



**2003 Eastern Zone
Age Group All Star
Swimming Championship
Short Course Yard
March 27 to 29, 2003
Gloucester County Institute Of Technology
Sewell, NJ**

Hosted by Gloucester County Swim Team

*Sanctioned by USA Swimming through Middle Atlantic Swimming Inc.
Meet Sanction # 0368Z*

Meet Director: Jack Schwerzler (856)- 468-1445 ext. 2653 Jschwerzler@gcit.org

Head Referee:

Safety Director: Matt Sprang (856) 468-1445 ext. 2657
Msprang@gcit.org

Location: Gloucester County Institute Of Technology
1360 Tanyard Road
Sewell, NJ, 08080
(856)-468-1445 ext 2653

Meet Hotel: **HOLIDAY INN RUNNEMEDE.**
109 9th Avenue; Runnemedede, NJ 08078.
(856) 939-4200.
174 rooms, Restaurant, Lounge, Meeting rooms
(15 MINUTES FROM POOL).
\$45 rate for officials.

FACILITIES: The Gloucester County Institute of Technology is conveniently located on Tanyard Road in Deptford, NJ. The GCIT pool is 50 meters by 25 yards with a depth ranging from 5' to 12'6" with Competitor Non-turbulent lanes. The meet will be conducted in 2 twenty-five yard pools. The Finals pool will be at the deep end, with a bulkhead at the turn end. The pool is equipped with Colorado timing systems; an 8-lane readout board in the Finals pool and a 1-lane readout board in the secondary pool. The meet will be managed using Hy-Tek computer software. Separate spectator area/ unlimited parking. Refreshments will be available.

ENTRY DEADLINE: Received by Tuesday March 25, 2003 by 12:00 pm (noon)

RULES: 2003 *USA Swimming* Rules and the rules of conduct will govern the meet.

EVENTS: The meet will be swum in accordance with the published schedule of events.

ELIGIBILITY:

- Each swimmer must be a 2003 USA SWIMMING registered athlete in the LSC which he/she represents.
- Each swimmer must be entered by the LSC on the official entry form provided.
- Competition is restricted to Eastern Zone LSC's.
- Athletes who have competed in the USA Swimming Nationals or trials class meet in an individual event are not eligible to enter this meet.
- 13/O athletes who have ever achieved USA Swimming National or trials class meet qualifying times in an individual event may not enter that event or compete in a relay for that stroke and distance, nor may their times be used to enter an LSC relay for that stroke and distance
- Athletes 12 years of age or younger who have achieved USA Swimming National or trials class meet qualifying times in an individual event but who have not competed in an individual event at any of the above mentioned meets may enter that event in this meet.
- Each LSC may enter two (2) swimmers per individual event and one (1) team per relay event.
- Each swimmer may be entered in a total of six (6) events in the meet, exclusive of relays, not to exceed three (3) events per day. Relays must be made up of swimmers entered in the meet in individual events.
- Swimmer's age on March 27, 2003 governs for the entire meet

SUBSTITUTIONS:

- Each LSC is entitled to its maximum number of entrants in each event.
- No adjustment in seeding will be made.
- Deadline for substitutions will be thirty(30) minutes prior to the starting time of each session.
- A form for making substitutions will be provided in the manager's packet.

SCORING: Scoring shall be according to USA Swimming Rule 102.7.

Individual events: 9-7-6-5-4-3-2-1 (8 places)

Relay events: 18-14-12-10-8-6-4-2 (8 places)

AWARDS:

- Medals will be awarded to individuals placing 1st through 8th place and relays placing 1st through 3rd.
- A Championship Banner will be awarded to the winning Girls', Boys' and Overall Champions. This is a traveling award.
- Members of the overall championship team will receive a pin and a Championship Certificate.
- All participants will receive a Participation Certificate.
- Record breakers will receive a Record Breaker Certificate.

WARM-UP PROCEDURES:

- 11/O Preliminaries: Each LSC will be able to utilize three (3) lanes exclusively for forty (40) minutes in either the first or second half of the eighty (80) minute warm-up period.
- 10/U Timed Finals: Each LSC will be able to utilize one (1) lane exclusively for forty (40) minutes. In addition there will be four (4) sprints lanes available throughout the entire warm-up period.
- 11/O Finals: Each LSC will be able to utilize three (3) lanes exclusively for twenty-five (25) minutes in either the first or second half of the fifty (50) minute warm-up period.
- LSC's are expected to patrol their assigned lanes to ensure that a safe warm-up procedure is followed.
- Warm-up opportunities will be provided during the competition.

