

MIDDLE ATLANTIC SWIMMING  
**JUNIOR OLYMPIC**  
**AGE GROUP CHAMPIONSHIPS**  
**March 11-14, 2010**

GCIT Aquatics Center  
Gloucester County Institute of Technology  
1360 Tanyard Road  
Sewell, NJ 08080

Day of Meet Emergency Phone: 856-468-1445, x 2659

Held under the sanction of Middle Atlantic Swimming

Sanction # **MA 1088 AG**  
Time Trials # **MA 1088 TT**

General Chair  
Administrative Chair  
Age Group Chair  
Officials Chair  
Meet Directors  
Safety Directors  
Meet Referee  
Middle Atlantic Office

Mike Seip  
Fred Frank  
Erik Posegay/Stu Kukla  
Fred Killian  
Stephanie Rozick  
Ruthann Joyce/Patric Mills

302/429-6288  
[office@maswim.org](mailto:office@maswim.org)

- **The 2010 Winter Junior Olympic meet is for 14 and under swimmers ONLY.**
- **Bonus events will be allowed. The Bonus qualifying times are the 2007 Winter JO qualifying times. Please see the section on Bonus Events for more information.**
- The 11-12 400 IM is a Timed Final event on Sunday with the fastest heat swimming at Finals. This event requires positive check-in and will close at 6:00 pm on Saturday evening (at the start of Finals). Swimmers in the top eight (8) after seeding will swim at Finals.
- Check-in for the 1650 Freestyle will close at 6:00 pm (the start of Finals) on Saturday.
- School is in session at GCIT on Thursday and Friday; please read the sections below that contain essential information on parking and other restrictions on those days.
- All relays will be swum as timed finals at the conclusion of the morning/afternoon sessions.
- Long Course qualifying times will be accepted for entry into the Meet. Entry times must be submitted in the course in which they were achieved. Qualifying period is September 1, 2008 through the entry deadline.
- We will use the email entry procedure for Junior Olympics this year. All e-mailed entries **MUST** include the number of swimmers, the number of individual event entries and the number of relay entries in the text of the e-mail. A copy of the TM entry file in MS Word format must be attached. Entries received without this information will be returned. Please send just one **initial entry file** and only **one updated entry file** to the meet director.
- All relay-only swimmers must be on the Team entry form and must pay the Meet surcharge.

**COACHES AND SWIMMERS ARE RESPONSIBLE FOR FAMILIARIZING THEMSELVES  
WITH ALL THE INFORMATION CONTAINED IN THIS PACKET**

**SITE:** The Gloucester County Institute of Technology (GCIT) facility has two 8-lane/25-yard pools equipped with Competitor non-turbulent lane lines; water depth is 12 and 5 ft at starting ends. GCIT has Colorado timing systems on each pool with an 8-lane scoreboard on deep pool and 1-lane scoreboard display on shallow pool. There is balcony seating for spectators.

**ELIGIBILITY:** This Meet is limited to Middle Atlantic swimmers ages 14 and under only; swimmers must be currently registered with Middle Atlantic and USA Swimming in order to compete. This meet will be conducted according to current USA Swimming Rules and Regulations. Age group is determined by the swimmer's age on Thursday, March 11, 2010. All qualifying times must have been swum no earlier than September 1, 2008. All swimmers are limited to three (3) individual events per day and a total of ten (10) individual events for the Meet. All entry times must be from a USA Swimming Sanctioned, Observed or Approved meet, or a Middle Atlantic Accepted meet.

**ENTRIES:** Swimmers entering this Meet must have achieved a time in an event that is equal to or faster than the Qualifying Times in the appropriate course. Bonus events may be entered and must be equal or faster than the Bonus Qualifying Time. All entries must be submitted in the course in which they were achieved; qualifying times swum in meter pools should NOT be converted but should be clearly identified if swum in short-course (SCM) or long course (LC) meters. SCM and LC entry times will be treated as non-conforming.

Except as noted herein, a swimmer must enter with their 'best time' in an event. A swimmer may enter the 1650 Free and the 11-12 400 IM at the qualifying time standard provided they are entered in at least one other individual event on Sunday.

Entries sent with 'No Time' will be rejected!

All entries must be prepared using Hy-Tek Team Manager or a compatible program and should be generated using information from your Team's registration database (e.g., Team Manager). Teams may either (a) send a computer disk containing the entry information, a Hy-Tek entry report, the Meet Summary Sheet (in MS Word format) and a check to the Meet Director (DO NOT SEND ENTRIES TO THE MIDDLE ATLANTIC OFFICE!!), or (b) send the entry information and entry report via E-mail to [bcatmeet@comcast.net](mailto:bcatmeet@comcast.net); then send the Meet Summary Sheet and check to the Meet Director. **All e-mailed entries must include the number of swimmers in the meet, the total number of individual event entries, and the total number of relay entries in the text of the e-mail.** The TM entry report in Word.doc format MUST be attached. Electronic entries received without this information will be rejected. Please waive the 'signature required' if your entry is sent via a Postal Service that provides one. **Do not send a disk if you e-mail your entries to the Meet Director. A report confirming all electronic entries will be sent to the Team contact via e-mail, and a Team will have 24 hours to make any corrections.** Swimmers currently registered as UNATTACHED may use the attached Entry Form. A fee of \$5.00 per swimmer will be charged any swimmer registered with a Club that does not use a computer entry; this is to insure that results will be correctly reported to the USA Swimming SWIMS database.

DECK ENTRIES WILL NOT BE ACCEPTED AT THIS MEET!

**ENTRY FEE:** \$4.00 for individual events and \$8.00 for Relays. **There is a \$5.00 surcharge for each swimmer,** including Relay-only swimmers. Relay only swimmers CANNOT be added at the Meet.

