

**JERSEY WAHOOS SWIM CLUB**  
**4101 CHURCH ROAD, MT. LAUREL, NJ 08054**

**JW INVITATIONAL IMX BB/C MEET**  
**DECEMBER 12-13, 2009**

*HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, INC. SANCTION # MA 1025 CIB*

**FACILITY:** 6 lane/25 yd pool equipped w/competitor lane lines & paragon starting blocks/12 ft depth at starting end. Colorado 4000 starting system w/6 lane display. Spectator area w/seating for approximately 225 individuals. Parking for 500 vehicles/refreshments available in our concession area.  
**DAY OF MEET EMERGENCY TELEPHONE 856/234-5898**

**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 INVITED USA registered swimmers. Swimmer's age as of **Dec. 12, 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:**

	<b><u>WARM UP</u></b>	<b><u>MEET</u></b>	<b><u>NOTES</u></b>
<b>SATURDAY AGES 9/10 &amp; SENIOR</b>	<b>8:00 AM</b>	<b>9:00 AM</b>	<i>Senior 500 free will start 5 minutes after the morning session - not before 11:00am</i>
<b>SATURDAY AGES 11-14</b>	<b>1:30 PM</b>	<b>2:30 PM</b>	
<b>SUNDAY AGES 9/10 &amp; SENIOR</b>	<b>8:00 AM</b>	<b>9:00 AM</b>	<i>Senior 400 will start 5 minutes after the morning session - not before 11:00am</i>
<b>SUNDAY AGES 11-14</b>	<b>1:30 PM</b>	<b>2:30 PM</b>	<i>11-14 200 free will start 5 minutes after the pm session - not before 5:30pm</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. Lesson pool will be available for warm-up/warm-down.

**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.

**JW INVITATIONAL IMX BB/C MEET**  
**SATURDAY, DECEMBER 12, 2009**

<b>SESSION 1 AGES 9-10 &amp; SENIOR</b>		
<b>WARM-UP 8:00 AM START 9:00 AM</b>		
<b>GIRLS EVENT#</b>	<b>EVENT</b>	<b>BOYS EVENT#</b>
1	SENIOR 100 BREAST	2
3	9-10 100 BREAST	4
5	SENIOR 200 FLY	6
7	9-10 50 FLY	8
9	SENIOR 100 BACK	10
11	9-10 100 BACK	12
13	SENIOR 50 FREE	14
15	9-10 50 FREE	16
17	SENIOR 200 IM	18
19	9-10 200 IM	20
21	SENIOR 500 FREE	22
23	9-10 500 FREE	24

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

**SUNDAY, DECEMBER 13, 2009**

<b>SESSION 3 AGES 9-10 &amp; SENIOR</b>		
<b>WARM-UP 8:00 AM START 9:00 AM</b>		
<b>GIRLS EVENT#</b>	<b>EVENT</b>	<b>BOYS EVENT#</b>
53	9-10 100 IM	54
55	SENIOR 200 BACK	56
57	9-10 50 BACK	58
59	SENIOR 100 FREE	60
61	9-10 100 FREE	62
63	SENIOR 100 FLY	64
65	9-10 100 FLY	66
67	SENIOR 200 BREAST	68
69	9-10 50 BREAST	70
71	SENIOR 200 FREE	72
73	9-10 200 FREE	74
75	SENIOR 400 IM	76

<b>SESSION 4 AGES 11-14</b>		
<b>WARM-UP 1:30 PM START 2:30 PM</b>		
<b>GIRLS EVENT#</b>	<b>EVENT</b>	<b>BOYS EVENT#</b>
77	11-12 100 IM	78
79	13-14 200 BACK	80
81	11-12 200 BACK	82
83	13-14 100 FREE	84
85	11-12 100 FREE	86
87	13-14 100 FLY	88
89	11-12 100 FLY	90
91	13-14 200 BREAST	92
93	11-12 100 BREAST	94
95	11-12 50 BACK	96
97	13-14 200 FREE	98
99	11-12 200 FREE	100
101	13-14 400 IM	102
103	11-12 400 IM	104

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

**JW INVITATIONAL IMX BB/C MEET**  
**DECEMBER 12-13, 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.*

**SENIOR 500 FREE/400 IM**  
**11/14 500 FREE/400 IM**

PARTICIPATION MUST BE CONFIRMED BY 10:30 AM.  
PARTICIPATION MUST BE CONFIRMED BY 4:30 PM

**HOW TO**  
**ENTER:**

Swimmers may enter a *maximum* of 5 events per day.

**HY-TEK ENTRIES PREFERRED**

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

**[jwmeets@jerseywahoos.org](mailto:jwmeets@jerseywahoos.org)**

**SUBJECT = (YOUR TEAM) JW IMX BB/C ENTIREES**

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

**ATTACHMENTS: ENTRY FILE / TM ENTRY REPORT**

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:**

**\$15.00 PER SWIMMER FOR ALL MANUALLY PREPARED ENTRIES.**

(Entries not sent using Hy-Tek software). Failure to remit payment will result in rejection of entries. We encourage individuals to use the free TM -Lite or purchase Hy-Tek Personal Swim Manager to enter meets. TM-Lite is available for download via a link on Jersey Wahoos web page or at the Hy-Tek website.

