

MIDDLE ATLANTIC SWIMMING JUNIOR OLYMPIC AGE GROUP CHAMPIONSHIPS

Gloucester County Institute of Technology

Thursday, March 13

thru

Sunday, March 16, 2003

Held under the sanction of Middle Atlantic Swimming
Sanction #0370AG Time Trials Sanction #0370TT

General Chair
Administrative Chair
Age Group Chair
Officials Chair
Meet Directors
Safety Director
Meet Referees
Middle Atlantic Office

George Breen
Fred Killian
Jon Larson
Fred Killian
Kathy Trabosh
Mike Ramone/Patric Mills

302/529-5859
Office@maswim.org



IMPORTANT CHANGES FROM PREVIOUS YEAR

- An e-mailed entry **MUST** contain the number of swimmers, the number of individual events and the number of relays in the text of the e-mail. The entry file from TM in MS Word document form **MUST** be attached. Entries received without this information will be returned.
- Qualifying period is September 1, 2001 through the entry deadline.
- Thursday night events will use both pools for competition. Breaks will be included between certain events for warm-up, loosen-down.
- 800 Free Relay has been moved from Friday to Thursday night and all Sunday relays have been shifted to Friday. The 800 Free Relay will be swum together, but scored separately (13-14 and 15-19).
- The distance events for 11-12 (200 Bk, Br, Fly) will advance the **top 8** to finals, from prelims.
- All relay-only swimmers must accompany the team's entry and pay the Meet surcharge. No swimmers will be added to the meet after the deadline.
- Entry Fees: Relays are increased to \$8 each; EVERY swimmer in the meet must pay a \$2 Meet surcharge. **Please note**, the surcharge may not carry over when importing the meet events. Teams may have to add in the surcharge after importing the meet into Team Manager.
- Start times are slightly later for morning and afternoon sessions.
- The top eight (8) relays (after check-in) for 11-12, 13-14, 15-19 will swim at finals; there will be no option to swim earlier. All other relays will swim during the prelim sessions.

**COACHES ARE RESPONSIBLE FOR MAKING THEMSELVES FAMILIAR WITH ALL THE
INFORMATION CONTAINED IN THIS PACKET**

SITE: Gloucester County Institute of Technology - (856) 468-1445, ext. 2653 , Sewell, New Jersey. The competition pool is 50 meters by 25 yard; the pool will be divided into two 8-lane, 25-yd courses with non-turbulent lanes; Water depth is a minimum of five (5) feet at the starting ends. Colorado electronic timing system will be used. For the 13-19 Preliminary sessions, meet management will determine which age groups swim in Pool A or Pool B.

ELIGIBILITY: The meet is limited to Middle Atlantic swimmers only. Swimmers must be currently registered with USA Swimming to compete. This meet will be conducted according to current USA Swimming Rules and Regulations. Age group is determined by the swimmer's age on Thursday, March 13, 2003. ***All qualifying times must have been swum no earlier than September 1, 2001.*** All swimmers are limited to three (3) individual events and one (1) relay per day. 12 & Under swimmers may swim a total of ten (10) individual events for the meet. Swimmers 13-19 may swim the 1000 Free on Thursday night plus six (6) additional individual events during the course of the meet. All entry times must be from a USA Swimming sanctioned, observed or accepted meet. Penalties will be imposed upon the swimmer when any coach, parent, or swimmer enters a time other than the swimmer's best time, for any particular event, and could cause the swimmer to be suspended from competition for a minimum of three (3) months, but not more than one year. Further violations by a coach or parent could result in that person being forbidden to participate in, or attend, USA Swimming functions.

ENTRIES: All entries should be prepared using the "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. **All e-mailed entries MUST contain the following information in the text of the email: 1) # of swimmers in the meet 2) total number of individual events 3) total number of relays. The TM entry report in Word.doc format MUST be attached. Entries received without either of these pieces of information will be returned.** 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 Teams which enter five or more swimmers and do not use a computer entry. Entries sent with 'No Time' will be rejected! **DECK ENTRIES WILL NOT BE ACCEPTED AT THIS MEET!**

PROOF OF TIME: Middle Atlantic Swimming will notify any individual who does not swim equal to or better than the qualifying time at the Meet; these swimmers will be required to prove their entry time. If this cannot be done, a \$50 fine will be levied against the swimmer. This fine must be paid within a specified time. Swimmers not satisfying this requirement will be suspended from Middle Atlantic competition until the fine is paid.

