

JERSEY WAHOOS SWIM CLUB  
4101 CHURCH ROAD, MT. LAUREL, NJ 08054  
MEET DIRECTOR 856/779-1035 - FAX 856/778-7533

# SUMMER SOLSTICE "A"/"A/BB" LONG COURSE MEET

**JUNE 20-22, 2003**

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, SANCTION # 0375A.

**FACILITY:**

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

THIS FACILITY CONTAINS AN 8 LANE/50 M. POOL EQUIPPED WITH LANE LINES, STARTING BLOCKS/12 FT DEPTH AT STARTING END. COLORADO TIMING SYSTEM WITH 8-LANE DISPLAY. SEPARATE SPECTATOR AREA/UNLIMITED PARKING. REFRESHMENTS WILL BE AVAILABLE .

**MEET & SAFETY**

**DIRECTORS:**

MEET/MICHAEL ROLISH  
856/779-1035

SAFETY/NICK KATSIGIANNIS  
(856) 234-5898

**OFFICIALS:**

ALL USA CERTIFIED OFFICIALS AND TRAINEES ARE INVITED TO OFFICIATE AT THIS MEET. CONTACT BOB BINZ, OFFICIALS COORDINATOR, AT 856/853-0119.

**WARM-UP &  
START TIMES:**

**FRIDAY, SATURDAY, & SUNDAY**

SENIOR TRIALS*	WARM-UPS - 7:00 AM	MEET - 8:00 AM
SENIOR CONSOLATION & FINAL HEATS*	WARM-UPS - 5:00 PM	MEET - 6:00 PM
AGE GROUP EVENTS	WARM-UPS -12:00 PM	MEET -12:45 PM

THE SENIOR 800 AND 1,500 FREESTYLE EVENTS WILL SWIM FASTEST TO SLOWEST, ALTERNATING WOMEN/MEN. THE 800 AND 1,500 FREESTYLES ARE TIMED FINAL EVENTS; THE FASTEST HEATS (WOMEN/MEN) WILL SWIM AT FINALS. RELAYS WILL BE LIMITED TO NO MORE THAN TWO HEATS WHICH WILL SWIM AT FINALS. WARM-UP/WARM-DOWN WILL BE PROVIDED AT SENIOR TRIALS/FINALS AT THE DISCRETION OF MEET MANAGEMENT.

**ELIGIBILITY:**

**THE MEET IS OPEN TO ANY USA REGISTERED SWIMMER WHOSE BEST TIME MEETS OR BETTERS THE 2001-2004 USA SWIMMING "A" MINIMUM TIME STANDARD FOR SENIOR EVENTS AND THE MIDDLE ATLANTIC "BB"MINIMUM TIME STANDARD FOR AGE GROUP EVENTS.** ENTRY TIMES NOTED IN THE SCHEDULE OF EVENTS ARE EXPRESSED IN LONG COURSE METERS WHICH IS THE STANDARD FOR THE MEET. SHORT COURSE METER AND SHORT COURSE YARD ENTRY TIMES ARE AVAILABLE AT [www.usa-swimming.org/Top\\_16/top16bas.pdf](http://www.usa-swimming.org/Top_16/top16bas.pdf). SEE ADDITIONAL INFORMATION CONCERNING ENTRY TIMES UNDER ENTRIES LISTED BELOW. PENALTIES WILL BE IMPOSED UPON THE SWIMMER IN ACCORDANCE WITH USA RULES WHEN ANY COACH, PARENT, OR SWIMMER ENTERS ANY TIME OTHER THAN THE SWIMMER'S BEST TIME, FOR ANY EVENT. **THE SWIMMER'S AGE AS OF JUNE 20, 2003, GOVERNS AGE GROUP PARTICIPATION FOR THE ENTIRE MEET.**

PROOF OF TIME MUST ACCOMPANY ENTRIES IN THE 800 AND 1500 FREESTYLE EVENTS AND ANY ENTRIES USING NON-CONFORMING TIMES FROM SHORT COURSE YARDS AND SHORT COURSE METERS EVENTS. TEAM MANAGER PROOF OF TIME PRINTOUT, A PRINT OUT FROM THE MA DATABASE OR OFFICIAL RESULTS ARE ACCEPTABLE PROOF OF TIME FOR THIS MEET WHICH MUST BE INCLUDED WITH THE ENTRY. **ENTRIES FOR THE 800, 1,500 AND NON-CONFORMING TIMES THAT ARE NOT ACCOMPANIED BY PROOF OF TIME WILL BE REJECTED. MEET MANAGEMENT RESERVES THE RIGHT TO REQUEST PROOF OF TIME FOR ANY SENIOR EVENT AND TO REJECT ANY ENTRY FOR WHICH PROOF OF TIME IS NOT PROVIDED UPON REQUEST.**

