

The Summer Flood
A/BB/C Meet
Hosted by
Gloucester County Swim Team

Sanctioned by Middle Atlantic Swimming
Sanction#: MA0483A

JUNE 4-6, 2004

LOCATION:	Gloucester County Institute of Technology 1360 Tanyard Road Sewell NJ 08080 Emergency calls the day(s) of the meet: 856-468-1445 ext. 2659
FACILITY:	<u>GCIT Aquatics Center</u> Aquatic Center at the Gloucester County Institute of Technology, Deptford, NJ. This meet will be run in a 8 lane, 50 meter indoor pool with fully automatic timing. The starting end has a depth of 12 feet. The facility is equipped with Competitor Wave Eater lane lines, Colorado Timing System, Colorado electronic pads, and a eight lane readout scoreboard. Seating for up to 1500 swimmers on deck and balcony seating for up to 500 spectators. Free parking next to the building.
MEET DIRECTOR:	Jack Schwerzler , (856)468-1445 ext. 2657 Email: jschwerzler@gcit.org Please direct all questions to the Meet Director.
OFFICIALS:	If you are interested in officiating at this meet, please contact Jack Schwerzler, at 856-468-1445 ext. 2657. Due to the short notice of this meet we will need all available officials.
SAFETY DIRECTOR:	Matt Sprang 856-468-1445 ext 2657
ELIGIBILITY:	This meet is open to any swimmer registered in 2004 with USA Swimming who meets the entry times for their age group as determined by the swimmer's age on June 4, 2004. This meet will be run according to current USA Swimming rules and regulations.

<p>ENTRY LIMITS:</p>	<p>General:</p> <p>All swimmers may compete in a maximum of ONE (1) event on Friday.</p> <p>All age groups may compete in a maximum of five (5) events per DAY on Saturday & Sunday.</p> <p>The Meet Director reserves the right to limit entries in any event in order to stay within a reasonable time limit.</p> <p>If limits become necessary, teams will be notified through their club contact.</p> <p>If limits are imposed, all eliminated swims will receive a full refund.</p> <p>Please note limits on the 1500 Free below.</p> <p style="text-align: center;">1500 FREE:</p> <p>PROOF OF TIME must accompany all entries into the 1500 Free or entry must be "NT".</p> <p>The 1500 Free for men & women will be limited to a combined total of four heats.</p> <p>Acceptance into the 1500 Free will be based on seed time, fastest to slowest.</p> <p>"NT" swimmers that make the cut will be entered in the order their entries were received.</p> <p>Following the meet entry deadline, a psych sheet for both the Women's & Men's 1500 Free will be posted on the web site. Teams will not be contacted individually.</p> <p>Refunds will not be given to swimmers who fail to positively check-in for this event.</p> <p>Refunds will be given to positively checked in swimmers who fail to receive a lane assignment.</p> <p>Deck entered swimmers will be entered on a "first come" basis.</p>
<p>WARM-UP:</p>	<p>USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:</p> <p>The warm-ups sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted on the web site prior to the meet and will be made available to coaches at the meet. Sprint/Start lanes will be available at the end of each warm-up session. No diving or backstroke starts will be permitted except in sprint lanes, when designated. The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.</p> <p>Swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment. Swimmers without a coach who are 12&Under will swim with and be supervised by the host club during warm-up.</p> <p>Note: Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet.</p> <p>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.</p>

