

MIDDLE ATLANTIC SWIMMING JUNIOR OLYMPIC AGE GROUP CHAMPIONSHIPS

Revised to include LC qualifying times 2/16/05

Gloucester County Institute of Technology

Thursday, March 17

thru

Sunday, March 20, 2005

Held under the sanction of Middle Atlantic Swimming
Sanction #MA 0576 AG - Time Trials Sanction #MA 0576 TT

General Chair
Administrative Chair
Age Group Chair
Officials Chair
Meet Directors
Safety Director
Meet Referee
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A



Sponsored LSC

- **NEW (Feb 7, '05): For this year only, Long Course qualifying times WILL BE ACCEPTED for entry into the Spring Junior Olympics Championships. All entry times must be submitted in the course in which they were achieved. A new Qualifying Time Table with LC times is attached.**
- All Team and Spectator entry to GCIT is now via the new Entrance lobby located at the side of the facility next to the new gymnasium.
- All Qualifying Times must have been achieved in Short Course competition; Long Course entry times are not accepted for this Meet.
- All e-mailed entries MUST include the number of swimmers, the number of individual events and the number of relays in the text of the e-mail. The entry file from TM in MS Word document form MUST be attached. Entries received without this information will be returned.
- Teams must provide a timer for the 800 Free Relay on Thurs evening.
- Qualifying period is September 1, 2003 through the entry deadline.
- Swimmers who qualify for FINALS on the last night and do not compete are subject to a \$50 fine, unless the swimmer has scratched at Prelims.
- All relay-only swimmers must be on the Team's entry form and pay the Meet surcharge. No swimmers will be added to the meet after the entry deadline.
- The top eight (8) relays (after check-in) for 11-12, 13-14, 15-19 will swim at Finals. All other relays will swim during the Prelim sessions.

**COACHES AND SWIMMERS ARE RESPONSIBLE TO BE FAMILIAR WITH
ALL THE INFORMATION CONTAINED IN THIS PACKET**

SITE: Gloucester County Institute of Technology - (856) 468-1445, ext. 2653, Sewell, New Jersey. The competition pool is 50 meters by 25 yard; the pool will be divided into two 8-lane, 25-yd courses with new Competitor Non-turbulent lane-lines; water depth is a minimum of five (5) feet at the starting ends. Colorado electronic timing system will be used. For the Preliminary sessions, meet management will determine which age groups swim in Pool A (deep end) or Pool B (shallow end).

ELIGIBILITY: The meet is limited to Middle Atlantic swimmers only. Swimmers must be currently registered with Middle Atlantic and USA Swimming in order to compete. This meet will be conducted according to current USA Swimming Rules and Regulations. Age group is determined by the swimmer's age on Thursday, March 17, 2005. **All qualifying times must have been swum no earlier than September 1, 2003.** All swimmers are limited to three (3) individual events and one (1) relay per day. Swimmers aged 12 & under may swim a total of ten (10) individual events for the meet. Swimmers aged 13-19 may swim the 1000 Free on Thursday night plus six (6) additional individual events during the course of the meet. All entry times must be from a USA Swimming Sanctioned, Observed or Approved meet, or a Middle Atlantic Accepted meet. Penalties may be imposed upon the swimmer when any coach, parent or swimmer enters a time other than the swimmer's best time for an event, and could cause the swimmer to be suspended from further competition for a minimum of three (3) months, but not more than one year.

ENTRIES: Long course (LC) and short course meter (SCM) qualifying times will be accepted for this meet along with short course yards (SCY). Entry times should NOT be converted, but should be clearly identified if swum in LC or SCM; all meter entry times will be converted by Meet Manager and seeded conforming with the SCY entries (except for distance Freestyle events.) Entries sent with 'No Time' will be rejected!