ENTRY FEE: \$3.00 for individual events, plus a \$2 surcharge for each swimmer and \$8.00 for Relays. NOTE: All relay-only swimmers MUST be entered (and pay surcharge) prior to entry deadline. Please send ONE check per club payable to "**Middle Atlantic Swimming, Inc.**"

ENTRY DEADLINE: All entries must be received by **2:00 PM, Monday, March 3, 2003.** *Payment must be received by Thursday, March 6, 2003.* No post entries will be accepted. Entries will be handled on a "first come, first serve" basis. The Meet Director reserves the right to change the meet format to allow for the timely running of the meet. Entries will not be processed without full payment.

MAIL ENTRIES TO: **Middle Atlantic Swimming JO Entries**
2018 Naaman's Rd, Suite #3
Wilmington, DE 19810

Phone: (302) 529-5859
Fax: (302) 529-5549
email: office@maswim.org

RELAYS: All relays are timed finals. Only two (2) relays from any one team may score in an event, although additional relays may be entered. All relay-only swimmers must be entered in the meet before the deadline and pay the \$2 surcharge. 11-12, 13-14 and 15-19 relays that are seeded in the top 8 will swim that relay during finals – NO OPTION. All other relays in those age groups will swim the relay during the preliminary session.

AWARDS: Individual events: Medals for 1st-8th place; Ribbon for winner of B- Finals
Relays: Medals for 1st-3rd place

A High Point banner will be presented to the Team scoring the most overall combined points. An Award will be given to the highest scoring male and female Team in each age group, as well as an individual male and female award in each age group.

FINALS: A- and B- Finals for 11-12 (exc A-Final only for 200 Bk, Br and Fly), 13-14, 15-19 Age Groups
All 10 & U events are timed finals

The B-Finals will swim first, followed by the A- Finals.

STARTING
TIMES:

	Day	Warm -Up	Meet Starts
	Thurs	4:30 pm	5:30 pm
(Prelims 13-19)	Fri.-Sun.	7:00 am	8:30 am
(Prelims 12 &U)	Fri.-Sun.	12:30 pm (no earlier)	1:30 pm (no earlier)
(Finals)	Fri.-Sat.*	5:00 pm	6:00 pm
	Sun *	4:30 pm	5:30 pm

Sprint and pace lanes will be opened approximately 30 minutes before the start of each session.

* Pool B will be available for warm-up / warm-down during these sessions. After all entries are received and a time line is established, it will be determined when breaks will be provided for warm-up/warm-down during the other sessions.

Parents and swimmers for the afternoon session will be held in the lobby each day until the morning session is finished. This is for everyone's safety.

SAFETY

REQUIREMENTS: USA Swimming 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. The Referee may remove anyone from the warm-up for failure to comply with the warm-up rules. Swimmers without coaches should report to the Referee prior to entering the pool for warm-ups to obtain a lane assignment.

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.

SCORING: Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
(max of 2 relays per team may score)

SCRATCH

POLICY:

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 Finals in a Preliminary/Finals event and does not report for or swim at Finals will be barred from the rest of the Meet (including Relays) unless the swimmer has scratched or indicated their possible intention to scratch within thirty (30) minutes of the announcement of the Preliminary results and then confirmed such intention to scratch within thirty (30) minutes of the announcement of the 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. Swimmers who are initially announced as Alternates for Finals will not be so penalized.

STARTING

PROCEDURES: This meet will be conducted using the 'No Recall' false start rule and the whistle command starting procedure.

SEEDING:

All events will be pre-seeded except Relays, the 11-12/10&Un 500 Free, and the 13-19 1000 and 1650 Freestyles (possibly the 400 IM's). Positive check-in is required to be seeded for any deck-seeded event. Times will be announced as to when the event will close, and will be approximately 30 minutes before an event is scheduled to be swum. Relays at Prelims will be swum slowest to fastest; the 1000 and 1650 Free and the 11-12/10&U 500 Free will be swum fastest to slowest.

DECK ENTRIES: No deck entries will be accepted.

