

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

2005 "SPRING FLING" A/BB LONG COURSE MEET

MAY 21-22, 2005

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, SANCTION #0589A.

FACILITY:

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

THIS FACILITY CONTAINS AN 8 LANE/50 METER POOL EQUIPPED WITH LANE LINES, STARTING BLOCKS/12 FT DEPTH AT STARTING END. COLORADO 5000 TIMING SYSTEM WITH EIGHT LANE DISPLAY. SEPARATE SPECTATOR AREA/UNLIMITED PARKING. REFRESHMENTS AVAILABLE IN CONCESSION AREA.

MEET & SAFETY

DIRECTORS:

MEET/TODD BRYAN
856/985-5246

SAFETY/NICK KATSIKIANNIS
(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.

WARM-UP &

START TIMES:

SATURDAY

AGES 10/U-SENIOR	WARM-UPS - 7:00 AM	MEET - 8:20 AM
SENIOR 400 FREESTYLE	WARM-UPS - END OF SESSION	MEET - 20 MINUTES LATER
13/14 400 FREESTYLE	WARM-UPS - 2:00 PM	MEET - 2:20 PM
AGES 11-14	WARM-UPS - 3:30 PM	MEET - 4:30 PM

SENIOR 400 METER FREESTYLE EVENTS WILL SWIM FASTEST TO SLOWEST (**THIS EVENT IS SET-UP AS A 500 FREESTYLE YARD EVENT IN TEAM MANAGER. USE SWIMMERS' 500 FREESTYLE YARD TIMES WHEN ENTERING THIS EVENT**). POSITIVE CHECK-IN IS REQUIRED FOR THESE EVENTS. CHECK-IN FOR SENIOR 400 FREESTYLE WILL CLOSE PROMPTLY AT 11:00 AM. SENIOR 400 FREESTYLE WILL BEGIN TWENTY (20) MINUTES AFTER THE END OF THE MORNING SESSION. CHECK-IN FOR THE 13/14 400 FREESTYLE WILL CLOSE PROMPTLY AT 1:30 PM.

SWIMMERS MUST PROVIDE THEIR OWN TIMERS. AT LEAST THREE HEATS OF WOMEN AND TWO HEATS OF MEN WILL SWIM IN EACH AGE GROUP.

SUNDAY

AGES 10/U-SENIOR	WARM-UPS - 7:00 AM	MEET- 8:20 AM
SENIOR 400 INDIVIDUAL MEDLEY	WARM-UPS - END OF SESSION	MEET- 20 MINUTES LATER
13/14 400 INDIVIDUAL MEDLEY	WARM-UPS - 2:00 PM	MEET- 2:20 PM
AGES 11-14	WARM-UPS - 3:30 PM	MEET- 4:30 PM

SENIOR 400 METER IM EVENTS WILL SWIM FASTEST TO SLOWEST. POSITIVE CHECK-IN IS REQUIRED FOR THESE EVENTS. CHECK-IN FOR SENIOR 400 FREESTYLE WILL CLOSE PROMPTLY AT 11:00 AM. SENIOR 400 IM WILL BEGIN TWENTY (20) MINUTES AFTER THE END OF THE MORNING SESSION OR NO EARLIER THAN 11:30 AM. SWIMMERS MUST PROVIDE THEIR OWN TIMERS. CHECK-IN FOR THE 13/14 400 IM WILL CLOSE AT 1:30 PM.

PROOF OF TIME

SWIMMERS MUST SUBMIT PROOF OF TIME FOR THE 200 AND 400 METER EVENTS WITH SUBMISSION OF THEIR ENTRIES. ACCEPTABLE PROOF OF TIME IS A PRINT-OUT FROM THE LSC ON-LINE DATABASE, HARD COPY OF OFFICIAL RESULTS, OR TEAM MANAGER PROOF OF TIME. FAILURE TO SUBMIT ACCEPTABLE PROOF TIMELY WILL RESULT IN REJECTION OF THOSE ENTRIES. NO EXCEPTIONS. UNPROVEN ENTRIES FOR 200 AND 400 METER EVENTS WILL REJECTED AND OMITTED FROM THE MEET MANAGER FILE THAT IS RETURNED TO EACH TEAM AS CONFIRMATION OF THEIR ENTRIES.