All entries must be prepared using Hy-Tek CommLink or a compatible program using information generated by your Team's registration database (e.g., Team Manager). Teams may either (a) send a computer disk containing the entry information, a Hy-Tek entry report, the Meet Summary Sheet and check to the MA Office, or (b) send the entry information and entry report via E-mail to Office@maswim.org; then send the Meet Summary Sheet and check to the MA Office. **All e-mailed entries must include the number of swimmers in the meet; the total number of individual events; and the total number of relays in the text of the e-mail. The TM entry report in Word.doc format MUST be attached. Electronic entries received without this information will be rejected.** Please waive the 'signature required' if your entry is sent via a Postal Service that provides one. **Do not send a disk if you e-mail your entries to the office.** A report confirming all electronic entries will be sent to the Team contact via e-mail, and a Team will have 24 hours to make any corrections. Swimmers currently registered as UNATTACHED may use the attached Entry Form. A fee of \$5.00 per swimmer will be charged any swimmer registered with a Club which does not use a computer entry; this is to insure that results will be correctly reported to the USA Swimming SWIMS database.

DECK ENTRIES WILL NOT BE ACCEPTED AT THIS MEET!

ENTRY FEE: \$4.00 for individual events and \$8.00 for Relays. **There is a \$3.00 surcharge for each swimmer, including Relay-only swimmers. NOTE: All relay-only swimmers MUST be listed on the entry form prior to the entry deadline— swimmers cannot be added at the Meet.**

Please send ONE check per club payable to "Middle Atlantic Swimming, Inc."

ENTRY

DEADLINE: All entries must be received by **2:00 PM, Monday, March 7, 2005.** *Payment must be received by Thursday, March 10, 2005.* No post entries will be accepted. Entries will be handled on a "first come, first serve" basis. The Meet Director reserves the right to modify the meet format to allow for the timely running of the meet. Entries will not be processed without full payment.

MAIL

ENTRIES TO: Middle Atlantic Swimming, JO Entries **Phone: (302) 529-5859**
2018 Naaman's Rd, Suite #3
Wilmington, DE 19810 **email: office@maswim.org**

RELAYS: All relays are Timed Finals. Only two (2) relays from a team may score in an event, although additional relays may be entered. All relay-only swimmers must be entered in the meet before the entry deadline and pay the \$3 surcharge. The top eight (8) relays in 11-12, 13-14 and 15-19 age groups will swim at Finals. All other relays in those age groups will swim the relay during the Prelims session.

FINALS: A- and B- Finals for all 11-12, 13-14, 15-19 Age Group events. All 10 & U events are Timed Finals.

The B-Finals will swim first, followed by the A- Finals.

**PROOF
OF TIME:**

Middle Atlantic Swimming will notify each Team regarding any swimmer on the Team who does not swim the qualifying time at the Meet; those swimmers will be required to prove their entry time. If the entry time cannot be proven, a \$50 fine per event will be levied against the swimmer, to be paid within the time specified by the MA Office. Swimmers not satisfying this requirement will be suspended from further competition in Middle Atlantic sponsored meets until the fine is paid.

**STARTING
TIMES:**

	<u>Day</u>	<u>Warm -Up</u>	<u>Meet Starts</u>
	Thurs	4:30 pm	5:30 pm
(Prelims 13-19)	Fri/Sat/Sun	7:00 am	8:30 am
(Prelims 12 &U)	Fri/Sat/Sun	12:30 pm (no earlier)	1:30 pm (no earlier)
(Finals)*	Fri/Sat	5:00 pm	6:00 pm
	Sun	4:30 pm	5:30 pm

Sprint and pace lanes will be opened approximately 30 minutes before the start of each session. After all entries are received and a time line is established, it will be determined when breaks will be provided for warm-up/warm-down during the morning Prelims sessions. Break times will be posted at each pool.

* Pool B will be available for warm-up / warm-down during the Finals sessions.

PARKING:

Parking will be in designated sections of the parking lot, located to the rear of the facility. All access to GCIT will be through the new Entrance lobby at the side of the building.

SAFETY

REQUIREMENTS: USA Swimming and Middle Atlantic safety procedures will be enforced during the meet. Warm-ups are subject to the following procedures: No diving during warm-ups except in designated sprint lanes. The Referee may remove anyone from the warm-up for failure to comply with the warm-up rules. Swimmers without coaches should report to the Referee or Meet Director prior to entering the pool for warm-ups and will be assigned to a Team/Coach for that session.

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.

