 13-14, A-Finals for 10 & U The B-Finals will swim first, followed by the A- Finals.</p>		Day	Warm-Up	Meet Starts	Prelims:	Fri.-Sun.	7:30 am	9:00am	Finals:	Thursday	4:30pm	5:30pm		Fri.-Sat.	5:30pm	6:30pm		Sun	5:00pm	6:00pm
	Day	Warm-Up	Meet Starts																		
Prelims:	Fri.-Sun.	7:30 am	9:00am																		
Finals:	Thursday	4:30pm	5:30pm																		
	Fri.-Sat.	5:30pm	6:30pm																		
	Sun	5:00pm	6:00pm																		
<p>RELAYS</p>	<p>All Relays are Timed Final events. Top 8 seeded relays will swim in finals, all others will swim in the prelim sessions, except Sunday where all relays will swim in prelims. Relays will be deck seeded. A swimmer does not have to be entered in an Individual Event at the Meet in order to swim on a Relay, but must be entered in the meet by the entry deadline and is subject to the \$2 surcharge. Only two (2) relays from any one team may score in an event, although additional relays may be entered</p> <p>ALL RELAY CARDS MUST BE RETURNED TO THE MEET COMPUTER NO LATER THAN 30 MINUTES PRIOR TO THE START OF THE SESSION IN WHICH RELAYS ARE BEING SWUM. FAILURE TO DO SO WILL RESULT IN RELAYS BEING NOT SEEDED.</p>																				
<p>DECK ENTRIES /TIME TRIALS</p>	<p>Deck entries will not be accepted.</p> <p>Time Trials will be available after Finals on Friday, Saturday and Sunday: \$6.00 per individual swim, \$12.00 per relay. Middle Atlantic time trials policy will be followed. Time Trial Events count in the total allowable events to be swum in one day (3 individual).</p>																				
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.</p>																				
<p>SEEDING & FORMAT</p>	<p>Positive check-in will be required for all events 400 meters and longer in order to be seeded. All events 200 meters and shorter will be pre-seeded; however, the Meet Director reserves the right to require positive check-in for certain 200 meter events if it is deemed necessary to keep the Meet within the allowable time limits. Positive check-in events will generally close for seeding thirty minutes before the expected starting time for that event</p> <p>Entry times must be submitted in the venue in which they were achieved. All entries other than LCM will be treated as Non-Conforming, and will be seeded according to USA Swimming procedure. (i.e. they will not be converted, they will be seeded AFTER all LCM entry times).The 800 Free, 1500 Free and all relays are timed final events.</p> <p>The 11-12, 13-14 age groups will have a A-Final (1-8) and B-Final (9-16) in all events except the 800 Free, 1500 Free and relays.</p> <p>The 14/under 800 Free and 14/under1500 Free will swim fastest to slowest, alternating Girls and Boys, except for the fastest heat of the 1500 Free which will swim at Finals. The combined 11-12 and 10/under 400 Free on Thursday evening will also be swum fastest to slowest, alternating girls and boys.</p> <p>All swimmers in Thursday's individual events and the 1500 Free (at Prelims) must provide their own timer and counter.</p> <p>All Relays are Timed Final events. Relays will be deck seeded.</p>																				