**ENTRY**

**LIMITATIONS:**

MEET MANAGEMENT MAY LIMIT THE NUMBER OF ENTRIES AND ELIMINATE CERTAIN EVENTS AND/OR HEATS IN ORDER TO COMPLETE SESSIONS WITHIN THE FOUR (4) HOUR SESSION LIMIT. NOTICE WILL BE PROVIDED PROMPTLY TO SWIMMERS AND TEAMS CONCERNING ELIMINATION OF ANY ENTRIES/EVENTS/HEATS. LONG COURSE TIMES WILL RECEIVE PREFERENCE OVER SWIMMERS ENTERED WITH NONCONFORMING TIMES FROM SHORT COURSE YARDS AND METERS EVENTS IF IT IS NECESSARY TO LIMIT THE NUMBER OF HEATS IN ANY EVENTS. ENTRY FEES WILL BE REFUNDED TO TEAMS/SWIMMERS WHOSE ENTRIES HAVE BEEN REJECTED DUE TO LIMITATIONS.

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**SWIMMERS**

**W/OUT COACHES:**

SWIMMERS UNACCOMPANIED BY A CREDENTIALLED COACH MUST REPORT TO THE MEET DIRECTOR PRIOR TO WARM-UPS FOR EACH SESSION.

**RULES:**

CURRENT USA AND MIDDLE ATLANTIC LSC RULES WILL GOVERN THE MEET. THE WHISTLE START AND NO RECALL FALSE START RULES WILL BE IN USE. USA SWIMMING/MIDDLE ATLANTIC SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. ONLY CURRENTLY CREDENTIALLED COACHES, USA SWIMMING REGISTERED ATHLETES AND MEET PERSONNEL WILL BE PERMITTED ON DECK.

PENALTIES WILL BE IMPOSED ON THE SWIMMER IN ACCORDANCE WITH USA AND MALSC RULES WHEN ANY COACH, PARENT, OR SWIMMER ENTERS A TIME OTHER THAN THE SWIMMERS BEST TIME, FOR ANY EVENT. FAILURE TO SWIM IN A DECK SEEDED EVENT WILL RESULT IN A 1-EVENT PENALTY FOR THE SWIMMER.

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.

**SEEDING**

ALL SENIOR EVENTS ARE TRIAL/FINALS WITH THE EXCEPTION OF THE 800 AND 1,500 FREESTYLES AND THE RELAYS, WHICH ARE PREESEDED TIMED FINALS. ALL OF THE AGE GROUP EVENTS ARE PREESEDED TIMED FINALS WITH THE EXCEPTION OF THE 13/14 400 FREESTYLE AND 13/14 400 IM, WHICH ARE DECK SEEDED. MEET MANAGEMENT RESERVES THE RIGHT TO DESIGNATE ADDITIONAL EVENTS AS DECK SEEDED EVENTS TO CONSERVE TIME IN THE EVENT IF THE NUMBER OF ENTRIES REQUIRES LIMITATION OF THE NUMBER OF SWIMMERS, HEATS AND/OR EVENTS.

SWIMMERS WHO FAIL TO CHECK-IN FOR A DECK SEEDED EVENT WILL NOT BE SEEDED AND WILL BE PERMITTED TO SWIM IN THE EVENT ONLY IF AN OPEN LANE(S) IS AVAILABLE. ADDITIONAL HEATS WILL NOT BE ADDED FOR ANY DECK SEEDED EVENT AFTER SEEDING IS COMPLETE. SEEDINGS FOR FRIDAY, SATURDAY, AND SUNDAY'S DECK SEEDED EVENTS WILL BE POSTED ON DECK. SWIMMERS ARE RESPONSIBLE FOR ASSURING THAT THEY ARE AVAILABLE IN THE APPROPRIATE HEAT AND LANE FOR THESE EVENTS.

**AWARDS:**

<b>"A" SWIMMERS:</b>	1st THROUGH 3rd - MEDALS	4th THROUGH 8th - RIBBONS
<b>"B" SWIMMERS:</b>	1st THROUGH 3rd - ROSETTES	4th THROUGH 8th - RIBBONS
<b>SENIORS SWIMMERS:</b>	1st THROUGH 3rd - MEDALS [FINALS]	
	1st	- ROSETTE [CONSOLATION FINALS]

A **SWIM CLUB** WILL BE AWARDED \$50 IF ANY OF THEIR SENIOR SWIMMERS ACHIEVE ONE OR MORE SENIOR NATIONAL QUALIFYING TIMES (A SWIM CLUB WILL NOT RECEIVE MORE THAN \$50). A TOTAL OF \$50 IS AVAILABLE, SO THAT UP TO TEN (10) SWIM CLUBS COULD EACH RECEIVE \$50 IF THEIR SENIOR SWIMMERS ACHIEVE ANY SENIOR NATIONAL QUALIFYING TIMES.

