

GCIT SWIMMING AND THE GLOUCESTER COUNTY SWIM TEAM PARENTS ASSOCIATION PRESENT:

VETERAN'S DAY 2005

Saturday and Sunday November 12-13, 2005

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction #MA 0624 A

LOCATION	<p>Gloucester County Institute of Technology 1360 Tanyard Road Sewell, NJ 08080</p> <p>Day of meet ONLY emergency phone # 856-468-1445 ext. 2304</p>
FACILITIES	<p>The Aquatic Center at the Gloucester County Institute of Technology is an 8 lane 50 meter pool separated into two 25 yard competition pools by a moveable bulkhead. The starting depth in the deep end (Pool A) is 10 feet and the starting depth in the shallow end (Pool B) is 5 feet. Each pool is equipped with non-turbulent lane lines, Paragon starting blocks and a Colorado 5 Timing System with separate scoreboards. There is a separate mezzanine with seating for 500 spectators and unlimited parking. Concessions will be available for purchase during the meet.</p>
MEET DIRECTOR	<p>Matt Sprang. gcitswimming@yahoo.com, 856-468-1445 ext. 2304.</p> <p>Trainee: Mark Edwards, mvedwards5@comcast.net</p>
SAFETY DIRECTOR	<p>Ruthann Joyce. irishmpj@aol.com, 856-582-2444.</p> <p>Trainee: Hugh McCaffrey</p>
OFFICIALS	<p>Glenn Hanson. 856-228-3534.</p>
ELIGIBILITY	<p>This meet is open to all USA Swimming registered swimmers. Swimmer's age is as of the first day of the meet. In order to swim Open Events the swimmer must have achieved the 15-16 "BB" Time Standards. Swimmers are limited to a total of 5 individual events per day regardless of how many sessions they participate in each day.</p>
ENTRY LIMITATIONS	<p>The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform with Middle Atlantic rules and the four hour session rule will be strictly enforced. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</p>

<p>ORDER OF EVENTS</p> <p>WARM-UP & START TIMES</p>	<p>Attach is a sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule. Warmup times will be assigned by the meet director once all entries have been received. Sprints will be conducted within each assigned warmup session as the last five minutes of the session.</p>
<p>500 Free and 400 IM</p>	<p>Swimmers must have a verifiable time to swim these two events. No swimmer will be entered in the 500 freestyle on Saturday and the 400 IM on Sunday with "NT". Proof of time is required for the 500 free and 400 IM and must be submitted with your entry report.</p>
<p>DECK ENTRIES</p>	<p>Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet at the cost of \$5 per event. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration. Deck entries will be accepted only until 30 minutes prior to the start of each session. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the Meet Director before or during warm-ups. Deck entries must be paid for at the time of entry with exact change.</p>
<p>SPECIAL NOTES</p>	<p>This meet is scheduled to be run in two pools. However, based on the amount of entries, the meet director reserves the right to conduct the meet in one pool with proper prior notice given to teams attending. PROOF OF TIME IS REQUIRED FOR THE 500 FREESTYLE AND 400 IM. SWIMMERS WILL NOT BE ENTERED IN THESE EVENTS WITH "NT".</p>
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session. It is requested that teams sending swimmers without a coach notify the Meet Director via email upon submitting entries for the meet.</p>
<p>SEEDING</p>	<p>This meet will be pre-seeded for all events with the exception of the 500 freestyle on Saturday and the 400 IM on Sunday. A scratch table will be set up on deck and will close one hour after the start of the morning session each day.</p>
<p>HOW TO ENTER</p>	<p>All entries should be submitted using Hy-Tek's Team Manager Program. Any team submitting entries for more than five athletes and not using Team Manager must submit a surcharge of \$5 per athlete. Entries must be submitted in the course they were achieved. Upon receipt of all entries the meet director will convert all non-conforming times to short course yards for the purposed of seeding the meet. All entries must be submitted with an entry summary report.</p>
<p>ENTRY FEES</p>	<p>\$3 Per Event.</p>