<p>HOW TO ENTER</p>	<p>All entries should be prepared using "Hy-Tek CommLink" or compatible program. You may either (a) send a computer disk containing your entry information, a Hy-Tek entry report, the Meet Summary Sheet and your check to the MA Office, or (b) send the entry information and entry report via E-mail to Office@maswim.org; then send the Meet Summary Sheet and your check to the MA Office. Please waive the 'signature required' if your entry is sent via a Postal Service that provides one. Do not send a disk if you e-mail your entries to the office. If use of a Hy-Tek compatible program is not possible, the attached Entry Form must be used. A fee of \$5.00 per swimmer will be charged to teams which enter five or more swimmers and do not use a computer entry. Entries sent with 'No Time' will be rejected! All entries must be submitted in the Course in which they were swum. A swimmer may choose which best-time in either course to enter.</p>
<p>ENTRY FEES</p>	<p>\$2.00 surcharge for all swimmers entering meet (including relay-only swimmers)</p> <p>\$4.00 per individual event \$8.00 per relay event.</p>
<p>SEND ENTRIES TO</p>	<p>Middle Atlantic Swimming, Inc. OR E-mail office@maswim.org JOs Entries with LC JO entry as subject 2018 Naaman's Rd Suite #3 Wilmington, DE 19810</p> <p>One check per club payable to MIDDLE ATLANTIC SWIMMING</p> <p>Waive signature if sending by FedEx, UPS, etc.</p>
<p>ENTRY DEADLINE</p>	<p>All entries must be <u>received</u> by 5:00 pm on Monday, July 14, 2003,. No post entries will be accepted. <u>Entries will not be processed without full payment.</u> Payment for faxed and emailed entries must arrive by Thursday, July 17, 2003.</p>
<p>RULES</p>	<p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT AND ENFORCED FOR THE ENTIRE MEET. Warm-ups are subject to the following procedures: No diving during warm-up except in designated sprint lanes. The referee may remove anyone from the warm-up for failure to comply with appropriate warm-up rules and procedures. Any swimmer observed swimming under or beneath the Bulkhead by an Official or Safety Monitor will be disqualified from that swimmer's next individual event. Blatant or repeated violation could result in disqualification from the remainder of the Meet, subject to the Meet Referee. This policy will be strictly enforced</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. All coaches must wear their valid 2003USA Swimming Coach Membership Card. Officials must display their 2003 Non-athlete Membership Card. This requirement will be strictly enforced!</p> <p>Any swimmer who does not swim a pre-seeded preliminary or a pre-seeded timed-final event will not be penalized. Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next Individual event, either on the same or next meet day. Any swimmer who qualifies for a Finals (including Consolation or Bonus) heat in a Preliminary/Finals event and does not swim that event at Finals will be barred from the rest of the Meet (including Relays), unless the swimmer has indicated their possible intention to scratch within thirty (30) minutes of the announcement of the Preliminary results, and then confirmed their intention to scratch within thirty (30) minutes of the announcement of the Preliminary results of that swimmer's last individual event at the Preliminary session. A swimmer who does not confirm their intention will be seeded into the event and expected to swim. Swimmers who are initially announced as Alternates for a Finals heat will not be so penalized.</p>

	This meet will be conducted using the Whistle command and No-Recall False Start procedures.																		
PROOF OF TIME FINES & DEADLINES	IMPORTANT NOTE: Middle Atlantic Swimming will notify the Team representatives of any individual who does not swim equal to or better than the qualifying time at the Meet. Those swimmers/teams will be required to prove their entry time. If the entry time cannot be proven, the swimmer will be assessed a \$50 fine for each unproven time. The times must be proven or the fine paid by October 15, 2003. Teams not fulfilling this requirement will be suspended from Middle Atlantic competition until the fine is paid. THIS POLICY WILL BE ENFORCED.																		
SCORING & AWARDS	<table> <tr> <td>Individual:</td> <td>10/under</td> <td>Medals 1-8</td> </tr> <tr> <td></td> <td>11/12, 13/14</td> <td>Medals 1-9</td> </tr> <tr> <td>Relays:</td> <td>All age groups</td> <td>Medals 1-3</td> </tr> <tr> <td>High Point</td> <td>Team:</td> <td>Combined</td> </tr> <tr> <td></td> <td>Age Group:</td> <td>For each gender</td> </tr> <tr> <td></td> <td>Individual:</td> <td>For each gender and age group</td> </tr> </table> <p>Scoring for individual events 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1</p> <p>Scoring for relays 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2</p>	Individual:	10/under	Medals 1-8		11/12, 13/14	Medals 1-9	Relays:	All age groups	Medals 1-3	High Point	Team:	Combined		Age Group:	For each gender		Individual:	For each gender and age group
Individual:	10/under	Medals 1-8																	
	11/12, 13/14	Medals 1-9																	
Relays:	All age groups	Medals 1-3																	
High Point	Team:	Combined																	
	Age Group:	For each gender																	
	Individual:	For each gender and age group																	
PROGRAMS & ADMISSION	Program: 3-1/2 Day-\$12.00; coupons for finals in program/\$3 without coupon. Admission is free.																		
TEAM WORK ASSIGNMENTS	<p>Every Team entered will be responsible for supplying workers for the Meet. This is a mandatory duty and is necessary for the smooth running of the Meet. If the Team's workers do not report when called, that Team's swimmers will not be allowed to swim. Each Team's contact person will be reached in order to organize our work force.</p> <p>Teams are also asked to keep their team area clean. It is important that Middle Atlantic Swimming respect the facilities that they use.</p>																		
RESULTS	Will be posted on the Middle Atlantic website www.maswim.org																		
DIRECTIONS	Click here.																		
ACCOMODATIONS	Comfort Inn, Runnemedede (856/939-6700) Radisson Hotel, Mt. Laurel (856-234-7300 Quality Inns, West Deptford (856/848-4111, Howard Johnson, Blackwood (856/228-4040)																		

ORDER OF EVENTS

Notes about event order:

- ◆ For prelims, events will be in the order listed on chart, from top- bottom
- ◆ For Finals, events will be in swum in numerical order of event number (in most cases this means the events that are swum last in prelims (relays, 1500 etc) will be swum first in finals.
- ◆ If the post entry deadline timeline allows, more breaks may be added.

