



MIDDLE ATLANTIC SWIMMING JUNIOR OLYMPIC AGE GROUP CHAMPIONSHIPS

March 13-16, 2014

GCIT Aquatics Center
Gloucester County Institute of Technology
1360 Tanyard Road
Sewell, NJ 08080

Day of Meet Emergency Phone: 856-468-1445 x 2659

Held under the sanction of USA Swimming and Middle Atlantic Swimming
Sanction MA 14114 AG
Time Trials MA 14114 TT

In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Note: Thursday Session change - warm-up 3:30 Start 4:30

General Chair
Administrative Chair
Age Group Chair
Officials Chair
Meet Director

Matt Sprang
Mike Seip
Kate Scheuer
Kent Steeves
Brian McMillin bjmcmillin@verizon.net

Safety Director
Meet Referee
Middle Atlantic Office

Bob Stockett

302/429-6288 office@maswim.org

- *The 2014 Winter Junior Olympic meet is for 14 and under swimmers ONLY.*
- *There are no Bonus events, this year.*
- *10 & Under swimmers will be swimming a separate afternoon timed finals session.*
- *10 & Under athletes will not be permitted on the pool deck at GCIT prior to 1pm on Friday, Saturday and Sunday. Parents of these athletes will not be able to enter the balcony prior to 1 pm on Friday, Saturday and Sunday. These restrictions are due to limitations on the number of occupants in the facility. Athletes or parents arriving prior to 1 pm will be instructed to wait in the lobby area until 1pm.*
- *The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.*
- *Except where venue facilities require otherwise, changing into or out of swimsuits, other than in locker rooms or designated areas is not appropriate and is prohibited.*

**COACHES AND SWIMMERS ARE RESPONSIBLE FOR FAMILIARIZING THEMSELVES
WITH ALL THE INFORMATION CONTAINED IN THIS PACKET**

SITE: The GCIT Aquatics Center, located on the campus of the Gloucester County Institute of Technology, has two 8-lane/25-yard courses equipped with Competitor non-turbulent lane lines; water depth is 10 feet at the start end and 5 feet at the turn end of Pool A, and 5 feet at the start/turn ends of Pool B. GCIT has Colorado timing systems on each pool with an 8-lane scoreboard on Pool A and 1-lane scoreboard on Pool B. The competition course has been measured but not certified in accordance with USA Swimming Rule 104.2.2C (4). There is seating on the balcony for 450 spectators.

ELIGIBILITY: This Meet is limited to Middle Atlantic swimmers ages 14 and under only; swimmers must be currently registered with Middle Atlantic and USA Swimming in order to compete. This meet will be conducted according to current USA Swimming Rules and Regulations. Age group is determined by the swimmer's age on Thursday, March 13, 2014. *All qualifying times must have been swum no earlier than September 1, 2012.* **All swimmers are limited to three (3) individual events per day and a total of ten (10) individual events for the Meet.** All entry times must be from a USA Swimming Sanctioned, Observed or Approved meet.

ENTRIES: Entries will be processed using the USA Swimming OME (Online Meet Entry) process, only. No hand entries will be accepted. **Entries will be accepted through 2:00 PM EST, Thursday, March 6, 2014.**

Qualifying times must have been achieved after September 1, 2012.

OME will open for entries into this meet on January 30, 2014. OME can be accessed at www.usaswimming.org/ome . OME will close at 2:00 PM EST March 6, 2014.

For this meet the OME system will process payment by credit card or check. It will accept VISA, MasterCard, American Express and Discover Card. Upon payment, a confirmation e-mail providing a receipt and a summary of the events will be returned. Entries are not in the meet until payment has been processed. If you need to pay by check, please email the Meet Director at bjmcmillin@verizon.net after you go through the OME process. At the check-out screen, please check the box that says "pay by check". Entry times will be taken from the **SWIMS Database**. Custom times may be entered; however, all times not from **SWIMS** are subject to being proven prior to the meet. Coaches will be notified of the need to prove times. Swimmers will not be permitted to swim with un-proven times, and will not be seeded into a pre-seeded event, but will be able to swim in the first heat if proven prior to the swim.

