

SUMMER SOLSTICE MEET

SENIOR EVENTS - Must meet 15-16 "A" Level Standards / 13-14 EVENTS – Must meet 13-14 "BB" time standards

FRIDAY MORNING PRELIMS

WARM UP 6:30 START 8:00 / ALL EVENTS DECK SEEDED / SENIOR A & B FINALS / 13-14 A FINALS

LC Q TIMES	Girls Event	Event Description	Boys Event	LC Q TIMES
	1	200 Medley Relay (Prelims only)	2	
1:36.39	3	13-14 100 Breast	4	1:28.09
1:26.69	5	SR 100 Breast	6	1:19.69
2:44.39	7	13-14 200 Free	8	2:35.19
2:27.19	9	SR 200 Free	10	2:17.19
1:22.89	11	13-14 100 Fly	12	1:16.99
1:14.19	13	SR 100 Fly	14	1:07.69
3:05.69	15	13-14 200 IM	16	2:55.99
2:47.29	17	SR 200 IM	18	2:35.89
10:37.09	19	SR 800 Free	20	10:01.89
	21	800 Free Relay (at Finals)	22	

SATURDAY MORNING PRELIMS

WARM UP 6:30 START 8:00 / ALL EVENTS DECK SEEDED / SENIOR A & B FINALS / 13-14 A FINALS

	23	200 Free Relay (Prelims only)	24	
6:31.09	25	13-14 400 IM	26	6:13.19
5:50.59	27	SR 100 400 IM	28	5:27.09
35.19	29	13-14 50 Free	30	32.79
31.79	31	SR 50 Free	32	28.79
1:24.29	33	13-14 100 Back	34	1:20.59
1:16.29	35	SR 100 Back	36	1:10.59
5:42.99	37	13-14 400 Free	38	5:27.99
5:08.89	39	SR 400 Free	40	4:50.19
	41	400 Medley Relay (at Finals)	42	

SUNDAY MORNING PRELIMS

WARM UP 6:30 START 8:00 / ALL EVENTS DECK SEEDED / SENIOR A & B FINALS / 13-14 A FINALS

3:27.99	43	13-14 200 Breast	44	3:17.19
3:05.69	45	SR 200 Breast	46	2:54.29
3:01.29	47	13-14 200 Back	48	2:54.09
2:44.29	49	SR 200 Back	50	2:31.29
1:16.19	51	13-14 100 Free	52	1:11.49
1:08.59	53	SR 100 Free	54	1:03.09
3:02.29	55	13-14 200 Fly	56	2:51.99
2:42.69	57	SR 200 Fly	58	2:30.59
20:28.39	59	SR 1500 Free	60	19:13.39
	61	400 Free Relay (at Finals)	62	

- The 800 Free & 1500 Free will swim combined SR & 13-14, with the fastest heat after check-in swimming at Finals. Prelims will swim Fast to Slow, alternating girls then boys. Prelim swims must have own timers.
- 200 Medley & Free relays at prelims only.
- 400 & 800 Free Relay & 400 Medley Relay at Finals. Limited to 2 heats each.