The prescribed Middle Atlantic Swimming warm-up procedures and safety policies will be followed.

- Enter the pool only at the start end of the pool. Enter feet-first, unless the lane has been designated for one-way starts. The Meet Director may determine the structure of the warm-up, including times and lane assignments.
- Any swimmer observed swimming under or through the bulkhead by a meet official or safety marshal 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.

All warm-up periods shall be supervised by the appointed marshals. Coaches shall not permit their athletes to enter the pool until the marshals have declared the pool open for warm-up. No entry is permitted across lanes, from the pool side, or from the non-start end of the pool, under any circumstances. Marshals shall clear the lane of all swimmers before opening the lane for sprinting. All sprint lanes are one-way only and the swimmer must exit at the opposite end of

the pool. The use of kickboards, hand paddles, and similar training devices, are not permitted in open warm-ups.

The Meet Director or Referee may modify the schedule or lane assignments depending on the pool configuration, the number of swimmers, the availability of separate warm-up facilities, etc., as long as USA Swimming and MA safety considerations and the equitable treatment of all entered athletes is not compromised. All such changes will be announced and posted throughout the meet venue. Athletes who act in a manner that is injurious to themselves or others will be disqualified from their next individual event.

MEETINGS:

- The coaches'/scratch meeting will take place forty-five (45) minutes prior to the start of each session.
- The officials meeting will take place one hour prior to the start of each session.
- There will be a coaches/team managers' meeting at 8:00PM on Wednesday, March 26, 2003 at GCIT Pool.

PROTESTS:

- A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be made in writing.
- Protests regarding eligibility as stated in Rule 102.11 will not be accepted from anyone other than the Team Manager or his designee.
- The Meet Jury will consist of the Meet Director, Meet Referee, an athlete representative, and a non-coach representative.
- **Misconduct:**
 - a. Any issues of conduct which occur within the meet venue will be adjudicated by the meet jury.
 - b. Misconduct includes but is not necessarily limited to:
 - 1) Violation of the safety guidelines outlined in the meet announcement.
 - 2) Disrespect to meet management personnel, officials, or fellow athletes.
 - 3) Stealing, destroying, vandalizing or possessing the property of others.
 - 4) Possession or use of alcoholic beverages, tobacco products or illegal drugs.

PRACTICE TIME: The GCIT Pool will be available to the LSC's on Wednesday, March 26, 2003 between 6:00 and 9:00PM. Each LSC will be able to utilize four (4) lanes for one (1) hour. Practice times (6-7, 7-8, or 8-9) will be assigned based on travel distances and expected time of arrival.

OFFICIALS:

- Each LSC will provide at least one (1) stroke and turn judge and a minimum of two (2) timers at each session.
- The meet referee will have the approval of the Championship Meet Coordination Committee.
- Key officials, referees, starters, as endorsed by each LSC will be assigned where possible. Final assignments and schedule of personnel will be established by the host team.

SEATING:

- Deck assignments for seating will be distributed in team managers' packet at the Wednesday, PM meeting.
- Each LSC will receive up to eight (8) complimentary spectator passes for chaperones and two (2) complimentary bus driver passes.

SEEDING: The meet will be computer pre-seeded using Hy-Tek Meet Manager Software.

SCRATCHES: There will be a scratch meeting forty-five (45) minutes prior to the beginning of each session. The USA Swimming Scratch Rule (207.5.9d & e) will be in force throughout the meet. A copy will be distributed and reviewed at the managers' meeting.

SESSION TIMES:

11/O Prelims: 7:30AM Warm-up; 9:00AM Start

Two in-the-water warm-ups are included as part of the AM sessions--see attached.

10/U Timed Finals and Relays: 12:30PM Warm-up; 1:20PM Start

Saturday: 12:45PM Warm-up; 1:30PM Start

11/O Finals: 5:00PM Warm-up; 6:00PM Start

All heats of relays, except the 10/U relays, will be swum during finals' each day.