MAY 21-22, 2005

ELIGIBILITY:

THE MEET IS OPEN TO ANY USA REGISTERED SWIMMER WHOSE BEST TIME MEETS OR BETTERS THE 2005-2008 USA AGE GROUP "BB" MINIMUM TIME STANDARD. ENTRY TIMES NOTED IN THE SCHEDULE OF EVENTS ARE EXPRESSED IN SHORT COURSE YARDS. SC METER AND LONG COURSE ENTRY TIMES ARE AVAILABLE AT www.usa-swimming.org/Top_16/top16bas.pdf. SEE ADDITIONAL INFORMATION CONCERNING ENTRY TIMES UNDER ENTRIES LISTED BELOW. PENALTIES WILL BE IMPOSED UPON THE SWIMMER WHEN ANY COACH, PARENT, OR SWIMMER ENTERS ANY TIME OTHER THAN THE SWIMMER'S BEST TIME, FOR ANY PARTICULAR EVENT, IN ACCORDANCE WITH MA/USA RULES. THE SWIMMER'S AGE AS OF MAY 21, 2005, GOVERNS AGE GROUP PARTICIPATION FOR THE ENTIRE MEET.


ENTRY

LIMITATIONS:

SWIMMERS MAY ENTER NO MORE THAN 3-EVENTS PER DAY IN THE MORNING AND AFTERNOON SESSIONS. SENIOR AND 13/14 SWIMMERS MAY ENTER THE 400 FREE OR 400 IM IN ADDITION TO THEIR 3-EVENTS. 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.

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  DISQUALIFICATION FROM THE SWIMMER'S NEXT INDIVIDUAL EVENT.

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 MEET.

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 400 FREES & 400IMS ON SATURDAY AND SUNDAY ARE PRESEEDDED TIMED FINALS. MEET MANAGEMENT RESERVES THE RIGHT TO DESIGNATE ADDITIONAL EVENTS AS DECK SEEDED EVENTS TO CONSERVE TIME IN THE EVENT IF THE NUMBER OF ENTRIES REQUIRES LIMITATION OF THE NUMBER OF SWIMMERS, HEATS AND/OR EVENTS. DECK SEEDED EVENTS ARE SEEDED TO SWIM WHICH MEANS YOU MUST CHECK-IN TO SWIM.

SWIMMERS WHO FAIL TO CHECK-IN FOR A DECK SEEDED EVENT WILL NOT BE SEEDED AND WILL BE PERMITTED TO SWIM IN THE EVENT ONLY IF AN OPEN LANE(S) IS AVAILABLE. ADDITIONAL HEATS WILL NOT BE ADDED FOR ANY DECK SEEDED EVENT AFTER SEEDING IS COMPLETE. SEEDINGS FOR FRIDAY, SATURDAY, AND SUNDAY'S DECK SEEDED EVENTS WILL BE POSTED ON DECK. SWIMMERS ARE RESPONSIBLE FOR ASSURING THAT THEY ARE AVAILABLE IN THE APPROPRIATE HEAT AND LANE FOR THESE EVENTS.

CHECK IN:

POSITIVE CHECK-IN WILL BE REQUIRED FOR EVENTS  SATURDAY AND SUNDAY AS NOTED ABOVE. SWIMMERS ARE RESPONSIBLE FOR CHECK-IN FOR THESE EVENTS AND FOR IDENTIFYING ANY EVENT(S) IN WHICH THEY WILL **NOT** PARTICIPATE (SCRATCH) IN ORDER TO PERMIT ACCURATE SEEDING.

ADMISSION:

\$3.00 ADMISSION PER SESSION – ENTIRE MEET PROGRAMS WILL BE SOLD FOR \$8.00.

2005 "SPRING FLING" A/BB LONG COURSE MEET
MAY 21-22, 2005

AWARDS††:

SWIMMERS ENTERED WITH USA "A" - MEDALS 1-3, RIBBONS 4-8
SWIMMERS ENTERED WITH USA "BB" - ROSETTES 1ST, RIBBONS 2-8
††AWARDS AT THIS MEET WILL BE BASED ON TIMES ACHIEVED BY SWIMMERS AT THE MEET INSTEAD OF ENTRY TIMES.

