

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

2008 PRESIDENTS DAY JO QUALIFIER MEET
FEBRUARY 23-24, 2008

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING, INC. SANCTION # MA 0873 B

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 all USA registered swimmers. Swimmer's age as of **February 23, 2008**, governs age group participation for the entire meet. Entry times must be *slower than the current MA Junior Olympic time standards*.

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 11-14	8:00 AM	9:00 AM	Session 1A (11-14 500 Free) will start 5 minutes after morning session
SATURDAY AGES 9/10 & SENIOR	1:30 PM	2:30 PM	
SUNDAY AGES 11-14	8:00 AM	9:00 AM	Session 3A (11-14 400 IM) will start 5 minutes after morning session
SUNDAY AGES 9/10 & SENIOR	1:30 PM	2:30 PM	

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.

2008 PRESIDENTS DAY JO QUALIFIER MEET

SATURDAY, FEBRUARY 23, 2008

Entry times must be slower than current JO & SR Champs standards listed in this announcement

SESSION 1 AGES 11-14		
WARM-UP 8:00 AM START 9:00 AM		
GIRLS EVENT#	EVENT	BOYS EVENT#
1	11-12 50 FLY	2
3	13-14 100 BREAST	4
5	11-12 100 BREAST	6
7	13-14 200 BACK*	8
9	11-12 200 BACK*	10
11	13-14 200 FLY*	12
13	11-12 200 FLY*	14
15	11-12 50 BREAST	16
17	13-14 50 FREE	18
19	11-12 50 FREE	20
21	13-14 200 IM*	22
23	11-12 200 IM*	24
SESSION 1A		
25	13-14 500 FREE*	26
27	11-12 500 FREE*	28

SESSION 2 AGES 9-10 & SENIOR		
WARM-UP 1:30 PM START 2:30 PM		
GIRLS EVENT#	EVENT	BOYS EVENT#
29	SENIOR 100 BREAST	30
31	9-10 100 BREAST	32
33	SENIOR 200 BACK	34
35	9-10 50 BACK	36
37	SENIOR 200 FLY*	38
39	9-10 50 FLY	40
41	SENIOR 50 FREE	42
43	9-10 50 FREE	44
45	SENIOR 200 IM*	46
47	9-10 200 IM*	48
49	SENIOR 500 FREE*	50
51	9-10 500 FREE*	52

SUNDAY, FEBRUARY 24, 2008

Entry times must be slower than current JO & SR Champ standards listed in this announcement

SESSION 3 AGES 11-14		
WARM-UP 8:00 AM START 9:00 AM		
GIRLS EVENT#	EVENT	BOYS EVENT#
53	11-12 100 IM	54
55	13-14 100 BACK	56
57	11-12 100 BACK	58
59	13-14 100 FREE	60
61	11-12 100 FREE	62
63	13-14 100 FLY	64
65	11-12 100 FLY	66
67	13-14 200 BREAST*	68
69	11-12 200 BREAST*	70
71	11-12 50 BACK	72
73	13-14 200 FREE*	74
75	11-12 200 FREE*	76
SESSION 3A		
77	13-14 400 IM*	78
79	11-12 400 IM*	80

SESSION 4 AGES 9-10 & SENIOR		
WARM-UP 1:30 PM START 2:30 PM		
GIRLS EVENT#	EVENT	BOYS EVENT#
81	9-10 100 IM	82
83	SENIOR 100 BACK*	84
85	9-10 100 BACK	86
87	SENIOR 100 FREE	88
89	9-10 100 FREE	90
91	SENIOR 100 FLY	92
93	9-10 100 FLY	94
95	SENIOR 200 BREAST*	96
97	9-10 50 BREAST	98
99	SENIOR 200 FREE*	100
101	9-10 200 FREE*	102
103	SENIOR 400 IM*	104

***DECK SEEDED EVENT THAT REQUIRES POSITIVE CHECK-IN.**

Check in deadlines will be posted on JW website & E-mailed to the person who sent the meet entries after the meet closes

