

# MIDDLE ATLANTIC SWIMMING

in partnership with

## GCIT SWIMMING

present the

**2005**

**Eastern Zone**

### **Age Group All Star Swimming Championship**

**Short Course Yards**

**March 31 - April 2, 2005**

**Gloucester County Institute Of Technology**

**Sewell, NJ**

**Hosted by Gloucester County Swim Team**

*Sanctioned by USA Swimming through Middle Atlantic Swimming Inc.  
Meet Sanction # MA 0573 Z*

**Meet Director:** Cherita Gentilucci 302-529-5859 [office@maswim.org](mailto:office@maswim.org)  
**Head Referee:** Fred Killian 302-994-3389 [officials@maswim.org](mailto:officials@maswim.org)  
**Safety Director:** Ruth Ann Joyce 856-582-2444 [irishmpj@aol.com](mailto:irishmpj@aol.com)  
**Location:** Gloucester County Institute Of Technology  
1360 Tanyard Road  
Sewell, NJ, 08080  
856-468-1445, ext 2653

**New for 2005**

**Athletes who have competed at a Sectional Meet are not eligible for the Zone Meet.  
13 and Over Athletes may not swim an event in which they have a EZ Sectional QT.**

**FACILITY:** The Gloucester County Institute of Technology (GCIT) is located on Tanyard Road in Sewell, NJ. The GCIT pool is 50 meters by 25 yards with a depth ranging from 5' to 12'6" and is equipped with Competitor Non-turbulent lane-lines. The pool is equipped with Colorado timing systems, an 8-lane readout board for the Finals pool and a 1-lane readout board for the secondary pool. The meet will be managed using Hy-Tek Meet Manager software. There is balcony spectator seating and unlimited parking. Refreshments will be available.

The morning (11 and over) Prelims sessions will be conducted in two twenty-five yard pools, separated by a bulkhead. The afternoon (10 & Under) sessions will be conducted in the deep end pool. The evening Finals sessions will be conducted in the deep end pool, with a bulkhead at the turn end. Several ten (10) minute breaks will be included in the morning sessions for warm-up / warm-down; times for the breaks will be posted prior to each session.

**INDIVIDUAL EVENTS:** All 11 and over events are Prelims and Finals, except for the (13-14 and 15-18) 1000 and 1650 Freestyle events and the 11-12 500 Freestyle events which are Timed Finals. All 11 and over Prelims/Finals events will have one heat (A-Finals) in the evening session. All heats of the (13-14 and 15-18) 1000 and 1650 Freestyle and the 11-12 500 Freestyle will be swum in the morning sessions, fastest-to-slowest.

All 10 and under events are Timed Finals and will be swum in the afternoon sessions.

**RELAYS:** All Relays are Timed Finals. All heats of the 11 and over Relays will be swum at Finals; all heats of the 10 & Under Relays will be swum at the afternoon session.

**EVENT ORDER:** The meet will be swum in accordance with the published schedule of events.

**SESSION TIMES:**

**11/O Prelims:**

<b>Warm-up</b>	<b>7:30 am</b>
<b>Start</b>	<b>9:00 am</b>

*Warmup assignments will be sent to each LSC zone manager prior to arrival. Warmup will be divided into three sessions of 25 minutes each - 7:30-7:55, 8:00-8:25 and 8:30-8:55 am.*

*This is based on attendance by 12 teams.*

**10/U Timed Finals:**

	<i>Thurs, Fri</i>	<i>Saturday</i>
<b>Warm-up</b>	<b>12:30 pm</b>	<b>12:45 pm</b>
<b>Start</b>	<b>1:20 pm</b>	<b>1:30 pm</b>

**11/O Finals:**

<b>Warm-up</b>	<b>5:00 pm</b>
<b>Start</b>	<b>6:00 pm</b>

**RULES:** The **current** USA Swimming Rules and Regulations, and the rules of conduct will govern the meet.

**ELIGIBILITY:**

- Each swimmer must be a 2005 USA SWIMMING registered athlete in the LSC which he/she represents.
- Each swimmer must be entered by the LSC only. Electronic entry is preferred, or must be on the official entry form provided.
- Competition is restricted to Eastern Zone LSCs.
- Any Athlete who has competed in an individual event at a USA Swimming National Championship, the US Open, a USA Swimming Trials Class Meet, or any Speedo Sectional Meet is not eligible to enter this meet.
- Any Athlete aged 13 and over who has achieved a 2005 Eastern Zone Sectional qualifying time in an individual event (but has not competed in any individual event at any of the above mentioned meets), may not enter the event for which they have a Sectional qualifying time, or compete in a relay for that

stroke and distance at this meet (nor may their time be used to enter an LSC relay for that stroke and distance.)

