

**MIDDLE ATLANTIC SWIMMING  
2005 Summer  
Junior Olympic Championships**

**Hosted by  
LANCASTER AQUATIC CLUB  
Golden Meadows Swim Center  
Lancaster, PA**

**Thursday - Sunday, July 28-31, 2005**

Held under the sanction of Middle Atlantic Swimming  
Meet Sanction – MA 05100 AG  
Time Trials Sanction – MA 05100 TT

**Meet Site Director: Ned Yoskoski**  
**Safety Director: Chris Schleif**  
**Meet Referee: Jim Leigh**  
**General Chair: George Breen**  
**Age Group Chair: Kip Hein**  
**Administrative Chair: Fred Killian**  
**Middle Atlantic Office: (302) 529-5859 office@maswim.org**

Notes on the 2005 Long Course Junior Olympics

- **Send entries to Lancaster**
- Swimmers who qualify for FINALS on their last meet day and do not compete are subject to a \$50 fine, unless the swimmer has scratched at Prelims.
- 10&Under events are Timed Finals; 11-12, 13-14 and 15-19 will have both A- and B-Finals.
- All swimmers, including relay-only swimmers, are subject to a \$3 surcharge. All relay-only swimmers must be entered into the meet prior to the entry deadline.
- Swimmers are limited to three (3) individual events each day and nine (9) total events.
- Swimmers eight (8) years and younger may enter 10&Under events if they have achieved the event qualifying time.
- All 10&Under Relays will swim in the afternoon. The top eight (8) seeded relays (after check –in) for 11-12, 13-14, and 15-19 will swim at Finals. All other relays will swim during the Prelims sessions.

LOCATION	Golden Meadows Swim Center 2301 Harrisburg Pike Lancaster, PA 17603 Day of meet ONLY emergency phone number: 206-419-3429
FACILITIES	<p>OUTDOOR competition pool is 50 meters; 8 lanes with non-turbulent lane lines. Water depth is 12 feet at the starting end; and 3.5 - 4.0 feet at the turn end. Water depth will require an in-water start for the 2<sup>nd</sup> and 4<sup>th</sup> swimmers in the 200-meter relays.</p> <p>Colorado electronic timing system, with a single line scoreboard.</p> <p>An indoor 25-yd pool will be available for warm -up and warm -down throughout the Meet. There will no breaks during competition in the main pool.</p> <p>Adequate parking is available.</p> <p>Hospitality will be available at all sessions for coaches, officials and volunteer workers. A snack bar will be provided for spectators.</p> <p>JOs T-shirts will be available for purchase.</p> <p>A Speedo vendor will be on site to sell suits and equipment.</p> <p>Spectator seating will be provided. You are allowed to bring lawn chairs. Team tents are suggested. Contact Tents for Rent at 717-733-9700.</p>
MEET DIRECTOR	Ned Yoskoski, 717-653-8156 (h) Email: <a href="mailto:nyoskoski@yahoo.com">nyoskoski@yahoo.com</a> Email team entries to <a href="mailto:lacmeetentry@yahoo.com">lacmeetentry@yahoo.com</a> . Please put LC JO Entry in subject line.
SAFETY DIRECTOR	Chris Schleif (h) 717-898-1472
OFFICIALS	Meet Referee - Jim Leigh (215-572-0787) E-mail: <a href="mailto:leighji@comcast.net">leighji@comcast.net</a> . Middle Atlantic Officials will be contacted via e-mail prior to the Meet to determine their availability. All Officials are urged to work whenever present at the Meet. If you are not contacted but will be at the Meet, please contact Gary Gehman at <a href="mailto:geh2570@comcast.net">geh2570@comcast.net</a> (phone 717-569-2998) or report to the Referee at the start of warm-ups ready to work.
ELIGIBILITY	<p>All swimmers must be currently registered with USA Swimming. <b>The meet is limited to Middle Atlantic registered swimmers only.</b> Age group is determined by the swimmer's age on Thursday, July 28, 2005.</p> <p><b>Swimmers are limited to three (3) individual events and one (1) relay per day; swimmers are limited to nine (9) total individual events in the Meet.</b></p> <p>Qualifying times must have been <b>achieved on or after January 1, 2004.</b> Entry times must be equal to or faster than the Qualifying Times shown in the attached Tables. All entry times must be from a USA Swimming Sanctioned, Observed or Approved Meet or a Middle Atlantic Accepted Meet. <b>YMCA and high school times are not acceptable unless that particular meet was granted one of the above statuses.</b> Penalties will be imposed upon the swimmer when any coach, parent or swimmer enters a time other than the swimmer's best time for any particular event, and could cause the swimmer to be suspended from competition for a minimum of three months, but not more than one year. Further violations by a coach or parent could result in that person being forbidden to participate in, or attend, USA Swimming functions.</p>
ENTRY LIMITATIONS	The Meet Director reserves the right to limit the number of heats in certain events, or to limit the number of entries per swimmer, or to otherwise modify the meet format in order to run the meet in a timely manner.

