



PRESENTS THE

STORM/ NRG SPRINT DUAL MEET

SUNDAY, OCTOBER 11, 2009

THIS MEET IS HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING INC.,
SANCTION # MA 1059 D

Meet Director: Bob Worrell (STRM)
(609) 353-6760
meetdirector@jerseystormswimming.org
Safety Director: Rai Belonzi (STRM), (609) 353-6760
Meet Officials Contact: Nick Chilelli (STRM) at (609) 298-0204 or officials@jerseystormswimming.org

Please direct all calls to the Meet Director.

**The pool phone number is (609) 562-2808 for the day of the meet only. They can not answer your meet questions.
Day of meet calls can also be placed to meet personnel at (609) 353-6760**

Access to base requires presentation of a valid photo ID (driver's license, passport, etc.) for ALL adults in the vehicle.

Note to NRG Team Administrator: *Please update Team Manager information to include coaches information. This information is used along with athletes entered into the meet to generate a list for access to the base.*

1. MEET FORMAT:

- a.) **Format:** This Dual Meet will be conducted in accordance with Middle Atlantic Swimming Inc. and USA Swimming rules. The session will be held under the maximum 4-hour time limit.
- b.) **Events:** All events are timed finals. Current Middle Atlantic Swimming Inc. and USA Swimming rules will govern the meet.
- c.) **Entry Fee:** There is a \$1 per event entry fee for this meet.
- d.) **Event Seeding:** All events will be deck seeded. Events will be swum fastest to slowest. Swimmers will swim together; however, results and scoring will be split by age-group (9-10, 11-12, 13-14, 15 & Over). *Positive check-in is required for each event 30 minutes before the event start.* Heats for each distance will alternate between girls then boys.
- e.) **Scoring:** There will be no scoring for this meet
- f.) **Entry Limitations:** Entries will be limited to comply with the Mid-Atlantic 4 hour session rule.

2. ELIGIBILITY:

This meet is open to all swimmers from STRM and NRG over the age of 9 registered with USA Swimming. The meet will be conducted according to current USA Swimming rules. Swimmer's age as of October 11, 2009 determines the age group in which they will compete in at the meet. Penalties will be imposed upon a swimmer when any coach, parent, or swimmer enters any time other than the swimmer's best time for any event.

3. FACILITY:

Fort Dix Indoor Pool, 10th Street & Doughboy Loop, Fort Dix, NJ 08640

Phone: (609) 562-2808 (day of meet only).

- a.) **Competition Pool:** Six-lane, 25 yard competition pool with gutter system, Competitor non-turbulent lane lines, Colorado™ Electronic Timing System and six-lane scoreboard, pace clocks, and Paragon starting platforms (start/dive into 12 feet of water).
- b.) **Warm-Up Pool:** Four-lane, 20 yard pool with gutter system, Competitor non-turbulent lane lines, and pace clocks. Pool depth, 3ft - 5ft, NO DIVING in warm-up pool (NOTE: the warm-up pool will be open during the meet. Meet Management reserves the right to close the warm-up pool at any time).
- c.) **Other:** Ample parking located in front of pool, seating for swimmers and spectators, rest room and locker room facilities available during meet.

4. SWIMMING RULES:

- a.) **Safety:** USA Swimming and Middle Atlantic Swimming Inc. safety procedures and policies will be followed and enforced at all times. Failure to obey instructions of safety director, marshals & officials will result in disqualification from meet. All coaches/officials must be registered with USA Swimming and must display USA card to be admitted on deck.
- b.) **Warm-Up/Warm-Down Guidelines:** Swimmers must be under direct supervision of a currently registered USA Swimming certified coach at all times. General warm-up in all lanes. NO DIVING off of blocks or edge of pool during this time. Last 5 min. of warm-up there will be sprint lanes in lanes 1 & 2. Racing starts only, swim 1 length of the pool and get out at opposite end. All starts during warm-up begin at starting block end. The warm-up pool will be open during the meet, absolutely NO DIVING in warm-up pool at ANY time. The meet director reserves the right to close the warm-up pool at any time. Swimmers violating safety rules will be removed from warm-up for the remainder of the warm-up session. Subsequent violations will cause the swimmer to be disqualified for the remainder of the meet.
- c.) **Start/Recall Procedure:** This meet will be using the 'Whistle Start' and 'No Recall' starting procedures as outlined by USA Swimming. 'Fly-over' starts will not be used at this meet.

5. ENTRY INFORMATION:

- a.) **Maximum Entry Limit:** Swimmers may enter a maximum of 5 individual events per day.
- b.) **Entry Fees:** There is a \$1 per event entry fee for this meet.
- c.) **Entry Submission: Teams must submit the team via** the HY-TEK Team Manager Program. The email must include a list of swimmers with USA numbers. The Team Manager entry report must accompany the entry information. Email the entry information to: meetdirector@jerseystormswimming.org
- d.) **Entry Deadline: Sunday, October 4, 2009.** All entries must be received by this date to create the gate list for access to the Fort Dix base.
- e.) **Deck Entries:** Deck entries will be accepted at Meet Directors discretion only for swimmers already entered into the meet or proof of USA Swimming Athlete ID must be presented.
- f.) **Results:** Results will be made available on the Jersey Storm Swimming web site www.jerseystormswimming.org and on the Middle Atlantic Swimming website www.maswim.org

6. ORDER of EVENTS:

Warm-Up: 8:15 AM Meet Starts 9:00 AM			
Girls Event #	Boys Event #	Event	Notes
1	2	15 & Over 100 Butterfly	
3	4	13-14 100 Butterfly	
5	6	11-12 50 Butterfly	
7	8	9-10 50 Butterfly	break after Event 6
9	10	15 & Over 100 Freestyle	
11	12	13-14 100 Freestyle	
13	14	11-12 50 Freestyle	
15	16	9-10 50 Freestyle	break after Event 16
17	18	15 & Over 100 Backstroke	
19	20	13-14 100 Backstroke	
21	22	11-12 50 Backstroke	
23	24	9-10 50 Backstroke	break after Event 24
25	26	15 & Over 100 Breaststroke	
27	28	13-14 100 Breaststroke	
29	30	11-12 50 Breaststroke	
31	32	9-10 50 Breaststroke	break after Event 32
33	34	15 & Over 200 IM	
35	36	13-14 200 IM	
37	38	11-12 100 IM	
39	40	9-10 100 IM	break after Event 40
41	42	15 & Over 50 Free	
43	44	13-14 50 Free	break after Event 44
45	46	9-10 100 Freestyle Relay	
47	48	11-12 200 Freestyle Relay	
49	50	13-14 200 Freestyle Relay	
51	52	15 & Over 200 Freestyle Relay	

7. **AWARDS:** There will be no awards presented.
8. **OFFICIALS:** All USA Swimming certified officials and trainees are invited to assist in the operation of the meet. If any officials are interested in assisting at the meet, please contact the STRM official's coordinator, Scott England, at (609)859-1594.
9. **ADMISSION & PROGRAM:** No admission fee, no program available. Events will be seeded after positive check-in is completed.
10. **SNACK BAR:** No snack bar available. Coaches/officials hospitality provided. NO GLASS allowed in the building.
11. **DIRECTIONS:** The Fort Dix Indoor Pool, (609) 562-2808, is located on Doughboy Loop, next to the Bowling Alley and the Doughboy Field Parade Grounds, Fort Dix, NJ 08640. www.jerseystormswimming.org