- Athletes aged 12 years and younger who have achieved a 2005 Eastern Zone Sectional qualifying time in an individual event (but have not competed in any individual event at any of the above mentioned meets), may enter and swim the event for which they have a Sectional qualifying time at this meet.
- Each LSC may enter two (2) swimmers per individual event and one (1) team per relay event.
- Each swimmer may be entered in a maximum of six (6) individual events in the meet (exclusive of relays) and not more than three (3) individual events per day.
- Relays must be made up of swimmers entered in the meet in individual events.
- The Swimmer's age on March 31, 2005 governs for the entire meet.

#### **SUBSTITUTIONS:**

- Each LSC is entitled to two (2) participants in each individual event. Substitutions may be made if the entered swimmer is unable to compete in an event.
- The deadline for substitutions will be thirty (30) minutes prior to the starting time of each session. Replacement swimmers are subject to the eligibility limitations above.
- There will be no adjustment in seeding due to substitutions.
- A form for making substitutions will be provided in the Manager's packet.

**SCRATCHES:** USA Swimming Scratch Rule 207.7.9D & E will be in force throughout the meet. A copy will be distributed and reviewed at the managers' meeting.

**SCORING:** Scoring shall be:

Individual events: (8 places)	9-7-6-5-4-3-2-1
Relay events: (8 places)	18-14-12-10-8-6-4-2

#### **AWARDS:**

- Medals will be awarded for 1<sup>st</sup> through 8<sup>th</sup> place in Individual events; and for 1<sup>st</sup> through 3<sup>rd</sup> place in Relays events.
- A Championship Banner will be awarded to the winning Girls', Boys' and Overall Champions. The Banner is a traveling award.
- Members of the overall Championship Team will receive a pin and a Championship Certificate.
- All participants will receive a Participation Certificate.
- Record breakers will receive a Record Breaker Certificate.
- Awards will be presented to 10 & Under swimmers at an Awards Ceremony during the afternoon session. All other awards will be available for pickup at the conclusion of that day's Finals session.

#### **MEETINGS:**

- If needed, a coaches/scratch meeting will take place forty-five (45) minutes prior to the start of each session.
- An Officials meeting will take place one hour prior to the start of each session.
- There will be a meeting of all Coaches and Team Managers at 8:00 PM on Wednesday, March 30, 2005 at the GCIT Pool.

**PRACTICE TIME:** The GCIT Pool will be available to the LSC's on Wednesday, March 30, 2005 between 5:00 and 9:00 pm. Each LSC will be able to utilize four (4) lanes for one (1) hour. Practice times (5-6 pm, 6-7 pm, 7-8 pm or 8-9 pm) will be assigned based on travel distances and expected time of arrival.

#### **WARM UP PROCEDURES:**

- 11/O Preliminaries: Each LSC will be able to utilize three (3) lanes exclusively for twenty-five (25) minutes during the warm-up period.
- 10/U Timed Finals: Each LSC will be able to utilize one (1) lane exclusively for forty (40) minutes. In addition there will be four (4) sprints lanes available throughout the entire warm-up period.
- 11/O Finals: Each LSC will be able to utilize three (3) lanes exclusively for twenty-five (25) minutes in either the first or second half of the fifty (50) minute warm-up period.
- LSC's are expected to manage their assigned lanes to ensure that a safe warm-up procedure is followed.

- Breaks will be taken at appropriate times in the morning Prelims sessions for warm-up/warm-down. The secondary pool will be available for warm-up/ warm-down during the afternoon and evening sessions.