**CHECK IN:**

POSITIVE CHECK-IN IS REQUIRED FOR ALL SENIOR 200, 400, 800, AND 1,500 METER EVENTS. ALL OTHER EVENTS WILL BE PRE-SEEDED. PARTICIPATION IN SENIOR 200, 400, 800 AND 1,500 METER EVENTS MUST BE CONFIRMED NO LATER THAN THIRTY MINUTES PRIOR TO THE START OF EACH SESSION. SENIOR SWIMMERS ARE RESPONSIBLE FOR CHECK-IN FOR THEIR 200, 400, 800, AND 1,500 METER EVENTS AND FOR IDENTIFYING ANY AFFECTED EVENT(S) IN WHICH THEY WILL **NOT** PARTICIPATE (SCRATCH) IN ORDER TO PERMIT ACCURATE SEEDING. SENIOR SWIMMERS WHO FAIL TO CHECK-IN FOR A 200, 400, 800, OR 1,500 METER EVENT WILL NOT BE SEEDED AND WILL BE PERMITTED TO SWIM IN THE EVENT ONLY IF AN OPEN LANE(S) IS AVAILABLE. SENIOR SWIMMERS WHO CHECK-IN AND DO NOT PARTICIPATE IN A 200, 400, 800, OR 1,500 METER EVENT WILL NOT BE PERMITTED TO SWIM IN THEIR NEXT INDIVIDUAL EVENT. ADDITIONAL HEATS WILL NOT BE ADDED FOR ANY 200/400/800/1,500 METER EVENT AFTER SEEDING IS COMPLETED BY MEET MANAGEMENT. SEEDINGS FOR SENIOR 200, 400, 800, AND 1,500 METER EVENTS WILL BE POSTED ON DECK. SWIMMERS ARE RESPONSIBLE FOR ASSURING THAT THEY ARE AVAILABLE IN THE APPROPRIATE HEAT AND LANE FOR THESE EVENTS.

POSITIVE CHECK-IN IS REQUIRED FOR THE 13/14 400-FREE AND 13/14 400-IM. ALL OTHER AGE GROUP EVENTS WILL BE PRE-SEEDED. PARTICIPATION IN THESE EVENTS MUST BE CONFIRMED NO LATER THAN THIRTY MINUTES PRIOR TO THE START OF THE SESSION.

**ADMISSION:**

**\$2.00 ADMISSION PER SESSION - PROGRAMS FOR THE ENTIRE MEET WILL BE SOLD FOR \$8.00.**

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**HOW TO**

**ENTER:**

**SENIOR SWIMMERS MAY ENTER A MAXIMUM OF THREE (3) TRIAL EVENTS PER DAY. AGE GROUP SWIMMERS MAY ENTER A MAXIMUM OF FIVE (5) INDIVIDUAL EVENTS PER DAY. ENTRY TIMES SHOULD REFLECT PERFORMANCE IN LONG COURSE COMPETITION. ENTRIES REFLECTING PERFORMANCE IN NON-CONFORMING TIMES (SHORT COURSE YARDS OR SHORT COURSE METERS) WILL BE SEEDD LAST. ALL ENTRIES SUBMITTED IN SHORT COURSE YARDS OR METERS MUST BE ACCOMPANIED BY PROOF OF TIME. ACCEPTABLE PROOF OF TIME IS A PRINTOUT OF OFFICIAL RESULTS FROM THE MEET IN WHICH THE TIME WAS ACHIEVED, A PRINTOUT FROM THE MA ONLINE DATABASE, OR TEAM MANAGER PROOF OF TIME PRINTOUT. ENTRIES SUBMITTED IN NON-CONFORMING TIMES THAT ARE NOT ACCOMPANIED BY ACCEPTABLE PROOF WILL BE REJECTED. ENTRIES WITH CONVERTED TIMES AND NO TIME WILL BE REJECTED.**

**ENTRIES SUBMITTED AS AN ATTACHMENT TO AN E-MAIL ADDRESSED TO [mrolish@comcast.net](mailto:mrolish@comcast.net) USING HY-TEK SOFTWARE ARE PREFERRED.** A COMPLETED MEET ENTRY SUMMARY FORM MUST ACCOMPANY THE E-MAIL AND THE PAYMENT FOR ENTRY FEES. A COPY OF THE SUMMARY IS ATTACHED TO THIS ANNOUNCEMENT. **TEAMS THAT SUBMIT ENTRIES BY E-MAIL USING HY-TEK SOFTWARE SHOULD NOT SUBMIT A DISK.**

**ENTRIES ALSO MAY BE SUBMITTED ON A DISK.** A PRINTOUT OF THE ENTRIES BY SWIMMER AND AN ENTRY SUMMARY FORM MUST ACCOMPANY ENTRIES SUBMITTED ON DISK.

**MANUALLY PREPARED ENTRIES SHOULD BE SUBMITTED ON THE FORM ATTACHED TO THIS ANNOUNCEMENT.** THE SUMMARY MUST ACCOMPANY MANUAL ENTRIES.