***SWIMMERS MUST PROVIDE THEIR OWN TIMERS AND LAP COUNTERS AS NECESSARY.**

2008 Middle Atlantic Junior Olympic Championship Time Standards

GIRLS			13-14	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
31.89	30.49	27.49	50 Free	25.49	28.49	30.69
1:09.29	1:04.89	58.59	100 Free	55.59	1:01.89	1:06.39
2:28.59	2:23.69	2:08.59	200 Free	2:03.59	2:23.89	2:24.99
5:16.59	5:04.49	5:48.69	400/500 Free	5:33.09	5:07.49	5:06.29
10:47.99	10:36.69	12:07.59	800/1000 Free	11:43.89	10:15.99	10:31.29
20:39.79	20:05.09	20:12.19	1500/1650 Free	19:39.49	19:32.59	20:14.39
1:19.69	1:15.09	1:07.69	100 Back	1:04.89	1:11.69	1:15.59
2:51.99	2:42.69	2:25.69	200 Back	2:19.49	2:35.99	2:42.99
1:30.09	1:24.89	1:16.49	100 Breast	1:12.29	1:19.89	1:23.59
3:11.99	3:03.69	2:45.99	200 Breast	2:36.29	2:52.69	3:02.39
1:17.59	1:14.29	1:06.69	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	200 Fly	2:22.29	2:37.19	2:41.59
2:48.39	2:42.79	2:25.79	200 IM	2:18.99	2:41.29	2:44.59
6:03.19	5:54.79	5:17.49	400 IM	5:02.39	5:34.19	5:46.79

GIRLS			11-12	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
33.59	31.99	28.59	50 Free	28.09	31.19	33.09
1:13.59	1:08.39	1:01.19	100 Free	1:01.19	1:08.09	1:11.59
2:39.69	2:30.39	2:14.49	200 Free	2:16.89	2:31.19	2:36.19
5:23.29	5:13.79	5:59.29	400/500 Free	6:01.09	5:15.79	5:30.89
39.19	36.79	33.09	50 Back	33.29	37.09	38.79
1:26.29	1:20.49	1:11.39	100 Back	1:12.09	1:19.69	1:24.09
3:00.69	2:51.59	2:35.09	200 Back	2:33.79	2:49.99	3:01.59
43.19	41.29	37.09	50 Breast	37.59	41.39	43.69
1:33.79	1:30.19	1:20.79	100 Breast	1:21.29	1:29.79	1:33.89
3:23.69	2:15.89	2:57.29	200 Breast	2:52.99	3:11.09	3:21.19
36.79	35.19	31.59	50 Fly	31.89	35.29	36.79
1:24.09	1:20.79	1:12.39	100 Fly	1:12.49	1:20.19	1:23.09
3:07.89	3:01.99	2:44.69	200 Fly	2:38.29	2:54.89	3:02.19
N/A	1:18.99	1:11.09	100 IM	1:11.39	1:19.39	N/A
3:00.19	2:52.89	2:34.69	200 IM	2:35.19	2:52.59	2:58.09
6:20.09	6:15.39	5:38.09	400 IM	5:36.69	6:11.99	6:24.29

GIRLS			10/Under	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
38.49	35.79	31.99	50 Free	31.89	35.69	36.79
1:21.89	1:18.29	1:10.39	100 Free	1:10.19	1:17.59	1:21.59
2:59.89	2:52.79	2:36.39	200 Free	2:33.89	2:50.89	2:54.39
6:06.79	5:54.59	6:48.39	400/500 Free	6:44.59	5:54.09	6:09.79
43.69	41.69	37.49	50 Back	37.79	42.09	44.69
1:35.49	1:29.89	1:21.19	100 Back	1:21.69	1:30.19	1:34.69
48.79	46.49	41.99	50 Breast	42.99	47.79	48.99
1:47.49	1:43.19	1:33.39	100 Breast	1:34.09	1:44.49	1:46.99
42.09	41.19	36.99	50 Fly	36.69	40.49	41.49
1:39.69	1:34.19	1:25.79	100 Fly	1:26.69	1:36.29	1:38.19
N/A	1:30.39	1:21.29	100 IM	1:21.49	1:29.79	N/A
3:22.59	3:06.29	2:54.99	200 IM	2:56.29	3:16.09	3:20.89

There will be the opportunity to bonus certain events where the cut time was lowered from last year. Swimmers will have to achieve the bonus time standard TBD. Bonus rules will be announced in the JO meet information.

