

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

THANKSGIVING CELEBRATION "A/BB/C" MEET

NOVEMBER 22-23, 2003

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, SANCTION #0414A

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 NOVEMBER 22, 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:

SATURDAY AND SUNDAY

MEN/WOMEN	WARM-UPS	8:00 AM
9-10-SENIOR	MEET START	9:00 AM

1650 FREE	WARM-UPS	END OF AM SESSION
SENIOR	MEET START	30-MINUTES LATER

THESE EVENTS ARE BEING OFFERED TO SWIMMERS WHO HAVE ACHIEVED A/BB TIMES AND WILL SWIM FASTEST TO SLOWEST-MEN ON SATURDAY-WOMEN ON SUNDAY, USING BOTH POOLS EACH DAY. PROOF OF TIME MUST BE PROVIDED UPON REQUEST.

MEN/WOMEN	WARM-UPS	2:30 PM
11/14	MEET START	3:30 PM

11/14 EVENTS:

THE 200 BACK, 200 FLY, AND 200 BREAST HAVE BEEN OFFERED AS 11/14 EVENTS IN THE AFTERNOON SESSIONS. COACHES SHOULD EXERCISE CAUTION WHEN ENTERING AGE 11/12 SWIMMERS IN THESE EVENTS. THE 200 EVENTS WILL SWIM CONCURRENTLY IN OPPOSITE SWIMMING POOLS WITH THE 100 IM, 50 BACK, 50 FLY AND 50 BREAST FOR AGE 11/12 SWIMMERS. IT MAY NOT BE POSSIBLE FOR 11/12 SWIMMERS TO PARTICIPATE IN BOTH THE 200s, 50s, AND 100 IMs FOR THESE STROKES. COACHES SHOULD SELECT EITHER THE 50s, 100 IMs OR THE 200s FOR THEIR 11/12 SWIMMERS IN THESE EVENTS. IT WILL BE CONSIDERED A TEAM'S OR COACHES' ERROR IF AN 11/12 SWIMMER IS ENTERED IN THE 11/14 200 EVENT AND THE CORRESPONDING 11/12 50 EVENT OR 100 IM AND THE SWIMMER IS UNABLE TO COMPETE IN EITHER EVENT. MEET MANAGEMENT WILL NOT HALT OR DELAY THE OPERATION OF THE SESSION TO PERMIT SWIMMERS TO COMPETE IN BOTH EVENTS.

WARM-UPS:

SATURDAY & SUNDAY 8:00AM TO 8:50AM AND 3:30PM TO 3:20PM-ASSIGNED WARM-UPS. 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 ON DECK. 1650 WARM-UPS WILL BEGIN IMMEDIATELY UPON COMPLETION OF THE MORNING SESSIONS.

**THANKSGIVING CELEBRATION "A/BB/C" MEET
JERSEY WAHOOS AT GCIT**

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.

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.

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 WITH THE EXCEPTION OF THE 1650, 500 FREE AND 400 IM ARE PREESEDED TIMED FINALS. THE 1650 FREE, 500 FREE & 400IM ARE DECK SEEDED EVENTS WHICH REQUIRE POSITIVE CHECK-IN. 11-14 500 FREE & 400 IM WILL SWIM AS ONE EVENT AND BE SCORED SEPARATELY BY AGE GROUP. SWIMMERS MUST PROVIDE THEIR OWN TIMERS & LAP COUNTERS AS NECESSARY

SENIOR 500 FREE/400 IM

PARTICIPATION MUST BE CONFIRMED BY 8:50 AM.

1650 FREE

PARTICIPATION MUST BE CONFIRMED BY 12:15 PM

11/14 500 FREE/400 IM

PARTICIPATION MUST BE CONFIRMED BY 2:20 PM.

AWARDS:

SWIMMERS ENTERED WITH USA "A" - MEDALS 1-3, RIBBONS 4-8

SWIMMERS ENTERED WITH USA "BB" - ROSETTES 1ST, RIBBONS 2-8

SWIMMERS ENTERED WITH USA "C" - RIBBONS 1-8

ADMISSION:

\$2.00 ADMISSION PER SESSION - A PROGRAM FOR THE ENTIRE MEET CAN BE PURCHASED FOR \$8.00.