GIRLS	Thursday, July 24 warm-ups at 4:30pm - meet starts at 5:30pm (swimmers limited to one individual event for this session)							BOYS
	SCY	SCM	LCM	Event	LCM	SCM	SCY	
1	6:48.39	5:57.39	6:09.69	10/under 400 Free	6:06.79	5:54.09	6:44.59	2
	6:04.29	5:18.79	5:32.29	11/12 400 Free (combined w/10/under, scored separately)	5:30.89	5:20.29	6:06.09	
3	12:07.5 9	10:36.7 9	10:47.99	14/under 800 Free (not scored separately)	10:31.29	10:15.9 9	11:43.8 9	4
10 min break								
5				14/Under 800 Free Relay				6

GIRLS	Friday, July 25 Prelims warm up at 7:30am, meets starts at 9:00am Finals - warm-up - 5:30pm, Finals start at 6:30pm							BOYS
	SCY	SCM	LCM	Event	LCM	SCM	SCY	
13	2:45.79	3:03.19	3:09.59	11/12 200 Back	3:01.59	2:49.99	2:33.79	14
15	1:08.29	1:16.99	1:19.69	13/14 100 Back	1:15.59	1:11.69	1:04.89	16
17	1:33.39	1:43.19	1:47.49	10/under 100 Breast	1:46.99	1:44.49	1:34.09	18
19	1:21.59	1:30.59	1:33.79	11/12 100 Breast	1:33.89	1:29.79	1:21.29	20
21	1:17.49	1:25.89	1:30.09	13/14 100 Breast	1:23.59	1:19.89	1:12.29	22
10 min break								
23	2:36.39	2:52.79	2:59.89	10/under 200 Free	2:54.39	2:50.89	2:33.89	24
25	2:18.19	2:33.89	2:39.69	11/12 200 Free	2:36.19	2:31.19	2:16.89	26
27	2:09.89	2:24.19	2:28.59	13/14 200 Free	2:24.89	2:17.99	2:04.69	28
10 min break								
29	32.19	35.79	36.79	11/12 50 Fly	36.79	35.79	32.39	30
31	1:07.39	1:14.89	1:17.59	13/14 100 Fly	1:12.69	1:10.79	1:04.09	32
33	37.29	41.19	42.09	10/under 50 Fly	41.49	40.49	36.69	34
10 min break								
35	5:20.49	5:53.79	6:03.19	14/under 400 IM (not scored separately)	5:46.79	5:34.69	5:02.89	36
10 min break								
7				11/12 200 Free Relay (top 8 relays at finals)				8
9				10/under 200 Free Relay (top 8 relays at finals)				10
11				13/14 400 Free Relay (top 8 relays at finals)				12

GIRLS	Saturday, July 26 Prelims warm up at 7:30am, meets starts at 9:00am							BOYS
	Finals - warm-up - 5:30pm, Finals start at 6:30pm							
	SCY	SCM	LCM	Event	LCM	SCM	SCY	
43	2:27.69	2:43.39	2:51.99	13/14 200 Back	2:42.99	2:34.19	2:19.69	44
45	1:13.09	1:21.19	1:26.29	11/12 100 Back	1:24.09	1:20.69	1:13.09	46
47	1:22.19	1:30.89	1:35.49	10/under 100 Back	1:34.69	1:30.19	1:21.69	48
49	2:28.59	2:44.19	2:49.59	13/14 200 Fly	2:41.59	2:37.19	2:22.29	50
51	2:44.69	3:01.99	3:07.89	11/12 200 Fly	3:02.19	2:54.89	2:38.29	52
53	41.99	46.49	48.79	10/under 50 Breast	48.99	47.79	42.99	54
10 min break								
55	27.59	30.69	31.89	13/14 50 Free	28.79	28.19	26.19	56
57	28.49	31.69	33.59	11/12 50 Free	33.09	31.69	28.59	58
59	31.99	35.59	38.49	10/under 50 Free	36.79	35.29	31.89	60
10 min break								
61	37.49	41.69	43.19	11/12 50 Breast	43.69	41.49	37.69	62
63	5:47.99	5:04.49	5:16.59	13/14 400 Free	5:06.29	4:53.29	5:35.09	64
65	2:55.99	3:07.29	3:22.59	10/under 200 IM	3:20.89	3:16.09	2:56.29	66
67	2:34.79	2:51.89	3:00.19	11/12 200 IM	2:58.09	2:53.09	2:36.69	68
10 min break								
37				13/14 400 Medley Relay (top 8 relays at finals)				38
39				11/12 200 Medley Relay (top 8 relays at finals)				40
41				10/under 200 Medley Relay (top 8 relays at finals)				42

