



PRESENTS THE

2009 NEW JERSEY STATE CHAMPIONSHIPS

(A/BB/C & MINI MEET)

DECEMBER 19 - 20, 2009

HELD UNDER THE SANCTION OF MIDDLE ATLANTIC SWIMMING
SANCTION #'S MA 1063 A AND MA 1064 M

MEET LOCATION:

Gloucester Institute of Technology (GCIT)
Tanyard Road, Sewell, NJ. Phone: (856) 468-1445 x2657 (days of meet only).
Day of meet calls can also be placed to meet personnel at (609) 353-6760.

FACILITIES:

- Competition Pool: Two 8-lane 25 yard courses with gutter system, non-turbulent lane lines, starting platforms (start/dive into 12 feet of water), Colorado™ Electronic Timing System and eight-lane scoreboard.
- Spectator Seating: Seating for 400+ spectators. Additional off-deck seating available in concession area. Spectators are prohibited from entering areas of the pool which are being used by swimmers, coaches, and officials displaying valid USA Swimming credentials.
- Swimmer Seating: Seating for 700+ swimmers available on pool deck
- Snack Bar: A snack bar will be open throughout the meet serving hot and cold food, beverages, and snacks. This service is provided by the GCIT and not Jersey Storm Swimming.
- Hospitality: Hospitality will be provided for all coaches, officials and meet workers. Hot and cold food, beverages, and snacks will be available.
- Parking: Ample free parking located at pool.

MEET DIRECTOR:

Bob Worrell, Phone: (609) 353-6760, e-mail: meetdirector@jerseystormswimming.org .
Contact with meet director via e-mail is preferred.

SAFETY DIRECTOR:

Raimund Belonzi, Phone (609) 353-6760, e-mail: info@jerseystormswimming.org

OFFICIALS:

All USA Swimming certified officials and trainees are invited to assist in the operation of the meet. If interested in assisting at the meet, please contact Nick Chilelli at (609) 298-0204 or officials@jerseystormswimming.org.

ELIGIBILITY:

This A/BB/C & Mini meet is open to all swimmers registered with USA Swimming living in or competing on a team located in the state of New Jersey. Swimmer's age as of December 19, 2009 determines the age group in which they will compete in at the meet. Jersey Storm Swimming reserves the right to offer non-New Jersey teams entrance (must be USA and Middle Atlantic registered) into the meet. This is to insure a full, competitive meet. This will not affect awards or highpoint scoring in any way. Teams/Swimmers from outside the state of New Jersey will not score or receive awards (times are official).

- Qualification Times: No qualification times are required for this meet. Use NT for entries with no time.
- Individual Event Limit: Swimmers may enter a maximum of 5 individual events per day.
- Relay Event Limit: Swimmers may enter a maximum 1 relay event per day.

MEET SESSION START TIMES & WARM-UP INFO:

- Session #1 & #4: 13-14, 15&Over (9&Over for 500 FR event only)
 - Warm-Up: 7:00AM (2 – 25 minute warm up sessions)
 - Meet Starts 8:00AM
- Session #2 & #5: 8&under Mini Meet and 11&Over 1650FR
 - Warm-Up: 12:00PM
 - Meet Starts no earlier than 12:30PM
- Session #3 & #6: 9-10, 11-12
 - Warm-Up: 2:55PM (3 – 20 minute warm-up sessions)
 - Meet Starts 4:00PM

****Session start times may be adjusted depending on the number of entries****

****All coaches and club representatives will be notified a minimum of one week prior to the start of the meet****

**** Updates will be posted at <http://www.jerseystormswimming.org> ****

Warm-Up/Warm-Down Guidelines: Each team will be assigned warm-up times. Swimmers must be under direct supervision of a currently registered USA Swimming coach. **All unattached swimmers and swimmers without a coach must report to the meet director prior to warm-up.** The last 5 minutes of each team's warm-up session may be used for starts at coach's discretion. All starts during warm-up begin at starting block end and swimmers swim one way and get out at far end of pool. Swimmers violating safety rules will be removed from warm-up for the remainder of the warm-up session. Subsequent violations will result in the swimmer's disqualification for the remainder of the meet.