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:

DECEMBER 14, 2003	MINI-MEET (AT JERSEY WAHOOS)
JANUARY 10-11, 2004	A/BB/C MEET (AT GCIT)
FEBRUARY 7-8, 2004	A/BB/C MEET (AT JERSEY WAHOOS)
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 (AT GCIT)

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.

THANKSGIVING CELEBRATION "A/BB/C" MEET
JERSEY WAHOOS AT GCIT

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. SURCHARGE \$5.00 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, NOVEMBER 6, 2003, OR ENTRIES WILL BE REJECTED. NO EXCEPTIONS.**

CLOSE:

ALL ENTRIES MUST BE RECEIVED BY **5:00 PM, THURSDAY, NOVEMBER 6, 2003.** LATE ENTRIES WILL NOT BE ACCEPTED.

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.

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.

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 SERVE. SPECTATORS ARE PROHIBITED FROM ENTERING AREAS OF THE POOL THAT ARE BEING USED BY SWIMMERS, COACHES, AND OFFICIALS.

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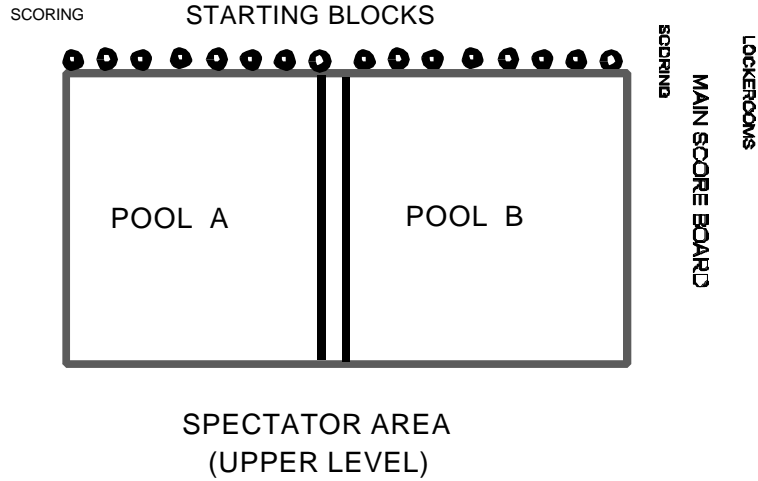
ACCOMODATIONS:

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



**THANKSGIVING CELEBRATION "A/BB/C" MEET
JERSEY WAHOOS AT GCIT**

SCHEDULE OF EVENTS

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

SATURDAY, NOVEMBER 22, 2003

SESSION 1--SENIOR WOMEN-9/10 BOYS/POOL A

WARM-UP 8:00 AM

SESSION 2--SENIOR MEN-9/10 GIRLS/POOL B

START 9:00 AM

WOMEN-EVENT#	EVENT	MEN-EVENT#
3	SENIOR 200 BREAST	4
5	9/10 50 BREAST	6
7	SENIOR 100 BACK	8
9	9/10 100 BACK	10
11	SENIOR 50 FREE	12
13	9/10 50 FREE	14
15	SENIOR 100 FLY	16
17	9/10 100 FLY	18
19	SENIOR 200 IM	20
21	9/10 200 IM	22
23	SENIOR 500 FREE*	24

SESSION 3—MEN'S 1650 FREESTYLE

WARM-UPS BEGIN UPON COMPLETION OF AM SESSION

START-30-MINUTES LATER

EVENT#	TIME	EVENT	TIME	MEN-EVENT#
		SENIOR 1650 FREE*	20:21.89 YDS	2
			20:59.89 LC	
			20:14.79 SCM	

BOTH POOLS WILL BE USED FOR THIS EVENT-ODD NUMBERED HEATS IN POOL A-EVEN NUMBERED HEATS IN POOL B. SWIMMERS MUST HAVE ACHIEVED A/BB TIMES TO COMPETE IN THIS EVENT. PROOF OF TIME MUST BE PROVIDED UPON REQUEST.