MEET MANAGEMENT WILL TAKE ACTION AS NECESSARY TO RESOLVE DISCREPANCIES IF A VALID CONTACT IS NOT INCLUDED WITH TEAM AND INDIVIDUAL ENTRIES. ELECTRONIC DATA WILL BE CONSIDERED AS THE OFFICIAL VERSION OF MEET ENTRIES. ELECTRONIC DATA SUPERSEDES ANY INFORMATION CONTAINED ON TEAMS' ENTRY PRINTOUTS WITH RESPECT TO RESOLUTION OF ERRORS/DISCREPANCIES. ENTRIES TRANSMITTED BY E-MAIL WILL BE CONSIDERED AS THE OFFICIAL ENTRY IF A DISK IS ALSO SUBMITTED TO THE MEET DIRECTOR.

THE ANNOUNCEMENT IS AVAILABLE FROM OUR WEBSITE AT ([www.jerseywahoos.org](http://www.jerseywahoos.org)) AND THE MALSC WEBSITE ([www.maswim.org](http://www.maswim.org)). **MANUAL AND DISK ENTRIES SHOULD BE MAILED TO MICHAEL ROLISH C/O JERSEY WAHOOS. E-MAIL ENTRIES AND INQUIRIES MUST BE SUBMITTED TO [mrolish@comcast.net](mailto:mrolish@comcast.net). THIS IS THE OFFICIAL RECEIPT POINT FOR ALL E-MAIL. E-MAIL SENT TO ANY OTHER SITE WILL NOT BE VALID FOR PURPOSES OF THE MEET.**

**FEES:**

\$4.00/INDIVIDUAL EVENT. CHECKS PAYABLE TO "JERSEY WAHOOS SWIM CLUB."

**SEND ENTRIES  
PAYMENT TO:**

MANUAL ENTRIES, ENTRIES ON DISK, AND PAYMENT FOR ALL ENTRIES MUST BE MAILED TO **&** JERSEY WAHOOS AT 4101 CHURCH ROAD, MT. LAUREL, NJ 08054. **PAYMENT MUST BE RECEIVED BY THURSDAY, JUNE 5, 2003, OR ENTRIES WILL BE REJECTED. NO EXEPTIONS.**

**SURCHARGE:**

THERE IS A SURCHARGE OF \$2.00/SWIMMER FOR ANY TEAM WITH 20 OR MORE INDIVIDUAL ENTRIES THAT DOES NOT SUBMIT ITS ENTRIES USING HY-TEK SOFTWARE. TEAMS/SWIMMERS CANNOT AVOID THE SURCHARGE BY SUBMITTING INDIVIDUAL ENTIERES FOR SWIMMERS. MEET MANAGEMENT WILL BILL INDIVIDUALS WHEN A TEAM'S ENTRIES EXCEED THE LIMIT OF TWENTY. FAILURE TO REMIT PAYMENT WILL RESULT IN REJECTION OF ENTRIES.

**CLOSE:**

ALL ENTRIES MUST BE RECEIVED BY **5:00 PM, THURSDAY, JUNE 5, 2003. LATE ENTRIES WILL NOT BE ACCEPTED.**

**INQUIRIES:**

REFER QUESTIONS TO M. ROLISH AT **856/779-1035 OR E-MAIL AT [mrolish@comcast.net](mailto:mrolish@comcast.net).** THESE ARE THE OFFICIAL CONTACT POINTS FOR MEET INFORMATION. MEET MANAGEMENT IS NOT ACCOUNTABLE FOR MISINFORMATION PROVIDED FROM ANY OTHER SOURCE.

**DECK ENTRIES:**

DECK ENTRIES MAY BE ACCEPTED AT THE MEET DIRECTOR'S DISCRETION AS NON-AWARD SWIMS AT \$8.00/INDIVIDUAL EVENT/REQUESTS MUST BE PRESENTED TO THE MEET DIRECTOR FOR APPROVAL.

**SAFETY**

**REQUIREMENTS:**

USA AND MIDDLE ATLANTIC SAFETY PROCEDURES WILL BE ENFORCED DURING THE MEET. WARM-UPS ARE SUBJECT TO THE FOLLOWING PROCEDURES: NO DIVING DURING WARM-UPS EXCEPT IN DESIGNATED SPRINT LANES. SWIMMERS MUST ENTER FROM THE STARTING BLOCKS AND EXIT FROM THE OPPOSITE END DURING SPRINTS. THE REFEREE MAY REMOVE ANYONE FROM THE MEET FOR FAILURE TO COMPLY WITH THE WARM-UP RULES. SWIMMERS WITHOUT COACHES SHOULD REPORT TO THE REFEREE UPON ARRIVAL AND WILL BE PLACED UNDER THE SUPERVISION OF JERSEY WAHOOS COACHES DURING THE MEET.