<p>WARM-UP &amp; START TIMES</p> <p>ORDER OF EVENTS AND QUALIFYING TIMES IS ON THE ATTACHED SHEET</p>	<table border="0"> <thead> <tr> <th></th> <th style="text-align: center;">WARM-UP</th> <th style="text-align: center;">START</th> </tr> </thead> <tbody> <tr> <td><b>Thursday</b></td> <td></td> <td></td> </tr> <tr> <td></td> <td style="text-align: center;">4:30 pm</td> <td style="text-align: center;">5:30 pm</td> </tr> <tr> <td><b>Friday - Sunday</b></td> <td></td> <td></td> </tr> <tr> <td>    <b>13/O Prelims</b></td> <td style="text-align: center;">6:30 am</td> <td style="text-align: center;">8:00 am</td> </tr> <tr> <td>    <b>12/U Prelims</b></td> <td style="text-align: center;">12:00 pm</td> <td style="text-align: center;">12:45 pm</td> </tr> <tr> <td>    <b>Finals</b></td> <td style="text-align: center;">4:00 pm</td> <td style="text-align: center;">5:00 pm</td> </tr> </tbody> </table> <p>The afternoon sessions will begin no earlier than the above times, depending on the length of the morning sessions. Finals times may be delayed depending on the length of the afternoon sessions.</p>		WARM-UP	START	<b>Thursday</b>				4:30 pm	5:30 pm	<b>Friday - Sunday</b>			<b>13/O Prelims</b>	6:30 am	8:00 am	<b>12/U Prelims</b>	12:00 pm	12:45 pm	<b>Finals</b>	4:00 pm	5:00 pm
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<p>RELAYS</p>	<p>All Relays are Timed Finals and will be deck seeded. All 10/U Relays will be swum at the afternoon Prelims session. The top eight (8) seeded 11-12, 13-14 and 15-19 Relays will swim at Finals; all other Relays will swim at the end of the Prelims sessions.</p> <p>A swimmer does not have to be entered in an Individual Event at the Meet in order to swim on a Relay, but all relay swimmers must be entered in the meet by the entry deadline and are subject to the \$3 surcharge. Only two (2) Relays from a Team will score in an event, although additional Relays may be entered</p> <p>All relay cards must be returned to the Admin Referee at a designated time during each Prelims session. Failure to do so will result in a relay not being seeded. Relays seeded in the top-8 must swim at Finals unless an alternate relay agrees to swim at night.</p>																					
<p>DECK ENTRIES /TIME TRIALS</p>	<p>Deck entries will not be accepted.</p> <p>Time Trials will be available after Finals on Friday, Saturday and Sunday or at other times as determined by the Meet Referee: \$6.00 per individual swim, \$12.00 per relay. Middle Atlantic Time Trials policy will be followed. Time Trial Events count in the total allowable events to be swum in one day (i.e., maximum of 3 individual events).</p>																					
<p>SEEDING &amp; FORMAT</p>	<p>Positive check-in will be required for all events 400 meters and longer in order to be seeded. All events 200 meters and shorter will be pre-seeded; however, the Meet Director reserves the right to require positive check-in for certain 200 meter events if it is deemed necessary to keep the Meet within the allowable time limits. Positive check-in events will generally close for seeding thirty minutes before the expected starting time for that event</p> <p>Entry times must be submitted in the venue in which they were achieved. All entries other than LCM will be treated as Non-Conforming, and will be seeded according to USA Swimming Rules (i.e., they will not be converted and they will be seeded AFTER all LCM entry times).</p> <p><b><i>The 11-12, 13-14 and 15-19 age groups will have a B-Final (9-16) and A-Final (1-8), swum in that order, in all events except those listed as Timed Finals.</i></b></p> <p><b><i>The 12&amp;under 400 Free and the 800 Free on Thursday will swim fastest to slowest, alternating Girls and Boys. The 1500 Free on Sunday will swim fastest-to-slowest, alternating Girls and Boys, except for the fastest heat of each gender which will swim at Finals.</i></b></p> <p><b><i>All swimmers in Thursday's events, including the 800 Free Relay, must provide their own timer. All swimmers in the 800 and 1500 Freestyle events must provide their own counter.</i></b></p>																					