**Middle Atlantic Swimming warm-up procedures and safety policies will be followed.**

- Swimmers must enter the pool only at the start end of the pool. Swimmers must enter feet-first, unless the lane has been designated for one-way starts. The Meet Director and/or Meet Referee may vary the structure of the warm-up, including times and lane assignments, if required.
- **Any swimmer observed swimming under or through the bulkhead by a Meet Official or Safety Marshal 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.**

All warm-up periods shall be supervised by the appointed marshals. Coaches shall not permit their athletes to enter the pool until the marshals have declared the pool open for warm-up. No entry is permitted across lanes, from the pool side, or from the non-start end of the pool, under any circumstances. Marshals or team coaches shall clear the lane of all swimmers before opening the lane for sprinting. All sprint lanes are one-way only and the swimmer must exit at the opposite end of the pool. The use of kickboards, hand paddles, and similar training devices, is not permitted in open warm-ups.

The Meet Director or Referee may modify the schedule or lane assignments depending on the pool configuration, the number of swimmers, the availability of separate warm-up facilities, etc., as long as USA Swimming and MA safety considerations and the equitable treatment of all entered athletes is not compromised. All such changes will be announced and posted throughout the meet venue. Athletes who act in a manner that is injurious to themselves or others will be disqualified from their next individual event.

**OFFICIALS:**

- Each LSC is required to provide a minimum of two (2) timers at each session.
- Each LSC is required to provide at least one (1) stroke and turn judge at each session. Key deck officials, i.e., Referees and Starters, as endorsed by each LSC, will be assigned by the Meet Referee.
- It is expected that this meet will be run as a National Certification Meet. Officials must work at least three sessions and attend the Officials Meeting one hour before the start of each session in order to obtain or renew their National Certification.

**ADAPTED SWIMMERS:** Each LSC may bring two swimmers age 12 and under with disabilities and two swimmers age 13-18 with disabilities to the meet. These adapted swimmers are in addition to the two (2) swimmers per event permitted each LSC. The LSC may select the adapted swimmers at their own discretion. Based on the recommendation of the LSC coach or Manager, the Meet staff will determine where the swimmer best fits into the meet (i.e., seeded with their peers, seeded with their peers but in a shorter distance, seeded with younger swimmers, etc.) and the swimmers will be placed accordingly. All adapted swimmers competing in the meet will receive participation medals.

**Procedures for Inclusion of Swimmers with Disabilities:**

1. This meet does not use Time Standards; swimmers with disabilities may compete without having achieved any qualifying standard for their age group. However, an entry time must be provided for each event entered. Swimmers with disabilities should be highlighted on the hard copy of the LSC's meet entry. Classification of a swimmer with a disability is not required. Each LSC should use the attached form to enter a swimmer with a disability.
2. Each LSC may select two swimmers of age 12 and under with disabilities, and two swimmers of age 13-18 with disabilities according to their LSC policy. Examples of selection criteria and procedures are available from the Middle Atlantic Adapted Chairman. Fiona Patrick at [defeand3@verizon.net](mailto:defeand3@verizon.net).
3. Swimmers with disabilities will be eligible to compete in Finals, earn Awards and score points for their team in the same manner as the able bodied swimmers.
4. It is the responsibility of each Adapted swimmer, or their coach, to inform the Meet Referee of any disability-related accommodations needed for the swimmer to compete. This information must be given in advance of each session. The Meet Referee shall inquire about the swimmer's needs and shall determine what modifications may be required. This information shall be relayed to the Starter

and Stroke and Turn Judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.

5. The Meet Referee shall seed the Adapted swimmer in a number of ways, as deemed appropriate. These include: seed the swimmer with others of the appropriate age and gender; allowing the swimmer to complete at a shorter distance of an event (i.e., swim the 100-yard backstroke during the 200-yard race); or swim with a younger age group where the entry time is similar to the able-bodied swimmers for the same distance (i.e., a 15-year old swimmer could swim the 100 freestyle with the 9-10 age group). The final meet results will show the Adapted swimmer listed in the correct age group and event, regardless of where he/she actually competed. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned.
6. Middle Atlantic will try to obtain current American Records for swimmers with disabilities from USA Swimming. It is the swimmer's responsibility to complete and submit an application for an American Record should one be set.