TIME TRIALS: Time trials will be available after Finals on Friday, Saturday & Sunday, time permitting: \$6.00 per individual swim, \$12.00 per Relay. To swim a Time Trial, a swimmer must be within 0.5 seconds per 50-yd (or 50-m) distance of the Sectional Time Standard for that event. A swimmer may swim one Time Trial per day in a given event; maximum of two Time Trials per day. Time Trial Events count in the total allowable events to be swum in one day (3 individual and 1 relay). Swimmers participating in this meet will have priority at time trials. TIME TRIALS WILL NOT BE ACCEPTED FOR A ZONE CONSIDERATION TIME.

DECK ID:

Only swimmers, coaches, and meet personnel are allowed on deck. All coaches must display a 2003 USA Swimming Coach's Membership Card. This requirement will be strictly enforced!

ADMISSION:

A four-day program will sell for \$12.00. Included in the program will be coupons that are redeemable for a finals program at night. Finals programs can be purchased for \$2.00.

FINAL

RESULTS:

Will be available on the Middle Atlantic Swimming website in both PDF and Commlink formats.

SEATING:

There is seating for 550.

PARKING:

There is ample parking at the facility.

TEAM

ASSIGNMENTS: Every team entered will be responsible for supplying workers for the meet. THIS IS A MANDATORY RESPONSIBILITY and is necessary for the smooth running of the meet. Each team's contact person will be contacted in order to organize our work force. Teams are also asked to keep their team area clean. It is important that Middle Atlantic Swimming respect the facilities that they use.

HOSPITALITY:

There will be food and drink available at all sessions for coaches, officials and meet workers. A snack bar will be available at the facility for spectators.

MIDDLE ATLANTIC - JUNIOR OLYMPICS
March 13-16, 2003

Thursday Events

13&Over

Girls	Event	Boys
1	13-14 1000 Free	2
	15-19 1000 Free	
3	11-12 500 Free	4
	10&Under 500 Free	
5	13-14 800 Free Relay	6
	15-19 800 Free Relay	

The 1000 Free (check-in closes at 5:00pm): The 1000 Free is a deck seeded, timed final event and will be swum fastest to slowest. This event is combined but will be scored separately for the 13-14 and 15-19 age groups. The event may be limited to four (4) heats per gender with guaranteed slots for 16 swimmers per age group. Each swimmer must provide their own timer and counter.

The 500 Free (check-in closes at 5:00pm): The 500 Free for 11-12 and 10&under is a deck seeded, timed final event and will be swum fastest to slowest. This event is combined but will be scored separately for the 11-12 and 10&Un age groups. Each swimmer must provide their own timer and counter.

The 800 Free Relays: (check in/relay cards due by 6:00pm): The 800 Free Relay will be swum together, but scored separately for the 15-19 and 13-14 age groups. Each Team must provide a timer for their relay. The 800 relays are no longer designated as "open" or "senior" so all swimmers must be listed on the Entry sheet.

Note: In the event that only one pool is used for competition, a determination of whether to alternate girls, boys will be made at that time.

Friday Events

Prelims - 13&Over

Girls	Event	Boys
7	15-19 200 Breast	8
9	13-14 200 Breast	10
15	15-19 100 Fly	16
17	13-14 100 Fly	18
23	15-19 200 I.M.	24
25	13-14 200 I.M.	26
31	15-19 500 Free	32
33	13-14 500 Free	34
39	15-19 400 Free Relay	40
41	13-14 400 Free Relay	42

Prelims - 12&Under

Girls	Event	Boys
11	11-12 100 Breast	12
13	10&U 100 Breast	14
19	11-12 200 Free	20
21	10&U 200 Free	22
27	11-12 50 Fly	28
29	10&U 50 Fly	30
35	11-12 100 I.M.	36
37	10&U 100 I.M.	38
43	11-12 200 Back	44
45	10&U 200 Free Relay	46
47	11-12 200 Free Relay	48

Finals, order of events

15-19 200 Breast	11-12 50 Fly
13-14 200 Breast	15-19 500 Free
11-12 100 Breast	13-14 500 Free
15-19 100 Fly	11-12 100 I.M.
13-14 100 Fly	15-19 400 Free Relay
11-12 200 Free	13-14 400 Free Relay
15-19 200 I.M.	11-12 200 Back
13-14 200 I.M.	11-12 200 Free Relay