Swimmers must enter their best time in an event. Times must be entered in the proper course in which achieved; converted times will not be accepted. Non-conforming (SCM and LCM) times will be seeded according to USA Swimming Rule 207.12.7B.

Entries sent with 'No Time' will be rejected!

Deck entries will not be accepted at this Meet. On-site registrations will not be accepted at this meet. Each swimmer must be registered through Middle Atlantic prior to competition.

ENTRY FEE: \$4.00 for individual events and \$8.00 for Relays. **There is a \$5.00 surcharge for each swimmer, including Relay-only swimmers. Relay only swimmers CANNOT be added at the Meet.** If paying by check, write only ONE check per club payable to "**Middle Atlantic Swimming.**"

ENTRY

DEADLINE: Entries must be received by **2:00 pm, Thursday, March 6, 2014.** **DO NOT SEND ENTRIES TO THE MIDDLE ATLANTIC OFFICE!!**

MAIL CHECKS TO: **MA JO Entries**
Attn. Brian McMillin
125 Markley Road
Schwenksville, PA 19473

bjmcmillin@verizon.net

- **RELAYS:** All relays are Timed Finals. There are no qualifying times for relays. **Each competing relay team must contain at least three (3) swimmers who are entered in the meet and compete in an individual event.** Teams may enter as many relays as they wish, but only two (2) relays from a team may score in an event. All relay-only swimmers must be entered in the meet before the entry deadline and pay the \$5 surcharge. The top eight (8) seeded teams in the 11-12 and 13-14 age groups will swim at the Finals sessions on respective days; remaining teams will swim in the morning Prelims sessions. **The top eight (8) seeded must swim at Finals or take a declared false start.** All Relays must check-in prior to the start of Prelims each day, but need not declare their swimmers until just before swimming. Relays seeded at Finals may take a Declared False Start if they cannot swim.

FINALS: The following events are Timed Finals:

- All 10 and Under events
- All Thursday events
- The 1650 Free
- The 1000 Free
- The 11-12 500 Free
- All Relays.

For the remaining events, all are Prelims/Finals and will swim the following at Finals:

- 13-14 events 200 yards and shorter will swim A-, B-, and C-Finals
- 13-14 400 IM and 500 Free will swim A- and B-Finals
- 11-12 events 200 yards and shorter will swim A- and B-Finals

The C-Final will swim first at Finals, followed by the B-Final and then the A- Final.

STARTING
TIMES &
FORMAT

	<u>Day</u>	<u>Warm -Up</u>	<u>Meet Starts</u>
	Thurs	3:30 pm	4:30 pm
11- 14 Prelims	Fri/Sat	7:30 am	9:00 am
11 – 14 Prelims	Sun	8:00 am	9:30 am
10 & U Timed Finals	Fri/Sat/Sun	1:30 pm	2:15 pm
Finals	Fri/Sat/Sun	4:30 pm	5:30 pm

During warm-ups, sprint and pace lanes will be opened approximately thirty minutes before the start of each session.

Morning Prelim sessions will be held in both courses, with intermittent breaks to give swimmers the opportunity to warm-up or warm-down between events. Course assignments are as follows:

- Thursday Timed Finals – Pool A (Deep) – Girls
- Thursday Timed Finals – Pool B (Shallow – Boys
- Friday AM Prelims – Pool A (Deep) – Boys
- Friday AM Prelims – Pool B (Shallow) – Girls
- Saturday AM Prelims – Pool A (Deep) – Girls
- Saturday AM Prelims – Pool B (Shallow) – Boys
- Sunday AM Prelims – Pool A (Deep) – Boys
- Sunday AM Prelims – Pool B (Shallow) - Girls

The 10 & Under Timed Finals and the evening Finals will be held in the deep pool (Pool A.), with the shallow Pool available for warm-up / warm-down during the Finals sessions. The order of events for Finals will be identical to the order for Prelims, except for the Girls 1650 and Boys 1000 Free events which will be swum first at Finals on Sunday evening

Due to occupancy limitations, 10 & Under athletes will not be permitted on the pool deck at GCIT prior to 1pm on Friday, Saturday and Sunday.