<p>SEND ENTRIES TO</p>	<p>Email is the preferred manner to send your entries in. Please send emailed entries (including entry report) to gcitswimming@yahoo.com. Please include the number of athletes and entries in the body of the email as well as a contact number for the person responsible for your team's entries. Entries can also be mailed to: GCIT Veterans Day 2005; c/o GCSTPA; Box 293 ;Sewell, NJ 08080. Team must submit one check or money order to cover the cost of their collective entries. Make all checks payable to "GCSTPA".</p>
<p>ENTRY DEADLINE</p>	<p>All entries must be received by 5 pm on Friday, October 28, 2005. If sending the entries by express mail, be sure to waive the signature requirement. Entries received after 5 pm on October 28th will be treated as deck entries and subject to the deck entry requirements and stipulations.</p>
<p>RULES</p>	<p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. YOU MUST PROVIDE EITHER CURRENT USA SWIMMING CREDENTIALS OR WRITTEN PROOF THAT YOU ARE CURRENTLY CERTIFIED BY USA SWIMMING TO BE ON THE POOL DECK. THERE WILL BE ABSOLUTELY NO DECK ACCESS FOR PERSONS NOT CREDENTIALLED BY USA SWIMMING UNLESS YOU ARE WORKING IN AN OFFICIAL MEET CAPACITY. THIS RULE WILL BE STRICTLY ENFORCED BY THE MEET SAFETY COMMITTEE.</p> <p>Positive check-in is required for the 500 free and 400 IM. The check-in table will close one hour after the start of the morning session each day. Swimmers who check in for one of these events and fail to swim will be scratched from their next individual event with no refund provided.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures. Once a session starts the meet referee has all control over the meet as it takes place in the water. A timeline will be provided to all entered teams utilizing a 30 second heat interval. If the number of entries warrants, the "Over-Under" start will be used with a 20 second interval to conform with the 4 hour time limit.</p> <p>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.</p> <p>Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines or suspension at the discretion of the Middle Atlantic Swimming Board of Directors.</p>

SCORING & AWARDS	<p>There will be no scoring at this meet.</p> <p>Awards will be based on the swimmer's entry time, not the time achieved at the meet. Ribbons will be awarded 1st through 8th place in the A, BB, and C Divisions.</p>
PROGRAMS & ADMISSION	<p>One program for the entire meet will be for sale for \$10. Admission is \$2 per person per session. Children ages 5 and under will be admitted free of charge. Free admission and a heat sheet for that day's session will be given to any persons assisting in the running of the meet as necessary.</p>
RESULTS	<p>Results will be posted on the Middle Atlantic Swimming web site www.maswim.org as well as the GCIT Swim Team web site www.gcitaquatics.org. A results file will also be emailed to each club providing a valid email address (1 per club) upon entering the meet.</p> <p>THE SCOREBOARD IS THE UNOFFICIAL TIME. Problems may result from numbers on the board sticking or from the swimmer not touching the pads properly. All results will be reviewed by the meet scorer and certified by the Meet Director when a discrepancy occurs. COACHES ONLY should notify the meet director of any problems with the meet results (be it time or awards). Team officials are asked to report any discrepancies to the Meet Director within 24 hours of the meet results being distributed via email.</p>
DIRECTIONS	<p>For Directions please visit our website at www.gcitaquatics.org.</p>
ACCOMODATIONS	<p>HOLIDAY INN/RUNNEMEDE 856-939-4200</p>

SESSION 1
SATURDAY, NOVEMBER 12, 2005
WARM-UP: 7:00 AM
EVENTS: 8:00 AM

Female Event #	Event Description	Male Event #
1	13-14 200 yard freestyle	2
3	15 and over 200 yard freestyle	4
5	13-14 200 yard breaststroke	6
7	15 and over 200 yard breast	8
9	13-14 100 yard backstroke	10
11	15 and over 100 yard back	12
13	13-14 200 yard butterfly	14
15	15-18 200 yard butterfly	16
17	13-14 50 yard freestyle	18
19	15 and over 50 yard freestyle	20