**PROGRAMS/ADMISSION:**

Admissions: \$4 per day (covers trials & finals)  
Programs: Three (3) day program - \$15  
Finals program: Free

**TEAM SEATING:**

- Deck assignments for seating will be designated by signage in the facility.
- Each LSC will receive up to eight (8) complimentary spectator passes for chaperones and two (2) complimentary bus driver passes.

**DECK CREDENTIALS:**

- Credentials will be provided only for working officials, the Meet Coordination Committee, chaperones, and designated LSC team representatives who are listed on the LSC team roster. Credentials will be required to be on deck.
- Up to eight (8) team coaches plus the Team Manager or alternate will be provided with credentials.

**TEAM MANAGER:**

- Each LSC must provide the name of an individual to serve as their official Team Manager. An alternate may also be named. Team Managers, or alternates, may vote (one per LSC) at any meetings called by the Meet Director or Meet Referee to discuss matters concerning the meet. Only the designated Team Manager or alternate is permitted to represent the LSC. Protests will not be accepted from anyone other than the Team Manager or alternate.
- A Team Managers meeting will be held on Wednesday, March 30, 2005 at 8:00 PM at the GCIT Pool. Information packets and credentials will be distributed at this meet.

**PROTESTS:**

- A Meet Jury will adjudicate any protests, including issues of conduct which may occur in the meet venue.
- All protests must be made in writing and submitted in a timely manner.
- Protests regarding eligibility (as stated in Rule 102.11) will not be accepted from anyone other than the Team Manager or his designee.
- The Meet Jury will consist of the Meet Director, Meet Referee, an athlete representative, and a non-coach representative.
- **Misconduct:**
  - a. Any issues of conduct which occur within the meet venue will be adjudicated by the Meet Jury.
  - b. Misconduct includes but is not necessarily limited to:
    - 1) Violation of the safety guidelines outlined in the meet announcement.
    - 2) Disrespect to meet management personnel, officials, or fellow athletes.
    - 3) Stealing, destroying, vandalizing or possessing the property of others, including Championship banners or trophies.
    - 4) Possession or use of alcoholic beverages, tobacco products or illegal drugs.

**ENTRY PROCEDURES:**

- Meet Entry fee is **\$450** per LSC.

- Summary forms will be provided; all sections must be completed. Entries should be submitted using Hy-tek Team Manager or other Meet Manager-compatible software. Attach entry report to e-mail or include with disk submission.
- Relay cards will be prepared from Meet Manager and provided prior to each session.
- Entry times must be in short course yards. Converted or non-conforming times will not be accepted.
- Entries MUST be received by 5:00 pm on Wednesday, March 23, 2005.
- Parties submitting entries should expect to receive confirmation and a report of that LSC's entries within 48 hours following the entry deadline. Each LSC will have 24 hours from that time to confirm the accuracy of the entries.
- Mail entries with check payable to: **Middle Atlantic Swimming**

**Send Entries To: Middle Atlantic Swimming  
2018 Naamans Road, Suite 3  
Wilmington, DE 19810**

or,

**E-mail entries should be sent to to: [office@maswim.org](mailto:office@maswim.org)  
Subject: EZ Entry for \_\_\_\_\_ LSC.**

*\*\*PLEASE NOTE: If sending entries via overnight or express mail, please waive signature for delivery.*

**WARNING: Any LSC which enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered athlete to represent them will be fined \$100 by the Eastern Zone and will not be permitted to continue participation until the fine is paid.**

**ENTRY DEADLINE:** Entries must be received by 5:00 PM ON Wednesday, March 23, 2005

**REFRESHMENTS:** Refreshments will be available in the lobby area throughout the meet.

**CONCESSION:** A swim apparel vendor will be on site during the meet

**ACCOMMODATIONS and DIRECTIONS:** (See attached sheets.)

**PARKING:** A large parking lot is available adjacent to the GCIT Pool facility. This lot is available to all Zone Team vehicles and spectators. Please park buses in the lot at the back of the building.