SEEDING:

All events will be pre-seeded except Relays, the 11-12/10&Un 500 Free, and the 13-14/15-19 1000 and 1650 Freestyles. If deemed necessary by meet management, the 13-14/15-19 400 IM events may be deck-seeded. Positive check-in is required to be seeded for any deck-seeded event. Times will be announced as to when the event will close, and will be approximately 30 minutes before an event is scheduled to swim. Relays at Prelims will be swum slowest to fastest; the 800 Free Relay, 1000 and 1650 Free and the 11-12/10&U 500 Free will be swum fastest to slowest.

SCM entry times will be converted by the Meet Manager program and seeded with the SCY entry times. Entries based on LC qualifying standards are NOT accepted at this Meet.

DECK ENTRIES: Deck entries will NOT be accepted at this meet.

SCORING:

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
(max of 2 relays per team may score in any event)

AWARDS: Individual events: Medals for 1st-8th place; Ribbon for winner of B- Finals
Relays: Medals for 1st-3rd place

A High Point banner will be presented to the Team scoring the most overall combined points, and to the highest scoring Girls and Boys Team in each age group. A High Point award will be presented to the highest scoring individual girl and boy in each age group, with the proviso that the award for 13-14 and 15-19 swimmers will be based on the swimmer's six highest scoring individual events.

**SCRATCH
POLICY:**

Any swimmer who does not swim a pre-seeded Preliminary or a pre-seeded Timed-Final event will not be penalized.

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.

Any swimmer who qualifies for Finals in a Preliminary/Finals event and does not report for and swim that event at Finals will be barred from the rest of the meet (including relays) unless the swimmer has scratched or indicated their possible intention to scratch within thirty (30) minutes of the announcement of the Preliminary results of that event and then confirmed such intention to scratch within thirty (30) minutes of the announcement of the results of that swimmer's last individual event at the Preliminary session. A swimmer who does not confirm their intention is assumed NOT to have scratched and will be seeded into the event. Swimmers who are initially announced as an Alternate (or lower) for the Finals will not be so penalized.

A Declared False Start, a Delay-of-Meet False Start or other action taken by a swimmer with the intent to non-compete at a Finals session will be treated as a failure to compete and will be penalized as such.

FINE for NON-COMPETE on LAST

MEET DAY: A \$50 fine will be imposed on any swimmer who qualifies for Finals on Sunday night (or on the last day of competition for that swimmer) and then does not compete in said Finals event unless such swimmer has appropriately scratched (see previous paragraph) or was initially listed as an Alternate (or lower) in said event. A \$50 fine will be similarly imposed on any swimmer who checks-in and is seeded to swim in the final heat of 1650 Free on Sunday night and then does not compete in that heat at Finals, unless the swimmer was initially not listed among the fastest eight swimmers entered in the event. Any swimmer fined for such violations will be suspended from further competition in Middle Atlantic sponsored meets until the fine is paid.

OFFICIALS: All certified Middle Atlantic and USA Swimming Officials are welcome and encouraged to help officiate at this meet. Officials should contact the Meet Director or Meet Referee prior to the meet to indicate which sessions they will be available – or should report to the Referee at least one hour before the start of each session.

Pending approval by USA Swimming, this meet will be run as a National Certification meet. In order to obtain or renew National Certification, an official must work at least three sessions of the meet (excluding the Thurs evening session) and must attend an Officials meeting held one hour before the start of each session. Officials must have been certified by Middle Atlantic for one year at a given certification level before being granted National Certification at that level.

STARTING

PROCEDURES: This meet will be conducted using the 'No Recall' false start rule and the whistle command starting procedure.

TIME TRIALS: Time trials will be available after Finals on Friday, Saturday & Sunday, time permitting: \$6.00 per individual swim, \$12.00 per Relay. To swim a Time Trial, a swimmer must be within 0.5 seconds per 50-yd (or 50-m) distance of the Sectional Time Standard for that event. A swimmer may swim one Time Trial per day in an event, and a maximum of two Time Trials per day. Time Trial Events count in the total allowable events to be swum in one day (3 individual and 1 relay). Swimmers participating in this meet will have priority at time trials. TIME TRIALS WILL NOT BE ACCEPTED FOR CONSIDERATION TO THE MIDDLE ATLANTIC ALL-STAR ZONE TEAM.

