



PRESENTS THE

2009 NEW JERSEY STATE CHAMPIONSHIPS (A/BB/C & MINI MEET)

DECEMBER 19 - 20, 2009 **JANUARY 29 - 31, 2010** RESCHEDULED DATE

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

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

Phone: (609) 562-2808 (days of meet only)

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 Team Administrators: Please update Team Manager information to include coach's information. This information is used along with athletes entered into the meet to generate a list for access to the base.

FACILITIES:

- Competition Pool: Indoor, 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).
- Warm-Up Pool: Indoor four-lane, 20 yard pool with gutter system, Competitor non-turbulent lane lines, and pace clocks. Pool depth, 3ft - 5ft. The warm-up pool will be open during the meet; however, the meet director reserves the right to close the warm-up pool at any time.
- Spectator Seating: Seating for 200+ spectators. Additional off-deck seating is 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 200+ swimmers available on pool deck
- Snack Bar: A snack bar will be open throughout the meet serving hot and cold food, beverages, and snack. Ample room in concession area to sit and eat.
- Hospitality: Hospitality will be provided for all coaches, officials and meet workers. Hot and cold food, beverages, and snacks will be available. Ample room in concession area to sit and eat.
- Parking: Free parking is located in front of 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 **January 29, 2010** determines the age group in which they will compete. 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 10 total individual events for the meet.
Swimmers may enter a maximum of 2 individual events on Friday.
Swimmers may enter a maximum of 5 individual events per day on Saturday and Sunday.
- Relay Event Limit: Swimmers may enter a maximum 1 relay event per day.

**NEW JERSEY STATE MEET (A/BB/C & MINI MEET)
JANUARY 29 - 31, 2010**

**MEET SESSION
START TIMES &
WARM-UP INFO:**

- **Session #1: 11&Over (9&Over for 500 Free event only)**
 - Warm-Up: 4:30PM (open warm up)
 - Meet Starts 5:15PM

- **Session #2 & #5: 13-14, SENIOR**
 - Warm-Up: 6:50AM (2 – 30 minute warm up sessions)
 - Meet Starts 8:00AM

- **Session #3 & #6: 8&Under Mini Meet**
 - Warm-Up: 12:15PM (2 – 15 minute warm-up sessions)
 - Meet Starts 12:45PM

- **Session #4 & #7: 9-10, 11-12**
 - Warm-Up: 2:45PM (3 – 20 minute warm-up sessions)
 - Meet Starts 3:50PM

****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 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.

ORDER of EVENTS:

**FRIDAY
JANUARY 29, 2010**

SESSION # 1

Warm-up 4:30PM, Meet starts 5:15PM
(Warm-up pool available entire session)

WOMEN	EVENT	MEN
<u>Event #</u>	<u>13-14</u>	<u>Event #</u>
1	500 Free (9&Over)	2
3	400 IM (11&Over)	4
5	1650 Free (11&Over)	6

NEW JERSEY STATE MEET (A/BB/C & MINI MEET)
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ORDER of EVENTS (continued):

SATURDAY
JANUARY 30, 2010

SESSION # 2

Warm-up 6:50AM, Meet starts 8:00AM

WOMEN	EVENT	MEN
<u>Event #</u>	<u>13-14, SENIOR</u>	<u>Event #</u>
7	13-14 200 MED RELAY	8
9	200 MED REL (15&Over)	10
11	SENIOR 200 Free	12
13	SENIOR 200 Back	14
15	SENIOR 200 Breast	16
17	SENIOR 100 Fly	18
19	SENIOR 50 Free	20

SUNDAY
JANUARY 31, 2010

SESSION # 5

Warm-up 6:50AM, Meet starts 8:00AM

WOMEN	EVENT	MEN
<u>Event #</u>	<u>13-14, SENIOR</u>	<u>Event #</u>
61	13-14 200 FREE RELAY	62
63	200 FR REL (15&Over)	64
65	SENIOR 200 IM	66
67	SENIOR 100 Back	68
69	SENIOR 100 Breast	70
71	SENIOR 200 Fly	72
73	SENIOR 100 Free	74

