

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

14th ANNUAL MIDDLE ATLANTIC MINI CHAMPIONSHIPS

March 13-14, 2004

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, SANCTION #04M.

FACILITY:

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

THIS FACILITY CONTAINS TWO 8 LANE/25 YD. POOLS EQUIPPED WITH LANE LINES, STARTING BLOCKS/12 AND 5 FT DEPTHS AT STARTING ENDS. COLORADO TIMING SYSTEM WITH EIGHT LANE DISPLAY. SEPARATE SPECTATOR AREA/UNLIMITED PARKING. REFRESHMENTS ARE AVAILABLE IN THE CONCESSION AREA.

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.

ELIGIBILITY:

THE MEET IS OPEN TO ANY USA REGISTERED SWIMMER. THE SWIMMER'S AGE AS OF MARCH 13, 2004, 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:

	<i>SATURDAY AND SUNDAY</i>	
GIRLS/BOYS	WARM-UPS	10:00 AM
	MEET START	10:45 AM

WARM-UPS:

SATURDAY & SUNDAY TWO ASSIGNED LANE WARM-UP SESSIONS OF TWENTY-MINUTES. SPRINTS ARE INCLUDED AS A PART OF EACH TWENTY-MINUTE SESSION. LANES MUST BE CLEARED PRIOR TO INITIATING SPRINTS. WARM-UP LANE ASSIGNMENTS WILL BE INCLUDED IN COACHES' PACKETS AND POSTED ON THE POOL DECK.

RULES:

CURRENT USA AND MIDDLE ATLANTIC LSC RULES WILL GOVERN THE MEET. THE WHISTLE START RULE **WILL NOT** BE IN USE. THE NO RECALL FALSE START RULE 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.

DECK ENTRIES:

DECK ENTRIES **WILL NOT** BE ACCEPTED AT THIS CHAMPIONSHIP MEET.

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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.

SEEDING:

ALL EVENTS ARE PRESEEDDED TIMED FINALS. 8/UNDER INDIVIDUAL EVENTS WILL SWIM AS ONE EVENT AND BE SCORED SEPARATELY BY AGE GROUP. SWIMMERS ENTERED IN 100-YARD RELAY EVENTS MUST SWIM IN THEIR AGE GROUP ONLY. SWIM-UPS ARE NOT PERMISSIBLE FOR 100-YARD RELAY EVENTS.

AWARDS:

INDIVIDUAL EVENTS	ROSETTES-1ST THROUGH 3RD PLACES RIBBONS-4TH THROUGH 16TH PLACES HEAT WINNER RIBBONS
INDIVIDUAL HIGH POINT*	PLAQUES-FOR HIGH SCORING BOY AND GIRL IN EACH AGE GROUP FOR AGES 6/U, 7, AND 8.
RELAYS*	RIBBONS-1ST THROUGH 3RD PLACES
TEAM HIGH POINT*	PLAQUES-1ST THROUGH 3RD PLACES

SCORING:

*SCORING IS BASED ON USA RULE (102.7.3) FOR 8-LANE POOLS AND WILL INCLUDE COMBINED TEAM TOTALS FOR AGES 6/U, 7, AND 8. INDIVIDUAL EVENTS WILL BE SCORED 9-7-6-5-4-3-2-1. THESE POINT VALUES WILL BE DOUBLED FOR RELAYS.

ADMISSION:

\$2.00 ADMISSION PER SESSION-A PROGRAM FOR THE ENTIRE MEET CAN BE PURCHASED FOR \$10.00.

RESULTS:

RESULTS WILL BE POSTED ON THE WAHOOS WEB SITE (www.jerseywahoos.org) AND THE MIDDLE ATLANTIC WEBSITE (www.maswim.org). RESULTS WILL BE SENT TO ANY CLUB BY E-MAIL THAT PROVIDES A VALID E-MAIL ADDRESS. RESULTS WILL NOT BE MAILED TO CLUBS.

FUTURE MEETS:

MAY14-16, 2004	SPRING FLING LONG COURSE A/BB MEET (AT GCIT)
JUNE 18-20, 2004	SUMMER SOLSTICE LONG COURSE A MEET(AT GCIT)

TEE SHIRTS:

MINI CHAMPIONSHIPS TEE SHIRTS WILL BE ON SALE THROUGHOUT THE MEET.