Saturday Events

Prelims - 13&Over

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	15-19 400 I.M. **	50
51	13-14 400 I.M. **	52
57	15-19 50 Free	58
59	13-14 50 Free	60
65	15-19 100 Back	66
67	13-14 100 Back	68
73	15-19 100 Breast	74
75	13-14 100 Breast	76
81	15-19 200 Free	82
83	13-14 200 Free	84
87	15-19 400 Med Relay	88
89	13-14 400 Med Relay	90

**These events may be deck seeded with positive check-in, if required to meet the time line.

Prelims - 12&Under

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	11-12 200 I.M.	54
55	10&U 200 I.M.	56
61	11-12 50 Free	62
63	10&U 50 Free	64
69	11-12 100 Back	70
71	10&U 100 Back	72
77	11-12 50 Breast	78
79	10&U 50 Breast	80
85	11-12 200 Fly	86
91	10 & U 200 Med Relay	92
93	11-12 200 Med Relay	94

Finals, order of events

15-19 400 I.M.	13-14 100 Back
13-14 400 I.M.	11-12 100 Back
11-12 200 I.M.	15-19 100 Breast
15-19 50 Free	13-14 100 Breast
13-14 50 Free	11-12 50 Breast
11-12 50 Free	15-19 200 Free
15-19 100 Back	13-14 200 Free
	11-12 200 Fly
	15-19 400 Med Relay
	13-14 400 Med Relay
	11-12 200 Med Relay

Sunday Events**Prelims - 13&Over**

Girls	Event	Boys
97	15-19 200 Back	98
99	13-14 200 Back	100
105	15-19 100 Free	106
107	13-14 100 Free	108
113	15-19 200 Fly	114
115	13-14 200 Fly	116
95	13-14 1650 Free *	96
	15-19 1650 Free *	

***The 1650 Free** is a deck seeded, timed final event. The fastest heat in each gender will swim at Finals while the other heats will swim at Prelims, fastest to slowest. The event is combined but will be scored separately for the 13-14 and 15-19 age groups. The event will be limited to four heats per gender (includes heat at Finals) with guaranteed slots for 16 swimmers per age group. Each swimmer must provide their own timer and counter. Check-in is required.

Prelims - 12&Under

Girls	Event	Boys
101	11-12 50 Back	102
103	10&U 50 Back	104
109	11-12 100 Free	110
111	10&U 100 Free	112
117	11-12 100 Fly	118
119	10&U 100 Fly	120
121	11-12 200 Breast	122

Finals, order of events

13-19 1650 Free	11-12 100 Free
15-19 200 Back	15-19 200 fly
13-14 200 back	13-14 200 Fly
11-12 50 Back	11-12 100 Fly
15-19 100 Free	11-12 200 Breast
13-14 100 Free	

GIRLS			10/Under	BOYS		
JO LC	JO SCM	JO SCY		JO SCY	JO SCM	JO LC
:38.49	:35.59	:31.99	50 Free	:31.89	:35.29	:36.79
1:21.89	1:19.29	1:11.39	100 Free	1:10.79	1:18.19	1:21.59
2:59.89	2:52.79	2:36.39	200 Free	2:33.89	2:50.89	2:54.39
6:09.69	5:57.39	6:48.39	500 Free	6:44.59	5:54.09	6:06.79
:43.69	:42.19	:38.19	50 Back	:38.49	:42.59	:44.69
1:35.49	1:30.89	1:22.19	100 Back	1:21.69	1:30.19	1:34.69
:48.79	:46.49	:41.99	50 Breast	:42.99	:47.79	:48.99
1:47.49	1:43.19	1:33.39	100 Breast	1:34.09	1:44.49	1:46.99
:42.09	:41.19	:37.29	50 Fly	:36.69	:40.49	:41.49
1:39.69	1:35.79	1:26.69	100 Fly	1:26.69	1:36.29	1:38.19
N/A	1:31.29	1:22.19	100 IM	1:21.49	1:29.79	N/A
3:22.59	3:07.29	2:55.99	200 IM	2:56.29	3:16.09	3:20.89