<p><b>SCRATCH POLICY</b></p>	<p>Any swimmer who does not swim a pre-seeded preliminary or timed-final event will not be penalized.</p> <p>Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next Individual event, either on the same or next meet day.</p> <p>Any swimmer who qualifies for Finals in a Preliminary/Finals event and does not swim that event at Finals will be barred from the rest of the Meet (including Relays) unless the swimmer has indicated their possible intention to scratch within thirty (30) minutes of the announcement of the Preliminary results of the event, and then confirmed their intention to scratch within thirty (30) minutes of the announcement of the Preliminary results of that swimmer's last individual event at the Preliminary session. A swimmer who does not confirm their intention will not be scratched and will be seeded into the event and expected to swim. Swimmers who are initially announced as Alternates for the Finals heats will not be so penalized.</p> <p>A swimmer may take a Declared False Start in a Preliminary or Timed Final event. At Finals, a Declared False Start, deliberate Delay of Meet False Start or other action to non-compete will be subject to the penalty for non-competition.</p> <p>Any swimmer that fails to compete in a Finals heat, or a deck-seeded Timed Final heat that swims at Finals, on the last night of competition (or that swimmer's final day of competition) will be subject to a \$50 fine. Such swimmer will be suspended from MA hosted meets until the fine is paid.</p>																											
<p><b>PROOF OF TIME FINES &amp; DEADLINES</b></p>	<p>A penalty of \$50 per event will be assessed on any MA swimmer who fails to swim the qualifying time in an event unless proof-of-time can be provided. Swimmers not fulfilling this requirement will be suspended from competition in MA hosted meets until the fine is paid.</p>																											
<p><b>SCORING &amp; AWARDS</b></p>	<table border="0"> <tr> <td>Individual:</td> <td>10&amp;under</td> <td>Medals 1-8</td> </tr> <tr> <td></td> <td>11-12, 13-14</td> <td>Medals 1-9</td> </tr> <tr> <td>Relays:</td> <td>All age groups</td> <td>Medals 1-3</td> </tr> <tr> <td>High Point</td> <td>Team:</td> <td>Combined</td> </tr> <tr> <td></td> <td>Age Group:</td> <td>For each gender</td> </tr> <tr> <td></td> <td>Individual:</td> <td>For each gender and age group</td> </tr> <tr> <td>Scoring for individual events</td> <td colspan="2">20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1</td> </tr> <tr> <td>Scoring for relays</td> <td colspan="2">40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2</td> </tr> <tr> <td></td> <td colspan="2">(max of two relays per team per age group score)</td> </tr> </table>	Individual:	10&under	Medals 1-8		11-12, 13-14	Medals 1-9	Relays:	All age groups	Medals 1-3	High Point	Team:	Combined		Age Group:	For each gender		Individual:	For each gender and age group	Scoring for individual events	20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1		Scoring for relays	40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2			(max of two relays per team per age group score)	
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<p><b>PROGRAMS &amp; ADMISSION</b></p>	<p>Program: 3-1/2 Day-\$12.00; coupons for finals in program/\$3 without coupon.</p> <p>Admission \$3.00 per day. 12 and under spectators - free. Finals – free admission.</p>																											
<p><b>TEAM WORK ASSIGNMENTS</b></p>	<p>Every Team entered will be responsible for supplying workers for the Meet. This is a mandatory duty and is necessary for the smooth running of the Meet. If the Team's workers do not report when called, that Team's swimmers may not be allowed to swim. Each Team's contact person will be contacted in order to organize our work force.</p> <p>Teams are also asked to keep their team area clean. It is important that Middle Atlantic Swimming respect the facilities that they use.</p>																											
<p><b>RESULTS</b></p>	<p>Will be posted on the Middle Atlantic website <a href="http://www.maswim.org">www.maswim.org</a></p> <p>No disks will be returned with final meet results.</p>																											