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**SAFETY**

**REQUIREMENTS:**

USA AND MIDDLE ATLANTIC SAFETY PROCEDURES WILL BE ENFORCED DURING THE MEET. WARM-UPS ARE SUBJECT TO THE FOLLOWING PROCEDURES: NO DIVING DURING WARM-UPS EXCEPT IN DESIGNATED SPRINT LANES. SWIMMERS MUST ENTER FROM THE STARTING BLOCKS AND EXIT FROM THE OPPOSITE END DURING SPRINTS. THE REFEREE MAY REMOVE ANYONE FROM THE MEET FOR FAILURE TO COMPLY WITH THE WARM-UP RULES. SWIMMERS WITHOUT COACHES SHOULD REPORT TO THE REFEREE UPON ARRIVAL AND WILL BE PLACED UNDER THE SUPERVISION OF JERSEY WAHOOS COACHES DURING THE MEET.

**SPECTATORS:**

SEATING IS LIMITED TO 500 INDIVIDUALS IN THE BALCONY ON A FIRST COME/FIRST SERVED BASIS. ADDITIONAL SPECTATORS WILL NOT BE PERMITTED TO ENTER THE BALCONY AFTER CAPACITY UNTIL SUFFICIENT NUMBERS HAVE DEPARTED FROM THIS AREA.

**WARM-UPS:**

**SENIOR TRIALS/FINALS:** 7:00 AM TO 7:50 AM AND 5:00 PM TO 5:50 PM - 2/25-MINUTE GENERAL WARM-UPS EACH OF WHICH INCLUDES AN OPTIONAL 5-MINUTE SPRINT SESSION (COACHES' PREFERENCE).  
**AGE GROUP EVENTS:** 12:00 PM TO 12:40 PM - 2/20-MINUTE GENERAL WARM-UPS EACH OF WHICH INCLUDES AN OPTIONAL 5-MINUTE SPRINT SESSION (COACHES' PREFERENCE).

**RESULTS**

RESULTS WILL BE POSTED ON THE JERSEY WAHOOS WEB SITE ([www.jerseywahoos.org](http://www.jerseywahoos.org)) WITHIN 72-HOURS OF THE CONCLUSION OF THE MEET AND TRANSMITTED BY E-MAIL TO ANY CLUB THAT PROVIDES A VALID E-MAIL ADDRESS. . RESULTS WILL ALSO BE POSTED ON THE MIDDLE ATLANTIC WEBSITE ([www.maswim.org](http://www.maswim.org)). RESULTS WILL NOT BE MAILED TO CLUBS.

**VOLUNTEERS:**

FREE ADMISSION AND REFRESHMENTS WILL BE PROVIDED TO ANYONE WHO ASSISTS WITH THE OPERATION OF THE MEET BY SERVING AS TIMERS, RUNNERS OR IN OTHER CAPACITIES DESIGNATED BY THE MEET DIRECTOR.

**DIRECTIONS:**

**NJ TURNPIKE** TAKE NJ TURNPIKE SOUTH TO EXIT 3. AFTER TOLL, FOLLOW SIGNS FOR ROUTE 168 SOUTH. CONTINUE FOR ONE MILE TO TRAFFIC LIGHT AND TURN RIGHT ON ROUTE 544 & ROUTE 41 SOUTH (CLEMENTS BRIDGE ROAD). CONTINUE ON CLEMENTS BRIDGE ROAD TO 2ND TRAFFIC LIGHT AND BEAR RIGHT (MCDONALDS) ONTO ROUTE 544. PROCEED TO SIXTH LIGHT, BEAR RIGHT ONTO COOPER STREET. CONTINUE 4/10 MILE TO NEXT LIGHT (INTERSECTION OF COOPER STREET AND DELSEA DRIVE). TURN LEFT AND CONTINUE ABOUT 2 MILES TO SECOND LIGHT (BANKBRIDGE ROAD). TURN RIGHT ONTO BANKBRIDGE ROAD. FOLLOW BANKBRIDGE TO FIRST TRAFFIC LIGHT AND TURN LEFT (TANYARD ROAD). CONTINUE ¼ MILE TO BOTTOM OF HILL AND GCIT WILL BE ON THE LEFT.

**INTERSTATE 295** TAKE 295 SOUTH TO ROUTE 42 SOUTH (FOLLOW SIGNS TO ATLANTIC CITY EXPRESSWAY). FOLLOW 42 SOUTH TO THE SECOND EXIT (ROUTE 55 SOUTH). FOLLOW ROUTE 55 SOUTH TO 2ND EXIT (56B ROUTE 47). AT THE FIRST LIGHT TAKE A LEFT (BANKBRIDGE ROAD.) FOLLOW BANKBRIDGE TO FIRST TRAFFIC LIGHT AND TURN LEFT(TANYARD ROAD). CONTINUE ¼ MILE TO BOTTOM OF HILL AND GCIT WILL BE ON THE LEFT.