Middle Atlantic reserves the right to modify the meet format to allow for the timely running of the meet.

SAFETY

REQUIREMENTS: USA Swimming and Middle Atlantic safety procedures will be enforced during the meet. Warm-ups are subject to the following procedures: No diving during warm-ups except in designated sprint lanes. The Referee may remove anyone from the warm-up for failure to comply with the warm-up rules. Swimmers without coaches should report to the Referee or Meet Director prior to entering the pool for warm-ups and will be assigned to a Team/Coach for that session.

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

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

The use of any audio or visual recording device, including a cell phone camera, is not permitted in any changing areas, rest rooms or locker rooms.

Except where venue facilities require otherwise, changing into or out of swimsuits, other than in locker rooms or designated areas is not appropriate and is prohibited.

SEEDING: All events will be pre-seeded except all Thursday evening events, all Relays and any other event 400 yards and longer. Positive check-in is required to be seeded into any deck-seeded event. Times will be announced as to when the event will close, and will be approximately 45 minutes before an event is scheduled to swim, *except for the 11-14 Girls 1650 and Boys 1000 Freestyle, for which check-in will close at 6:00 pm on Saturday evening.*

LCM and SCM entry times will be seeded as non-conforming.

SCORING: Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
(max of two relays per team may score in any event)

AWARDS: Individual events: Medals for 1st-8th place Relays: Medals for 1st-3rd place

Trophies will be presented to the top three (3) Teams scoring the most overall combined points, and to the highest scoring Girls and Boys Team.

A High Point award will be presented to the highest scoring individual Girl and Boy in each age group.

SCRATCH POLICY:

Any swimmer who does not swim a pre-seeded Preliminary or Timed-Final event will not be penalized.

Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next individual event, either on the same or next meet day. A Declared False Start may be taken in deck-seeded events.

Any swimmer who qualifies for Finals in a Preliminary/Finals event and does not report for and swim that event at Finals will be barred from the rest of the meet (including relays) unless the swimmer has scratched or indicated their possible intention to scratch within thirty (30) minutes of the announcement of the Preliminary results of that event and then confirmed such intention to scratch within thirty (30) minutes of the announcement of the results of that swimmer's last individual event at the Preliminary session. A swimmer who does not confirm their intention is assumed NOT to have scratched and will be seeded into the event. Swimmers who are initially announced as an Alternate (or lower) for the Finals will not be so penalized. Swimmers must scratch or declare their intention to scratch with the Admin Referee at the appropriate time.

A Declared False Start, a Delay-of-Meet False Start or other action taken by a swimmer with the intent to non-compete at a Finals session will be treated as a failure to compete and will be penalized as such.

FINE for NON-COMPETE

on LAST MEET DAY: A \$50 fine will be imposed on any swimmer who qualifies for Finals on Sunday night (or on the last day of competition for that swimmer) and then does not compete in said Finals event unless such swimmer has appropriately scratched (see previous paragraph) or was initially listed as an Alternate (or lower) in said event. A \$50 fine will be similarly imposed on any swimmer who checks-in and is seeded to swim in the final heat of 1000/1650 Free on Sunday night and then does not compete in that heat at Finals, unless the swimmer was initially not listed among the fastest eight swimmers entered in the event. Any swimmer fined for such violations will be suspended from further competition in Middle Atlantic sponsored meets until the fine is paid.