DECK ID: **Only swimmers, coaches, and meet personnel** are allowed on deck. All coaches must display their 2005 USA Swimming Coach's registration card. Officials must display their 2005 USA Swimming Officials registration card. This requirement will be strictly enforced!

ADMISSION: A four-day program will sell for \$12.00. Included in the program will be coupons that are redeemable for a finals program at night. Finals programs can be purchased for \$2.00.

FINAL

RESULTS: Will be available on the Middle Atlantic Swimming website in both PDF and Commlink formats.

SEATING: There is seating for 550 spectators. Parents and swimmers for the afternoon session will be held in the lobby each day until the morning session is finished. This is for everyone's safety.

TEAM

ASSIGNMENTS: Every team entered will be responsible for supplying workers for the meet. THIS IS A MANDATORY RESPONSIBILITY and is necessary for the smooth running of the meet. Each Team's contact person will be contacted in order to organize our work force. Teams are also asked to keep their team area clean. It is important that Middle Atlantic Swimming respect the facilities that they use.

HOSPITALITY: There will be food and drink available at all sessions for coaches, officials and meet workers. A snack bar will be available at the facility for spectators.

MIDDLE ATLANTIC - JUNIOR OLYMPICS

Thursday Events

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	13-14 1000 Free 15-19 1000 Free	2
3	11-12 500 Free 10&Under 500 Free	4
5	13-14 800 Free Relay 15-19 800 Free Relay	6

The 1000 Free (check-in closes at 5:00 pm): The 1000 Free for 13 and over swimmers is a deck seeded, timed final event and will be swum fastest to slowest. This event is combined but will be scored separately for the 13-14 and 15-19 age groups. The event may be limited to four (4) heats per gender with guaranteed slots for 16 swimmers per age group. Each swimmer must provide their own timer and counter.

The 500 Free (check-in closes at 5:00 pm): The 500 Free for 12 and under swimmers is a deck seeded, timed final event and will be swum fastest to slowest. This event is combined but will be scored separately for the 11-12 and 10&Under age groups. If possible, a separate heat will be provided for the fastest swimmers in the 10&Under age group (min of 6 swimmers); remaining swimmers will be seeded based on time. Each swimmer must provide their own timer and counter.

The 800 Free Relays: (check in/relay cards due by 6:00 pm): The 800 Free Relay will be swum combined, but scored separately for the 15-19 and 13-14 age groups. Each Team must provide a timer for their relay. The 800 Free relays are no longer designated as "open" or "senior" so all swimmers must be within a specified age group.

Note: In the event that only one pool is used for competition, a determination of whether to alternate girls/boys heats will be made at that time.

Friday Events

Prelims - Morning

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
7	15-19 200 Breast	8
9	13-14 200 Breast	10
15	15-19 100 Fly	16
17	13-14 100 Fly	18
23	15-19 200 I.M.	24
25	13-14 200 I.M.	26
31	15-19 500 Free	32
33	13-14 500 Free	34
39	15-19 400 Free Relay	40
41	13-14 400 Free Relay	42

Prelims - Afternoon

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
11	11-12 100 Breast	12
13	10&U 100 Breast	14
19	11-12 200 Free	20
21	10&U 200 Free	22
27	11-12 50 Fly	28
29	10&U 50 Fly	30
35	11-12 100 I.M.	36
37	10&U 100 I.M.	38
43	11-12 200 Back	44
45	10&U 200 Free Relay	46
47	11-12 200 Free Relay	48

Finals, order of events

11-12 200 Back	13-14 200 I.M.
15-19 200 Breast	11-12 50 Fly
13-14 200 Breast	15-19 500 Free
11-12 100 Breast	13-14 500 Free
15-19 100 Fly	11-12 100 I.M.
13-14 100 Fly	15-19 400 Free Relay
11-12 200 Free	13-14 400 Free Relay
15-19 200 I.M.	11-12 200 Free Relay

Saturday Events

Prelims - Morning

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
49	15-19 400 I.M. **	50
51	13-14 400 I.M. **	52
57	15-19 50 Free	58
59	13-14 50 Free	60
65	15-19 100 Back	66
67	13-14 100 Back	68
73	15-19 100 Breast	74
75	13-14 100 Breast	76
81	15-19 200 Free	82
83	13-14 200 Free	84
87	15-19 400 Med Relay	88
89	13-14 400 Med Relay	90