**DELAWARE MEMORIAL BRIDGE** TAKE INTERSTATE 295 NORTH TO EXIT 21 DELAWARE STREET (@30 MINUTES). CONTINUE ON DELAWARE STREET THROUGH WOODBURY. TURN RIGHT AT SECOND TRAFFIC LIGHT ONTO EVERGREEN AVENUE. TRAVEL ONE BLOCK TO NEXT LIGHT AND TURN LEFT ONTO EGG HARBOR ROAD (MOBIL STATION). PROCEED ABOUT 2 MILES THROUGH THREE TRAFFIC LIGHTS. THE GCIT ENTRANCE IS ON THE LEFT AT THE BOTTOM OF THE HILL.

**ROUTE 55** EXIT AT 56B (ROUTE 47 DELSEA DRIVE NORTH) AT THE FIRST LIGHT TAKE A LEFT (BANKBRIDGE ROAD.) FOLLOW BANKBRIDGE TO FIRST TRAFFIC LIGHT AND TURN LEFT (TANYARD ROAD). CONTINUE ¼ MILE TO BOTTOM OF HILL AND GCIT WILL BE ON THE LEFT.

**COMMODORE BARRY BRIDGE** AFTER CROSSING THE BRIDGE TAKE US ROUTE 130 NORTH TO INTERSTATE 295 NORTH. TAKE INTERSTATE 295 NORTH TO EXIT 21 DELAWARE STREET. CONTINUE ON DELAWARE STREET THROUGH WOODBURY. TURN RIGHT AT SECOND TRAFFIC LIGHT ONTO EVERGREEN AVENUE. TRAVEL ONE BLOCK TO NEXT LIGHT AND TURN LEFT ONTO EGG HARBOR ROAD (MOBIL STATION). PROCEED ABOUT 2 MILES THROUGH THREE TRAFFIC LIGHTS. THE GCIT ENTRANCE IS ON THE LEFT AT THE BOTTOM OF THE HILL.

**SUMMER SOLSTICE "A/BB" LONG COURSE MEET  
JUNE 20-22, 2003**

**DIRECTIONS:**

**WALT WHITMAN BRIDGE** AFTER CROSSING THE BRIDGE TAKE ROUTE 42 SOUTH (FOLLOW SIGNS TO ATLANTIC CITY EXPRESSWAY). FOLLOW 42 SOUTH TO THE SECOND EXIT (ROUTE 55 SOUTH). FOLLOW ROUTE 55 SOUTH TO 2ND EXIT (56B ROUTE 47 DELSEA DRIVE NORTH). AT THE FIRST LIGHT TAKE A LEFT (BANKBRIDGE ROAD.) FOLLOW BANKBRIDGE TO FIRST TRAFFIC LIGHT AND TURN LEFT (TANYARD ROAD). CONTINUE ¼ MILE TO BOTTOM OF HILL AND GCIT WILL BE ON THE LEFT.

**ATLANTIC CITY EXPRESSWAY** EXPRESSWAY NORTH TO ROUTE 42 TO DEPTFORD EXIT, ROUTE 544. LIGHT AT THE END OF THE RAMP – MAKE A LEFT ONTO CLEMENTS BRIDGE ROAD. PROCEED TO FIFTH LIGHT, BEAR RIGHT ONTO COOPER STREET. CONTINUE 4/10 MILE TO NEXT LIGHT (INTERSECTION OF COOPER STREET AND DELSEA DRIVE). TURN LEFT AND CONTINUE ABOUT 2 MILES TO SECOND LIGHT (BANKBRIDGE ROAD). TURN RIGHT ONTO BANKBRIDGE ROAD. FOLLOW BANKBRIDGE TO FIRST TRAFFIC LIGHT AND TURN LEFT (TANYARD ROAD). CONTINUE ¼ MILE TO BOTTOM OF HILL AND GCIT WILL BE ON THE LEFT.

**PHILADELPHIA INTERNATIONAL AIRPORT** EXIT THE AIRPORT ONTO ROUTE 95 NORTH TOWARD CENTER CITY PHILADELPHIA. EXIT 95 ONTO THE WALT WHITMAN BRIDGE. FOLLOW DIRECTIONS FOR WALT WHITMAN BRIDGE.

**AMTRAK 30TH STREET STATION** EXIT 30TH STREET STATION ONTO ROUTE 76 EAST. FOLLOW ROUTE 76 EAST OVER THE WALT WHITMAN BRIDGE. FOLLOW DIRECTIONS FOR WALT WHITMAN BRIDGE.