GIRLS	Sunday, July 27 Prelims warm up at 7:30am, meets starts at 9:00am							BOYS
	Finals - warm-up - 5:00pm, Finals start at 6:00pm							
	(Note: start times are 1/2 hour earlier than Fri-Sat finals)							
SCY	SCM	LCM	Event	LCM	SCM	SCY		
71	3:06.19	3:25.79	3:31.69	11/12 200 Breast	3:21.19	3:11.09	2:52.99	72
73	2:47.99	3:05.69	3:11.99	13/14 200 Breast	3:02.29	2:52.69	2:36.29	74
75	1:11.39	1:19.29	1:21.89	10/under 100 Free	1:21.59	1:18.19	1:10.79	76
77	1:02.29	1:09.19	1:13.59	11/12 100 Free	1:11.59	1:09.09	1:02.19	78
79	59.59	1:06.19	1:09.39	13/14 100 Free	1:06.59	1:03.19	57.09	80
10 min break								
81	33.59	37.29	39.19	11/12 50 Back	38.79	37.39	33.69	82
83	38.19	42.19	43.69	10/under 50 Back	44.69	42.59	38.49	84
85	2:27.09	2:43.29	2:48.39	13/14 200 IM	2:44.59	2:35.99	2:20.49	86
10 min break								
87	1:13.09	1:21.19	1:24.09	11/12 100 Fly	1:23.09	1:20.19	1:12.49	88
89	1:26.69	1:35.79	1:39.69	10/under 100 Fly	1:38.19	1:36.29	1:26.69	90
10 min break								
91				11/12 400 Free Relay (all relays swim in prelim session)				92
93				10/under 400 Free Relay (all relays in prelim session)				94
5 min break								
69	20:12.19	20:05.09	20:39.79	14/under 1500 Free (top 8 swim in finals) not scored separately	20:14.39	19:32.59	19:39.49	70

LONG COURSE JOS SUMMARY SHEET

THIS FORM **MUST** ACCOMPANY THE OFFICIAL ENTRY BLANK

Team Name _____ Team Code _____

Head Coach _____

Coach's Address _____

City _____ State _____ Zip Code _____

Telephone: Daytime () _____ Evening () _____

Person designated to receive entry limitation information, if needed:

Name: _____ Phone: _____ Fax: _____

Mail Entries to: **Middle Atlantic Swimming JO Entries** Phone: **(302) 529-5859**
2018 Naaman's Rd, Suite #3 Fax: **(302) 529-5549**
Wilmington, DE 19810 email: **office@maswim.org**

ENTRY DEADLINE: Received by 5pm, Monday, July 14, 2003
No entries will be accepted after that date.

Please make checks payable to Middle Atlantic Swimming. One check per club, please.

ENTRY FEES:

_____ # of swimmers x \$2 surcharge \$ _____
include relay-only swimmers

_____ Individual Events @ \$4.00 \$ _____

_____ Relay Teams @ \$8.00 \$ _____

_____ Manual processing fee @ \$5.00 \$ _____
(for non-disk entry of swimmers only)

Total \$ _____

(payment to be received by Thursday, July 17, 2003)

Total swimmers entered in meet: _____

WORKER CONTACT PERSON: THIS PERSON WILL BE RESPONSIBLE FOR OBTAINING THE WORKERS FOR YOUR CLUB FOR THIS MEET. THE AGE GROUP COMMITTEE WILL CONTACT THEM AFTER THE ENTRIES ARE SUBMITTED. NO ENTRIES WILL BE ACCEPTED WITHOUT THIS INFORMATION.

NAME: _____

TELEPHONE: _____

FAX NUMBER: _____

EMAIL (preferred) _____

I certify that all swimmers from this team entered in this meet are current members of USA Swimming and that all coaches from this team who will attend the meet hold current USA Swimming coaching credentials.

**Head coach's
signature** _____