DECK CREDENTIALS:

- Credentials will be provided only for working officials, the Meet Coordination Committee, chaperones, and designated LSC team representatives who are listed on the LSC team roster. Credentials will be required to be on deck.
- Up to eight(8) team coaches plus the Team Manager or alternate will be provided with credentials.

TEAM MANAGER:

- Each LSC must provide the name of an individual to serve as their official Team Manager. An alternate may also be named. Team Managers or alternates may vote (one per LSC) at any meetings called by the Meet Director(s) to discuss matters concerning the meet. Only the designated Team Manager or alternate is permitted to represent the LSC. Protests will not be accepted from anyone other than the Team Manager or alternate.
- A Team Managers' meeting will be held on Wednesday, March 26, 2003 at 8:00PM at the GCIT Pool. Information packets and credentials will be distributed at this meet.

PROGRAM/ENTRANCE FEES: Admissions: \$4 per day (covers trials & finals)
Programs: Three (3) day program \$10.
Finals' program: Free

ENTRY PROCEDURES:

- Entry fee is \$450 per LSC.
- Entry forms will be provided; all sections must be completed. Hy-Tek MM or TM disk entry is encouraged.
- Relay cards will be prepared via computer.
- Entry times must be in short course yards.
- Mail entries with check payable to: **GCIT**

Send Entries To: Ellen Mace
604 Paxson Avenue
Mercerville, NJ 08619
Purplemommy@juno.com

****PLEASE NOTE: If sending entries via overnight mail, please waive signature for delivery.**

ENTRY DEADLINE: The Meet Director must receive all entries by 12:00pm (noon) Tuesday, March 25th, 2003. Entries received after this date will be returned to the LSC.

WARNING: *Any LSC entering an unregistered athlete, falsifying an entry in any way, or permitting an unregistered athlete to represent them will be fined \$100 and will not be permitted to continue participation until the fine is paid.*

REFRESHMENTS: A GCIT sponsored concession will be available in the lobby area throughout the meet.

CONCESSION: Metro Swim Shop will be present.

ACCOMMODATIONS and DIRECTIONS: *(See attached sheets.)*

PARKING: A large parking lot is available at the GCIT Pool facility. This lot is available to all zone team vehicles and spectators. Please park buses at the back of the building

<p>CONDUCT: Proper conduct at all times will be enforced by coaches, chaperones, parents, meet marshals, and meet directors. Misconduct includes, but is not necessarily limited to: violations of the safety guidelines outlined herein, disrespect to meet management, officials, or fellow athletes, stealing, destroying, vandalizing, or possessing the property of others, and possession or use of alcoholic beverages, tobacco products, or illegal drugs.</p>
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IMPORTANT: This entry form represents a contract between the LSC and the Host Team and entry into the meet represents compliance with rules and regulations stated.

Final Results: Meet Results will not be sent to the individual teams. All results will be posted on the Middle Atlantic Website at www.maswim.org.

**2003 EASTERN ZONE
SHORT COURSE CHAMPIONSHIPS**

SCHEDULE OF EVENTS

**DAY ONE
Thursday March 27, 2003**

Session 1		Session 2
FEMALE EVENT #	EVENT	MALE EVENT #
1	11-12 200 Backstroke	2
3	15-18 100 Breaststroke	4
5	13-14 100 Breaststroke	6
7	11-12 50 Breaststroke	8
9	15-18 200 Freestyle	10
11	13-14 200 Freestyle	12
13	11-12 100 Freestyle	14
15	15-18 100 Butterfly	16
17	13-14 100 Butterfly	18
19	11-12 50 Butterfly	20
21	15-18 400 IM	22
23	13-14 400 IM	24
25	11-12 200 IM	26
27	15-18 1000 Freestyle (timed finals)	28
29	13-14 1000 Freestyle (timed finals)	30

**DAY ONE
Thursday March 27, 2003**

Session 3		
EVENT #	EVENT	
37	Girls 10 & U 100 Freestyle	
38	Boys 10 & U 100 IM	
39	Girls 10 & U 50 Breaststroke	
40	Boys 10 & U 100 Breaststroke	
41	Girls 10 & U 50 Butterfly	
42	Boys 10 & U 50 Backstroke	
43	Girls 10 & U 200 IM	
44	Boys 10 & U 200 Freestyle	
45	Girls 10 & U 500 Freestyle	
46	Boys 10 & U 400 Free Relay	
47	Girls 10 & U 200 Free Relay	