2002-03
JUNIOR OLYMPIC TIME STANDARDS
Approved 9/23/02

GIRLS			13/14 YO	BOYS		
JO LC	JO SCM	JO SCY		JO SCY	JO SCM	JO LC
:31.89	:30.69	:27.59	50 Free	:26.19	:28.19	:30.69
1:09.39	1:06.19	:59.59	100 Free	:57.09	1:03.19	1:06.59
2:28.59	2:24.19	2:09.89	200 Free	2:04.69	2:17.99	2:24.99
5:16.59	5:04.49	5:47.99	400/500 Free	5:35.09	4:53.29	5:06.29
10:47.99	10:36.69	12:07.59	800/1000 Free	11:43.89	10:15.99	10:31.29
20:39.79	20:05.09	20:12.19	1500/1650 Free	19:39.49	19:32.59	20:14.39
1:19.69	1:16.99	1:08.29	100 Back	1:04.89	1:11.69	1:15.59
2:51.99	2:43.39	2:27.69	200 Back	2:19.69	2:34.19	2:42.99
1:30.09	1:25.89	1:17.49	100 Breast	1:12.29	1:19.89	1:23.59
3:11.99	3:05.69	2:47.99	200 Breast	2:36.29	2:52.69	3:02.39
1:17.59	1:14.89	1:07.39	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	200 Fly	2:22.29	2:37.19	2:41.59
2:48.39	2:43.29	2:27.09	200 IM	2:20.49	2:35.99	2:44.59
6:03.19	5:53.79	5:20.49	400 IM	5:02.89	5:34.69	5:46.79

GIRLS			11/12 YO	BOYS		
JO LC	JO SCM	JO SCY		JO SCY	JO SCM	JO LC
:33.59	:31.69	:28.49	50 Free	:28.59	:31.69	:33.09
1:13.59	1:09.19	1:02.29	100 Free	1:02.19	1:09.09	1:11.59
2:39.69	2:33.89	2:18.19	200 Free	2:16.89	2:31.19	2:36.19
5:32.29	5:18.79	6:04.29	400/500 Free	6:06.09	5:20.29	5:30.89
:39.19	:37.29	:33.59	50 Back	:33.69	:37.39	:38.79
1:26.29	1:21.19	1:13.09	100 Back	1:13.09	1:20.69	1:24.09
3:09.59	3:03.19	2:45.79	200 Back	2:33.79	2:49.99	3:01.59
:43.19	:41.69	:37.49	50 Breast	:37.69	:41.49	:43.69
1:33.79	1:30.59	1:21.59	100 Breast	1:21.29	1:29.79	1:33.89
3:31.69	3:25.79	3:06.19	200 Breast	2:52.99	3:11.09	3:21.19
:36.79	:35.79	:32.19	50 Fly	:32.39	:35.79	:36.79
1:24.09	1:21.19	1:13.09	100 Fly	1:12.49	1:20.19	1:23.09
3:07.89	3:01.99	2:44.69	200 Fly	2:38.29	2:54.89	3:02.19
N/A	1:19.79	1:11.89	100 IM	1:12.39	1:20.39	N/A
3:00.19	2:51.89	2:34.79	200 IM	2:36.69	2:53.09	2:58.09

GIRLS			15/19 YO	BOYS		
JO LC	JO SCM	JO SCY		JO SCY	JO SCM	JO LC
:31.89	:30.69	:27.59	50 Free	:24.99	:27.69	:28.79
1:08.09	1:06.19	:59.59	100 Free	:54.39	1:00.19	1:03.09
2:25.39	2:23.19	2:08.99	200 Free	1:59.39	2:12.09	2:17.39
5:12.89	5:01.89	5:44.99	400/500 Free	5:25.29	4:44.69	4:53.29
10:41.89	10:26.49	11:55.89	800/1000 Free	11:12.19	9:48.19	10:04.59
20:28.49	19:51.99	19:59.89	1500/1650 Free	18:47.49	18:41.39	19:22.99
1:18.39	1:15.29	1:07.79	100 Back	1:02.39	1:08.29	1:11.99
2:47.59	2:41.99	2:26.89	200 Back	2:13.59	2:26.59	2:34.89
1:29.79	1:24.79	1:16.79	100 Breast	1:09.19	1:16.49	1:20.59
3:08.49	3:02.59	2:45.29	200 Breast	2:30.09	2:45.89	2:54.29
1:16.09	1:13.59	1:06.29	100 Fly	1:00.79	1:07.19	1:09.09
2:44.69	2:42.79	2:27.69	200 Fly	2:14.59	2:28.69	2:32.19
2:46.09	2:43.29	2:27.09	200 IM	2:14.19	2:28.99	2:37.19
5:57.59	5:47.09	5:14.09	400 IM	4:49.09	5:19.49	5:29.99

DIRECTIONS: FROM THE DELAWARE MEMORIAL BRIDGE: Take Interstate 295 north. Take Exit 21 onto Delaware Street and continue through Woodbury. Turn right at second traffic light onto Evergreen Avenue. Travel one block and turn left at next light onto E. Barber. Proceed about 2 miles, through 3 traffic lights. The GCIT entrance is on the left at the bottom of the hill.

