

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

## 2006 SWEETHEART "A/BB/C" MEET FEBRUARY 11-12, 2006

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, SANCTION # MA 06A.

### 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/TODD BRYAN  
Swimdog2@aol.com

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.

### ELIGIBILITY:

THE MEET IS OPEN TO ANY USA REGISTERED SWIMMER. THE SWIMMER'S AGE AS OF **FEBRUARY 11, 2006**, GOVERNS AGE GROUP PARTICIPATION FOR THE ENTIRE MEET. AGE 8 SWIMMERS WILL NOT BE PERMITTED TO ENTER THIS 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	7:00 AM
10/U-SENIOR	MEET START	8:00 AM
Men/Women	Warm-ups	12:30 PM
11/14 500 Freestyle and 400 IM	Meet Start	1:00 PM
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 COACH'S 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 7:00 AM TO 8:00 AM, 12:30 – 1:00 PM for the 500 Freestyle and 400 IM, AND 2:30 PM TO 3:20 PM. 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 AROUND THE POOL DECK.

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**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 AFTER CHECKING IN 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 11-12 and 13-14 200 FREE, THE 500 FREE AND THE 400 IM ARE PREEEDED TIMED FINALS. THE 11-12 and 13-14 200 FREE, THE 500 FREE & THE 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**  
**11/14 500 FREE/400 IM**

PARTICIPATION MUST BE CONFIRMED BY 8:50 AM.

PARTICIPATION MUST BE CONFIRMED BY 12:45 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:**

\$3.00 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](http://www.jerseywahoos.org)) AND THE MIDDLE ATLANTIC WEBSITE ([www.maswim.org](http://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:**

FEBRUARY 25-26, 2006

JO QUALIFIER MEET (AT JERSEY WAHOOS)

MARCH 11-12, 2006

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.

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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 [jwmeets@jerseywahoos.org](mailto:jwmeets@jerseywahoos.org) 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.** 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](http://www.jerseywahoos.org)) AND THE MALSC WEBSITE ([www.maswim.org](http://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 MEET DIRECTOR C/O JERSEY WAHOOS. E-MAIL ENTRIES AND INQUIRIES MUST BE SUBMITTED [jwmeets@jerseywahoos.org](mailto:jwmeets@jerseywahoos.org). 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 10 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 TEN. FAILURE TO REMIT PAYMENT WILL RESULT IN REJECTION OF ENTRIES.

**FEES:**

\$3.00/INDIVIDUAL EVENT. \$5.00 SURCHARGE PER SWIMMER (IF APPLICABLE). CHECKS PAYABLE TO "JERSEY WAHOOS SWIM CLUB."

**SEND ENTRIES**

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, JANUARY 29, 2005, OR ENTRIES WILL BE REJECTED. NO EXEPTIONS.**

**CLOSE:**

ALL ENTRIES MUST BE RECEIVED BY **5:00 PM, THURSDAY, JANUARY 29, 2005. LATE ENTRIES WILL NOT BE ACCEPTED.**

**INQUIRIES:**

REFER QUESTIONS TO TODD BRYAN AT [swimdog2@aol.com](mailto:swimdog2@aol.com) OR EMAIL [jwmeets@jerseywahoos.org](mailto:jwmeets@jerseywahoos.org) . THIS IS THE OFFICIAL CONTACT POINTS FOR MEET INFORMATION. MEET MANAGEMENT IS NOT ACCOUNTABLE FOR MISINFORMATION PROVIDED FROM ANY OTHER SOURCE.

**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. . SWIMMERS NOT PREVIOUSLY ENTERED IN THE MEET WILL BE REQUIRED TO PROVIDE PROOF OF USA SWIMMING REGISTRATION.

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**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.

**ACCOMODATIONS:**

COMFORT INN	DAYS INN	QUALITY INN	HO JO INN	FAIRFIELD INN
RUNNEMEDE	BROOKLAWN	W. DEPTFORD	BLACKWOOD	MT. LAUREL, NJ
856/939-6700	856/456-6688	856/848-4111	856/228-4040	856/642-0600
				ASK FOR PAT

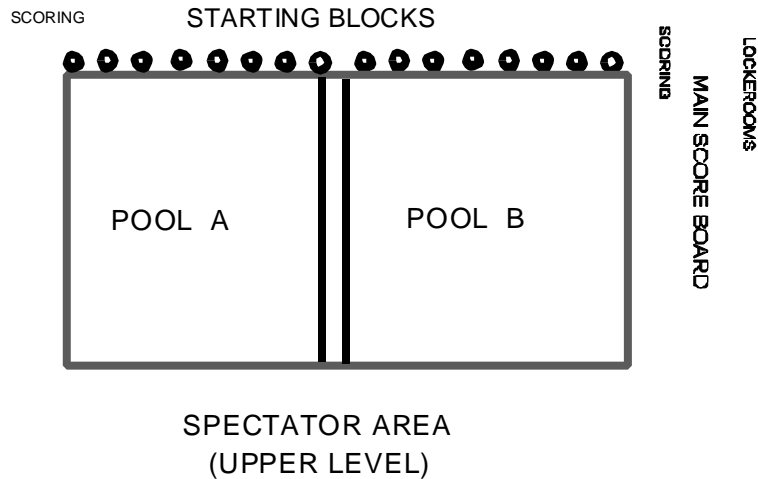
STAYBRIDGE SUITES  
4115 CHURCH RD.  
MT LAUREL NJ 08054  
856-722-1900  
ASK FOR SHARI