**2003 EASTERN ZONE
SHORT COURSE CHAMPIONSHIPS**

SCHEDULE OF EVENTS

**DAY ONE
Thursday March 27, 2003**

	Session 4 Finals	
FEMALE EVENT #	EVENT	MALE EVENT #
1	11-12 200 Backstroke	2
3	15-18 100 Breaststroke	4
5	13-14 100 Breaststroke	6
7	11-12 50 Breaststroke	8
9	15-18 200 Freestyle	10
11	13-14 200 Freestyle	12
13	11-12 100 Freestyle	14
15	15-18 100 Butterfly	16
17	13-14 100 Butterfly	18
19	11-12 50 Butterfly	20
21	15-18 400 IM	22
23	13-14 400 IM	24
25	11-12 200 IM	26
31	15-18 400 Free Relay	32
33	13-14 400 Free Relay	34
35	11-12 400 Free Relay	36

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.

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.

TEAMS, COACHES, & PARENTS

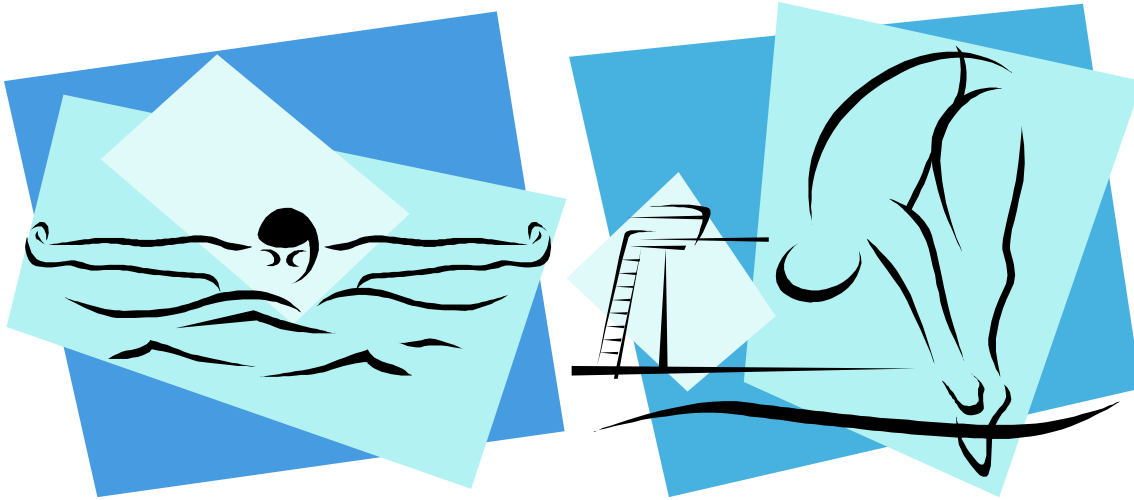
For all 2003 Swim Meets at GCIT Pool including:

Eastern Zone Sectional Championship

3/30-3/23

Eastern Zone Age Group All Star Swimming Championship

3/27-3/29



To make a big splash with special group and individual rates call:

TMS (Team Meeting Services)

Via phone: 609-716-1175

Via Fax: 609-716-7001

Via Email: TMS99@aol.com

When making your reservations please have the following information:

- Team Name**
- arrival and departure date**
- mailing address**
- telephone number**
- credit card to guarantee reservation**
- fax or email to get you your confirmation**
- any special requests for your room (ex. Nonsmoking)**

Meet Summary Form
This Form Must Accompany All Entries

Team Name _____

Code _____ Coach _____

E-Mail _____ Phone # _____

Address _____

City _____ State _____ Zip _____

Contact Person _____ E-Mail _____

of Girl Swimmers _____

Individual Girl Entries _____

of Boy Swimmers _____

Individual Boy Entries _____

#Relays _____

Team Fee is \$450 per LSC

Please Make checks Payable to GCIT.

All entries must be submitted for this meet no later than

5:00 PM, Tuesday, March 11, 2003

Send Entries To: Ellen Mace
604 Paxson Avenue
Mercerville, NJ 08619
Purplemommy@juno.com