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ORDER of EVENTS:

SATURDAY
DECEMBER 19, 2009

SESSION # 1

Warm-up 7:00AM, Meet starts 8:00AM

WOMEN	EVENT	MEN
<u>Event #</u>	<u>13-14</u>	<u>Event #</u>
14	200 MED REL	1
16	200 FR	3
18	200BK	5
20	200 BR	7
22	100 FLY	9
24	50 FR	11
13	400IM	26
	(11&Over)	
<u>Event #</u>	<u>15&OVER</u>	<u>Event #</u>
2	200 MED REL	15
4	200 FR	17
6	200 BK	19
8	200 BR	21
10	100 FLY	23
12	50FR	25
13	400 IM	26
	(11&Over)	

SESSION # 2

Warm-up 12:00PM, Meet Starts 12:30PM

WOMEN	EVENT	MEN
<u>Event #</u>	<u>8 & UNDER</u>	<u>Event #</u>
27	100 MED REL	28
29	100 FR	30
31	25 BK	32
33	50 BR	34
35	25 FLY	36
37	50 FR	38
<u>Event #</u>	<u>11&OVER</u>	
39	1650 FR	

SESSION # 3

Warm-up 2:55PM, Meet Starts 4:00PM

WOMEN	EVENT	MEN
<u>Event #</u>	<u>11-12</u>	<u>Event #</u>
55	200 MED REL	40
57	100 FR	42
59	50 BK	44
61	100 BR	46
63	50 FLY	48
65	200 IM	50
67	50 FR	52
<u>Event #</u>	<u>9-10</u>	<u>Event #</u>
41	200 MED REL	54
43	100 FR	56
45	50 BK	58
47	100 BR	60
49	50 FLY	62
51	200 IM	64
53	50 FR	66

SUNDAY
DECEMBER 20, 2009

SESSION # 4

Warm-up 7:00AM, Meet starts 8:00AM

WOMEN	EVENT	MEN
<u>Event #</u>	<u>13-14</u>	<u>Event #</u>
80	200 FR REL	68
82	200 IM	70
84	100 BK	72
86	100 BR	74
88	200 FL	76
90	100 FR	78
92	500 FR	93
	(9&Over)	
<u>Event #</u>	<u>15&OVER</u>	<u>Event #</u>
69	200 FR REL	81
71	200 IM	83
73	100 BK	85
75	100 BR	87
77	200 FLY	89
78	100 FR	91
92	500 FR	93
	(9&Over)	

SESSION # 5

Warm-up 12:00PM, Meet Starts 12:30PM

WOMEN	EVENT	MEN
<u>Event #</u>	<u>8 & UNDER</u>	<u>Event #</u>
94	100 FR REL	95
96	100 IM	97
98	50 BK	99
100	25 BR	101
102	50 FLY	103
104	25 FR	105
<u>Event #</u>	<u>11&OVER</u>	<u>Event #</u>
	1650 FR	106

SESSION # 6

Warm-up 2:55PM, Meet Starts 4:00PM

WOMEN	EVENT	MEN
<u>Event #</u>	<u>11-12</u>	<u>Event #</u>
120	200 FR REL	108
122	200 FR	110
124	100 BK	112
126	50 BR	114
128	100 FLY	116
130	100 IM	118
<u>Event #</u>	<u>9-10</u>	<u>Event #</u>
107	200 FR REL	119
109	200 FR	121
111	100 BK	123
113	50 BR	125
115	100 FLY	127
117	100 IM	129

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**ENTRY
LIMITATIONS:**

The Meet Director reserves the right to limit entries, events, heats, or to modify the meet format to conform to Middle Atlantic rules. Each session will be held under the maximum 4-hour per session time limit. Entries will be inputted in the order they are received, NO exceptions. Teams and/or individuals that do not make a particular session of the meet will be notified of their status ASAP. Refunds for returned entries will be available at the meet or mailed after the meet if not picked up. To ensure maximum participation, entries will be processed in the following way:

- **FOR SESSION LIMITS UPDATES PLEASE GO TO** <http://www.jerseystormswimming.org/statemeet08>
- Teams and/or swimmers located or residing within New Jersey have priority for entry into the meet if entries are received before November 30, 2009. Meet Director reserves the right to determine team/swimmer eligibility. If a session reaches 4 hours, entries from teams/swimmers will be returned for that session. All other sessions will remain open until they also reach 4 hours. If a session reaches 4 hours once all non-New Jersey based teams/swimmers entries have been returned, all further entries for the session will be returned. All other sessions will remain open until they also reach 4 hours.

**DECK ENTRIES/
TIME TRIALS:**

- Deck Entries: Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$8.00/individual event, \$12.00/relay event. No additional heats will be added. Deck-entered swimmers will compete unofficially; the achieved time is official, but the swim will not score in the meet for points or awards. All deck entries must be submitted to the meet director 30 minutes prior to the start of the session to be considered. USA Athlete ID must be presented if a swimmer is not already entered into the meet.
- Time Trials: Time trials will not be offered at this meet.