**SWIMMING POOL**

**DESIGNATION:**

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

**POOL DIAGRAM**



2006 SWEETHEART "A/BB/C" MEET

SCHEDULE OF EVENTS

SATURDAY, FEBRUARY 11, 2006

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

WARM-UP 7:00 AM

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

START 8:00 AM

WOMEN-EVENT#	EVENT	MEN-EVENT#
1	SENIOR 200 BREAST	2
3	9/10 50 BREAST	4
5	SENIOR 100 BACK	6
7	9/10 100 BACK	8
9	SENIOR 50 FREE	10
11	9/10 50 FREE	12
13	SENIOR 100 FLY	14
15	9/10 100 FLY	16
17	SENIOR 200 IM	18
19	9/10 200 IM	20
21	SENIOR 500 FREE*	22

SESSION 9 – 11/14 Women / Pool A

Warm-up – 12:30 PM

Session 10 – 11/14 Men / Pool B

Start 1:00 PM

WOMEN-EVENT#	EVENT	MEN-EVENT#
43	11/14 500 Freestyle	
44		

SESSION 3--13/14 WOMEN-11/12 BOYS/POOL A

WARM-UP 2:30 PM

SESSION 4--11/12 GIRLS-13/14 MEN/POOL B

START 3:30 PM

WOMEN-EVENT#	EVENT	MEN-EVENT#
23	11/14 200 BREAST**	24
25	11/12 50 BREAST**	26
27	13/14 100 BACK	28
29	11/12 100 BACK	30
31	13/14 50 FREE	32
33	11/12 50 FREE	34
35	13/14 100 FLY	36
37	11/12 100 FLY	38
39	13/14 200 IM	40
41	11/12 200 IM	42
43	11/14 500 FREE*	44

\*DECK SEEDED EVENT REQUIRES POSITIVE CHECK-IN. DECK SEEDED EVENTS ARE SEEDED TO SWIM. SWIMMERS MUST PROVIDE THEIR OWN TIMERS & LAP COUNTERS FOR THE 500 FREE AND 400 IM

\*\*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.

2006 SWEETHEART "A/BB/C" MEET

SUNDAY, FEBRUARY 12, 2006

SESSION 5--SENIOR WOMEN-9/10 BOYS/POOL B  
WARM-UP 7:00AM

WOMEN-EVENT#  
45  
47  
49  
51  
53  
55  
57  
59  
61  
63  
65  
67

EVENT  
9/10 100 IM  
SENIOR 200 BACK  
9/10 50 BACK  
SENIOR 100 FREE  
9/10 100 FREE  
SENIOR 200 FLY  
9/10 50 FLY  
SENIOR 100 BREAST  
9/10 100 BREAST  
SENIOR 200 FREE  
9/10 200 FREE  
SENIOR 400 IM\*

SESSION 6--SENIOR MEN-9/10 GIRLS/POOL A  
START 8:00AM

MEN-EVENT#  
46  
48  
50  
52  
54  
56  
58  
60  
62  
64  
66  
68

SESSION 11 – 11/14 Women 400 IM / Pool A  
Warm-up – 12:30 PM

WOMEN-EVENT#  
91

EVENT  
400 IM

Session 12 – 11/14 Men 400 IM / Pool B  
Start 1:00 PM

MEN-EVENT#  
92

SESSION 7--13/14 WOMEN-11/12 BOYS/POOL B  
WARM-UP 2:30 PM

WOMEN-EVENT#  
69  
71  
73  
75  
77  
79  
81  
83  
85  
87  
89  
91

EVENT  
11/12 100 IM\*\*  
11/14 200 BACK\*\*  
11/12 50 BACK\*\*  
13/14 100 FREE  
11/12 100 FREE  
11/14 200 FLY\*\*  
11/12 50 FLY\*\*  
13/14 100 BREAST  
11/12 100 BREAST  
13/14 200 FREE\*  
11/12 200 FREE\*  
11/14 400 IM\*

SESSION 8--11/12 GIRLS-13/14 MEN/POOL A  
START 3:30 PM

MEN-EVENT#  
70  
72  
74  
76  
78  
80  
82  
84  
86  
88  
90  
92

\*DECK SEEDED EVENT REQUIRES POSITIVE CHECK-IN. DECK SEEDED EVENTS ARE SEEDED TO SWIM. SWIMMERS MUST PROVIDE THEIR OWN TIMERS & LAP COUNTERS FOR THE 500 FREE AND 400 IM

\*\*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 \$5.00/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 TEN. 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