<p><b>DIRECTIONS</b></p>	<p>From West – Take PA Turnpike to Lancaster exit, (I-283 Exit 247). Just past toll booth bear right onto Rt. 283 East toward Lancaster. Follow Rt. 283 to Pa-722 exit. Turn right at end of off ramp onto State Road. Proceed to the traffic light at Harrisburg Pike. Turn left onto Harrisburg Pike. Pool is 1.3 miles on the left.</p> <p>From North – South via Rt. 81. Take the exit for Harrisburg and follow Rt. 83 South 3 miles until the exit for Rt. 283. Then follow directions from the west.</p> <p>From East – Follow Rt. 30 West to Rt. 283 West. Exit at Flory Mill Road, Rt. 741. Turn left at light at end of off ramp. Proceed to stop sign and turn right. Turn right at the light at Harrisburg Pike, pool is .3 of a mile on right.</p> <p>From South – Rt. 83 North to US Rt. 30 East. Exit Pa-741. Turn left onto PA-741 Roherstown Road. Turn left onto Harrisburg Pike; pool is .3 of a mile on right.</p>
<p><b>ACCOMMODATIONS</b></p>	<p>Comfort Inn – Sherwood Knoll. 5000 Centerville Road, Lancaster, PA 17603 Ph: 717-898-2431</p> <p>Hampton Inn – 545 Greenfield Road, Lancaster, PA Ph: 717-299-1200</p> <p>Hilton Garden Inn – 101 Granite Run Road, Lancaster, PA Ph: 717-560-0880</p> <p>Eden (Best Western) – 222 Eden Road, Lancaster, PA Ph: 717-569-6444</p> <p>Fairfield Inn – 150 Granite Run Road, Lancaster, PA Ph: 717-581-1800</p> <p>Hawthorn Inn and Suites – 2045 Lincoln Hwy East, Lancaster, PA 717-290-7100</p> <p>Holiday Inn – 521 Greenfield Road, Lancaster, PA 717-299-2551</p> <p>Quality Inn and Suites – 2364 Oregon Pike, Lancaster, PA 717-569-0477</p> <p>Country Inn and Suites – 2260 Lincoln Hwy East, Lancaster, PA 17602 717-299-4460</p> <p>Country Inn and Suites – 1475 Lancaster Road (Rt. 72) Manheim, PA 17545 717-665-5440</p> <p>Sleep Inn – 310 Primrose Lane, Mountville, PA 17554 717-285-0444</p> <p>Main Stay Suites – 314 Primrose Lane, Mountville, PA 17554 717-285-2500</p> <p>Marriott Court Yard – Lancaster, PA Opening soon.</p>

# ORDER OF EVENTS

Thursday - Timed Finals								
Warm up 4:30 pm    Meet start 5:30 pm								
GIL'S	SC	SC I	LC I	Event	LC I	SC I	SC	BC'S
1	12:07.59	10:36.69	10:47.99	13-14 800 Free	10:31.29	10:15.99	11:43.89	2
	11:55.89	10:26.49	10:41.89	15-19 800 Free	10:04.59	9:48.19	11:12.19	
3	6:48.39	5:57.39	6:09.69	10/U 400 Free	6:06.79	5:54.09	6:44.59	4
	6:04.29	5:18.79	5:32.29	11-12 400 Free	5:30.89	5:20.29	6:06.09	
5				13-14 800 Free Relay				6
				15-19 800 Free Relay				

Age groups will swim combined in the 800 Free, 400 Free and the 800 Free Relay, and score separately. All events will swim fast to slow, alternating girls and boys.  
All Thursday evening swimmers and relays must provide their own Timers; swimmers in the 800 Free must provide their own counter.

