

JERSEY WAHOOS SWIM CLUB

WINTER BLIZZARD "A/BB/C" MEET

JANUARY 10-11, 2009

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, INC. SANCTION # MA 0963 A

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
(856-234-5898)

SAFETY / MIKE SIMUNEK
(856-234-5898)

OFFICIALS:

All USA certified officials and trainees are invited to officiate at this meet. Contact Bob Binz, official's coordinator, at 856/853-0119.

ELIGIBILITY:

The meet is open to any USA registered swimmer. Swimmer's age as of **January 10, 2009** governs age group participation for the entire meet.

ENTRY

LIMITATIONS:

Meet management may add sessions, shift an event, limit the number of entries, eliminate certain events and/or heats, and any other reasonable modification to the meet format in order to complete sessions within the four (4) hour session limit. Notice will be provided promptly to swimmers and teams concerning modifications to the meet or changes to any entries/events/heats. Entry fees will be refunded to teams/swimmers whose entries have been rejected or who are unable to compete due to limitations.

WARM-UP & START TIMES:

	<u>WARM UP</u>	<u>MEET</u>	<u>NOTES</u>
SATURDAY AGES 9/10 & SENIOR	7:00AM	8:00AM	
SATURDAY AGES 11-14	1:30 PM	2:30 PM	<i>11-14 500 FR session will start 10 min after the 200 IM. May switch pools to even timelines</i>
SUNDAY AGES 9/10 & SENIOR	7:00 AM	8:00 AM	
SUNDAY AGES 11-14	1:30 PM	2:30 PM	<i>11-14 400 IM session will start 10 min after the 200 breast. May switch pools to even timelines</i>

WARM-UPS:

ASSIGNED WARM-UPS: There will be two 25-minute periods per session. Sprints are included as a 5-minute segment of each warm-up period. Additional warm-up sessions may be added if necessary. Lane assignments will be included in coaches' packets and posted around the pool deck

RULES:

Current USA and Middle Atlantic LSC rules will govern the meet. **'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.** USA swimming/ MA swimming safety guidelines and warm-up procedures will be in effect for the entire meet. Only currently credentialed coaches, USA swimming registered athletes and meet personnel will be permitted on deck.

Penalties will be imposed on swimmers (in accordance with USA/MA LSC rules) when any coach, parent, or swimmer enters a time other than a best time, for any event. Failure to swim in a deck seeded event after checking in will result in a 1-event penalty. The swimmer will not be allowed to swim in their 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.

WINTER BLIZZARD "A/BB/C" MEET
SATURDAY, JANUARY 10, 2009

SESSION 1 – SR GIRLS / 9-10 BOYS POOL A SESSION 2 – SR BOYS / 9-10 GIRLS POOL B WARM-UP 7:00 AM START 8:00 AM		
GIRLS EVENT#	EVENT	BOYS EVENT#
1	9-10 100 IM	2
3	SENIOR 200 BACK	4
5	9-10 50 BACK	6
7	SENIOR 100 FREE	8
9	9-10 100 FREE	10
11	SENIOR 200 FLY	12
13	9-10 50 FLY	14
15	SENIOR 100 BREAST	16
17	9-10 100 BREAST	18
19	SENIOR 200 IM	20
21	9-10 200 IM	22
23	SENIOR 500 FREE	24

SESSION 3 – 13-14 GIRLS / 11-12 BOYS POOL A SESSION 4 – 13-14 BOYS / 11-12 GIRLS POOL B WARM-UP 1:30 PM START 2:30 PM		
GIRLS EVENT#	EVENT	BOYS EVENT#
25	11-12 100 IM	26
27	13-14 200 BACK	28
29	11-12 200 BACK	30
31	13-14 100 FREE	32
33	11-12 100 FREE	34
35	13-14 200 FLY	36
37	11-12 200 FLY	38
39	11-12 50 BACK	40
41	13-14 100 BREAST	42
43	11-12 100 BREAST	44
45	13-14 200 IM	46
47	11-12 200 IM	48
SESSION 5		
49	13-14 500 FREE	50
51	11-12 500 FREE	52

The 500 FR session will start 10 minutes after the 200 IM.