Manually prepared entries (\$15.00/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/>

**FEES:**

**\$4.00/INDIVIDUAL EVENT. \$15.00 SURCHARGE PER SWIMMER (IF PPLICABLE).**  
**CHECKS PAYABLE TO "JERSEY WAHOOS SWIM CLUB."**

**SEND ENTRIES**  
**& PAYMENT TO:**

**JW IMX BB/C ENTRIES**  
**C/O JERSEY WAHOOS**  
**4101 CHURCH RD**  
**MT. LAUREL, NJ 08054**

Meet Summary **MUST** accompany payment.

**CLOSE:**

**4:30 PM, FRIDAY, DEC. 4, 2009. LATE ENTRIES WON'T BE ACCEPTED.**

**JW INVITATIONAL IMX BB/C MEET**  
**DECEMBER 12-13, 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](mailto: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.

**AWARDS:**

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

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

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

THE FOLLOWING SINGLE AGE GROUPS AND EVENT COMBINATIONS WILL BE TABULATED AND SCORED FOR BOTH MEN AND WOMEN:

9 & UNDER; 10-YEAR OLDS:

200 IM, 200 FREE, 100 BACK, 100 BRST, 100 FLY

11-YEAR OLDS; 12-YEAR OLDS:

200 IM, 400/500 FREE, 100 BACK, 100 BRST, 100 FLY

13, 14, 15, 16, 17, AND 18-YEAR OLDS:

200 IM, 400 IM, 400/500 FREE, 200 BACK, 200 BRST, 200 FLY

TROPHIES WILL BE PRESENTED TO THE MALE-FEMALE SWIMMER IN EACH AGE GROUP WHO ACHIEVES THE HIGHEST POWER POINTS FOR DESIGNATED IMX EVENTS – MUST SWIM ALL LISTED EVENTS

**ADMISSION:**

\$5.00 FOR ADMISSION – Psych Sheet will be posted on JW site prior to meet.  
\$1.00 coupon will be sold for session heat sheets. Heat sheets will be given to those who purchased a coupon when they become available.

**RESULTS:**

Final results will be posted on the Wahoos website within 48 hours of the conclusion of the meet 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 WILL NOT BE ACCEPTED AT THE MEET.

**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. Seating on the lower deck is for use by swimmers and coaches. Spectators are prohibited from areas of the deck that are in use by coaches and officials with current USA credentials.

# **JW INVITATIONAL IMX BB/C MEET**

## ***DECEMBER 12-13, 2009***

### **DIRECTIONS:**

Jersey Wahoos is located just off southbound route 73, behind Bennigan's, below route 295 and the New Jersey turnpike (take exit #4 to route 73 south). Continue on route 73 South and make a right turn into Bennigan's. Proceed to the parking lot in the rear of Bennigan's. You may park in this lot or in the Wahoos' parking lot.

### **ACCOMODATIONS:**

LAUREL INN  
550 FELLOWSHIP RD.  
MT. LAUREL, NJ  
856/235-7400

HOJO EXPRESS  
1104 ROUTE 73  
MT. LAUREL, NJ  
856/778-3500

WYNDHAM  
1111 ROUTE 73  
MT. LAUREL, NJ  
856/234-7000

MARIOTT COURTYARD  
1000 CENTURY PARKWAY  
MT. LAUREL, NJ  
856/273-4400

FAIRFIELD INN  
350 CENTURY BLVD.  
MT. LAUREL, NJ  
856/642-0600  
ASK FOR PAT

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



**MEET ENTRY SUMMARY FORM**  
**MUST ACCOMPANY PAYMENT**

MEET: **JW INVITATIONAL IMX BB/C**

TEAM: \_\_\_\_\_ SYMBOL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

COACH: \_\_\_\_\_

TEAM CONTACT: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**CHECK THIS BOX IF ENTRY WAS E-MAILED**

**ENTRY FEE SUMMARY**

TOTAL NUMBER OF ENTRIES: \_\_\_\_\_

MULTIPLY BY: \$4.00

SURCHARGE\* (If applicable) \$ \_\_\_\_\_ (\$15.00/SWIMMER)

TOTAL ENTRY FEES: \$ \_\_\_\_\_

**ATHLETE SUMMARY**

NUMBER OF MALE ATHLETES: \_\_\_\_\_ ENTRIES: \_\_\_\_\_

NUMBER OF FEMALE ATHLETES: \_\_\_\_\_ ENTRIES: \_\_\_\_\_

TOTAL NUMBER OF ATHLETES: \_\_\_\_\_ TOTAL: \_\_\_\_\_

**\* \$15.00 PER SWIMMER FOR ALL MANUALLY PREPARED ENTRIES.**

(Entries not sent using Hy-Tek software). Failure to remit payment will result in rejection of entries. We encourage individuals to use the free TM-Lite or purchase Hy-Tek Personal Swim Manager to enter meets. TM-Lite is available for download via a link on Jersey Wahoos web page or at the Hy-Tek website

**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