Friday Morning Prelims								
Warm up 6:30 am    Meet start 8:00 am								
GIL'S	SCY	SCM	LCM	Event	LCM	SCM	SCY	BC'S
7	1:06.79	1:14.59	1:18.39	15-19 100 Back	1:11.99	1:10.69	1:03.29	8
9	1:08.09	1:15.49	1:19.69	13-14 100 Back	1:15.59	1:11.69	1:04.89	10
11	2:05.49	2:19.99	2:25.39	15-19 200 Free	2:17.39	2:08.79	1:55.39	12
13	2:09.89	2:24.99	2:28.59	13-14 200 Free	2:24.99	2:19.19	2:04.69	14
15	1:05.29	1:12.89	1:16.09	15-19 100 Fly	1:09.09	1:06.79	59.79	16
17	1:07.39	1:14.89	1:17.59	13-14 100 Fly	1:12.69	1:10.79	1:04.09	18
19	5:14.09	5:47.09	5:57.59	15-19 400 IM	5:29.99	5:19.49	4:49.09	20
21	5:21.49	5:58.79	6:03.19	13-14 400 IM	5:46.79	5:34.69	5:02.89	22
23				15-19 400 Free Relay				24
25				13-14 400 Free Relay				26

Fastest heat of each Relay will swim at Finals.

Friday Afternoon Prelims								
Warm up 12:00 pm    Meet start 12:45 pm								
GIL'S	SCY	SCM	LCM	Event	LCM	SCM	SCY	BC'S
27	1:20.79	1:30.19	1:33.79	11-12 100 Breast	1:33.89	1:29.79	1:21.29	28
29	1:33.39	1:43.19	1:47.49	10/U 100 Breast	1:46.99	1:44.49	1:34.09	30
31	2:16.19	2:32.09	2:39.69	11-12 200 Free	2:36.19	2:31.19	2:16.89	32
33	2:36.39	2:52.79	2:59.89	10/U 200 Free	2:54.39	2:50.89	2:33.89	34
35	32.09	35.69	36.79	11-12 50 Fly	36.79	35.79	32.39	36
37	37.49	41.69	42.09	10/U 50 Fly	41.49	40.49	36.69	38
39	2:37.09	2:53.59	3:00.69	11-12 200 Back	3:01.59	2:49.99	2:33.79	40
41				10/U 200 Free Relay				42
43				11-12 200 Free Relay				44

Fastest heat of each 11-12 Relay will swim at Finals.

FRIDAY - FINALS		
GIL .S	Event	BC 'S
43	11-12 200 Free Relay - F1	44
7	15-19 100 Back	8
9	13-14 100 Back	10
27	11-12 100 Breast	28
11	15-19 200 Free	12
13	13-14 200 Free	14
31	11-12 200 Free	32
15	15-19 100 Fly	16
17	13-14 100 Fly	18
35	11-12 50 Fly	36
19	15-19 400 IM	20
21	13-14 400 IM	22
39	11-12 200 Back	40
23	15-19 400 Free Relay - F1	24
25	13-14 400 Free Relay - F1	26