OFFICIALS:

All certified Middle Atlantic and USA Swimming Officials are welcome and encouraged to help officiate at this meet. Officials should sign up at http://www2.mysignup.com/cgi-bin/view.cgi?datafile=ma_jos_officials prior to the meet to indicate which sessions they will attend. Officials that have not signed-up in advance should report to the Referee at least one hour before the start of each session. Your help in making this meet a success will be greatly appreciated

An application has been made for this meet to be an Officials Qualifying Meet (OQM) for National Certification evaluations. Officials wanting to be evaluated for N2 (all positions) or N3 (S&T only) should contact the Meet Referee for further information.

STARTING

PROCEDURES: This meet will be conducted using the 'No Recall' false start rule and will use whistle command starting procedure. Fly-over starts will be used at Prelims, for all of Thursday evening events, and all timed final events.

TIME TRIALS: Time trials will be available after Prelims or Finals on Friday, Saturday & Sunday, at the discretion of the Meet Referee; the cost is \$10.00 per individual swim, \$20.00 per Relay. A swimmer may swim one Time Trial per day in an event, and a maximum of two Time Trials per day. Time Trial events count in the total allowed three (3) individual events to be swum in one day. Swimmers participating in this meet will have priority at Time Trials; swimmers not in the meet must provide proof of USA Swimming registration. TIME TRIALS WILL NOT BE ACCEPTED FOR CONSIDERATION TO THE MIDDLE ATLANTIC WINTER ALL-STAR ZONE TEAM.

DECK ID: **Only swimmers, coaches, and meet personnel are allowed on deck.** All coaches must display their 2014 USA Swimming Coach's registration card. Officials must display their 2014 USA Swimming Officials registration card. This requirement will be strictly enforced! Coaches and officials without proper credentials will not be permitted on the pool deck. Meet workers will be given identification tags to be worn on deck. THERE ARE NO EXCEPTIONS TO THIS RULE.

ADMISSION: A four-day program will sell for \$10.00. Included in the program will be coupons that are redeemable for a Finals program at night. Finals programs can be purchased for \$2.00.

FINAL

RESULTS: Will be available on the Middle Atlantic Swimming website in both readable and electronic data transfer (for Team Manager) formats.

SCHOOL IN SESSION:

The GCIT school is in session on Friday from 7:30 am until 3:30 pm. Access to the hallways will be extremely limited during these times. Persons found in unauthorized areas of the school will be barred from the facility for the remainder of the meet.

PARKING:

Parking in the GCIT parking lot will be limited to essential meet officials and personnel only on Friday until 3:30 pm. Swimmers may be dropped off at GCIT from 6:30 am until 7:20 am ONLY. The parking lot will be off limits from 7:20 am until 3:30 pm on Friday. Parking will be available in designated areas at Gloucester County College located next to GCIT. Cars must be parked in designated parking spots only. Cars parked illegally will be subject to ticketing by the Gloucester County Sheriff's Office. Shuttle buses will run between GCIT and the Gloucester County College parking area throughout the day.

TEAM

ASSIGNMENTS: Every team entered in the Meet will be responsible for supplying workers for the Meet. **THIS IS A MANDATORY RESPONSIBILITY and is necessary to have a successful Meet.** Each Team's contact person will be contacted in order to organize our work force. Teams are also asked to keep their team area clean. It is important that Middle Atlantic Swimming respect the facilities that they use. Note that volunteer officials are not considered part of fulfilling the club responsibilities for meet workers.

HOSPITALITY: There will be hospitality at all sessions for coaches, officials and meet workers. A concession stand will be available during the meet for all meet attendees. Due to school space restraints hospitality may be very limited on Thursday and Friday. Coaches, officials and meet workers should plan accordingly.

DIRECTIONS: **FROM THE SOUTH:** Take Route 55 North to exit 56B (Route 47-N/Westville or Woodbury). Turn left at the first traffic light onto Bankbridge Road; then left again at the next traffic light onto Tanyard Road. The entrance to GCIT is on the left side of the road at the bottom of the hill.

