

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

AUTUMN HARVEST "A/BB/C" MEET

OCTOBER 23-25, 2009

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, INC. SANCTION # MA 1022 A

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 SAFETY / MIKE SIMUNEK
(856-234-5898) (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 **October 23, 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>
FRIDAY	4:30PM	5:30PM	11-14 500 free, 400 IM & 11-12 100 IM
SATURDAY AGES 9/10 & SENIOR	7:00 AM	8:00 AM	<i>Senior 500 free will start 5 minutes after the morning session - not before 11:00am</i>
SATURDAY AGES 11-14	1:30 PM	2:30 PM	
SUNDAY AGES 9/10 & SENIOR	7:00 AM	8:00 AM	<i>Senior 400 will start 5 minutes after the morning session - not before 11:00am</i>
SUNDAY AGES 11-14	1:30 PM	2:30 PM	<i>11-14 200 free will start 5 minutes after the pm session</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.

AUTUMN HARVEST "A/BB/C" MEET
FRIDAY, OCTOBER 23, 2009

SESSION 1 AGES 11-14		
WARM-UP 5:00 PM START 6:00 PM		
GIRLS EVENT#	EVENT	BOYS EVENT#
1	11-12 500 FREE	2
3	13-14 500 FREE	4
5	11-12 100 IM	6
7	13-14 400 IM	8
9	11-12 400 IM	10

SATURDAY, OCTOBER 24, 2009

SESSION 2 AGES 9-10 & SENIOR		
WARM-UP 7:00 AM START 8:00 AM		
GIRLS EVENT#	EVENT	BOYS EVENT#
11	SENIOR 100 FREE	12
13	9-10 100 FREE	14
15	SENIOR 200 FLY	16
17	9-10 50 FLY	18
19	SENIOR 200 BREAST	20
21	9-10 50 BREAST	22
23	SENIOR 100 BACK	24
25	9-10 100 BACK	26
27	SENIOR 200 IM	28
29	9-10 200 IM	30
SESSION 2A		
31	SENIOR 500 FREE	32

SESSION 3 AGES 11-14		
WARM-UP 1:30 PM START 2:30 PM		
GIRLS EVENT#	EVENT	BOYS EVENT#
33	13-14 100 FREE	34
35	11-12 100 FREE	36
37	13-14 200 FLY	38
39	11-12 200 FLY	40
41	13-14 200 BREAST	42
43	11-12 200 BREAST	44
45	11-12 50 BREAST	46
47	13-14 100 BACK	48
49	11-12 100 BACK	50
51	13-14 200 IM	52
53	11-12 200 IM	54

SUNDAY, OCTOBER 25, 2009

SESSION 4 AGES 9-10 & SENIOR		
WARM-UP 7:00 AM START 8:00 AM		
GIRLS EVENT#	EVENT	BOYS EVENT#
55	9-10 100 IM	56
57	SENIOR 100 FLY	58
59	9-10 100 FLY	60
61	SENIOR 50 FREE	62
63	9-10 50 FREE	64
65	SENIOR 200 BACK	66
67	9-10 50 BACK	68
69	SENIOR 100 BREAST	70
71	9-10 100 BREAST	72
73	SENIOR 200 FREE	74
75	9-10 200 FREE	76
SESSION 4A		
77	SENIOR 400 IM	78

SESSION 5 AGES 11-14		
WARM-UP 1:30 PM START 2:30 PM		
GIRLS EVENT#	EVENT	BOYS EVENT#
79	11-12 50 BACK	80
81	13-14 100 FLY	82
83	11-12 100 FLY	84
85	13-14 50 FREE	86
87	11-12 50 FREE	88
89	13-14 200 BACK	90
91	11-12 200 BACK	92
93	11-12 50 FLY	94
95	13-14 100 BREAST	96
97	11-12 100 BREAST	98
SESSION 5A		
99	13-14 200 FREE	100
101	11-12 200 FREE	102

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

AUTUMN HARVEST "A/BB/C" MEET

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.

11/14 500 FREE

PARTICIPATION MUST BE CONFIRMED BY 5:00 PM

11/14 400 IM

PARTICIPATION MUST BE CONFIRMED BY 7:00 PM.

SENIOR 500 FREE/400 IM

PARTICIPATION MUST BE CONFIRMED BY 10:30 AM.

**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) AUTUMN HARVEST ENTIRES

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/SWIMMER (IF APPLICABLE).

CHECKS PAYABLE TO "JERSEY WAHOOS SWIM CLUB."

CLOSE:

4:30 PM, FRIDAY, OCTOBER 9, 2009.

LATE ENTRIES WILL NOT BE ACCEPTED.

AUTUMN HARVEST "A/BB/C" MEET

SEND ENTRIES & PAYMENT TO:

AUTUMN HARVEST ENTRIES COORDINATOR
C/O JERSEY WAHOOS
4101 CHURCH RD
MT. LAUREL, NJ 08054

Meet Summary **MUST** accompany payment.

Payment MUST BE POSTMARKED BY SATURDAY, OCTOBER 10, 2009
or entries will be rejected. No exceptions.

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.

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:

\$6.00 FOR ADMISSION. Session programs will be posted behind the blocks & stands

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 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

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

W/OUT COACHES:

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.

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 2009 AUTUMN HARVEST**

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.**

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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