SESSION # 3

Warm-up 12:15PM, Meet Starts 12:45PM

WOMEN	EVENT	MEN
<u>Event #</u>	<u>8 & UNDER</u>	<u>Event #</u>
21	100 MED REL	22
23	100 Free	24
25	25 Back	26
27	50 Breast	28
29	25 Fly	30
31	50 Free	32

SESSION # 6

Warm-up 12:15PM, Meet Starts 12:45PM

WOMEN	EVENT	MEN
<u>Event #</u>	<u>8 & UNDER</u>	<u>Event #</u>
75	100 FR REL	76
77	100 IM	78
79	50 Back	80
81	25 Breast	82
83	50 Fly	84
85	25 Free	86

SESSION # 4

Warm-up 2:45PM, Meet Starts 3:50PM

WOMEN	EVENT	MEN
<u>Event #</u>	<u>9-10</u>	<u>Event #</u>
33	200 MED REL	34
37	100 Free	38
41	50 Back	42
45	100 Breast	46
49	50 Fly	50
53	200 IM	54
57	50 Free	58

SESSION # 7

Warm-up 2:45PM, Meet Starts 3:50PM

WOMEN	EVENT	MEN
<u>Event #</u>	<u>9-10</u>	<u>Event #</u>
87	200 FR REL	88
91	200 Free	92
95	100 Back	96
99	50 Breast	100
103	100 Fly	104
107	100 IM	108

<u>Event #</u>	<u>11-12</u>	<u>Event #</u>
35	200 MED REL	36
39	100 Free	40
43	50 Back	44
47	100 Breast	48
51	50 Fly	52
55	200 IM	56
59	50 Free	60

<u>Event #</u>	<u>11-12</u>	<u>Event #</u>
89	200 FR REL	90
93	200 Free	94
97	100 Back	98
101	50 Breast	102
105	100 Fly	106
109	100 IM	110

NEW JERSEY STATE MEET (A/BB/C & MINI MEET)
JANUARY 29 - 31, 2010

**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:

- o **FOR SESSION LIMITS UPDATES PLEASE GO TO www.jerseystormswimming.org**
- o Teams and/or swimmers located or residing within New Jersey have priority for entry into the meet if entries are received before January 9, 2010. 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:**

- o 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.
- o Time Trials: Time trials will not be offered at this meet.

SEEDING:

- o Events: All events are timed finals.
- o Entry Seeding: All events on Saturday and Sunday will be pre-seeded swimming slowest to fastest.
The 1650, 500 Free and 400 IM will be seeded at the meet with a **positive check-in required 15 minutes before the scheduled session start time. Events may be changed 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.**
 - o Distance events (Friday session) will alternate girls then boys
 - o The 1650 will swim fastest to slowest.
 - o The 11&O 400IM and 9&Over 500 Free will swim slowest to fastest.
 - o Distance events (Friday session): 400IM, 500 Free, and 1650 swimmers must provide their own timers.
 - o Distance events (Friday session): 500 Free and 1650 swimmers must provide their own counters.
 - o Positive check-in for the 1650 will close 15 minutes prior to the start of the 1650 events.
 - o Positive check-in for the 400IM and the 500FR will close at 5:00pm
 - o The 13-14 and SENIOR events will be combined but awarded separately.

**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.

- o 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.
- o 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:

- o Individual Events: \$5.00/Event*
- o 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, Saturday, January 16, 2010.**

All payments must be received by Saturday, January 23, 2010. 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.

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: Swimmers swimming in the SENIOR events will be scored and awarded within the SENIOR event in which they are competing.

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

NEW JERSEY STATE MEET (A/BB/C & MINI MEET)
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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 SENIOR 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 SENIOR 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 SENIOR). See scoring rules for additional details. Relay scoring will not be used to determine individual high point awards. Swimmers swimming in the SENIOR events will be scored and awarded within the SENIOR event in which they are competing.

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 meetchief@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 meetchief@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:

- STRM Treasure Chest Mini Meet - February 7, 2010 at Fort Dix, NJ
- STRM A/BB/C Meet - February 20-21, 2010 at Fort Dix, NJ
- STRM Mini Meet - October 2010 at Fort Dix, NJ
- STRM 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
- STRM January Mini Meet – January 2011 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.