**HOTELS:**

COMFORT INN  
RUNNEMEDE  
856/939-6700

QUALITY INN  
W. DEPTFORD  
856/848-4111

HO JO INN  
BLACKWOOD  
856/228-4040

**SUMMER SOLSTICE "A/BB" LONG COURSE MEET  
FRIDAY, JUNE 20, 2003**

**SESSION 1**

**SENIOR TRIALS MORNING SESSION  
WARM-UPS: 7:00 AM MEET: 8:00 AM**

WOMENS			MENS		
EVENT#	TIME	EVENT	TIME	EVENT#	
1	1:27.79	SENIOR 100 BREAST	1:20.59	2	
3	2:29.39	SENIOR 200 FREE	2:19.19	4	
5	1:16.09	SENIOR 100 FLY	1:09.09	6	
7	2:48.09	SENIOR 200 IM	2:37.19	8	
9	10:41.89	SENIOR 800 FREE*	10:04.59	10	
11	NT	SENIOR 800 FREE RELAY**	NT	12	

\*TIMED FINAL EVENT: FASTEST HEAT WILL SWIM AT FINALS. SWIMMERS MUST PROVIDE THEIR OWN TIMERS.  
RELAYS ARE LIMITED TO THE FIRST 16 TEAMS ENTERED IN THE EVENT. ALL RELAYS WILL SWIM AT FINALS.

**SESSION 2**

**TIMED FINALS AGES 14/UNDER AFTERNOON SESSION  
WARM-UPS: 12:00 PM MEET: 12:45 PM**

GIRLS			BOYS		
EVENT#	TIME	EVENT	TIME	EVENT#	
13	3:27.99	13/14 200 BREAST	3:17.59	14	
15	46.79	11/12 50 BREAST	47.29	16	
17	2:02.79	10/U 100 BREAST	1:59.79	18	
19	1:27.19	13/14 100 BACK	1:21.99	20	
21	42.49	11/12 50 BACK	42.29	22	
23	1:48.89	10/U 100 BACK	1:46.09	24	
25	2:45.29	13/14 200 FREE	2:37.09	26	
27	1:20.39	11/12 100 FREE	1:17.59	28	
29	40.89	10/U 50 FREE	40.39	30	
31	3:06.79	13/14 200 IM	2:58.29	32	

**SATURDAY, JUNE 22, 2002**

**SESSION 4**

**SENIOR TRIALS MORNING SESSION  
WARM-UPS: 7:00 AM MEET: 8:00 AM**

WOMENS			MENS		
EVENT#	TIME	EVENT	TIME	EVENT#	
33	5:57.59	SENIOR 400 IM	5:29.99	34	
35	32.39	SENIOR 50 FREE	29.39	36	
37	1:18.69	SENIOR 100 BACK	1:11.99	38	
39	5:12.89	SENIOR 400 FREE	4:53.29	40	
41	NT	SENIOR 400 MEDLEY RELAY	NT	42	

SWIMMERS MUST PROVIDE THEIR OWN TIMERS FOR THE 400 FREE  
RELAYS ARE LIMITED TO THE FIRST 16 TEAMS ENTERED IN THE EVENT. ALL RELAYS WILL SWIM AT FINALS.

**SESSION 5**

**TIMED FINALS AGES 14/UNDER AFTERNOON SESSION  
WARM-UPS: 12:00 PM MEET: 12:45 PM**

GIRLS			BOYS		
EVENT#	TIME	EVENT	TIME	EVENT#	
43	54.89	10/U 50 BREAST	55.09	44	
45	36.39	11/12 50 FREE	35.79	46	
47	35.69	13/14 50 FREE	33.19	48	
49	48.59	10/U 50 FLY	46.89	50	
51	1:31.99	11/12 100 FLY	1:31.09	52	
53	3:03.69	13/14 200 FLY	2:54.99	54	
55	3:47.29	10/U 200 IM	3:44.79	56	
57	1:41.89	11/12 100 BREAST	1:42.29	58	
59	1:17.29	13/14 100 FREE	1:12.19	60	
61	3:25.09	10/U 200 FREE	3:13.99	62	
63	2:52.99	11/12 200 FREE	2:49.29	64	
65	6:33.49	13/14 400 IM	6:15.59	66	

SWIMMERS MUST PROVIDE THEIR OWN TIMERS FOR THE 13/14 400 IM WHICH IS A DECK SEEDED EVENT.

ENTRY TIMES APPEARING IN THE SCHEDULE OF EVENTS ARE EXPRESSED IN LONG COURSE METERS.