VOLUNTEERS:

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

HOW TO ENTER:



SWIMMERS MAY ENTER NO MORE THAN 3-EVENTS PER DAY IN THE MORNING AND AFTERNOON SESSIONS. SENIOR AND 13/14 SWIMMERS MAY ENTER THE 400 FREE OR 400 IM IN ADDITION TO THEIR 3-EVENTS. ENTRY TIMES SHOULD REFLECT PERFORMANCE IN SHORT COURSE (YARDS) COMPETITION WHICH IS THE STANDARD FOR THIS MEET. ALL ENTRIES SUBMITTED IN LONG COURSE OR SHORT COURSE METERS MUST BE ACCOMPANIED BY PROOF OF TIME. ACCEPTABLE PROOF OF TIME IS A PRINTOUT OF OFFICIAL RESULTS FROM THE MEET IN WHICH THE TIME WAS ACHIEVED, A PRINTOUT FROM THE MA ONLINE DATABASE, OR TEAM MANAGER PROOF OF TIME PRINTOUT. ENTRIES SUBMITTED IN NON-CONFORMING TIMES THAT ARE NOT ACCOMPANIED BY ACCEPTABLE PROOF WILL BE REJECTED. ENTRIES WITH CONVERTED TIMES AND NO TIME WILL BE REJECTED.

ENTRIES SUBMITTED AS AN ATTACHMENT TO AN E-MAIL ADDRESSED TO TODD BRYAN AT SWIMDOG2@AOL.COM USING HY-TEK SOFTWARE ARE PREFERRED. 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. A PRINTOUT OF THE ENTRIES BY SWIMMER AND AN ENTRY SUMMARY FORM MUST ACCOMPANY ENTRIES SUBMITTED ON DISK.

MANUALLY PREPARED ENTRIES SHOULD BE SUBMITTED ON THE FORM ATTACHED TO THIS ANNOUNCEMENT. THE SUMMARY MUST ACCOMPANY MANUAL ENTRIES.

MEET MANAGEMENT WILL TAKE ACTION AS NECESSARY TO RESOLVE DISCREPANCIES IF A VALID CONTACT IS NOT INCLUDED WITH TEAM AND INDIVIDUAL ENTRIES. ELECTRONIC DATA WILL BE CONSIDERED AS THE OFFICIAL VERSION OF MEET ENTRIES. ELECTRONIC DATA SUPERSEDES ANY INFORMATION CONTAINED ON TEAMS' DISKS AND 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.

THE ANNOUNCEMENT IS AVAILABLE FROM OUR WEBSITE AT (www.jerseywahoos.org) AND THE MALSC WEBSITE (www.maswim.org). **MANUAL AND DISK ENTRIES SHOULD BE MAILED TO TODD BRYAN C/O JERSEY WAHOOS. E-MAIL ENTRIES AND INQUIRIES MUST BE SUBMITTED TO dog2@aol.com. THIS IS THE OFFICIAL RECEIPT POINT FOR ALL E-MAIL. E-MAIL SENT TO ANY OTHER TE WILL NOT BE VALID FOR PURPOSES OF THE MEET.**

FEES:

\$5.00/INDIVIDUAL EVENT. CHECKS PAYABLE TO "JERSEY WAHOOS SWIM CLUB."

SEND ENTRIES  PAYMENT TO:

MANUAL ENTRIES, ENTRIES ON DISK, AND PAYMENT FOR ALL ENTRIES MUST BE MAILED TO JERSEY WAHOOS AT 4101 CHURCH ROAD, MT. LAUREL, NJ 08054. **PAYMENT MUST BE RECEIVED BY THURSDAY, MAY 5, 2005, OR ENTRIES WILL BE REJECTED. NO EXEPTIONS.**

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 ENTIRES 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.

CLOSE:

ALL ENTRIES MUST BE RECEIVED BY 5:00 PM, THURSDAY, MAY 5, 2005. **LATE ENTRIES WILL NOT BE ACCEPTED.**

INQUIRIES:

REFER QUESTIONS TO TODD BRYAN AT 856/985-5246 OR E-MAIL AT SWIMDOG2@AOL.COM. THESE ARE THE OFFICIAL CONTACT POINTS FOR MEET INFORMATION. MEET MANAGEMENT IS NOT ACCOUNTABLE FOR MISINFORMATION PROVIDED FROM ANY OTHER SOURCE.

**2005 "SPRING FLING" A/BB LONG COURSE MEET
MAY 21-22, 2005**

SAFETY

REQUIREMENTS:

USA 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. SWIMMERS MUST ENTER FROM THE STARTING BLOCKS AND EXIT FROM THE OPPOSITE END DURING SPRINTS. THE REFEREE MAY REMOVE ANYONE FROM THE MEET FOR FAILURE TO COMPLY WITH THE WARM-UP RULES. SWIMMERS WITHOUT COACHES SHOULD REPORT TO THE REFEREE UPON ARRIVAL AND WILL BE PLACED UNDER THE SUPERVISION OF JERSEY WAHOOS COACHES DURING THE MEET.

