

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

2004 SWEETHEART "A/BB/C" MEET FEBRUARY 6-8, 2004

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, INC. SANCTION # 0403A.

FACILITY:

6 LANE/25 YD POOL EQUIPPED W/COMPETITOR LANE LINES & PARAGON STARTING BLOCKS/12 FT DEPTH AT STARTING END. COLORADO 4000 STARTING SYSTEM W/6 LANE DISPLAY. 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

MEET & SAFETY

DIRECTORS:

MEET/MICHAEL ROLISH
856/779-1035

SAFETY/NICK KATSIKIANNIS
(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.

ELIGIBILITY:

THE MEET IS OPEN TO ANY USA REGISTERED SWIMMER. THE SWIMMER'S AGE AS OF FEBRUARY 6, 2003, GOVERNS AGE GROUP PARTICIPATION FOR THE ENTIRE MEET.

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. ENTRY FEES WILL BE REFUNDED TO TEAMS/SWIMMERS WHOSE ENTRIES HAVE BEEN REJECTED DUE TO LIMITATIONS.

**WARM-UP &
START TIMES:**

FRIDAY

AGES 11-14

WARM-UPS - 5:30 PM MEET - 6:30 PM

SATURDAY AND SUNDAY

AGES 9/10-SENIOR
11/14-SENIOR
AGES 11-14

WARM-UPS - 7:30 AM MEET - 8:30 AM
WARM-UP: NO EARLIER/11:30 AM MEET: NO EARLIER/12:00 PM
WARM-UPS - 2:30 PM MEET - 3:30 PM

WARM-UPS:

ASSIGNED WARM-UPS: 5:30 PM - 6:30 PM, 8:00 AM - 8:50 AM AND 1:30 PM - 2:20 PM. THERE WILL BE TWO 25-MINUTE WARM-UP PERIODS PER SESSION. *SPRINTS ARE INCLUDED AS A 5-MINUTE SEGMENT OF EACH WARM-UP PERIOD.*

WARM-UP LANE ASSIGNMENTS WILL BE INCLUDED IN COACHES' PACKETS AND POSTED AROUND THE POOL DECK. LESSON POOL WILL BE AVAILABLE FOR WARM-UP/WARM-DOWN.

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 WHO WILL NOT BE ALLOWED TO SWIM IN HIS/HER NEXT INDIVIDUAL EVENT.

DECK ENTRIES:

DECK ENTRIES MAY BE ACCEPTED AT THE MEET DIRECTOR'S DISCRETION AS NON-AWARD SWIMS AT \$6.00/INDIVIDUAL EVENT/REQUESTS MUST BE PRESENTED TO THE MEET DIRECTOR FOR APPROVAL.

SWIMMERS

W/OUT COACHES:

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

2004 SWEETHEART A/BB/C MEET

FRIDAY, FEBRUARY 6, 2004

SESSION 1	AGES 11-14	WARM-UP 5:30 PM	START 6:30 PM
GIRLS			BOYS
EVENT#	EVENT		EVENT#
1	13/14 200 I.M.*		2
3	11/12 200 I.M.*		4
5	13/14 100 BREAST*		6
7	11/12 100 BREAST*		8

*DECK SEEDED EVENT WHICH REQUIRES POSTIVE CHECK-IN.

SATURDAY, FEBRUARY 7, 2004

SESSION 2	AGES 9/10-SENIOR	WARM-UP 7:30 AM	START 8:30 AM
GIRLS			BOYS
EVENT#	EVENT		EVENT#
9	SENIOR 200 BREAST		10
11	9/10 50 BREAST		12
13	SENIOR 100 BACK		14
15	9/10 100 BACK		16
17	SENIOR 50 FREE		18
19	9/10 50 FREE		20
21	SENIOR 100 FLY		22
23	9/10 100 FLY		24
25	SENIOR 200 IM*		26
27	9/10 200 IM*		28

*DECK SEEDED EVENT WHICH REQUIRES POSITIVE CHECK-IN.