FROM THE NORTH AND THE WALT WHITMAN BRIDGE: Take I-295 South to the merge with route 42 south. Follow 42-S to Route 55, and then take Route 55 South to exit 56B (Route 47-N/Woodbury). Turn left at the first traffic light onto Bankbridge Road; then turn left again at the next traffic light onto Tanyard Road. The entrance to GCIT is on the left side of the road at the bottom of the hill.

FROM DELAWARE MEMORIAL BRIDGE AND COMMODORE BARRY BRIDGE: Take I-295 North to exit 21 (Woodbury - Delaware Street) and continue through Woodbury. After passing through center of Woodbury, Turn right at the next traffic light onto Evergreen Avenue; then left at next traffic light onto Egg Harbor Road. Continue approx. 3 miles (past a Wawa market on the left) to the next traffic light (Bankbridge Road.) GCIT is on the left at the bottom of the hill beyond the traffic light.

ACCOMMODATIONS:

FOUR POINTS
CHERRY HILL
(856) 428-2300

HOLIDAY INN
RUNNEMEDE
(856) 939-4200

DAYS INN
BROOKLAWN
(856) 456-6688

RESIDENCE INN
DEPTFORD
(856) 686-9188

HOLIDAY INN
CHERRY HILL
(856) 663-5300

FAIRFIELD ININ
DEPTFORD
(856) 686-9050

HOLIDAY INN SELECT (FULL SERVICE HOTEL)
BRIDGEPORT
(856) 467-3322



MIDDLE ATLANTIC JUNIOR OLYMPICS EVENT LIST

Thursday 3/13/14 Events

Girls		Boys
1	10& U 200 IM	2
3	11-12 400 IM	4
5	13 – 14 800 Free Relay	6
7	10 & U 500 Free	8
9	11-14 Girls 1000	
	11-14 Boys 1650 Free	10

Notes:

- all Thursday events are Timed Finals
- The IM events and 800Free Relay will swim slow-to-fast.
- The 10 & Under 500 Free will swim fast-to-slow.
- The 1650 and 1000 Free are combined age group events, swum together but scored separately, and will swim fast-to-slow.

Friday 3/14/14 Preliminaries

Girls		Boys
11	11-12 400 Med. Relay	12
13	13-14 200 Breast	14
15	11-12 100 Breast	16
17	13-14 100 Fly	18
19	11-12 200 Free	20
21	13-14 200 IM	22
23	11-12 100 IM	24
25	13-14 500 Free	26
27	11-12 200 Back	28
29	11-12 50 Fly	30
31	13-14 400 Free Relay	32
33	11-12 200 Free Relay	34

Notes:

- Relays are Timed Finals, with the top eight (8) seeded teams swimming at Finals. **The top eight (8) seeded must swim at Finals or take a declared false start.**
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Friday 3/14/14 10 & Under Timed Finals

Girls		Boys
35	10& U 100 Back	36
37	10 & U 50 Breast	38
39	10& U 200 Free	40
41	10 & U 100 IM	42



Saturday 3/15/14 Preliminaries

Girls		Boys
43	13-14 200 Free Relay	44
45	11-12 500 Free	46
47	13-14 100 Back	48
49	11-12 100 Back	50
51	13-14 200 Free	52
53	11-12 200 Fly	54
55	13-14 400 IM	56
57	11-12 50 Breast	58
59	13-14 50 Free	60
61	11-12 50 Free	62
63	13-14 400 Med. Relay	64
65	11-12 200 Med. Relay	66

Notes:

- Relays are Timed Finals, with the top eight (8) seeded teams swimming at Finals. **The top eight (8) seeded must swim at Finals or take a declared false start.**
- The 11-12 500 Free is a timed final, with the top eight (8) seeded athletes swimming at finals