**These events may be deck seeded with positive check-in, if required to meet the time line.

Prelims - Afternoon

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
53	11-12 200 I.M.	54
55	10&U 200 I.M.	56
61	11-12 50 Free	62
63	10&U 50 Free	64
69	11-12 100 Back	70
71	10&U 100 Back	72
77	11-12 50 Breast	78
79	10&U 50 Breast	80
85	11-12 200 Fly	86
91	10&U 200 Med Relay	92
93	11-12 200 Med Relay	94

Finals, order of events

15-19 400 I.M.	15-19 100 Breast
13-14 400 I.M.	13-14 100 Breast
11-12 200 I.M.	11-12 50 Breast
15-19 50 Free	15-19 200 Free
13-14 50 Free	13-14 200 Free
11-12 50 Free	11-12 200 Fly
15-19 100 Back	15-19 400 Med Relay
13-14 100 Back	13-14 400 Med Relay
11-12 100 Back	11-12 200 Med Relay

Sunday Events

Prelims - Afternoon

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
97	15-19 200 Back	98
99	13-14 200 Back	100
105	15-19 100 Free	106
107	13-14 100 Free	108
113	15-19 200 Fly	114
115	13-14 200 Fly	116
95	13-14 1650 Free *	96
	15-19 1650 Free *	

***The 1650 Free** is a deck seeded, timed final event. The fastest heat in each event will swim at Finals while the other heats will swim at Prelims, fastest to slowest. The event is combined but will be scored separately for the 13-14 and 15-19 age groups. The event will be limited to four heats per gender (includes the heat at Finals) with guaranteed slots for 16 swimmers per age group. Each swimmer must provide their timer and counter (except timer for heat at Finals). Check-in will close at 10:00 a.m. Swimmers seeded in the top eight **MUST** swim at Finals.

Prelims - Afternoon

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
101	11-12 50 Back	102
103	10&U 50 Back	104
109	11-12 100 Free	110
111	10&U 100 Free	112
117	11-12 100 Fly	118
119	10&U 100 Fly	120
121	11-12 200 Breast	122

Finals, order of events

13-19 1650 Free	
11-12 200 Breast	11-12 100 Free
15-19 200 Back	15-19 200 fly
13-14 200 back	13-14 200 Fly
11-12 50 Back	11-12 100 Fly
15-19 100 Free	
13-14 100 Free	

**2004-05
JUNIOR OLYMPIC TIME STANDARDS**

Approved 10/04

GIRLS				BOYS		
JO LC	JO SCM	JO SCY	10/Under	JO SCY	JO SCM	JO LC
:38.49	:36.29	:32.49	50 Free	:32.39	:36.19	:36.79
1:21.89	1:19.29	1:11.39	100 Free	1:10.79	1:18.19	1:21.59
2:59.89	2:52.79	2:36.39	200 Free	2:33.89	2:50.89	2:54.39
6:09.69	5:57.39	6:48.39	500 Free	6:44.59	5:54.09	6:06.79
:43.69	:42.19	:37.99	50 Back	:38.29	:42.59	:44.69
1:35.49	1:30.89	1:22.19	100 Back	1:21.69	1:30.19	1:34.69
:48.79	:46.49	:41.99	50 Breast	:42.99	:47.79	:48.99
1:47.49	1:43.19	1:33.39	100 Breast	1:34.09	1:44.49	1:46.99
:42.09	:41.69	:37.49	50 Fly	:36.69	:40.49	:41.49
1:39.69	1:35.09	1:26.69	100 Fly	1:26.69	1:36.29	1:38.19
N/A	1:31.39	1:22.29	100 IM	1:21.49	1:29.79	N/A
3:22.59	3:07.29	2:55.99	200 IM	2:56.29	3:16.09	3:20.89

