

2010 JW/NRG CLOSED 1650 MEET FEBRUARY 7, 2010

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, INC. SANCTION # MA 1026 CIL

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, OFFICIALS COORDINATOR, AT 856/853-0119.

ELIGIBILITY:

THIS IS A CLOSED MEET IS OPEN TO USA REGISTERED SWIMMERS FROM JERSEY WAHOOS AND NRG SWIMMING WHO ARE SELECTED TO SWIM IN THE MEET BY THE COACHES FROM EACH TEAM.

**WARM-UP &
START TIMES:**

WARM-UPS - 8:00 AM

MEET - 8:45 AM

WARM-UPS:

THE COMPETITION POOL WILL BE OPEN FOR A GENERAL WARM-UP FOR 45 MINUTES PRIOR TO THE START OF THE MEET. THE LESSON POOL WILL BE AVAILABLE FOR WARM-UP/WARM-DOWN THROUGHOUT THE MEET.

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 THE HEATS WILL SWIM FASTEST TO SLOWEST ALTERNATING WOMEN THEN MEN. *SWIMMERS MUST PROVIDE THEIR OWN TIMERS & LAP COUNTERS*

SEEDING:

THE EVENTS ARE DECK SEEDED AND REQUIRE POSITIVE CHECK-IN

ADMISSION:

\$1.00 FOR HEAT SHEET.

RESULTS:

RESULTS WILL BE POSTED ON THE WAHOOS WEB SITE (www.jerseywahoos.org) AND THE MIDDLE ATLANTIC WEBSITE (www.maswim.org) WITHIN 72-HOURS OF THE CONCLUSION OF THE MEET.

**SCHEDULE OF
EVENTS**

WOMEN - EVENT#
1

TIME
21:38.89 YDS
22:10.79 LC
21:31.29 SCM

EVENT
SENIOR 1650 FREE*

TIME
20:21.89 YDS
20:59.89 LC
20:14.79 SCM

MEN-EVENT#
2

FEES:

\$4.00/INDIVIDUAL EVENT