QUALIFYING TIMES – Middle Atlantic Short Course Senior Championships 2008

MEN

Thursday

Prelim Warm-Up - 7:30 AM		Meet Starts - 9:00 AM		Finals Warm-up – 4:00 PM		Meet Starts – 5:00 PM		
#	LC	SCM	SCY	Event	SCY	SCM	LC	#
1	1:29.79	1:24.59	1:15.79	100 Breaststroke	1:09.19	1:16.49	1:20.59	2
3	2:25.39	2:19.99	2:05.49	200 Freestyle	1:55.39	2:08.79	2:17.39	4
5	1:16.09	1:12.89	1:05.29	100 Butterfly	59.79	1:06.79	1:09.09	6
7	2:46.09	2:43.29	2:24.99	200 Individual Medley	2:17.39	2:33.39	2:37.19	8
9				800 Freestyle Relay				10
11	10:41.89	10:26.49	11:55.89	1000 Freestyle	11:12.19	9:48.19	10:04.59	12

Friday

Prelim Warm-Up - 7:30 AM		Meet Starts - 9:00 AM		Finals Warm-up – 4:00 PM		Meet Starts – 5:00 PM		
#	LC	SCM	SCY	Event	SCY	SCM	LC	#
13	5:57.59	5:47.09	5:14.09	400 Individual Medley	4:49.09	5:19.49	5:29.99	14
15	31.89	32.39	26.99	50 Freestyle	24.09	26.89	28.79	16
17	1:18.39	1:14.59	1:06.79	100 Backstroke	1:03.29	1:10.69	1:11.99	18
19	3:08.49	3:06.79	2:47.29	200 Breaststroke	2:30.09	2:45.89	2:54.29	20
21	5:12.89	5:01.89	5:44.99	500 Freestyle	5:20.29	4:40.29	4:53.29	22
23				400 Medley Relay				24

Saturday

Prelim Warm-Up - 7:30 AM		Meet Starts - 9:00 AM		Finals Warm-up – 4:00 PM		Meet Starts – 5:00 PM		
#	LC	SCM	SCY	Event	SCY	SCM	LC	#
25	2:47.59	2:43.49	2:26.49	200 Backstroke	2:13.59	2:26.59	2:34.89	26
27	1:08.09	1:04.89	58.39	100 Freestyle	52.49	58.59	1:03.09	28
29	2:44.69	2:42.79	2:28.00	200 Butterfly	2:14.59	2:28.69	2:32.19	30
31				400 Freestyle Relay				32
33	20:28.49	19:51.99	19:59.89	1650 Freestyle	18:47.49	18:41.39	19:22.99	34

*Swimmers for the 1000 and 1650 Freestyle events must provide their own timer and counter. The fastest heat of men and women in the 1000 Freestyle will swim as the first events at Thursday Finals; remaining heats will swim during Thursday Prelims. The fastest heat of men and women in the 1650 Free will swim as the first event at Saturday Finals; remaining heats will swim on Saturday afternoon with warm-up one hour before the scheduled start. The fastest two heats of each relay will swim at Finals.

2008 PRESIDENTS DAY JO QUALIFIER MEET

FEBRUARY 23-24, 2008

SEEDING:

All events 200 yards & longer will be deck seeded events requiring positive check-in. *CHECK IN DEADLINES will be E-mailed & posted on the JW website after the close of the meet. Swimmers must provide their own timers & lap counters as necessary.*

11/14 500 FREE/400 IM
SENIOR 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 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) JW PRESIDENTS JO QUALIFIER

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 of 5 or more swimmers (\$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 5 or more swimmers (Entries not sent using Hy-Tek software). Teams/swimmers cannot avoid the surcharge by submitting individual entries for swimmers. Meet management will bill individuals when a team's entries exceed the limit of five. 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:

JW JO QUALIFIER ENTRIES
C/O JERSEY WAHOOS
4101 CHURCH RD
MT. LAUREL, NJ 08054

Meet Summary **MUST** accompany payment.

Payment **MUST BE POSTMARKED BY SATURDAY, FEBRUARY 9, 2008** or entries will be rejected. No exceptions.

CLOSE:

5:00 PM, FRIDAY, FEBRUARY 8, 2008. LATE ENTRIES WILL NOT BE ACCEPTED.

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.

2008 PRESIDENTS DAY JO QUALIFIER MEET FEBRUARY 23-24, 2008

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 6th

ADMISSION: \$3.00 FOR ADMISSION AND PROGRAM PER SESSION.

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 primarily 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.

<u>ACCOMODATIONS:</u>	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: **PRESIDENTS DAY JO QUALIFIER**

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 entries 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