FROM THE NEW JERSEY TURNPIKE: Take the N.J. 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 (McDonald's) onto Route 544. At the 6th light, bear right onto Cooper Street and continue 4/10ths of a mile to the next light, intersection of Cooper Street and Delsea Drive, which is Route 47. Turn left and continue 2 miles to the next traffic light (Wawa Store.) Turn right ½ block to traffic light and turn left onto Tanyard Road. Continue one mile to the GCIT entrance on the left at the bottom of the hill just past the next traffic light.

FROM ATLANTIC CITY: Expressway north to North-South Freeway (Route 42) to Deptford Exit, Route 544. Light at end of ramp– make left turn onto Clements Bridge Road. Proceed to 5th light, bear right onto Cooper Street. Continue 4/10 mile to next light, intersection of Cooper Street and Delsea Drive, which is Route 47. Turn left and continue just under two miles to next light (Wawa store.) Turn right, ½ block to traffic light. Turn left onto Tanyard Road. Continue one mile to the GCIT entrance on the left at the bottom of the hill just past the next traffic light.

FROM THE COMMODORE BARRY BRIDGE (Interstate 95): Take Route 322 east to light at Route 45 (Harrison House Diner.) Turn left onto Route 45 north. About ½ mile, before a Heritage Store, turn right onto Breakneck Road (Route 626) to light at intersection of Barnsboro Hotel. Proceed straight across to 2nd traffic light intersection (Route 553, Woodbury-Glassboro Road) between Getty & Mobil Gas Stations. Straight across for ¼ mile to first left onto Tanyard Road. Cross next intersection and pass Gloucester County College entrance. GCIT entrance is at the bottom of the hill on the right.

FROM ROUTE 55: Exit at Route 47 Delsea Drive North – Westville Exit 56B. At the light, turn left onto Bankbridge Road. At the next light, turn left onto Tanyard Road. The GCIT entrance is on the left at the bottom of the hill.

ACCOMODATIONS:

There are a number of hotels in the area. Some are listed below:

Comfort Inn	Runnemede	856/939-6700
Days Inn	Brooklawn	856/456-6688
Fairfield Inn	Deptford	856/686-9050
Four Points	Cherry Hill	856/428-2300
Holiday Inn	Runnemede	856/939-4200
Howard Johnson	Blackwood	856/228-4040
Quality Inn	W. Deptford	856/848-4111

JUNIOR OLYMPIC AGE GROUP CHAMPIONSHIPS

INDIVIDUAL ENTRY FORM

Team _____ Contact person _____ Phone _____

NAME	USS #	Thursday		Friday		Saturday		Sunday	
		Event #	Time	Event #	Time	Event #	Time	Event #	Time

All entries must be submitted by 2:00 pm Monday, March 3, 2003

SHORT COURSE JOS MARCH 13-16, 2003 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 questions and/or limitation information, if needed:
Name: _____ **Phone:** _____ **E-mail:** _____

Mail Entries to: Middle Atlantic Swimming JO Entries
 2018 Naaman's Road, Suite 3
 Wilmington, DE 19810

ENTRY DEADLINE: Received by 2:00 pm, Monday, March 3, 2003
 No entries will be accepted after that date.

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

Check here if you e-mailed your entry

ENTRY FEES:

_____ Individual Events @ \$3.00	\$	_____
_____ Relay Teams @ \$8.00	\$	_____
_____ Manual processing fee @ \$5.00 <small>(for non-disk entry of swimmers only)</small>	\$	_____
_____ Total swimmers entered in meet <small>(including relay only) x \$2 surcharge =</small>	\$	_____
Total	\$	_____

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: (please!!!!) _____

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 _____