DIRECTIONS:

FROM THE SOUTH: TAKE ROUTE 55 NORTH TO ROUTE 47. TAKE EXIT 56B/WESTVILLE. TURN LEFT AT THE TRAFFIC LIGHT ONTO BANKBRIDGE ROAD. TURN LEFT AT THE NEXT TRAFFIC LIGHT ONTO TANYARD ROAD. THE ENTRANCE TO GCIT IS ON THE LEFT AT THE BOTTOM OF THE HILL.

FROM THE NORTH AND THE WALT WHITMAN BRIDGE: TAKE I-295 SOUTH TO ROUTE 42 SOUTH AND REMAIN IN RIGHT LANE. TAKE ROUTE 55 SOUTH TO EXIT 56B (ROUTE 47 NORTH/WOODBURY). TURN LEFT ONTO BANKBRIDGE ROAD AT THE TRAFFIC LIGHT. TURN LEFT AT THE NEXT TRAFFIC LIGHT ONTO TANYARD ROAD. GCIT IS ON THE LEFT AT THE BOTTOM OF THE HILL.

FROM THE DELAWARE MEMORIAL & COMMODORE BARRY BRIDGES: TAKE I-295 NORTH TO EXIT 21 ONTO DELAWARE ST. AND CONTINUE THROUGH WOODBURY. TURN RIGHT AT TRAFFIC LIGHT ONTO EVERGREEN AVE. TURN LEFT AT NEXT TRAFFIC LIGHT ONTO EGG HARBOR ROAD. CONTINUE 3-MILES TO THE NEXT TRAFFIC LIGHT. GCIT IS AT THE BOTTOM OF THE HILL ON LEFT.

VOLUNTEERS:

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

SPECTATORS:

SEATING IS FIRST COME/FIRST SERVED. SPECTATORS ARE PROHIBITED FROM ENTERING AREAS OF THE DECK ADJACENT TO THE POOL WHICH ARE BEING USED BY SWIMMERS, COACHES, AND OFFICIALS. COACHES AND OFFICIALS MUST DISPLAY USA CURRENT CREDENTIALS.

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**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:

\$2.50/INDIVIDUAL EVENT/\$6.00 PER RELAY. \$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, FEBRUARY 26, 2004, OR ENTRIES WILL BE REJECTED. NO EXCEPTIONS.**

CLOSE:

ALL ENTRIES MUST BE RECEIVED BY **5:00 PM, THURSDAY, FEBRUARY 26, 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.

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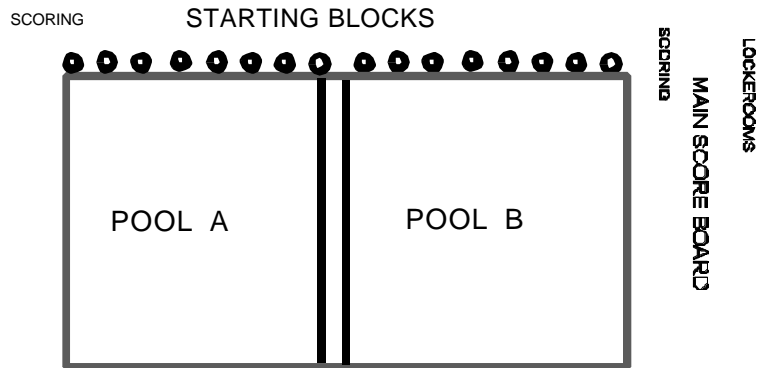
ACCOMODATIONS:

COMFORT INN	DAYS INN	QUALITY INN	HO JO INN
RUNNEMEDE	BROOKLAWN	W. DEPTFORD	BLACKWOOD
856/939-6700	856/456-6688	856/848-4111	856/228-4040

**SWIMMING POOL
DESIGNATION:**

SWIMMING POOLS HAVE BEEN DESIGNATED POOL A AND POOL B. SEE THE CHART BELOW

POOL DIAGRAM



SPECTATOR AREA
(UPPER LEVEL)