SUNDAY, JANUARY 11, 2009

SESSION 6 – SR BOYS / 9-10 GIRLS POOL A SESSION 7 – SR GIRLS / 9-10 BOYS POOL B WARM-UP 7:00 AM START 8:00 AM		
GIRLS EVENT#	EVENT	BOYS EVENT#
53	SENIOR 100 FLY	54
55	9-10 100 FLY	56
57	SENIOR 50 FREE	58
59	9-10 50 FREE	60
61	SENIOR 200 FREE	62
63	9-10 200 FREE*	64
65	SENIOR 100 BACK	66
67	9-10 100 BACK	68
69	SENIOR 200 BREAST	70
71	9-10 50 BREAST	72
73	SENIOR 400 IM	74

SESSION 8 – 13-14 BOYS / 11-12 GIRLS POOL A SESSION 9 – 13-14 GIRLS / 11-12 BOYS POOL B WARM-UP 1:30 PM START 2:30 PM		
GIRLS EVENT#	EVENT	BOYS EVENT#
75	11-12 100 FLY	76
77	13-14 100 FLY	78
79	11-12 50 FREE	80
81	13-14 50 FREE	82
83	11-12 200 FREE	84
85	13-14 200 FREE	86
87	11-12 100 BACK	88
89	13-14 100 BACK	90
91	11-12 50 BREAST	92
93	11-12 50 FLY	94
95	13-14 200 BREAST	96
97	11-12 200 BREAST	98
SESSION 10		
99	13-14 400 IM	100
101	11-12 400 IM	102

The 400 IM session will start 10 min after the 200 breast.

ALL EVENTS ARE DECK SEEDED.
SWIMMERS MUST PROVIDE THEIR OWN TIMERS FOR 500 FREE & 400 IM.

**WINTER BLIZZARD "A/BB/C" MEET
JANUARY 10-11, 2009**

SEEDING: All events will be deck seeded events.

Each Team will have a check-in sheet with all events listed for each session. **All check-in sheets must be turned into the computer operator 30 minutes after the start of warm up.** Swimmers that are present and swimming will have lines through their names. Swimmers that are being scratched will have their names circled with "SCR" next to the circle. Swimmers scratching a single event will have a line through their names and the event number circled with "SCR" next to the circle. Please use a simple line, not a scribble, so that the name can still be read.

Swimmers must provide their own timers for 500 free and 400 IM.

**HOW TO
ENTER:**

Swimmers may enter a maximum of 4 events per day.

HY-TEK ENTRIES PREFERRED

Entries should be submitted as an e-mail attachment addressed to:

jwmeets@jerseywahoos.org

SUBJECT = (YOUR TEAM) WINTER BLIZZARD ENTRIES

BODY MUST INCLUDE: Team name / Number of swimmers / Number of entries

ATTACHMENTS: ENTRY FILE / TM ENTRY REPORT

DO NOT SEND FLOPPY DISKS.

Manually prepared entries (\$5.00/swimmer surcharge*) should be submitted on the form attached to this announcement and transmitted as an e-mail attachment. The announcement is available from our website at (<http://www.jerseywahoos.org/>) and the MA Swimming website <http://www.maswim.org/>

Electronic data will be considered the official version of meet entries. Electronic data supersedes any information contained on teams' entry printouts with respect to resolution of errors/discrepancies.

SURCHARGE:

*\$5.00/swimmer for ALL MANUALLY prepared entries of teams of 5 or more swimmers. (Entries not sent using Hy-Tek software). **Teams/swimmers cannot avoid the surcharge by submitting individual entries for swimmers.** Failure to remit payment will result in rejection of entries.

FEES:

**\$4.00/INDIVIDUAL EVENT. \$5.00 SURCHARGE PER SWIMMER (IF APPLICABLE).
CHECKS PAYABLE TO "JERSEY WAHOOS SWIM CLUB."**

**SEND ENTRIES
& PAYMENT TO:**

WINTER BLIZZARD ENTRIES
C/O JERSEY WAHOOS
4101 CHURCH RD
MT. LAUREL, NJ 08054

Meet Summary **MUST** accompany payment.
Payment **MUST BE POSTMARKED BY**
SATURDAY, JANUARY 3, 2009
or entries will be rejected. No exceptions.