Saturday Morning Prelims								
Warm up 6:30 am Meet start 8:00 am								
GIL .S	SCY	SCM	LCM	Event	LCM	SCM	SCY	BC 'S
45	2:26.49	2:43.49	2:47.59	15-19 200 Back	2:34.89	2:26.59	2:13.59	46
47	2:25.69	2:42.69	2:51.99	13-14 200 Back	2:42.99	2:34.19	2:19.69	48
49	1:15.79	1:24.59	1:29.79	15-19 100 Breast	1:20.59	1:16.49	1:09.19	50
51	1:17.49	1:25.89	1:30.09	13-14 100 Breast	1:23.59	1:19.89	1:12.29	52
53	2:28.00	2:42.79	2:44.69	15-19 200 Fly	2:32.19	2:28.69	2:14.59	54
55	2:28.59	2:44.19	2:49.59	13-14 200 Fly	2:41.59	2:37.19	2:22.29	56
57	26.99	32.39	31.89	15-19 50 Free	28.79	26.89	24.09	58
59	27.49	30.49	31.89	13-14 50 Free	30.69	28.89	25.89	60
61	5:44.99	5:01.89	5:12.89	15-19 400 Free	4:53.29	4:40.29	5:20.29	62
63	5:53.69	5:09.49	5:16.59	13-14 400 Free	5:06.29	4:53.29	5:35.09	64
65				15-19 400 Med Relay				66
67				13-14 400 Med Relay				68

Fastest heat of each Relay will swim at Finals.

## Saturday Afternoon Prelims

Warm up 12:00 pm    Meet start 12:45 pm

GLI .S	SCY	SCM	LCM	Event	LCM	SCM	SCY	BC 'S
69	2:36.69	2:54.89	3:00.19	11-12 200 IM	2:58.09	2:53.09	2:36.69	70
71	2:55.99	3:07.29	3:22.59	10/U 200 IM	3:20.89	3:16.09	2:56.29	72
73	37.59	41.79	43.19	11-12 50 Breast	43.69	41.49	37.69	74
75	41.99	46.49	48.79	10/U 50 Breast	48.99	47.79	42.99	76
77	1:12.09	1:20.49	1:26.29	11-12 100 Back	1:24.09	1:20.69	1:13.09	78
79	1:22.19	1:30.89	1:35.49	10/U 100 Back	1:34.69	1:30.19	1:21.69	80
81	28.59	31.99	33.59	11-12 50 Free	33.09	31.69	28.59	82
83	32.49	36.29	38.49	10/U 50 Free	36.79	36.19	32.39	84
85	2:44.69	3:01.99	3:07.89	11-12 200 Fly	3:02.19	2:54.89	2:38.29	86
87				10/U 200 Med Relay				88
89				11-12 200 Med Relay				90

Fastest heat of each 11-12 Relay will swim at Finals.

SATURDAY – FINALS		
GLI .S	Event	BC 'S
89	11-12 200 Med Relay - F1	90
45	15-19 200 back	46
47	13-14 200 Back	48
69	11-12 200 IM	70
49	15-19 100 Breast	50
51	13-14 100 Breast	52
73	11-12 50 Breast	74
53	15-19 200 Fly	54
55	13-14 200 Fly	56
77	11-12 100 Back	78
57	15-19 50 Free	58
59	13-14 50 Free	60
81	11-12 50 Free	82
61	15-19 400 Free	62
63	13-14 400 Free	64
85	11-12 200 Fly	86
65	15-19 400 Med Relay -F1	66
67	13-14 400 Med Relay - F1	68

Sunday Morning Prelims									
Warm up 6:30 am Meet start 8:00 am									
Girl	SCY	SCM	LCM	Event	LCM	SCM	SCY	BC	Swimmer
91	2:47.29	3:06.79	3:08.49	15-19 200 Breast	2:54.29	2:45.89	2:30.09	92	
93	2:47.99	3:05.69	3:11.99	13-14 200 Breast	3:02.39	2:52.69	2:36.29	94	
95	58.39	1:04.89	1:08.09	15-19 100 Free	1:03.09	58.59	52.49	96	
97	59.59	1:05.89	1:09.29	13-14 100 Free	1:06.39	1:01.89	55.59	98	
99	2:24.99	2:43.29	2:46.09	15-19 200 IM	2:37.19	2:33.39	2:17.39	100	
101	2:25.79	2:42.79	2:48.39	13-14 200 IM	2:44.59	2:35.99	2:20.49	102	
103	19:59.89	19:51.99	20:28.49	15-19 1500 Free	19:22.99	18:41.39	18:47.49	104	
	20:12.19	20:05.09	20:39.79	13-14 1500 Free	20:14.39	19:32.59	19:39.49		

Fastest heat of 1500 Free will swim at Finals; remaining heats will swim at Prelims, fast to slow, alternating girls and boys. Swimmers at Prelims must provide their own timer and counter.