WARM-UPS:

7:00 AM TO 8:15 AM AND 3:30 PM TO 4:20 PM. ONE HOUR OPEN WARM-UP SESSION FOR SENIOR SWIMMERS AND ONE 20-MINUTE WARM-UP FOR 10/UNDER SWIMMERS IN THE MORNING SESSIONS. TWO 25-MINUTE ASSIGNED LANE WARM-UPS EACH OF WHICH INCLUDES AN OPTIONAL 5-MINUTE SPRINT SESSION (COACHES' PREFERENCE) IN THE 11/14 AFTERNOONS SESSIONS. 20-MINUTE WARM-UPS FOR 400 METER EVENTS AS NOTED ABOVE.

RESULTS

RESULTS WILL BE POSTED ON THE JERSEY WAHOOS WEB SITE (www.jerseywahoos.org) WITHIN 72-HOURS OF THE CONCLUSION OF THE MEET AND TRANSMITTED BY E-MAIL TO ANY CLUB THAT PROVIDES A VALID E-MAIL ADDRESS. . RESULTS WILL ALSO BE POSTED ON THE MIDDLE ATLANTIC WEBSITE (www.maswim.org) . RESULTS WILL NOT BE MAILED TO CLUBS.

SPECTATORS:

SPECTATORS ARE PROHIBITED FROM ENTERING DECK AREA OF THE POOL WHICH IS BEING USED BY SWIMMERS, COACHES, AND OFFICIALS. COACHES, AND OFFICIALS MUST DISPLAY CURRENT USA CREDENTIALS.

FUTURE MEETS:

SUMMER SOLSTICE	SENIOR "A" TRIALS FINALS	JUNE 16-17, 2005 (AT GCIT)
	AGE GROUP "A/BB" TIMED FINALS	

DIRECTIONS:

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.

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.

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.

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.

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.

**2005 "SPRING FLING" A/BB LONG COURSE MEET
MAY 21-22, 2005**

DIRECTIONS:

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.

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.

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.

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.

HOTELS:

COMFORT INN
RUNNEMEDE
856/939-6700

QUALITY INN
W. DEPTFORD
856/848-4111

HO JO INN
BLACKWOOD
856/228-4040

SCHEDULE OF EVENTS

SATURDAY, MAY 21, 2005

SESSION 1--AGES 10/U - SENIOR

WARM-UPS: 7:30 AM

MEET: 8:20 AM

GIRLS			BOYS		
EVENT#	TIME	EVENT	TIME	EVENT#	
1	2:37.99	SENIOR 200 BACK	2:23.69	2	
3	43.49	10/U 50 BACK	43.89	4	
5	1:06.19	SENIOR 100 FREE	59.99	6	
7	1:22.09	10/U 100 FREE	1:19.99	8	
9	2:58.39	SENIOR 200 BREAST	2:42.59	10	
11	47.79	10/U 50 BREAST	48.19	12	
13	1:12.39	SENIOR 100 FLY	1:05.59	14	
15	1:42.09	10/U 100 FLY	1:40.59	16	
17	2:40.69	SENIOR 200 I.M.	2:26.99	18	
19	3:19.39	10/U 200 I.M.	3:18.09	20	

ENTRY LIMIT OF 3-EVENTS PER DAY FOR THIS SESSION

SESSION 2--SENIOR

WARM-UPS: IMMEDIATELY UPON END OF SESSION

MEET: 20-MINUTES LATER

GIRLS			BOYS		
EVENT#	TIME	EVENT	TIME	EVENT#	
21	6:17.39	SENIOR 400 FREE*	5:52.29	22	

SESSION 3--AGES 13/14

WARM-UPS: 2:00 PM

MEET: 2:20 PM

GIRLS			BOYS		
EVENT#	TIME	EVENT	TIME	EVENT#	
23	6:22:39	13-14 400 FREE*	6:07.69	24	

***SWIMMERS SHOULD USE THEIR BEST TIME IN THE 500 YARD FREESTYLE WHEN ENTERING THE 400 METER FREESTYLE TO ASSURE CONSISTENCY WITH RESPECT TO SEEDING. SWIMMERS MUST PROVIDE THEIR OWN TIMERS. SENIOR EVENTS WILL SWIM FASTEST TO SLOWEST.**