Saturday 3/15/14
10 & Under Timed Finals

Girls		Boys
67	10& U 100 Breast	68
69	10 & U 50 Fly	70
71	10& U 100 Free	72
73	10 & U 200 Medley Relay	74



Sunday 3/16/14 Events

Girls		Boys
75	11-12 400 Free Relay	76
77	13-14 200 Back	78
79	11-12 200 IM	80
81	13-14 200 Fly	82
83	11-12 100 Fly	84
85	13-14 100 Breast	86
87	11-12 200 Breast	88
89	11-12 50 Back	90
91	13-14 100 Free	91
93	11-12 100 Free	94
95	13-14 200 Medley Relay	96
97	11-14 Girls 1650 Free	
	11-14 Boys 1000 Free	98

Notes:

- Relays are Timed Finals. **All Sunday Relays will swim during Preliminaries.**
- The 1650 Free and 1000 Free are Timed Finals and combined event, swum together but scored separately; the fastest eight (8) will swim at night at the start of the Finals session; and remaining heats will swim at the end of the morning Prelims session, fast to slow.

Sunday 3/16/14
10 & Under Timed Finals

Girls		Boys
99	10& U 100 Fly	100
101	10 & U 50 Back	102
103	10& U 50 Free	104
105	10 & U 200 Free Relay	106



2014 JUNIOR OLYMPIC QUALIFYING TIME STANDARDS

GIRLS			13-14	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
30.18	29.65	26.59	50 Free	25.09	28.07	28.84
1:05.03	1:03.93	57.49	100 Free	54.49	1:00.54	1:02.42
2:20.83	2:17.94	2:04.49	200 Free	1:59.89	2:12.84	2:17.02
4:57.85	4:49.84	5:34.19	400/500 Free	5:24.99	4:45.33	4:51.47
10:42.12	10:29.31	12:05.59	800/1000 Free	11:43.09	10:09.79	10:30.57
20:29.63	19:55.65	20:11.19	1500/1650 Free	19:39.49	19:24.35	20:09.73
1:14.10	1:11.87	1:04.69	100 Back	1:02.59	1:09.54	1:13.20
2:40.19	2:36.08	2:20.49	200 Back	2:15.49	2:27.99	2:35.99
1:25.44	1:23.61	1:15.19	100 Breast	1:12.29	1:19.79	1:23.49
3:03.59	2:57.99	2:42.99	200 Breast	2:36.29	2:52.59	3:00.09
1:13.49	1:12.43	1:05.19	100 Fly	1:02.09	1:09.17	1:10.72
2:46.79	2:42.29	2:28.59	200 Fly	2:22.29	2:38.89	2:41.59
2:40.31	2:36.06	2:20.59	200 IM	2:15.69	2:30.75	2:36.51
5:48.16	5:38.54	5:04.99	400 IM	4:55.89	5:27.19	5:42.69

GIRLS			11-12	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
31.77	31.21	27.99	50 Free	27.79	31.10	31.94
1:08.99	1:07.82	1:00.99	100 Free	1:00.99	1:07.76	1:09.86
2:30.44	2:27.36	2:12.99	200 Free	2:13.89	2:28.35	2:33.02
5:17.37	5:08.84	5:56.09	400/500 Free	6:00.89	5:16.85	5:23.67
11:23.71	11:10.07	12:52.59	800/1000 Free	12:47.89	11:05.99	11:28.69
22:00.80	21:24.29	21:40.99	1500/1650 Free	21:34.89	21:18.27	22:08.09
37.11	35.87	32.29	50 Back	32.59	36.21	38.25
1:19.48	1:17.09	1:09.39	100 Back	1:10.89	1:18.76	1:22.91
2:53.31	2:48.86	2:31.99	200 Back	2:33.59	2:50.64	2:56.74
41.65	40.62	36.59	50 Breast	36.69	40.39	42.17
1:31.58	1:29.61	1:20.59	100 Breast	1:21.29	1:29.79	1:33.89
3:17.17	3:14.70	2:55.09	200 Breast	2:52.99	3:10.99	3:19.39
35.11	34.10	30.69	50 Fly	31.29	34.86	35.76
1:20.15	1:18.98	1:11.09	100 Fly	1:11.99	1:20.19	1:21.99
3:04.89	2:59.79	2:44.69	200 Fly	2:38.29	2:56.69	3:00.79
N/A	1:17.76	1:09.99	100 IM	1:10.69	1:18.75	N/A
2:52.74	2:48.15	2:31.49	200 IM	2:33.19	2:50.19	2:56.69
6:19.10	6:08.62	5:32.09	400 IM	5:36.19	6:13.50	6:28.66