START TIMES:	Session Warm Up		Meet Starts
	Friday Evening – All Ages	4:30 PM	5:30 PM
	Saturday Morning – 13 & Older	6:30 AM	8:00 AM
	Saturday 400 Free – 13 & Older	12:30 PM	12:45 PM
	Saturday Afternoon – 12 & Under	2:30 PM	3:30 PM
	Sunday Morning – 13 & Older	6:30 AM	8:00 AM
	Sunday “Monster Mile” – SENIOR	12:30 PM	12:45 PM
	Sunday Afternoon – 12 & Under	2:30 PM	3:30 PM
DECK ENTRIES:	<p>Deck Entries may be accepted during the meet at the Meet Director's discretion.</p> <p>Deck Entries, if accepted, may only be submitted during the first 30 minutes of each warm-up session.</p> <p>Deck Entries, if accepted, will be for available lanes ONLY. Extra heats will not be added.</p> <p>Deck Entries will not be accepted after the start of a session.</p> <p>Swimmers will not be eligible for awards in deck entered events.</p>		
CHECK-IN:	<p>All events are Pre-Seeded, Timed Final events except those events requiring a positive check-in.</p> <p>A Positive Check-in is required for the Senior 400, 800, & 1500 Free.</p> <p>A Positive Check-in is NOT required for the 9-12 400 Free.</p> <p>The 800 & 1500 Free will be seeded Fastest to Slowest and will be swum in alternating heats of Women and then Men.</p> <p>The Senior 400 Free will be seeded fastest to slowest and will be swum as presented in the program.</p> <p>Swimmers in the 9-12 400 Free do not have to supply their own timer.</p> <p>Swimmers in the Senior 400, 800 are responsible for providing there own timer.</p> <p>Swimmers in the 1500 Free are responsible for providing their own lap counter and timer.</p> <p>Check-In closes at::</p> <p>Senior 800 Free 7:00pm</p> <p>Senior 400 Free 12:00pm</p> <p>Senior 1500 Free 12:00pm</p> <p>Scratch Policy:</p> <p>Failure to show for any event after making a "positive check-in" will result in the swimmer's disqualification from their next scheduled event of the meet.</p>		

<p>HOW TO ENTER:</p>	<p>All Events are Pre-Seeded, Timed Final events except those requiring a positive check-in.</p> <p>This Meet will be swum in Long Course Meters.</p> <p>Entries must be submitted in the course in which they were achieved.</p> <p>Converted time should NOT be used.</p> <p>All times submitted must be the swimmer's best time.</p> <p>PROOF OF TIME must accompany all entries into the 1500 Free or entry must be "NT".</p> <p>Swimmers without a valid USS time in an event must be submitted as a "NT" in that event.</p> <p>Entries should be submitted using HY-TEK software format.</p> <p>A hard copy printout listing each swimmer alphabetically, with each swimmer's events and entry times, must accompany the diskette.</p> <p>If a HY-TEK file is not possible, the official meet entry form. must be used.</p> <p>A completed Meet Summary Sheet <u>MUST</u> accompany each team's entry.</p> <p>Please WAIVE the Signature Release.</p> <p style="text-align: center;">*** ATTENTION: Jack Schwerzler ***</p> <p style="text-align: center;">Do not use "10&Under" or "15/18" event titles when setting up Team Manager.</p> <p style="text-align: center;">Please use "9-10" and Senior/Open.</p> <p>Notice: As per Middle Atlantic regulations, failure to enter a swimmer's best time could result in suspension from competition for a minimum of 3 months, but not more than one year. Further violation by a coach, parent, or swimmer could result in that person being forbidden to participate in or attend USA Swimming functions.</p> <p>EMAIL Entries – there have been past problems with email entries not being received. Teams should be aware that receipt of emailed entries is the responsibility of the sending team, just as entries via US Mail. <u>Entry check and paperwork of emailed entries must be received by May 28th.</u></p>
<p>ENTRY FEES:</p>	<p>\$4.00 per Individual Event \$6.00 per Deck Entry Please send ONE check per club, made payable to "Gloucester County Swim Team Parents Association"</p>