SESSION 4--AGES 11-14

WARM-UPS: 3:30 PM

MEET: 4:30 PM

GIRLS			BOYS		
EVENT#	TIME	EVENT	TIME	EVENT#	
25	2:39.59	13/14 200 BACK	2:31.09	26	
27	37.09	11/12 50 BACK	36.79	28	
29	1:07.09	13/14 100 FREE	1:02.89	30	
31	1:08.29	11/12 100 FREE	1:08.09	32	
33	3:01.99	13/14 200 BREAST	2:49.39	34	
35	41.09	11/12 50 BREAST	41.09	36	
37	1:13.79	13/14 100 FLY	1:08.69	38	
39	1:20.59	11/12 100 FLY	1:19.29	40	
41	2:43.89	13/14 200 I.M.	2:33.69	42	
43	2:51.79	11/12 200 I.M.	2:49.69	44	

ENTRY LIMIT OF 3-EVENTS PER DAY FOR THIS SESSION

ENTRY TIMES SHOULD REFLECT PERFORMANCE IN SHORT COURSE (YARDS). ENTRIES REFLECTING PERFORMANCE IN LONG COURSE, SHORT COURSE METERS, 200 AND 400 METER EVENTS, MUST BE ACCOMPANIED BY PROOF OF TIME AS NOTED ABOVE. ALL ENTRY TIMES APPEARING IN THE SCHEDULE OF EVENTS ARE EXPRESSED IN SHORT COURSE YARDS.

2005 "SPRING FLING" A/BB LONG COURSE MEET
MAY 21-22, 2005

SUNDAY, MAY 22, 2005

SESSION 5--AGES 10/U - SENIOR

WARM-UPS: 7:00 AM

MEET: 8:20 AM

GIRLS			BOYS		
EVENT#	TIME	EVENT	TIME	EVENT#	
45	1:22.69	SENIOR 100 BREAST	1:14.99	46	
47	1:46.69	10/U 100 BREAST	1:44.79	48	
49	30.49	SENIOR 50 FREE	27.49	50	
51	36.19	10/U 50 FREE	35.59	52	
53	2:38.79	SENIOR 200 FLY	2:25.59	54	
55	42.99	10/U 50 FLY	41.99	56	
57	1:13.29	SENIOR 100 BACK	1:06.39	58	
59	1:33.99	10/U 100 BACK	1:32.49	60	
61	2:22.39	SENIOR 200 FREE	2:10:89	62	

ENTRY LIMIT OF 3-EVENTS PER DAY FOR THIS SESSION

SESSION 6--SENIOR

WARM-UPS: IMMEDIATELY UPON END OF SESSION

MEET: 20-MINUTES LATER

GIRLS			BOYS		
EVENT#	TIME	EVENT	TIME	EVENT#	
63	5:40.29	SENIOR 400 IM*	5:13.19	64	

SESSION 7--AGES 11-14

WARM-UPS: 2:00 PM

MEET: 2:20 PM

GIRLS			BOYS		
EVENT#	TIME	EVENT	TIME	EVENT#	
65	5:46.19	13/14 400 IM*	5:27.59	66	

*SWIMMERS MUST PROVIDE THEIR OWN TIMERS. SENIOR EVENTS WILL SWIM FASTEST TO SLOWEST.

SESSION 8--AGES 11-14

WARM-UPS: 3:30 PM

MEET: 4:30 PM

GIRLS			BOYS		
EVENT#	TIME	EVENT	TIME	EVENT#	
67	1:24.49	13/14 100 BREAST	1:18.39	68	
69	1:29.29	11/12 100 BREAST	1:28.39	70	
71	30.99	13/14 50 FREE	28.79	72	
73	32.19	11/12 50 FREE	30.99	74	
77	2:40.99	13/14 200 FLY	2:32.59	76	
79	35.39	11/12 50 FLY	35:49	78	
81	1:14:39	13/14 100 BACK	1:10.29	80	
83	1:21.89	11/12 100 BACK	1:19.09	82	
85	2:25.39	13/14 200 FREE	2:16.29	84	
87	2:31.79	11/12 200 FREE	2:27.99	86	

ENTRY LIMIT OF 3-EVENTS PER DAY FOR THIS SESSION

ENTRY TIMES SHOULD REFLECT PERFORMANCE IN SHORT COURSE (YARDS). ENTRIES REFLECTING PERFORMANCE IN LONG COURSE, SHORT COURSE METERS, 200 AND 400 METER EVENTS, MUST BE ACCOMPANIED BY PROOF OF TIME AS NOTED ABOVE. ALL ENTRY TIMES APPEARING IN THE SCHEDULE OF EVENTS ARE EXPRESSED IN SHORT COURSE YARDS.

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: \$5.00

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 \$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 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