Sunday Afternoon Prelims									
Warm up 12:00 pm Meet start 12:45 pm									
Girl	SCY	SCM	LCM	Event	LCM	SCM	SCY	BC	Swimmer
105	5:54.59	6:31.89	6:42.49	11-12 400 IM	6:24.29	6:11.99	5:36.69	106	
107	33.09	36.79	39.19	11-12 50 Back	38.79	37.59	33.79	108	
109	37.99	42.19	43.69	10/U 50 Back	44.69	42.59	38.29	110	
111	1:13.29	1:21.79	1:24.09	11-12 100 Fly	1:23.09	1:20.19	1:12.49	112	
113	1:26.69	1:35.09	1:39.69	10/U 100 Fly	1:38.19	1:36.29	1:26.69	114	
115	1:01.29	1:08.49	1:13.59	11-12 100 Free	1:11.59	1:09.09	1:02.19	116	
117	1:11.39	1:19.29	1:21.89	10/U 100 Free	1:21.59	1:18.19	1:10.79	118	
119	2:57.69	3:16.29	3:23.69	11-12 200 Breast	3:21.19	3:11.09	2:52.99	120	
121				10/U 400 Free Relay				122	
123				11-12 400 Free Relay				124	

Fastest heat of each 11-12 Relay will swim at Finals.

SUNDAY – FINALS		
Girl	Event	BC
123	11-12 400 Free Relay - F1	124
103	13-19 1500 Free - F1	104
105	11-12 400 IM	106
107	11-12 50 Back	108
91	15-19 200 Breast	92
93	13-14 200 Breast	94
111	11-12 100 Fly	112
95	15-19 100 Free	96
97	13-14 100 Free	98
115	11-12 100 Free	116
99	15-19 200 IM	100
101	13-14 200 IM	102
119	11-12 200 Breast	120

LONG COURSE JOs - SUMMARY SHEET

THIS FORM **MUST** ACCOMPANY THE OFFICIAL ENTRY BLANK

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_

Head Coach \_\_\_\_\_

Coach's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone: Daytime ( ) \_\_\_\_\_ Evening ( ) \_\_\_\_\_

Person designated to receive entry limitation information, if needed:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Mail Entries to: **Lancaster Aquatic Club JO Entries**  
309 School Lane  
Mount Joy, PA 17552

Phone: (717) 653-9642  
Fax: (717) 653-8156  
email: lacmeetentry@yahoo.com

ENTRY DEADLINE: Must be received by 5:00 pm, Wednesday, July13, 2005  
No entries will be accepted after that date.

Please make checks payable to Lancaster Aquatic Club, one check per club, please.

ENTRY FEES:

\_\_\_\_\_ # of swimmers x \$3 surcharge \$ \_\_\_\_\_  
Include relay-only swimmers

\_\_\_\_\_ Individual Events @ \$5.00 \$ \_\_\_\_\_

\_\_\_\_\_ Relay Teams @ \$10.00 \$ \_\_\_\_\_

\_\_\_\_\_ Manual processing fee @ \$5.00 \$ \_\_\_\_\_  
(For non-disk entry of swimmers only)

**Total** \$ \_\_\_\_\_

(Payment to be received by Friday, July 15, 2005)

**Total swimmers entered in meet:** \_\_\_\_\_

WORKER CONTACT PERSON: THIS PERSON WILL BE RESPONSIBLE FOR OBTAINING THE WORKERS FOR YOUR CLUB FOR THIS MEET. THE AGE GROUP COMMITTEE WILL CONTACT THEM AFTER THE ENTRIES ARE SUBMITTED. NO ENTRIES WILL BE ACCEPTED WITHOUT THIS INFORMATION.

NAME: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

FAX NUMBER: \_\_\_\_\_

EMAIL (preferred) \_\_\_\_\_

*I certify that all swimmers from this team entered in this meet are current members of USA Swimming and that all coaches from this team who will attend the meet hold current USA Swimming coaching credentials.*

**Head coach's signature** \_\_\_\_\_