SESSION 3 SENIOR/11-14	WARM-UP: NO EARLIER/11:30 AM/START: NO EARLIER/12:00 PM	
GIRLS	BOYS	
EVENT#	EVENT#	
29	SENIOR 500 FREE*	30
31	11/14 500 FREE*	32

*DECK SEEDED EVENT WHICH REQUIRES POSITIVE CHECK-IN. SWIMMERS MUST PROVIDE THEIR OWN TIMER & LAP COUNTER.

SESSION 4	AGES 11-14	WARM-UP 2:30 PM	START 3:30 PM
GIRLS			BOYS
EVENT#	EVENT		EVENT#
33	13/14 200 BREAST		34
35	11/12 50 BREAST		36
37	13/14 100 BACK		38
39	11/12 100 BACK		40
41	13/14 50 FREE		42
43	11/12 50 FREE		44
45	13/14 100 FLY		46
47	11/12 100 FLY		48

2004 SWEETHEART A/BB/C MEET

SUNDAY, FEBRUARY 8, 2004

SESSION 5	AGES 9/10-SENIOR	WARM-UP 7:30 AM	START 8:30 AM
GIRLS			BOYS
EVENT#	EVENT		EVENT#
49	9/10 100 IM		50
51	SENIOR 200 BACK		52
53	9/10 50 BACK		54
55	SENIOR 100 FREE		56
57	9/10 100 FREE		58
69	SENIOR 200 FLY		60
61	9/10 50 FLY		62
63	SENIOR 100 BREAST		64
65	9/10 100 BREAST		66
67	SENIOR 200 FREE*		68

***DECK SEEDED EVENT WHICH REQUIRES POSITIVE CHECK-IN.**

SESSION 6 SENIOR/11-14	WARM-UP: NO EARLIER/11:30 AM/START: NO EARLIER/12:00 PM
GIRLS	BOYS
EVENT#	EVENT
69	SENIOR 400 IM*
71	11/14 400 IM*

***DECK SEEDED EVENT WHICH REQUIRES POSITIVE CHECK-IN. SWIMMERS MUST PROVIDE THEIR OWN TIMERS.**

SESSION 7	AGES 11-14	WARM-UP 2:30 PM	START 3:30 PM
GIRLS			BOYS
EVENT#	EVENT		EVENT#
73	11/12 100 IM		74
75	13/14 200 BACK		76
77	11/12 50 BACK		78
79	13/14 100 FREE		80
81	11/12 100 FREE		82
83	13/14 200 FLY		84
85	11/12 50 FLY		86

SEEDING:

11/14 200 IM & 100 BREAST ARE DECK SEEDED EVENTS WHICH REQUIRE POSITIVE CHECK-IN ON FRIDAY.
 500 FREE & 400IM ARE DECK SEEDED EVENTS WHICH REQUIRE POSITIVE CHECK- IN. 11-14 500 FREE WILL
 SWIM AS ONE EVENT AND BE SCORED SEPARATELY BY AGE GROUP. SWIMMERS MUST PROVIDE THEIR OWN
 TIMERS & LAP COUNTERS.
 SENIOR 200 IM & 200 FREE EVENTS ALSO REQUIRE POSITIVE CHECK-IN.

11/14 200 IM/100 BREAST

PARTICIPATION MUST BE CONFIRMED BY 6:00 PM.

SENIOR 500 FREE/400 IM

PARTICIPATION MUST BE CONFIRMED BY 8:50 AM.

11/14 500 FREE/400 IM

PARTICIPATION MUST BE CONFIRMED BY 2:20 PM.

SENIOR-9/10 200 IM & SENIOR 200 FREE

PARTICIPATION MUST BE CONFIRMED BY 9:00 AM.

2004 SWEEHEART A/BB/C MEET

**HOW TO
ENTER:**

SWIMMERS MAY ENTER A MAXIMUM OF 5-INDIVIDUAL EVENTS PER DAY.

ENTRIES SUBMITTED AS AN ATTACHMENT TO AN E-MAIL ADDRESSED TO mrolish@comcast.net USING HY-TEK SOFTWARE ARE PREFERRED. A PRINTOUT OF THE ENTRIES AND 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. THE PRINTOUT AND SUMMARY MUST ACCOMPANY ENTRIES SUBMITTED ON DISK. MEET MANAGEMENT WILL TAKE ACTION AS NECESSARY TO RESOLVE DISCREPANCIES IF A VALID CONTACT IS NOT INCLUDED WITH TEAM AND INDIVIDUAL ENTRIES.