**CLOSE: 5:00 PM, SUNDAY, DECEMBER 28, 2008.
LATE ENTRIES WILL NOT BE ACCEPTED.**

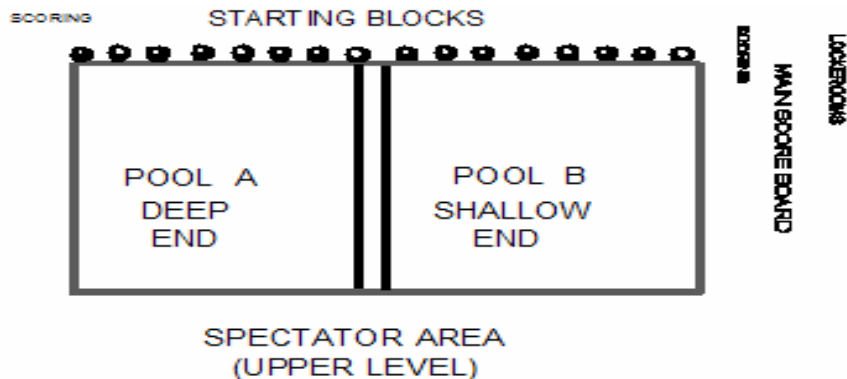
**WINTER BLIZZARD "A/BB/C" MEET
JANUARY 10-11, 2009**

INQUIRIES:

REFER QUESTIONS ABOUT THE ENTRIES AND THE MEET TO TODD BRYAN, MEET DIRECTOR AT 856/234-5898 OR E-MAIL AT jwmeets@jerseywahoos.org. This is the official contact point for meet information and entries. Meet management is not accountable for misinformation provided from any other source.

POOL SETUP:

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



AWARDS:

WAHOOS WILL NOT MAIL AWARDS IF YOUR TEAM FAILS TO PICK THEM UP

14/under's entered with USA "A" - Medals 1-3, Ribbons 4-6

14/under swimmers entered with USA "BB" - Rosettes 1st, Ribbons 2-6

14/under swimmers entered with USA "C" - Ribbons 1st through 6th

ADMISSION:

\$5.00 FOR ADMISSION/ PERSON

\$3.00 Session Psych Sheet. *If time permits*, Session Heat Sheets will be available to those who purchased psych sheets.

RESULTS:

Final results will be posted on the Wahoos website and transmitted to all clubs that sent an entry via E-mail. Results will also be posted on the Middle Atlantic website. **Results will NOT be mailed.**

DECK ENTRIES:

Deck entries may be accepted at the discretion of the meet director as non-award swims.

COST:

\$8.00/event. Limited to one event/swimmer per day. Swimmers not already in the meet must present proof of current USA swimming registration. See Meet Director.

VOLUNTEERS:

Free admission/refreshments will be provided to anyone who volunteers as a timer, runner, or other capacities designated by the meet director.

SWIMMERS

W/OUT COACHES:

Swimmers unaccompanied by a credentialed coach must report to the meet director prior to warm-ups for each session.

SPECTATORS:

Seating is first come/first served. Spectators are prohibited from the deck

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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.

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

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

MEET ENTRY SUMMARY FORM
MUST ACCOMPANY PAYMENT

MEET: **JW 2009 WINTER BLIZZARD**

TEAM: _____ SYMBOL: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACH: _____

TEAM CONTACT: _____

TELEPHONE: _____

EMAIL: _____

CHECK THIS BOX IF ENTRY WAS E-MAILED

ENTRY FEE SUMMARY

TOTAL # IND ENTRIES: _____ X \$4.00 \$ _____

SURCHARGE* (\$5.00/SWIMMER) \$ _____

TOTAL ENTRY FEES: \$ _____

ATHLETE SUMMARY

NUMBER OF MALE ATHLETES: _____ ENTRIES: _____

NUMBER OF FEMALE ATHLETES: _____ ENTRIES: _____

TOTAL NUMBER OF ATHLETES: _____ TOTAL: _____

*** \$5.00/swimmer for *ALL MANUALLY* submitted prepared entries of teams of 5 or more swimmers (entries not submitted using Hy-Tek software). Teams/swimmers cannot avoid the surcharge by submitting individual entries for swimmers. Failure to remit entry fees or the surcharge will result 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