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SCHEDULE OF EVENTS
ALL EVENTS ARE TIMED FINALS

SATURDAY, MARCH 13, 2004

SESSION 1 GIRLS

POOL B

WARM-UP 10:00AM START 10:45AM

EVENT#	EVENT	AGE GROUP
1	100 MEDLEY RELAY	8 YRS OLD
2	100 MEDLEY RELAY	7 YRS OLD
3	100 MEDLEY RELAY	6/UNDER
4	200 FREE	8/UNDER
5	25 BREAST	8 YRS OLD
6	25 BREAST	7 YRS OLD
7	25 BREAST	6/UNDER
8	100 BREAST	8/UNDER
9	50 FLY	8 YRS OLD
10	50 FLY	7 YRS OLD
11	50 FLY	6/UNDER
12	50 FREE	8 YRS OLD
13	50 FREE	7 YRS OLD
14	50 FREE	6/UNDER
15	25 BACK	8 YRS OLD
16	25 BACK	7 YRS OLD
17	25 BACK	6/UNDER
18	100 BACK	8/UNDER
19	100 IM	8 YRS OLD
20	100 IM	7 YRS OLD
21	100 IM	6/UNDER
22	200 FREE RELAY	8/UNDER

SESSION 2 BOYS

POOL A

WARM-UP 10:00AM START 10:45AM

EVENT#	EVENT	AGE GROUP
23	100 MEDLEY RELAY	8 YRS OLD
24	100 MEDLEY RELAY	7 YRS OLD
25	100 MEDLEY RELAY	6/UNDER
26	200 FREE	8/UNDER
27	25 BREAST	8 YRS OLD
28	25 BREAST	7 YRS OLD
29	25 BREAST	6/UNDER
30	100 BREAST	8/UNDER
31	50 FLY	8 YRS OLD
32	50 FLY	7 YRS OLD
33	50 FLY	6/UNDER
34	50 FREE	8 YRS OLD
35	50 FREE	7 YRS OLD
36	50 FREE	6/UNDER
37	25 BACK	8 YRS OLD
38	25 BACK	7 YRS OLD
39	25 BACK	6/UNDER
40	100 BACK	8/UNDER
41	100 IM	8 YRS OLD
42	100 IM	7 YRS OLD
43	100 IM	6/UNDER
44	200 FREE RELAY	8/UNDER

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SCHEDULE OF EVENTS
ALL EVENTS ARE TIMED FINALS

SUNDAY, MARCH 14, 2004

SESSION 3 GIRLS

POOL A

WARM-UP 10:00AM

START 10:45AM

EVENT#	EVENT	AGE GROUP
45	100 FREE RELAY	8 YRS OLD
46	100 FREE RELAY	7 YRS OLD
47	100 FREE RELAY	6/UNDER
48	200 IM	8/UNDER
49	25 FREE	8 YRS OLD
50	25 FREE	7 YRS OLD
51	25 FREE	6/UNDER
52	50 BREAST	8 YRS OLD
53	50 BREAST	7 YRS OLD
54	50 BREAST	6/UNDER
55	50 BACK	8 YRS OLD
56	50 BACK	7 YRS OLD
57	50 BACK	6/UNDER
58	25 FLY	8 YRS OLD
59	25 FLY	7 YRS OLD
60	25 FLY	6/UNDER
61	100 FLY	8/UNDER
62	100 FREE	8 YRS OLD
63	100 FREE	7 YRS OLD
64	100 FREE	6/UNDER
65	200 MEDLEY RELAY	8/UNDER

SESSION 4 BOYS

POOL B

WARM-UP 10:00AM

START 10:45AM

EVENT#	EVENT	AGE GROUP
66	100 FREE RELAY	8 YRS OLD
67	100 FREE RELAY	7 YRS OLD
68	100 FREE RELAY	6/UNDER
69	200 IM	8/UNDER
70	25 FREE	8 YRS OLD
71	25 FREE	7 YRS OLD
72	25 FREE	6/UNDER
73	50 BREAST	8 YRS OLD
74	50 BREAST	7 YRS OLD
75	50 BREAST	6/UNDER
76	50 BACK	8 YRS OLD
77	50 BACK	7 YRS OLD
78	50 BACK	6/UNDER
79	25 FLY	8 YRS OLD
80	25 FLY	7 YRS OLD
81	25 FLY	6/UNDER
82	100 FLY	8/UNDER
83	100 FREE	8 YRS OLD
84	100 FREE	7 YRS OLD
85	100 FREE	6/UNDER
86	200 MEDLEY RELAY	8/UNDER

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: \$2.50

TOTAL NUMBER OF RELAYS: _____

MULTIPLY BY: \$6.00

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