SEEDING:

- Events: All events are timed finals.
- Entry Seeding: All events will be pre-seeded swimming slowest to fastest with the exception of the 1650 Freestyle, 500 Freestyle and 400 Individual Medley, which will be seeded at the meet with a **positive check-in required 30 minutes before the scheduled session start time. The 11 & Over 200 events may change to positive check-in events if the meet timeline dictates. Coaches will be notified through email before the start of the meet. Any swimmer that positively checks in and then does not swim that event will be scratched from their next individual event.**
 - The 1650FR will swim fastest to slowest.
 - 1650FR swimmers must provide their own timers and counters.
 - Positive check-in for the 1650 will close at 12:00pm
 - The 11&O 400IM, 11&Over, and 9&Over 500FR will swim slowest to fastest.
 - Positive check-in for the 400IM and the 500FR will close at 10:00am
 - 500FR swimmers must provide their own counters.
 - The 200 BK, 200 BR, 200FL, 11&O 400IM, 11&O 1650FR and 9&Over 500FR events will be swum together but awarded separately in the appropriate age-groups.

**SWIMMERS
WITHOUT A COACH:**

Swimmers unaccompanied by a coach with proper credentials should report to the Meet Director before the warm-up for each session. These swimmers will be placed under the supervision of the Jersey Storm coaches during the meet (for warm-up and competition).

HOW TO ENTER:

Entry times should reflect performance in short course yards (SCY) competition, however, entries reflecting performance in non-conforming times long course meters (LCM) or short course meters (SCM) are acceptable. All meet entries should be submitted using the actual time swum in the course in which the time was achieved. Entries with converted times will be rejected. In accordance with Middle Atlantic Swimming Inc. policy, the meet director will convert all times as necessary for seeding. If swimmer has no time for an event, use NT for the entry.

- EMAIL Hy-Tek Entries (preferred): All entries must be submitted using the Hy-Tek Team Manager program. A copy of the Team Manager entry report and entry zip file must accompany the email. Entries must be accompanied by a completed 'Team Summary' sheet.
- Paper entries: Use official Meet Entry forms enclosed. In accordance with current Mid-Atlantic policy, any team entering the meet with more than five swimmers that does not submit entries via email or computer disk using the Hy-Tek program will incur a \$5.00 per swimmer surcharge. This surcharge, as well as normal entry fees must be paid in full for the entries to be considered received. Entries must be accompanied by a completed 'Team Summary' sheet.

Please send ONE check per club, payable to JERSEY STORM SWIMMING (do not send individual checks for each swimmer). Entries using Hy-Tek Team Manager may be e-mailed or mailed to the meet director.

ENTRY FEES:

- Individual Events: \$5.00/Event*
- Relay Events: \$8.00/Relay

* Additional \$1 per event is in lieu of an admission fee

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SEND ENTRIES TO: **Entries (using Hy-Tek software) attached to an e-mail are preferred.**
Please send ONE check per club, payable to JERSEY STORM SWIMMING (do not send individual checks for each swimmer).

Mail checks and completed summary forms to:

Bob Worrell
15 Whitlow Drive
Westampton, NJ 08060
meetdirector@jerseystormswimming.org

*Request signature waiver when mailing entries

ENTRY DEADLINE: **The entry deadline is 6:00PM, Friday, December 4, 2009. No late entries will be accepted.**

All payments must be received by Saturday, December 12, 2008. For entries received on the same day, Hy-Tek entries will be accepted first (in the order received) followed by paper (official entry form) entries.

RULES: This meet will be conducted according to current USA Swimming and Middle Atlantic Swimming rules.

- USA Swimming/Middle Atlantic Swimming safety guidelines and warm-up procedures will be in effect for the entire meet. Failure to obey instructions of safety director, marshals & officials will result in disqualification from meet. There is absolutely NO DIVING permitted in warm-up pool with the exception of designated sprints during warm-ups. Swimmers violating safety rules will be removed from the pool. Subsequent violations will result in the swimmer's disqualification for the remainder of the meet.
- All coaches/officials must be registered with USA Swimming and must display valid USA card. Only USA Swimming registered swimmers, coaches, and officials with valid credentials and essential meet personnel will be permitted on deck.
- Spectators are prohibited from entering areas of the pool that are being used by swimmers, coaches and officials displaying valid USA Swimming credentials.

Entry Times: 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. Penalties may include fines and suspension.