SESSION 2
WARM-UP: BEGINS 5 MINUTES AFTER THE END OF SESSION 1
EVENTS: 30 MINUTES AFTER THE END OF SESSION 1

Female Event #	Event Description	Male Event #
21	11 & Over 500 Free	22

SESSION 3
WARM-UP: 30 MINUTES AFTER THE END OF SESSION 2, NO EARLIER THAN 1 PM
MEET: NO EARLIER THAN 2 PM

FEMALE EVENT #	EVENT DESCRIPTION	MALE EVENT #
23	9-10 200 yard freestyle	24
25	11-12 200 yard freestyle	26
27	9-10 100 yard breaststroke	28
29	11-12 100 yard breaststroke	30
31	9-10 50 yard backstroke	32
33	11-12 50 yard backstroke	34
35	9-10 100 yard butterfly	36
37	11-12 100 yard butterfly	38
39	9-10 50 yard freestyle	40
41	11-12 50 yard freestyle	42
43	9-10 100 yard IM	44
45	11-12 100 yard IM	46

SESSION 4
SUNDAY, NOVEMBER 13, 2005
WARM-UP: 7 AM
EVENTS: 8 AM

FEMALE EVENT #	EVENT DESCRIPTION	MALE EVENT #
47	13-14 200 yard IM	48
49	15 and over 200 yard IM	50
51	13-14 100 yard breaststroke	52
53	15 and over 100 yard breast	54
55	13-14 200 yard backstroke	56
57	15 and over 200 yard back	58
59	13-14 100 yard butterfly	60
61	15 and over 100 yard fly	62
63	13-14 100 yard freestyle	64
65	15 and over 100 yard free	66

SESSION 5
WARM-UP: BEGINS 5 MINUTES AFTER THE END OF SESSION 4
EVENTS: 30 MINUTES AFTER THE END OF SESSION 4

FEMALE EVENT #	EVENT DESCRIPTION	MALE EVENT #
67	11 & Over 400 IM	68

SESSION 6
WARM-UP: BEGINS 30 MINUTES AFTER THE END OF SESSION 5, NO EARLIER THAN 1 PM
EVENTS: NO EARLIER THAN 2 PM

FEMALE EVENT #	EVENT DESCRIPTION	MALE EVENT #
69	9-10 200 yard IM	70
71	11-12 200 yard IM	72
73	9-10 50 yard breaststroke	74
75	11-12 50 yard breaststroke	76
77	9-10 100 yard backstroke	78
79	11-12 100 yard backstroke	80
81	9-10 50 yard butterfly	82
83	11-12 50 yard butterfly	84
85	9-10 100 yard freestyle	86
87	11-12 100 yard freestyle	88

GCIT VETERAN'S DAY 2005

ENTRY SUMMARY

Team: _____ USA-S CLUB CODE: _____

Name of Club: _____

USA Club Code: _____

Name(s) of Coach(es) _____

Address: _____

Phone #: _____ E-Mail: _____

Contact Person Responsible for Entries: _____

Phone #: _____

Fax #: _____

E-Mail: _____

Contact Person Regarding Timers and Officials: _____

Phone #: _____

Fax#: _____

E-Mail: _____

ENTRY FEE SUMMARY

Total # of Individual Entries _____ x \$3.00 = \$ _____

Total Amount of Entry \$ _____

Total # of Swimmers _____

Swimmer Surcharge (\$5 per swimmer)* _____

MAKE CHECKS PAYABLE TO: GCSTPA

Any team not submitting their entries electronically will be charged a \$5 per swimmer surcharge. Teams can not get around this by submitting swimmer entries individually. Meet Management will bill each club the proper surcharge fee once they have entered 5 swimmers in the meet. **Failure to remit entry fees or surcharge fees will result in the rejection of all entries.**

I attest that the athletes are currently registered with USA Swimming and that they have achieved the seed time recorded.

Signature of Head Coach or Authorized Team Representative