<p><b>CONDUCT:</b> Proper conduct at all times will be enforced by coaches, chaperones, parents, meet marshals, and meet directors. <b>Misconduct includes, but is not necessarily limited to: violations of the safety guidelines outlined herein, disrespect to meet management, officials, or fellow athletes, stealing, destroying, vandalizing, or possessing the property of others, and possession or use of alcoholic beverages, tobacco products, or illegal drugs.</b></p>
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**IMPORTANT:** This entry form represents a contract between the LSC and the Host Team and entry into the meet represents compliance with rules and regulations stated.

**RESULTS:** Meet Results will not be sent to the individual LSCs. All results will be posted on the Middle Atlantic Website at [www.maswim.org](http://www.maswim.org).

**ACCOMODATIONS:** Hotel information will be provided as soon as possible.

Directions:

### **NJ TURNPIKE**

Take NJ Turnpike south to exit 3. After toll, follow signs for Route 168 south. Continue for one mile to traffic light and turn right on Route 544 & Route 41 south (Clements Bridge Road). Continue on Clements Bridge Road to 2<sup>nd</sup> traffic light and bear right (McDonalds) onto Route 544. Proceed to sixth light, bear right onto Cooper Street. Continue 4/10 mile to next light (Intersection of Cooper Street and Delsea Drive). Turn left and continue about 2 miles to second light (Bankbridge Road). Turn right onto Bankbridge Road. Follow Bankbridge to first traffic light and turn left (Tanyard Road). Continue ¼ mile to bottom of hill and GCIT will be on the left.

### **INTERSTATE 295**

Take 295 South to Route 42 South (follow signs to Atlantic City Expressway). Follow 42 South to the second exit (Route 55 South). Follow Route 55 South to 2<sup>nd</sup> exit (56B Route 47). At the first light take a left (Bankbridge Road.) Follow Bankbridge to first traffic light and turn left (Tanyard Road). Continue ¼ mile to bottom of hill and GCIT will be on the left.

### **DELAWARE MEMORIAL BRIDGE**

Take Interstate 295 north to exit 21 Delaware Street (@30 minutes). Continue on Delaware Street through Woodbury. Turn Right at second traffic light onto Evergreen Avenue. Travel one block to next light and turn left onto Egg Harbor Road (Mobil Station). Proceed about 2 miles through three traffic lights. The GCIT entrance is on the left at the bottom of the hill.

### **ROUTE 55**

Exit at 56B (Route 47 Delsea Drive North) At the first light take a left (Bankbridge Road.) Follow Bankbridge to first traffic light and turn left (Tanyard Road). Continue ¼ mile to bottom of hill and GCIT will be on the left.

### **COMMODORE BARRY BRIDGE**

After crossing the bridge take US Route 130 North to Interstate 295 North. Take Interstate 295 north to exit 21 Delaware Street. Continue on Delaware Street through Woodbury. Turn Right at second traffic light onto Evergreen Avenue. Travel one block to next light and turn left onto Egg Harbor Road (Mobil Station). Proceed about 2 miles through three traffic lights. The GCIT entrance is on the left at the bottom of the hill.

### **WALT WHITMAN BRIDGE**

After crossing the bridge take Route 42 South (Follow signs to Atlantic City Expressway). Follow 42 South to the second exit (Route 55 South). Follow Route 55 South to 2<sup>nd</sup> exit (56B Route 47 Delsea Drive North). At the first light take a left (Bankbridge Road.) Follow Bankbridge to first traffic light and turn left (Tanyard Road). Continue ¼ mile to bottom of hill and GCIT will be on the left.

### **ATLANTIC CITY EXPRESSWAY**

Expressway North to Route 42 to Deptford exit, Route 544. Light at the end of the ramp - make a left onto Clements Bridge Road. Proceed to fifth light, bear right onto Cooper Street. Continue 4/10 mile to next light (Intersection of Cooper Street and Delsea Drive). Turn left and continue about 2 miles to second light (Bankbridge Road). Turn right onto Bankbridge Road. Follow Bankbridge to first traffic light and turn left (Tanyard Road). Continue ¼ mile to bottom of hill and GCIT will be on the left.