GIRLS			10/Under	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
35.63	35.00	31.39	50 Free	30.99	34.68	35.62
1:17.70	1:16.38	1:08.69	100 Free	1:08.89	1:16.54	1:18.91
2:53.52	2:49.96	2:33.39	200 Free	2:34.19	2:50.85	2:56.22
6:04.52	5:54.72	6:48.99	400/500 Free	6:50.09	6:00.04	6:07.79
42.17	40.76	36.69	50 Back	36.49	40.54	42.83
1:31.63	1:28.87	1:19.99	100 Back	1:20.19	1:29.09	1:33.79
47.77	46.58	41.89	50 Breast	42.39	47.05	49.12
1:44.99	1:42.74	1:32.39	100 Breast	1:33.09	1:43.33	1:47.49
39.81	38.65	34.79	50 Fly	35.19	39.20	40.22
1:36.38	1:34.98	1:25.49	100 Fly	1:26.49	1:36.35	1:38.51
N/A	1:28.31	1:19.49	100 IM	1:18.99	1:27.99	N/A
3:16.80	3:11.58	2:52.59	200 IM	2:56.09	3:15.63	3:23.10

SHORT Course JOs – MARCH 13-16, 2014

Summary Sheet

THIS FORM **MUST** ACCOMPANY THE OFFICIAL ENTRY BLANK

Team Name _____ Team Code _____

Head Coach _____

Coach's Address _____

City _____ State _____ Zip Code _____

Telephone: Daytime () _____ Evening () _____

Person designated to receive entry questions and/or limitation information, if needed:

Name: _____ **Phone:** _____ **E-mail:** _____

Mail Entries to: **MA JO Entries**
Attn. Brian McMillin
125 Markley Road
Schwenksville, PA 19473

bjmcmillin@verizon.net

ENTRY DEADLINE: Received by 2:00 pm, Thursday, March 6, 2014
No entries will be accepted after that date.

Please make checks payable to Middle Atlantic Swimming. One check per club, please.

Check here if you e-mailed your entry

ENTRY FEES: (Fill in every blank. If zero, so note.)

_____ Individual Events @ \$4.00 \$ _____

_____ Relay Teams @ \$8.00 \$ _____

_____ Manual processing fee @ \$5.00 \$ _____
(for non-disk entry of swimmers only)

_____ **Total swimmers entered in meet**
(including relay only) x \$5 surcharge = \$ _____ (everybody pays this!!!)

Total \$ _____

WORKER CONTACT PERSON: THIS PERSON WILL BE RESPONSIBLE FOR OBTAINING THE WORKERS FOR YOUR CLUB FOR THIS MEET. THE AGE GROUP COMMITTEE WILL CONTACT THEM AFTER THE ENTRIES ARE SUBMITTED. **NO ENTRIES WILL BE ACCEPTED WITHOUT THIS INFORMATION.**

NAME: _____

TELEPHONE: _____

FAX NUMBER: _____

EMAIL: (mandatory!!!) _____

I certify that all swimmers from this team entered in this meet are current members of USA Swimming and that all coaches from this team who will attend the meet hold current USA Swimming coaching credentials.

Head coach's signature _____