NEW JERSEY STATE MEET (A/BB/C & MINI MEET)
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DIRECTIONS:

The Fort Dix Indoor Pool, (609) 562-2808, is located on Doughboy Loop, next to the Fort Dix Outdoor Recreation building and the Doughboy Field Parade Grounds, Fort Dix, NJ 08640. **Access to base requires presentation of a valid photo ID (driver's license, passport, etc.) for ALL adults in the vehicle.**

From the North or South via NJ Turnpike: Take the NJ Turnpike to Exit 7 (Bordentown, Ft. Dix, McGuire AFB). Follow directions from NJ Turnpike Exit 7.

From the West via PA Turnpike: Take the PA Turnpike east across the Delaware river into NJ. Take the NJ Turnpike north to Exit 7 (Bordentown, Ft. Dix, McGuire AFB). Follow directions from NJ Turnpike Exit 7.

From NJ Turnpike Exit 7: After paying toll, follow signs for military bases onto Rt 206 South and merge into far left lane. After 1st traffic light, take a left onto Rt 68 (signs point left towards direction of military bases and there is a traffic light in the median). Follow Rt. 68 through 4 traffic lights to the Fort Dix Security gate (photo ID required). After security gate, follow Rt. 68 to a traffic circle. Take 1st right off of traffic circle onto 4th Street. At 1st intersection (blinking traffic light), take a right onto New Jersey Ave. Follow New Jersey Ave. to stop sign. Take left onto 10th Street. At stop sign, take a right onto Doughboy Loop. The indoor pool is the blue and yellow building immediately on your left (ample parking in front of building).

From the East (via Rt 70): Take Rt 70 West to Rt 530 West. Follow Rt. 530 West to the 3rd traffic light (Shell Gas Station) and take a right onto Rt 545 (stay to the right of the gas station). Follow Rt 545 (Texas Ave.) through one traffic light to the Ft Dix Security gate (photo ID required). At 1st traffic light (blinking yellow) past the security gate, take a left onto 8th Street. At blinking traffic light, take a left onto Doughboy Loop (police station will be on right). The indoor pool is the blue and yellow building ¼ mile up the road on your left (ample parking in front of building).

From the South (via I-295 North): Take I-295N to Exit 45A (Mount Holly Exit). At 3rd traffic light take a left onto Irick Rd. At 1st traffic light take right onto Rt 630 (Woodlane Rd). Follow Rt 630 to the 5th traffic light (Mobil Gas Station and CVS Pharmacy) and take a left onto Rt 537 East (Monmouth Rd). Follow Rt 537 East to the 3rd traffic light. At 3rd traffic light, take a right onto Rt. 68. Follow Rt. 68 through one 1 traffic light to the Ft Dix Security gate (photo ID required). After security gate, follow Rt. 68 to a traffic circle. Take 1st right off of traffic circle onto 4th Street. At 1st intersection (blinking traffic light), take a right onto New Jersey Ave. Follow New Jersey Ave. to stop sign. Take left onto 10th Street. At stop sign, take a right onto Doughboy Loop. The indoor pool is the blue and yellow building immediately on your left (ample parking in front of building).

LODGING:

- Days Inn – 1073 Route 206, Bordentown, NJ 08505, (609) 298-6100 (< 10 miles from pool)
- Best Western – 1068 Route 206, Bordentown, NJ 08505, (609) 298-8000 (< 10 miles from pool)
- Econo Lodge – 187 US Hwy 130, Bordentown, NJ 08505, (609) 298-5000 (< 10 miles from pool)
- Hampton Inn - 2004 Route 206, Bordentown, NJ 08505, 609-298-4000 (< 10 miles from pool)
- Quality Inn – 21 Wrightstown-Cookstown Rd., Wrightstown, NJ, (609) 723-6500 (< 5 miles from pool)
- Comfort Inn – 1009 Route 206, Bordentown (609) 298-6100 (< 10 miles from pool)
- Ramada Inn - 1083 Route 206, Bordentown, NJ, 08505, (609) 298-3200 (< 10 miles from pool)

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, SATURDAY, JANUARY 16, 2010

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