### **PHILADELPHIA INTERNATIONAL AIRPORT**

Exit the airport onto Route 95 North toward Center City Philadelphia. Exit 95 onto the Walt Whitman Bridge. Follow directions for Walt Whitman Bridge.

### **AMTRAK 30<sup>TH</sup> STREET STATION**

Exit 30th Street Station onto Route 76 East. Follow Route 76 East over the Walt Whitman Bridge. Follow directions for Walt Whitman Bridge.

**Day 1****Sessions #1 & #2****11 & Over Preliminaries**

Pools divided by female and male events

Female Event #	Event	Male Event #
1	11-12 200 yard back	2
3	15-18 100 yard breast	4
5	13-14 100 yard breast	6
7	11-12 50 yard breast	8
9	15-18 200 yard free	10
11	13-14 200 yard free	12
13	11-12 100 yard free	14
15	15-18 100 yard fly	16
17	13-14 100 yard fly	18
19	11-12 50 yard fly	20
21	15-18 400 yard I.M.	22
23	13-14 400 yard I.M.	24
25	11-12 200 yard I.M.	26
27	15-18 1000 yard free (timed finals)	28
29	13-14 1000 yard free (timed finals)	30

**Session #3****10 & Under Timed Finals**

Events all held in one pool

Female event #	Event	Male Event #
37	10 & Under 100 yard free	
	10 & Under 100 yard IM	38
39	10 & Under 50 yard breast	
	10 & Under 100 yard breast	40
41	10 & Under 50 yard fly	
	10 & Under 50 yard back	42
43	10 & Under 200 yard I.M.	
	10 & Under 200 yard free	44
45	10 & Under 500 free	
	10 & Under 400 yard free relay	46
47	10 & Under 200 yard free relay	

**Session #4****11 & Over Championship Finals**

Female event #	Event	Male Event #
1	11-12 200 yard back	2
3	15-18 100 yard breast	4
5	13-14 100 yard breast	6
7	11-12 50 yard breast	8
9	15-18 200 yard free	10
11	13-14 200 yard free	12
13	11-12 100 yard free	14
15	15-18 100 yard fly	16
17	13-14 100 yard fly	18
19	11-12 50 yard fly	20
21	15-18 400 yard I.M.	22
23	13-14 400 yard I.M.	24
25	11-12 200 yard I.M.	26
31	15-18 400 yard free relay	32
33	13-14 400 yard free relay	34
35	11-12 400 yard free relay	36

**Day 2****Sessions #5 & #6****11 & Over Preliminaries**

Pools divided by female and male events

Female Event #	Event	Male Event #
48	11-12 200 yard fly	49
50	15-18 200 yard I.M.	51
52	13-14 200 yard I.M.	53
54	11-12 100 yard I.M.	55
56	15-18 50 yard free	57
58	13-14 50 yard free	59
60	15-18 200 yard breast	61
62	13-14 200 yard breast	63
64	11-12 100 yard breast	65
66	15-18 100 yard back	67
68	13-14 100 yard back	69
70	11-12 50 yard back	71
72	15-18 500 yard free	73
74	13-14 500 yard free	75
76	11-12 200 yard free	77

**Session #7****10 & Under Timed Finals**

Events all held in one pool

Female Event #	Event	Male event
	10 & Under 100 yard free	84
85	10 & Under 100 yard I.M.	
	10 & Under 50 yard breast	86
87	10 & Under 100 yard breast	
	10 & Under 50 yard fly	88
89	10 & Under 50 yard back	
	10 & Under 200 yard I.M.	90
91	10 & Under 200 yard free	
	10 & Under 500 yard free	92
93	10 & Under 400 yard free relay	
	10 & Under 200 yard free relay	94

**Session # 8****11 & Over Championship finals**

Female Event #	Event	Male event
48	11-12 200 yard fly	49
50	15-18 200 yard I.M.	51
52	13-14 200 yard I.M.	53
54	11-12 100 yard I.M.	55
56	15-18 50 yard free	57
58	13-14 50 yard free	59
60	15-18 200 yard breast	61
62	13-14 200 yard breast	63
64	11-12 100 yard breast	65
66	15-18 100 yard back	67
68	13-14 100 yard back	69
70	11-12 50 yard back	71
72	15-18 500 yard free	73
74	13-14 500 yard free	75
76	11-12 200 yard free	77
78	15-18 200 yard free relay	79
80	13-14 200 yard free relay	81
82	11-12 200 yard free relay	83