**SUMMER SOLSTICE "A/BB" LONG COURSE MEET  
SUNDAY, JUNE 23, 2002**

**SESSION 7**

**SENIOR TRIALS MORNING SESSION**

**WARM-UPS: 7:00 AM**

**MEET: 8:00 AM**

**WOMENS**

EVENT#	TIME	EVENT	TIME	MENS EVENT#
67	3:08.49	SENIOR 200 BREAST	2:54.29	68
69	2:47.59	SENIOR 200 BACK	2:34.89	70
71	1:10.09	SENIOR 100 FREE	1:04.09	72
73	2:44.69	SENIOR 200 FLY	2:32.19	74
75	NT	SENIOR 400 FREE RELAY	NT	76
77	20:28.49	SENIOR 1500 FREE*	19:22.99	78

\*TIMED FINAL EVENT - FASTEST HEAT WILL SWIM AT FINALS. SWIMMERS MUST PROVIDE THEIR OWN TIMERS. HEATS WILL SWIM FASTEST TO SLOWEST, ALTERNATING WOMEN AND MEN. AT LEAST TWO HEATS OF WOMEN AND ONE HEAT OF MEN WILL SWIM IN THESE EVENTS.

RELAYS ARE LIMITED TO THE FIRST 16 TEAMS ENTERED IN THE EVENT. ALL RELAYS WILL SWIM AT FINALS.

**SESSION 8**

**TIMED FINALS AGES 14/UNDER AFTERNOON SESSION**

**WARM-UPS: 12:00 PM**

**MEET: 12:45 PM**

**GIRLS**

EVENT#	TIME	EVENT	TIME	BOYS EVENT#
79	1:36.59	13/14 100 BREAST	1:27.29	80
81	43.69	10/U 50 BACK	50.49	82
83	39.89	11/12 50 FLY	40.19	84
85	1:24.09	13/14 100 FLY	1:18.69	86
87	1:32.99	10/U 100 FREE	1:31.09	88
89	1:34.39	11/12 100 BACK	1:31.39	90
91	3:06.39	13/14 200 BACK	2:55.59	92
93	1:56.19	10/U 100 FLY	1:53.99	94
95	3:15.19	11/12 200 IM	3:13.89	96
97	5:42.99	13/14 400 FREE	5:31.09	98

SWIMMERS MUST PROVIDE THERE OWN TIMERS FOR THE 13/14 400 FREE WHICH IS A DECK SEEDED EVENT

ENTRY TIMES APPEARING IN THE SCHEDULE OF EVENTS ARE EXPRESSED IN LONG COURSE METERS.

**SENIOR SWIMMERS MAY ENTER A MAXIMUM OF THREE (3) TRIAL EVENTS PER DAY.**

**AGE GROUP SWIMMERS MAY ENTER A MAXIMUM OF FIVE (5) INDIVIDUAL EVENTS PER DAY.**

ENTRY TIMES SHOULD REFLECT PERFORMANCE IN LONG COURSE COMPETITION. PROOF OF TIME MUST ACCOMPANY ENTRIES IN THE 800 AND 1500 FREESTYLE EVENTS AND ANY ENTRIES USING NON-CONFORMING TIMES FROM SHORT COURSE YARDS AND SHORT COURSE METERS EVENTS. TEAM MANAGER PROOF OF TIME PRINTOUT, A PRINT OUT FROM THE MA DATABASE OR OFFICIAL RESULTS ARE ACCEPTABLE PROOF OF TIME FOR THIS MEET WHICH MUST BE INCLUDED WITH THE ENTRY. **ENTRIES FOR THE 800, 1,500 AND NON-CONFORMING TIMES THAT ARE NOT ACCOMPANIED BY PROOF OF TIME WILL BE REJECTED.** ENTRIES SUBMITTED WITH CONVERTED TIMES AND NO TIME WILL BE REJECTED.



**MEET ENTRY SUMMARY FORM**

MEET: \_\_\_\_\_

TEAM: \_\_\_\_\_ TEAM SYMBOL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

COACH: \_\_\_\_\_

TEAM CONTACT: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**ENTRY FEE SUMMARY**

TOTAL NUMBER OF ENTRIES: \_\_\_\_\_

MULTIPLY BY: \$4.00

SURCHARGE\* \$ \_\_\_\_\_ (\$2.00/SWIMMER)

RELAYS @ \$6.00 \$ \_\_\_\_\_

TOTAL ENTRY FEES: \$ \_\_\_\_\_

**ATHLETE SUMMARY**

NUMBER OF MALE ATHLETES: \_\_\_\_\_ ENTRIES: \_\_\_\_\_

NUMBER OF FEMALE ATHLETES: \_\_\_\_\_ ENTRIES: \_\_\_\_\_

TOTAL NUMBER OF ATHLETES: \_\_\_\_\_ TOTAL: \_\_\_\_\_

**\*THERE IS A SURCHARGE OF \$2.00/SWIMMER FOR ANY TEAM WITH 20 OR MORE INDIVIDUAL ENTRIES THAT DOES NOT SUBMIT ITS ENTRIES USING HY-TEK SOFTWARE. TEAMS/SWIMMERS CANNOT AVOID THE SURCHARGE BY SUBMITTING INDIVIDUAL ENTRIES FOR SWIMMERS. MEET MANAGEMENT WILL BILL INDIVIDUALS WHEN A TEAM'S ENTRIES EXCEED THE LIMIT OF TWENTY. 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*