Start Procedure: This meet will be conducted using the 'Whistle Commands' and 'No Recall' false start procedures as outlined by USA Swimming. 'Fly-over' starts will be used at this meet for 9&Over events. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

Bulkhead Safety: 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. **Only meet officials are allowed on the bulkhead during the meet.**

Official Times/Results: All events are timed finals with times/places being determined by the timing system and verified by meet officials. Score board time is not official. Questions regarding results should be addressed to the meet director by **the swimmer's coach only.**

SCORING: Team and Individual High Point scoring will be kept. It is imperative that all swimmers state their team affiliation on individual entries. Team and individual high point awards ignore ALL time standards and the events/meet is scored based solely on fastest to slowest times in each scoring age group. Event scoring is as follows:

- Individual Event Scoring: 1st-20, 2nd-17, 3rd-16, 4th-15, 5th-14, 6th-13, 7th-12, 8th-11, 9th-9, 10th-7, 11th-6, 12th-5, 13th-4, 14th-3, 15th-2, 16th-1;
- Relay Event Scoring: 1st-40, 2nd-34, 3rd-32, 4th-30, 5th-28, 6th-26, 7th-24, 8th-22, 9th-18, 10th-14, 11th-12, 12th-10, 13th-8, 14th-6, 15th-4, 16th-2;

Note: In order for a relay to score team points and be eligible for awards, athlete names must supplied to meet administration.

Note: Teams/Swimmers from outside the state of New Jersey are not eligible for scoring/awards

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AWARDS:

Awards based on entry time are presented for each event in accordance with Middle Atlantic Swimming Inc. policy and as follows:

- **Individual Event Awards:** Individual event awards will be presented in following age groups, 6&Under, 7-8, 9-10, 11-12, 13-14, and 15&Over as follows:
 - **“A” entries:** Medals 1st through 3rd place, ribbons for 4th through 8th place;
 - **“B” entries:** Rosettes 1st through 3rd place, ribbons 4th through 8th place;
 - **“C” entries:** Ribbons 1st through 8th place;
 - **7-8 and 6&under entries:** Ribbons 1st through 16th place.
- **Relay Events:** - Awards will be presented in each of the following age groups, 8 & under, 9-10, 11-12, 13-14, and 15&Over as follow: Medals for 1st place, ribbons for 2nd and 3rd places.
Note: In order for a relay to be eligible for awards, athlete names must supplied to meet administration.
- **Team Awards:** Plaques will be presented to the 1st, 2nd and 3rd place teams. Unattached swimmers and deck entered swimmers will not be considered in team scoring. Team scoring will be a team total (i.e., relays and individual events, men and women). See scoring rules for additional details.
- **Individual High Point Awards:** will be given to the 1st, 2nd, and 3rd place men and women in each scoring age group (6&Under, 7-8, 9-10, 11-12, 13-14, and 15&Over). See scoring rules for additional details. Relay scoring will not be used to determine individual high point awards.

Note: Teams/Swimmers from outside the state of New Jersey are not eligible for scoring/awards

ADMISSION & PROGRAM:

Admission: No admission charge will be collected.

Programs: \$10.00 for A/BB/C program. A/BB/C program contains all sessions heat/psych sheets.

QUESTIONS:

Direct all questions to the meet directors. This is the only valid source of information regarding the meet. Meet management is not responsible for information from any other source(s)

RESULTS:

Results will be posted on the Middle Atlantic web site www.maswim.org & www.jerseystormswimming.org.

VOLUNTEERS:

If anyone is interested in volunteering to assist in the operation of the meet, please contact the meet director at meetdirector@jerseystormswimming.org. The hospitality area will be available for sessions for which you assist.

SPONSORSHIP AVAILABILITY:

Program Advertisements & Meet Sponsorship: If you would like to place an advertisement in our meet program, please contact Jersey Storm at info@jerseystormswimming.org for more information. Advertisements will be strategically placed in all programs.

FUTURE MEETS:

Jersey Storm Swimming hosts six swim meets sanctioned by USA Swimming and Middle Atlantic Swimming Inc. each year. Please consider participating in another of our upcoming meets. Meets being hosted by Jersey Storm during the Short Course season are as follows:

- STORM Mini Meet - October 2010 at Fort Dix, NJ
- STORM Golden Harvest A/BB/C Meet – November 2010 at Fort Dix, NJ
- New Jersey State A/BB/C/Mini Meet - December 2010 at GCIT, Sewell, NJ
- STORM January Mini Meet – January 17, 2010 at Fort Dix, NJ
- STORM Treasure Chest Mini Meet - February 7, 2010 at Fort Dix, NJ
- STORM A/BB/C Meet - February 20-21, 2010 at Fort Dix, NJ

Please see the Middle Atlantic Swimming Inc. web site www.maswim.org for the meet information or contact the meet director for further information.