**Day 3****Sessions #9 & #10****11 & Over Preliminaries**

Pools divided by female and male events

<b>Female Event #</b>	<b>Event</b>	<b>Male Event #</b>
95	11-12 500 yard free (timed finals)	96
97	15-18 200 yard back	98
99	11-12 200 yard breast	100
101	13-14 200 yard back	102
103	11-12 100 yard back	104
105	15-18 100 yard free	106
107	13-14 100 yard free	108
109	11-12 50 yard free	110
111	15-18 200 yard fly	112
113	13-14 200 yard fly	114
115	11-12 100 yard fly	116
117	15-18 1650 yard free (timed finals)	118
119	13-14 1650 yard free (timed finals)	120

**Session # 11****10 & Under Timed Finals**

Events all held in one pool

<b>Female Event #</b>	<b>Event</b>	<b>Male Event #</b>
127	10 & Under 100 yard back	128
129	10 & Under 50 yard free	130
131	10 & Under 100 yard fly	132
133	10 & Under 200 yard medley relay	134

**Session #12****11 & Over Championship Finals**

<b>Female Event #</b>	<b>Event</b>	<b>Male Event #</b>
97	15-18 200 yard back	98
99	11-12 200 yard breast	100
101	13-14 200 yard back	102
103	11-12 100 yard back	104
105	15-18 100 yard free	106
107	13-14 100 yard free	108
109	11-12 50 yard free	110
111	15-18 200 yard fly	112
113	13-14 200 yard fly	114
115	11-12 100 yard fly	116
121	15-18 400 yard Med. Relay	122
123	13-14 400 yard Med. Relay	124
125	11-12 200 yard Med. Relay	126

**Meet Summary Form**  
**This Form Must Accompany All Entries**

Team Name \_\_\_\_\_

Code \_\_\_\_\_ Coach \_\_\_\_\_

E-Mail \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Contact Person \_\_\_\_\_ E-Mail \_\_\_\_\_

# of individual entries    Male \_\_\_\_\_    Female \_\_\_\_\_    TOTAL \_\_\_\_\_

# of relays                    Male \_\_\_\_\_    Female \_\_\_\_\_    TOTAL \_\_\_\_\_

# of swimmers                Male \_\_\_\_\_    Female \_\_\_\_\_    TOTAL \_\_\_\_\_

Team Fee is \$450 per LSC

**Please Make checks Payable to Middle Atlantic Swimming**

All entries must be submitted for this meet no later than

**5:00 pm Wednesday, March 23, 2005**

**Send Entries To: Middle Atlantic Swimming  
2018 Naamans Road, Suite 3  
Wilmington, DE 19810**

or e-mail entries to [office@maswim.org](mailto:office@maswim.org) Subject: EZ entries for \_\_\_\_\_ LSC

## Swimmers with a Disability Entry Form

### Sanction # -----

Name: \_\_\_\_\_ Club \_\_\_\_\_ LSC \_\_\_\_\_

USA Swimming #: \_\_\_\_\_ Age first day of the meet \_\_\_\_\_

Swimmer email address: \_\_\_\_\_

Swimmer Phone number: \_\_\_\_\_

Name of person completing this form: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Please enter events below. Each swimmer is limited to three (3) individual events per day and a total of six (6) events in the Meet. Please indicate the swimmer's preference regarding seeding of their entry for each event. Please note that changing age groups may change the session that the swimmer swims. Changing the distance may affect the day on which the swim occurs. Take these factors into consideration when selecting the seeding procedure for each event listed below. The Meet Referee has the final decision regarding seeding procedures.

Event #	Event Description	Entry Time	Seed With Age Group (same age, same distance)	Seed with Different Distance (same age, different distance)	Seed with Comparable Time (younger age, distance depends on entry time)