SUMMER SOLSTICE MEET
9-10 & 11-12 EVENTS MUST MEET "BB" TIME STANDARDS

FRIDAY AFTERNOON TIMED FINALS				
WARM UP 1:00 START 1:45 / ALL EVENTS PRE-SEEDED				
LC Q TIMES	Girls Event	Event Description	Boys Event	LC Q TIMES
3:40.59	101	11-12 200 Breast	102	3:37.49
40.79	103	9-10 50 Free	104	40.19
39.39	105	11-12 50 Fly	106	39.59
3:15.29	107	11-12 200 Back	108	3:11.09
49.89	109	9-10 50 Back	110	50.09
2:50.79	111	11-12 200 Free	112	2:47.79
3:23.59	113	9-10 200 Free	114	3:13.99
36.39	115	11-12 50 Free	116	35.29
	117	9-10 200 Med Relay	118	
	119	11-12 200 Med Rel	120	
SATURDAY AFTERNOON TIMED FINALS				
WARM UP 1:00 START 1:45 / ALL EVENTS PRE-SEEDED				
1:19.59	121	11-12 100 Free	122	1:17.39
3:46.49	123	9-10 200 IM	124	3:44.79
1:41.89	125	11-12 100 Breast	126	1:40.89
48.59	127	9-10 50 Fly	128	46.89
3:14.19	129	11-12 200 Fly	130	3:13.39
2:02.29	131	9-10 100 Breast	132	1:59.79
42.29	133	11-12 50 Back	134	42.19
6:55.89	135	11-12 400 IM	136	6:51.79
	137	9-10 200 FR Rel	138	
	139	11-12 200 Fr Rel	140	
SUNDAY AFTERNOON TIMED FINALS				
WARM UP 1:00 START 1:45 / ALL EVENTS PRE-SEEDED				
1:31.09	141	11-12 100 Back	142	1:31.39
1:48.89	143	9-10 100 Back	144	1:45.69
1:30.79	145	11-12 100 Fly	146	1:29.49
1:55.19	147	9-10 100 Fly	148	1:53.19
3:14.79	149	11-12 200 IM	150	3:13.89
54.89	151	9-10 50 Breast	152	55.09
45.59	153	11-12 50 Breast	154	47.09
1:32.99	155	9-10 100 Free	156	1:31.09
6:00.09	157	11-12 400 Free	158	5:54.39

SUMMER SOLSTICE MEET

June 18-20, 2010

SEEDING: All 13/over events will be deck seeded events. Meet will be seeded using LC meter times. Please submit LC meter times, all other courses will be seeded after LC meter times.

Swimmers **MUST** enter with best times or face penalties proscribed by Middle Atlantic Swimming.

DECLARED SCRATCHES:

Each Team will have a sheet with all events listed for each session to declare scratches. **All sheets must be turned into the computer operator 30 minutes after the start of warm up.** Swimmers that are present and swimming will have lines through their names. Swimmers that are being scratched will have their names circled with "SCR" next to the circle. Swimmers scratching a single event will have a line through their names and the event number circled with "SCR" next to the circle. Please use a simple line, not a scribble, so that the name can still be read. **Failure to follow this procedure will result in the swimmer(s) being scratched from the session.**

Long Course times preferred. Must enter best times or face possible penalties. Times must be entered in the course they were achieved. Non-Conforming times will be seeded last.

HOW TO ENTER: 13-14 & SENIOR SWIMMERS - May enter a maximum of 3 events & 2 Relays per day.
9-10 & 11-12 SWIMMERS - May enter a maximum of 4 events & 1 relay per day.

HY-TEK ENTRIES PREFERRED

Entries should be submitted as an e-mail attachment addressed to:

jwmeets@jerseywahoos.org

SUBJECT = (YOUR TEAM) SUMMER SOLSTICE ENTIRES

BODY MUST INCLUDE: Team name / Number of swimmers / Number of entries

ATTACHMENTS: ENTRY FILE / TM ENTRY REPORT

DO NOT SEND FLOPPY DISKS.

NO DECK ENTRIES ACCEPTED.

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: **\$15.00 PER SWIMMER FOR ALL MANUALLY PREPARED ENTRIES.** (Entries not sent using Hy-Tek software). Failure to remit payment will result in rejection of entries. We encourage individuals to use the free TM-Lite or purchase Hy-Tek Personal Swim Manager to enter meets. TM-Lite is available for download via a link on Jersey Wahoos web page or at the Hy-Tek website.

Manually prepared entries (\$15.00/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/>

FINALS: Any swimmer that qualifies for one of the Finals heats (A or B- Finals) in a Prelims/Finals event and then does not compete in that event at Finals will be barred from further competition in 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 results of the Prelims results of that event (and confirmed their possible intention to scratch within thirty minutes of the announcement of the results of that swimmer's last individual event at the Prelims session.) A swimmer who does not confirm their intention to scratch is assumed NOT to have scratched and will be seeded into the Finals event. Swimmers initially announced as Alternates for the Finals will not be so penalized.

SUMMER SOLSTICE MEET

June 18-20, 2010

FEES: \$5.00/INDIVIDUAL EVENT - \$10/RELAY.
\$15.00 SURCHARGE PER SWIMMER (IF APPLICABLE).
CHECKS PAYABLE TO "JERSEY WAHOOS SWIM CLUB."