GIRLS				BOYS		
JO LC	JO SCM	JO SCY	11/12 YO	JO SCY	JO SCM	JO LC
:33.59	:31.99	:28.59	50 Free	:28.59	:31.69	:33.09
1:13.59	1:08.49	1:01.29	100 Free	1:02.19	1:09.09	1:11.59
2:39.69	2:32.09	2:16.19	200 Free	2:16.89	2:31.19	2:36.19
5:32.29	5:18.79	6:04.29	400/500 Free	6:06.09	5:20.29	5:30.89
:39.19	:36.79	:33.09	50 Back	:33.79	:37.59	:38.79
1:26.29	1:20.49	1:12.09	100 Back	1:13.09	1:20.69	1:24.09
3:00.69	2:53.59	2:37.09	200 Back	2:33.79	2:49.99	3:01.59
:43.19	:41.79	:37.59	50 Breast	:37.69	:41.49	:43.69
1:33.79	1:30.19	1:20.79	100 Breast	1:21.29	1:29.79	1:33.89
3:23.69	3:16.29	2:57.69	200 Breast	2:52.99	3:11.09	3:21.19
:36.79	:35.69	:32.09	50 Fly	:32.39	:35.79	:36.79
1:24.09	1:21.79	1:13.29	100 Fly	1:12.49	1:20.19	1:23.09
3:07.89	3:01.99	2:44.69	200 Fly	2:38.29	2:54.89	3:02.19
N/A	1:19.79	1:11.89	100 IM	1:12.39	1:20.39	N/A
3:00.19	2:54.89	2:36.69	200 IM	2:36.69	2:53.09	2:58.09
6:42.49	6:31.89	5:54.59	400 IM	5:36.69	6:11.99	6:24.29

**2004-05
JUNIOR OLYMPIC TIME STANDARDS**

Approved 10/04

GIRLS			13/14 YO	BOYS		
JO LC	JO SCM	JO SCY		JO SCY	JO SCM	JO LC
:31.89	:30.49	:27.49	50 Free	:25.89	:28.89	:30.69
1:09.29	1:05.89	:59.59	100 Free	:55.59	1:01.89	1:06.39
2:28.59	2:24.99	2:09.89	200 Free	2:04.69	2:19.19	2:24.99
5:16.59	5:09.49	5:53.69	400/500 Free	5:35.09	4:53.29	5:06.29
10:47.99	10:36.69	12:07.59	800/1000 Free	11:43.89	10:15.99	10:31.29
20:39.79	20:05.09	20:12.19	1500/1650 Free	19:39.49	19:32.59	20:14.39
1:19.69	1:15.49	1:08.09	100 Back	1:04.89	1:11.69	1:15.59
2:51.99	2:42.69	2:25.69	200 Back	2:19.69	2:34.19	2:42.99
1:30.09	1:25.89	1:17.49	100 Breast	1:12.29	1:19.89	1:23.59
3:11.99	3:05.69	2:47.99	200 Breast	2:36.29	2:52.69	3:02.39
1:17.59	1:14.89	1:07.39	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	200 Fly	2:22.29	2:37.19	2:41.59
2:48.39	2:42.79	2:25.79	200 IM	2:20.49	2:35.99	2:44.59
6:03.19	5:58.79	5:21.49	400 IM	5:02.89	5:34.69	5:46.79

GIRLS			15/19 YO	BOYS		
JO LC	JO SCM	JO SCY		JO SCY	JO SCM	JO LC
:31.89	:32.39	:26.99	50 Free	:24.09	:26.89	:28.79
1:08.09	1:04.89	58.39	100 Free	:52.49	:58.59	1:03.09
2:25.39	2:19.99	2:05.49	200 Free	1:55.39	2:08.79	2:17.39
5:12.89	5:01.89	5:44.99	400/500 Free	5:20.29	4:40.29	4:53.29
10:41.89	10:26.49	11:55.89	800/1000 Free	11:12.19	9:48.19	10:04.59
20:28.49	19:51.99	19:59.89	1500/1650 Free	18:47.49	18:41.39	19:22.99
1:18.39	1:14.59	1:06.79	100 Back	1:03.29-	1:10.69-	1:11.99
2:47.59	2:43.49	2:26.49	200 Back	2:13.59	2:26.59	2:34.89
1:29.79	1:24.59	1:15.79	100 Breast	1:09.19	1:16.49	1:20.59
3:08.49	3:06.79	2:47.29	200 Breast	2:30.09	2:45.89	2:54.29
1:16.09	1:12.89	1:05.29	100 Fly	:59.79	1:06.79	1:09.09
2:44.69	2:42.79	2:28.00	200 Fly	2:14.59	2:28.69	2:32.19
2:46.09	2:43.29	2:24.99	200 IM	2:17.39	2:33.39	2:37.19
5:57.59	5:47.09	5:14.09	400 IM	4:49.09	5:19.49	5:29.99