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DIRECTIONS:

The Gloucester Institute of Technology (GCIT) is located on Tanyard Road in Sewell, NJ. Directions are also available on the MA website www.maswim.org

From the South (Delaware Memorial Bridge or Commodore Barry Bridge): Take I-295 North to Exit 21 onto Delaware Street and continue through Woodbury. Turn right at traffic light onto Evergreen Avenue. Turn left at next traffic light onto Egg Harbor Road (this road is actually labeled "E. Barber" Rd). Continue approx. 3 miles to the next traffic light. GCIT is on the left at the bottom of the hill beyond the traffic light.

From the North (I-295): Take I-295 South to Route 42 South and remain in right lane. Take Route 55 South to Exit 56B (Route 47 North/Woodbury). Turn left onto Bankbridge Road at the traffic light. 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 the North (NJ Turnpike): NJ Turnpike South to Exit 4. Take Rt 73 North to I-295 South. Take I-295 South to Route 42 South and remain in right lane. Take Route 55 South to Exit 56B (Route 47 North/Woodbury). Turn left onto Bankbridge Road at the traffic light. 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 the West (PA Turnpike): Take PA Turnpike east into NJ. Take NJ Turnpike South (towards Delaware) to Exit 4. Take Rt 73 North to I-295 South. Take I-295 South to Route 42 South and remain in right lane. Take Route 55 South to Exit 56B (Route 47 North/Woodbury). Turn left onto Bankbridge Road at the traffic light. 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 the West (Philadelphia and the Walt Whitman Bridge): Take I-76 East to Route 42 South and remain in right lane. Take Route 55 South to Exit 56B (Route 47 North/Woodbury). Turn left onto Bankbridge Road at the traffic light. 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 the South (Jersey Shore): Take Route 55 North to Exit 56B (Route 47 North/Woodbury). Turn left onto Bankbridge Road at the traffic light. 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.

LODGING:

- Quality Inn – West Deptford (856) 848-4111
- HoJo Inn – Blackwood, (856) 228-4040
- Comfort Inn – Runnemede, (856) 939-6700
- Fairfield Inn – 1160 Hurffville Rd., Deptford, NJ (856) 686-9050
- Residence Inn - 1154 Hurffville Rd., Deptford, NJ (856) 686-9188

TEAM SUMMARY SHEET

*** This form must be mailed in with payment**

CLUB NAME: _____ CLUB CODE: _____ LSC: _____

COACH: _____ PHONE #: (____) _____ - _____

CLUB ADDRESS: _____

E-MAIL ADDRESS: _____
Include all e-mail addresses you wish meet updates sent.

MEET ENTRY INFORMATION:

INDIVIDUAL EVENTS _____ x \$5.00 = \$ _____

RELAY'S _____ x \$8.00 = \$ _____

SWIMMER SURCHARGE (applies to teams with more than five swimmers who do not submit entries via HY-TEK)

SWIMMERS _____ x \$5.00 = \$ _____

TOTAL = \$ _____

(Make checks payable to *JERSEY STORM SWIMMING*)

In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/our heirs, administrators and assignees, waive and release any and all claims for damages which I/we may have against USS, Jersey Storm Swimming, their agents or representatives, for any and all injuries suffered by myself/us and/or my swimmers in, at, and during travel to/from said meet. I/we are bona-fide amateur athlete(s), USS registered, and eligible to compete in all of the events I/we have entered.

CLUB REP. NAME/SIGNATURE: _____ / _____

PHONE NUMBER: (____) _____ - _____

**Entry deadline is 6:00PM, FRIDAY, DECEMBER 14, 2009.
NO LATE ENTRIES WILL BE ACCEPTED**

JERSEY STORM SWIMMING INDIVIDUAL EVENT MEET ENTRY FORM

The meet director would appreciate that individual swimmers associated with a team to contact your team manager to send in meet entries electronically!

CLUB: _____ CLUB CODE: _____ PHONE #: (_____) _____ - _____

COACH: _____ E-MAIL ADDRESS: _____

NAME	AGE	USS #	EVENT		EVENT		EVENT	
			#	Time	#	Time	#	Time
Example: Michael A Smith (Mike)	11	010296MICASMIT	1	1:14.56	3	32.12	5	2:34.11
			7	42.45	9	NT	11	36.76

Note: - Swimmers may enter a maximum of 5 individual events and 1 relay event per day.
 - There is a \$5.00 per swimmer surcharge for teams with more than five swimmers when entries submitted by hand vs. Hy-Tek entries.