SESSION 4--13/14 WOMEN-11/12 BOYS/POOL A

WARM-UP 2:30 PM

SESSION 5--11/12 GIRLS-13/14 MEN/POOL B

START 3:30 PM

WOMEN-EVENT#	EVENT	MEN-EVENT#
25	11/14 200 BREAST**	26
27	11/12 50 BREAST**	28
29	13/14 100 BACK	30
31	11/12 100 BACK	32
33	13/14 50 FREE	34
35	11/12 50 FREE	36
37	13/14 100 FLY	38
39	11/12 100 FLY	40
41	13/14 200 IM	42
43	11/12 200 IM	44
45	11/14 500 FREE*	46

**11/12 SWIMMERS SHOULD SELECT EITHER THE 11/12-100 IM/50 EVENTS OR THE 11/14-200 YARD EVENTS AS IT MAY NOT BE POSSIBLE TO COMPETE IN BOTH. SEE EXPLANATION ON PAGE ONE.

**THANKSGIVING CELEBRATION "A/BB/C" MEET
JERSEY WAHOOS AT GCIT**

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

SUNDAY, NOVEMBER 23, 2003

**SESSION 6--SENIOR WOMEN-9/10 BOYS/POOL B
WARM-UP 8:00AM**

**SESSION 7--SENIOR MEN-9/10 GIRLS/POOL A
START 9:00AM**

WOMEN-EVENT#	EVENT	MEN-EVENT#
47	9/10 100 IM	48
49	SENIOR 200 BACK	50
51	9/10 50 BACK	52
53	SENIOR 100 FREE	54
55	9/10 100 FREE	56
57	SENIOR 200 FLY	58
59	9/10 50 FLY	60
61	SENIOR 100 BREAST	62
63	9/10 100 BREAST	64
65	SENIOR 200 FREE	66
67	9/10 200 FREE	68
69	SENIOR 400 IM*	70

SESSION 8—WOMEN'S 1650 FREESTYLE

WARM-UPS BEGIN UPON COMPLETION OF AM SESSION

START-30-MINUTES LATER

WOMEN

EVENT#	TIME	EVENT
1	21:38.89 YDS	SENIOR 1650 FREE*
	22:10.79 LC	
	21:31.29 SCM	

BOTH POOLS WILL BE USED FOR THIS EVENT-ODD NUMBERED HEATS IN POOL A-EVEN NUMBERED HEATS IN POOL B. SWIMMERS MUST HAVE ACHIEVED A/BB TIMES TO COMPETE IN THIS EVENT. PROOF OF TIME MUST BE PROVIDED UPON REQUEST.

**SESSION 9--13/14 WOMEN-11/12 BOYS/POOL B
WARM-UP 2:30 PM**

**SESSION 10--11/12 GIRLS-13/14 MEN/POOL A
START 3:30 PM**

WOMEN-EVENT#	EVENT	MEN-EVENT#
71	11/12 100 IM**	72
73	11/14 200 BACK**	74
75	11/12 50 BACK**	76
77	13/14 100 FREE	78
79	11/12 100 FREE	80
81	11/14 200 FLY**	82
83	11/12 50 FLY**	84
85	13/14 100 BREAST	86
87	11/12 100 BREAST	88
89	13/14 200 FREE	90
91	11/12 200 FREE	92
93	11/14 400 IM*	94

**11/12 SWIMMERS SHOULD SELECT EITHER THE 11/12-100 IM/50 EVENTS OR THE 11/14-200 YARD EVENTS AS IT MAY NOT BE POSSIBLE TO COMPETE IN BOTH. SEE EXPLANATION ON PAGE ONE.

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: _____

*THERE IS A SURCHARGE OF \$2.00/SWIMMER FOR ANY TEAM 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 ENTRY FEES OR THE SURCHARGE WILL RESULTS IN REJECTION OF ENTRIES.**

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