MANUALLY PREPARED ENTRIES SHOULD BE SUBMITTED ON THE FORM ATTACHED TO THIS ANNOUNCEMENT AND TRANSMITTED AS AN ATTACHMENT TO AN E-MAIL. THE ANNOUNCEMENT IS AVAILABLE FROM OUR WEBSITE AT (www.jerseywahoos.org) AND THE MALSC WEBSITE (www.maswim.org).

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.

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. 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.

SURCHARGE:

THERE IS A SURCHARGE OF \$5.00/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 PAYMENT WILL RESULT IN REJECTION OF ENTRIES.

FEES:

\$3.00/INDIVIDUAL EVENT. \$5.00 SURCHARGE PER SWIMMER (IF APPLICABLE). CHECKS PAYABLE TO "JERSEY WAHOOS SWIM CLUB."

**SEND ENTRIES
& PAYMENT TO:**

MANUAL & DISK ENTRIES AND PAYMENT (INCLUDING APPLICABLE SURCHARGES) MUST BE MAILED TO JERSEY WAHOOS AT 4101 CHURCH ROAD, MT. LAUREL, NJ 08054. **PAYMENT MUST BE RECEIVED BY THURSDAY, JANUARY 22, 2004, OR ENTRIES WILL BE REJECTED. NO EXCEPTIONS.**

CLOSE:

ALL ENTRIES MUST BE RECEIVED BY **5:00 PM, THURSDAY, JANUARY 22, 2004. LATE ENTRIES WILL NOT BE ACCEPTED.**

INQUIRIES:

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

AWARDS:

SWIMMERS ENTERED WITH USA "A" - MEDALS 1-3, RIBBONS 4-6
SWIMMERS ENTERED WITH USA "BB" - ROSETTES 1ST, RIBBONS 2-6
SWIMMERS ENTERED WITH USA "C" - RIBBONS 1ST THROUGH 6TH

ADMISSION:

\$3.00 FOR ADMISSION AND PROGRAM PER SESSION.

RESULTS:

RESULTS WILL BE POSTED ON THE WAHOOS WEB SITE (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) . RESULTS WILL NOT BE MAILED TO CLUBS.

FUTURE MEETS:

FEBRUARY 15, 2004	1650 MEET (AT JERSEY WAHOOS)
FEBRUARY 28-29, 2004	A/BB/C MEET (AT JERSEY WAHOOS)
MARCH 13-14, 2004	MINI CHAMPIONSHIPS

2004 SWEETHEART A/BB/C MEET

VOLUNTEERS:

FREE ADMISSION/REFRESHMENTS WILL BE PROVIDED TO ANYONE WHO VOLUNTEERS AS A TIMER, RUNNER, OR OTHER CAPACITIES DESIGNATED BY THE MEET DIRECTOR.

SPECTATORS:

SEATING IS FIRST COME/FIRST SERVED. SEATING ON THE LOWER DECK PRIMARILY 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.

DIRECTIONS:

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.

ACCOMODATIONS:

LAUREL INN
550 FELLOWSHIP RD.
MT. LAUREL, NJ
856/235-7400

HOJO EXPRESS
1104 ROUTE 73
MT. LAUREL, NJ
856/778-3500

WYNDHAM
1111 ROUTE 73
MT. LAUREL, NJ
856/234-7000

MARIOTT COURTYARD
1000 CENTURY PARKWAY
MT. LAUREL, NJ
856/273-4400

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: \$3.00

SURCHARGE* \$ _____ (\$5.00/SWIMMER)

TOTAL ENTRY FEES: \$ _____

ATHLETE SUMMARY

NUMBER OF MALE ATHLETES: _____ ENTRIES: _____

NUMBER OF FEMALE ATHLETES: _____ ENTRIES: _____

TOTAL NUMBER OF ATHLETES: _____ TOTAL: _____

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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