CLOSE: 5:00 PM, FRIDAY, JUNE 4, 2010. LATE ENTRIES WILL NOT BE ACCEPTED.

**SEND ENTRIES
& PAYMENT TO:** SUMMER SOLSTICE ENTRIES
C/O JERSEY WAHOOS
4101 CHURCH RD
MT. LAUREL, NJ 08054

Meet Summary **MUST** accompany payment.

Payment **MUST BE POSTMARKED
BY SATURDAY, JUNE, 2010**

or entries will be rejected. No exceptions.

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.

AWARDS: **WAHOOS WILL NOT MAIL AWARDS IF YOUR TEAM FAILS TO PICK THEM UP**
12/under's - Medals 1-3, Ribbons 4-8

Up to \$50 per swimmer who achieves a 2010 US Open qualifying time will be awarded to that swimmers team after the meet. A total of \$500 is available. If more than 10 people achieve qualifying times, the \$500 will be divided equally by the number of swimmers and awarded to their respective teams. Only 1 qualifying time per swimmer qualifies.

ADMISSION: \$8.00 FOR ADMISSION AND \$2.00 SESSION PYSCH SHEET.
Heat sheets will be posted behind.

RESULTS: Final results will be posted on the Wahoos website 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 may be accepted at the discretion of the meet director as non-award swims.
COST: \$10.00/event. Limited to one event/swimmer per day. Swimmers not already in the meet must present proof of current USA swimming registration. See Meet Director.

REGISTRATION: On-Site registration ***WILL NOT*** be accepted at this meet. Each swimmer must be registered through his/her LSC prior to competition.

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. Spectators are prohibited from areas of the deck that are in use by coaches and officials with current USA credentials.

SUMMER SOLSTICE MEET
June 18-20, 2010

DIRECTIONS:

From the south: take route 55 north to route 47. Take exit 56b/westville. Turn left at the traffic light onto Bankbridge road. Turn left at the next traffic light onto Tanyard road. The entrance to GCIT is on the left at the bottom of the hill.

From the north and the Walt Whitman bridge: 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 at the next traffic light onto Tanyard road. GCIT is on the left at the bottom of the hill.

From the Delaware Memorial & Commodore Barry bridges: take I-295 north to exit 21 onto Delaware St. and continue through Woodbury. Turn right at traffic light onto Evergreen Ave. Turn left at next traffic light onto Egg Harbor road. Continue 3-miles to the next traffic light. GCIT is at the bottom of the hill on left.

ACCOMODATIONS:

COMFORT INN	DAYS INN	QUALITY INN	HO JO INN	FAIRFIELD INN
RUNNEMEDE	BROOKLAWN	W. DEPTFORD	BLACKWOOD	MT. LAUREL, NJ
856/939-6700	856/456-6688	856/848-4111	856/228-4040	856/642-0600

STAYBRIDGE SUITES
4115 CHURCH RD.
MT LAUREL NJ 08054
856-722-1900

MEET ENTRY SUMMARY FORM
MUST ACCOMPANY PAYMENT

MEET: **JW 2010 SUMMER SOLSTICE**

TEAM: _____ SYMBOL: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACH: _____

TEAM CONTACT: _____

TELEPHONE: _____

EMAIL: _____

CHECK THIS BOX IF ENTRY WAS E-MAILED

ENTRY FEE SUMMARY

TOTAL NUMBER OF ENTRIES: _____ x \$5.00 = \$ _____

TOTAL NUMBER OF RELAYS: _____ x \$10.00 = \$ _____

SURCHARGE* \$ _____ (\$15.00/SWIMMER)

TOTAL ENTRY FEES: \$ _____

ATHLETE SUMMARY

NUMBER OF MALE ATHLETES: _____ ENTRIES: _____

NUMBER OF FEMALE ATHLETES: _____ ENTRIES: _____

TOTAL NUMBER OF ATHLETES: _____ TOTAL: _____

*** \$15.00 PER SWIMMER FOR ALL MANUALLY PREPARED ENTRIES.**

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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