SEND TO:	<p>Mail entries to: Gloucester County Swim Team c/o Jack Schwerzler 1360 Tanyard Road Sewell NJ, 08080</p> <p>Entry questions? Contact Meet Director</p> <p>NOTE: Entries requiring a signature can be delivered Monday through Friday, there is no Saturday delivery! For notification, please enclose a self-address, stamped postcard/envelope that can be returned. Or just email the Meet Director.</p>
ENTRY DEADLINE:	<p>First Priority will be given to all Middle Atlantic Teams that were not accepted in to the Trident Summer Storm</p> <p>MIDDLE ATLANTIC team entries received by May 24 will be entered in the order in which they are received.</p> <p>All Non-Middle Atlantic team entries will be entered after May 24 in the order in which they were received.</p> <p>ALL ENTRIES must be received by May 28.</p> <p>NO LATE or FAXED entries will be accepted!</p> <p>Entries will not be processed without full payment.</p>
EMAIL LIST:	<p>If you are attending this meet, please send me an email message at the address below and I will put you on the Meet E-Mail list. This will ensure that you get any updates, corrections, changes, or announcements that might occur prior to the meet start date.</p> <p><small>(Please note, your register email does not ensure meet acceptance. Your email only ensures that you get any new information in a timely manner.)</small></p> <p>Jschwerzler@gcit.org</p>
START PROCEDURE:	<p>This Meet will be conducted using the No Recall false start rule.</p> <p>This Meet will also use the whistle command starting procedure.</p>
AWARDS:	<p>Due to the late notice of this meet there will be no awards given.</p>
ADMISSION:	<p>Admission - Free</p> <p>Programs - \$15.00 per entire meet Program.</p>
RESULTS:	<p>Final Results will be available on the Gloucester County Swim Team as well as the Middle Atlantic Swimming web site in a (PDF) printable format and in a downloadable Team Manager (Cfile.zip) format.</p> <p>At the conclusion of the meet, upon request, entry disks will be returned with a result file added.</p> <p>Results will not be mailed.</p>
SAFETY:	<p>Current USA Swimming Safety Rules will be in effect and will be strictly enforced.</p>
DECK ACCESS:	<p>By USA Swimming ruling, deck access is limited to swimmers, coaches, officials & meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck.</p>

HOSPITALITY:	There will be food and drinks available at all sessions for officials and coaches.
TIMERS:	Volunteer Timers will be needed for this meet. Timers will receive refreshments and programs free of charge.
SPECTATORS:	Balcony seating is available for up to 500 spectators. We also have a large concession area. There will also be a swimming equipment vendor on-site during the meet.
PARKING:	Free parking is available next to the building
WEB SITE:	For meet info, please visit the Gloucester County Swim Team web site at: http://www.gcitaquatics.org/
HOTELS:	<p>RESIDENCE INN. 1154 Hurfville Road; Deptford, NJ. (856) 686-9188. 102 rooms. Continental Breakfast, Indoor pool, Exercise Room. Located next to the Pizzeria Uno (8 MINUTES FROM POOL).</p> <p>FAIRFIELD INN. 1160 Hurfville Road; Deptford, NJ. (856) 686-9050. 102 rooms plus meeting rooms. Indoor pool, Continental Breakfast (8 MINUTES FROM POOL).</p> <p>BEST WESTERN WEST DEPTFORD. 101 Grove Road; Thorofare, NJ08086. (856) 848-4111. 100 rooms, restaurant, outdoor pool, lounge, some exercise equipment (10 MINUTES FROM POOL).</p> <p>HOLIDAY INN SELECT. Interstate HWY. 295 & Center Square Road; Bridgeport, NJ 08014. (856) 467-3322. 149 rooms. Restaurant, Lounge, Indoor pool, Game room (20 MINUTES FROM POOL).</p> <p>HAMPTON INN BRIDGEPORT. 2 Pureland Drive; Swedesboro, NJ 08085. (856) 467-6200. 95 rooms. Restaurant nearby (20 MINUTES FROM POOL).</p> <p>HOLIDAY INN RUNNEMEDE. 109 9th Avenue; Runnemede, NJ 08078. (856) 939-4200. 174 rooms, Restaurant, Lounge, Meeting rooms (15 MINUTES FROM POOL).</p> <p>COMFORT INN. 9th Avenue and Black Horse Pike; Runnemede, NJ 08078. (856) 939-6700. 44 rooms. Restaurant nearby, Continental breakfast (15 MINUTES FROM POOL).</p> <p>DAYS INN. 801 US Highway 130; Brooklawn, NJ 08030. (856) 456-6688. 115 rooms, Outdoor pool Continental Breakfast, Meeting rooms, playground, Limited Exercise equipment (15 MINUTES FROM POOL).</p> <p>ECONO LODGE. 301 Black Horse Pike; Bellmawr, NJ 08031. (856) 931-2800 (15 MINUTES FROM POOL).</p> <p>RAMADA INN. Harmony Road & Interstate HWY. 295; Gibbstown, NJ 08027. (856) 423-6600. 124 rooms, Continental Breakfast, Restaurant, Outdoor pool, Lounge (15 MINUTES FROM POOL).</p> <p>HOWARD JOHNSON. 832 Black Horse Pike; Blackwood, NJ 08012. (856) 228-4040. 115 rooms, Continental Breakfast, Restaurant nearby, outdoor pool (15 MINUTES FROM POOL).</p> <p>CLARION HOTEL AND CONFERENCE CENTER. 1450 State HWY. 70; Cherry Hill, NJ 08034. (856) 428-2300. 204 rooms, Exercise room, Tennis courts, Outdoor pool, Lounge, Restaurant, Meeting rooms (ABOUT 20 MINUTES FROM POOL).</p> <p>HILTON AT CHERRY HILL. State HWY. 70 & Cutherbert Road; Cherry Hill, NJ 08034. (856) 665-6666. 408 rooms. Restaurant, Lounge, Outdoor pool, Meeting rooms (20 MINUTES FROM POOL).</p>