DIRECTIONS: FROM THE DELAWARE MEMORIAL BRIDGE: Take Interstate 295 north. Take Exit 21 onto Delaware Street and continue through Woodbury. Turn right at second traffic light onto Evergreen Avenue. Travel one block and turn left at next light onto E. Barber. Proceed about 2 miles, through 3 traffic lights. The GCIT entrance is on the left at the bottom of the hill.

FROM THE NEW JERSEY TURNPIKE: Take the N.J. 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 (McDonald's) onto Route 544. At the 6th light, bear right onto Cooper Street and continue 4/10ths of a mile to the next light, intersection of Cooper Street and Delsea Drive, which is Route 47. Turn left and continue 2 miles to the next traffic light (Wawa Store.) Turn right 1/2 block to traffic light and turn left onto Tanyard Road. Continue one mile to the GCIT entrance on the left at the bottom of the hill just past the next traffic light.

FROM ATLANTIC CITY: Expressway north to North-South Freeway (Route 42) to Deptford Exit, Route 544. Light at end of ramp– make left turn onto Clements Bridge Road. Proceed to 5th light, bear right onto Cooper Street. Continue 4/10 mile to next light, intersection of Cooper Street and Delsea Drive, which is Route 47. Turn left and continue just under two miles to next light (Wawa store.) Turn right, 1/2 block to traffic light. Turn left onto Tanyard Road. Continue one mile to the GCIT entrance on the left at the bottom of the hill just past the next traffic light.

FROM THE COMMODORE BARRY BRIDGE (Interstate 95): Take Route 322 east to light at Route 45 (Harrison House Diner.) Turn left onto Route 45 north. About 1/2 mile, before a Heritage Store, turn right onto Breakneck Road (Route 626) to light at intersection of Barnsboro Hotel. Proceed straight across to 2nd traffic light intersection (Route 553, Woodbury-Glassboro Road) between Getty & Mobil Gas Stations. Straight across for 1/4 mile to first left onto Tanyard Road. Cross next intersection and pass Gloucester County College entrance. GCIT entrance is at the bottom of the hill on the right.

FROM ROUTE 55: Exit at Route 47 Delsea Drive North – Westville Exit 56B. At the light, turn left onto Bankbridge Road. At the next light, turn left onto Tanyard Road. The GCIT entrance is on the left at the bottom of the hill.

ACCOMODATIONS:

There are a number of hotels in the area. Some are listed below:

Comfort Inn	Runnemedede	856/939-6700
Days Inn	Brooklawn	856/456-6688
Fairfield Inn	Deptford	856/686-9050
Four Points	Cherry Hill	856/428-2300
Holiday Inn	Runnemedede	856/939-4200
Howard Johnson	Blackwood	856/228-4040
Quality Inn	W. Deptford	856/848-4111

SHORT COURSE JOS MARCH 17-20, 2005 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 () _____

<p>Person designated to receive entry questions and/or limitation information, if needed: Name: _____ Phone: _____ E-mail: _____</p>

Mail Entries to: Middle Atlantic Swimming JO Entries
 2018 Naaman's Road, Suite 3
 Wilmington, DE 19810

ENTRY DEADLINE: Received by 2:00 pm, Monday, March 7, 2005
 No entries will be accepted after that date.

Please make checks payable to Middle Atlantic Swimming. One check per club, please.
 [Check here if you e-mailed your entry](#)

ENTRY FEES: (Fill in every blank. If zero, so note.)

_____ Individual Events @ \$4.00 \$ _____
 _____ Relay Teams @ \$8.00 \$ _____
 _____ Manual processing fee @ \$5.00 \$ _____
(for non-disk entry of swimmers only)

_____ **Total swimmers entered in meet**
(including relay only) x \$3 surcharge = \$ _____ (everybody pays this!!!)

Total \$ _____

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: (please!!!!) _____

<p><i>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.</i></p> <p style="text-align: center;">Head coach's signature _____</p>
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