	<p>HOLIDAY INN. State HWY. 70 & Sayer Avenue; Cherry Hill, NJ 08034. (856) 663-5300. 184 rooms, Indoor and Outdoor pools, Conference rooms, Restaurant, Lounge (20 MINUTES FROM POOL).</p> <p>RESIDENCE INN. 1821 Old Cuthbert Road; Cherry Hill, NJ 08034. (856) 429-6111. 96 rooms, Outdoor pool, Whirlpool, Basketball courts, Horseshoes, Sand volleyball, Meeting rooms, Restaurant nearby (20 MINUTES FROM POOL).</p> <p>DOUBLETREE GUEST SUITES. 515 Fellowship Road; Mt. Laurel, NJ 08054. (856) 778-8999. 204 rooms, Exercise room, Indoor pool, Lounge, Restaurant, Conference rooms (20 MINUTES FROM POOL).</p> <p>DAYS INN. 550 Fellowship Road; Mt. Laurel, NJ 08054. (856) 235-7400 (20 MINUTES FROM POOL).</p> <p>RADISON INN. State HWY. 73; Mt. Laurel, NJ 08054. (856) 234-7300. 283 rooms, Outdoor pool, Tennis courts, Exercise room, Basketball Courts, Conference rooms (20 MINUTES FROM POOL).</p> <p>HAMPTON INN VOORHEES. 121 Laurel Oak Road; Voorhees, NJ 08043. (856) 346-4500. 120 rooms, Outdoor pool, Meeting rooms, Restaurant Nearby, Gym nearby (20 MINUTES FROM POOL).</p> <p>TRAVEL LODGE HOTEL. 1111 State HWY. 73; Mt. Laurel, NJ 08054. (856) 234-7000 (20 MINUTES FROM POOL).</p> <p>HAMPTON INN. 429 N. Broadway; Pennsville, NJ 08070. (856) 351-9554. 104 rooms, Outdoor pool, Restaurant nearby, Gym nearby, Meeting rooms (20 MINUTES FROM POOL).</p>
<p>DIRECTIONS:</p>	<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>

	<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>
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SESSION #1				
FRIDAY EVENING – JUNE 4, 2004 (Warm-up 4:30 p.m. – Start 5:30 p.m.)				
<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
1		Senior 400 IM		2
3		9 - 12 400 Free		4
5	Check-in Required	Senior 800 Free	Check-in Required	6

SESSION #2				
SATURDAY MORNING – JUNE 5, 2004 (Warm-up 6:30 a.m. - Start 8:00 a.m.)				
Women's		Event Description		Men's
7		Senior 200 Back		8
9		13-14 200 Back		10
11		Senior 100 Breast		12
13		13-14 100 Breast		14
15		Senior 200 Fly		16
17		13-14 200 Fly		18
19		Senior 100 Free		20
21		13-14 100 Free		22
23		Senior 200 IM		24
25		13-14 200 IM		26

SESSION #3				
SATURDAY 400 FREE –JUNE 5, 2004 (Warm-up 12:30 p.m. - Start 12:45 p.m.)				
27	Check-in Required	Senior 400 Free	Check-in Required	28

SESSION #4				
SATURDAY AFTERNOON – JUNE 5, 2004 (Warm-up 2:30 p.m. - Start 3:30 p.m.)				
<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
31		9-10 100 Fly		32
33		11-12 100 Fly		34
35		9-10 50 Back		36
37		11-12 50 Back		38
39		9-10 100 Free		40
41		11-12 100 Free		42
43		9-10 50 Breast		44
45		11-12 50 Breast		46
47		9-10 200 IM		48
49		11-12 200 IM		50

SESSION #5				
SUNDAY MORNING – JUNE 6, 2004 (Warm-up 6:30 a.m. - Start 8:00 a.m.)				
<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
51		Senior 200 Free		52
53		13-14 200 Free		54
55		Senior 100 Fly		56
57		13-14 100 Fly		58
59		Senior 50 Free		60
61		13-14 50 Free		62
63		Senior 100 Back		64
65		13-14 100 Back		66
67		Senior 200 Breast		68
69		13-14 200 Breast		70

SESSION #6				
SUNDAY MILE – JUNE 6, 2004 (Warm-up 12:30 p.m. - Start 12:45 p.m.)				
71	Top Two Heats Only --- Check-in Required	Senior 1500 Free	Top Two Heats Only --- Check-in Required	72

SESSION #7				
SUNDAY AFTERNOON – JUNE 6, 2004 (Warm-up 2:30 p.m. - Start 3:30 p.m.)				
<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
73		9-10 200 Free		74
75		11-12 200 Free		76
77		9-10 50 Fly		78
79		11-12 50 Fly		80
81		9-10 100 Back		82
83		11-12 100 Back		84
85		9-10 50 Free		86
87		11-12 50 Free		88
89		9-10 100 Breast		90
91		11-12 100 Breast		92

2004 SUMMER FLOOD MEET SUMMARY SHEET

Team Name:

Team Code:

Head Coach:

LSC Code:

Entry Contact:

Phone#:

Mailing Address:

Email Address:

ENTRY SUMMARY:

Swimmers Events

12&Under:

**Mail To:
Jack Schwerzler
Gloucester County Institute of
Technology
1360 Tanyard Road
Sewell, NJ 08080**

13&Older:

TOTALS:

FEE SUMMARY:

**Total Individual
Events:**

X \$4.00 =

TOTAL DUE:

MEET ENTRY FORM

Meet Name: Summer Flood June 4-6, 2004

Team:

Team Code:

Age Group:

PLEASE USE A SEPERATE SHEET FOR EACH AGE GROUP & SEX.

Name (Last, First, MI)	Age	Sex	USS# or DOB	Event#	Time	Event#	Time

Mail To: Jack Schwerzler
Gloucester County Institute of Technology
1360 Tanyard Road
Sewell, NJ 08080

Contact Name: _____ Phone#: _____