If paying by check, write only ONE check per club payable to "**Middle Atlantic Swimming.**"

**ENTRY**

**DEADLINE:** Entries must be received by the Meet Director by **2:00 pm, Tuesday, March 2, 2010.** DO NOT SEND ENTRIES TO THE MIDDLE ATLANTIC OFFICE!! *Payment must be received by Friday, March 5, 2010.* No post entries will be accepted. Entries will be handled on a "first come, first serve" basis. **Middle Atlantic reserves the right to modify the meet format to allow for the timely running of the meet.** Entries without full payment will not be processed.

**MAIL**

**CHECKS TO:** MA JO Entries  
c/o Stephanie Rozick  
5249 West Buffalo Run Road  
Port Matilda, PA 16870

email: [bcatmeet@comcast.net](mailto:bcatmeet@comcast.net)

RELAYS: All relays are Timed Finals. There are no qualifying times for relays. **Relays cannot be composed entirely of relay only swimmers. Each competing relay must contain at least one swimmer who is entered in the meet in an individual event.** All relay-only swimmers must be entered in the meet before the entry deadline and pay the \$5 surcharge. All relays will be swum at the end of the morning or afternoon sessions. Only two (2) relays from a team may score in an event, although additional relays may be entered.

FINALS: There will be A- and B- Finals for all 11-12 and 13-14 Age Group individual events except the 1650-Free, 1000-Free and (11-12) 500-Free and 400 IM events which are Timed Finals. All 10 & U events are Timed Finals.

The B-Final will swim first at Finals, followed by the A- Final.

PROOF  
OF TIME:

Middle Atlantic Swimming will notify each Team regarding any swimmer on the Team who does not swim the qualifying time at the Meet (inc Bonus events); those swimmers will be required to prove their entry time. If the entry time cannot be proven, a \$50 fine per event will be levied against the swimmer, to be paid within the time specified by Middle Atlantic. Swimmers not satisfying this requirement will be suspended from further competition in Middle Atlantic sponsored meets until the fine is paid.

STARTING  
TIMES:

	<u>Day</u>	<u>Warm -Up</u>	<u>Meet Starts</u>
	Thurs	4:30 pm	5:30 pm
(Prelims 11-14)	Fri/Sat/Sun	7:00 am	8:30 am
(Timed Finals 10&Under)	Fri/Sat/Sun	12:30 pm (no earlier)	1:30 pm (no earlier)
(Finals)*	Fri/Sat/Sun	4:00 pm	5:00 pm

Sprint and pace lanes will be opened 30 minutes before the start of each session. After all entries are received and a time line is established, it will be determined when breaks will be provided for warm-up/warm-down during the morning and afternoon sessions. Break times will be posted at each pool.

\* The shallow Pool will be available for warm-up / warm-down during the Finals sessions.

PARKING: **Parking in the GCIT parking lot will be limited to essential meet officials and personnel only on Friday until 3:30 pm. Swimmers may be dropped off at GCIT from 6:30 am until 7:20 am and during a designated time for the 10 and under session ONLY. The parking lot will be off limits at all other times on Friday. Parking will be available in designated areas at Gloucester County College located next to GCIT. Shuttle buses will run between GCIT and the Gloucester County College parking area throughout the day.**

SAFETY

REQUIREMENTS: USA Swimming and Middle Atlantic safety procedures will be enforced during the meet. Warm-ups are subject to the following procedures: No diving during warm-ups except in designated sprint lanes. The Referee may remove anyone from the warm-up for failure to comply with the warm-up rules. Swimmers without coaches should report to the Referee or Meet Director prior to entering the pool for warm-ups and will be assigned to a Team/Coach for that session.

**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**

SEEDING: All events will be pre-seeded except Relays, the 11-12/10&U 500 Free and 400 IM, and the 11-12 and 13-14 1000 and 1650 Freestyles. If deemed necessary by meet management, the 13-14 400 IM events may be deck-seeded. Positive check-in is required to be seeded into any deck-seeded event. Times will be announced as to when the event will close, and will be approximately 30 minutes before an event is

scheduled to swim **except for the 1650 freestyle and 11-12 400 IM. Check-in for these events will close at 6:00 pm on Saturday evening.** Relays will swim slowest to fastest; the 800 Free Relay, 1000 Free, 1650 Free and the 11-12/10&U 500 Free will swim fastest to slowest.

LCM and SCM entry times will be seeded as non-conforming. Bonus event times will be seeded last (slowest), preceded by non-conforming times and then conforming times (according to USA Rule 207.12.7.)

DECK ENTRIES: Deck entries will NOT be accepted at this meet.

SCORING: Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2  
**(max of two relays per team may score in any event)**

AWARDS: Individual events: Medals for 1st-8th place  
Relays: Medals for 1st-3rd place

High Point trophies will be presented to the Top 3 Teams scoring the most overall combined points, and to the highest scoring Girls and Boys Team in each age group.

A High Point award will be presented to the highest scoring individual girl and boy in each age group.

During the breaks at Finals this year, we are asking the top 8 finishers of each event to come to the podium for awards recognition. The meet director reserves the right to discontinue this during the breaks and move all recognition to the end of the finals session in order to keep the session running in a timely manner.

**SCRATCH  
POLICY:**

Any swimmer who does not swim a pre-seeded Preliminary or Timed-Final event will not be penalized.

Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next individual event, either on the same or next meet day. A Declared False Start may be taken in deck-seeded events.

Any swimmer who qualifies for Finals in a Preliminary/Finals event and does not report for and swim that event at Finals will be barred from the rest of 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 Preliminary results of that event and then confirmed such intention to scratch within thirty (30) minutes of the announcement of the results of that swimmer's last individual event at the Preliminary session. A swimmer who does not confirm their intention is assumed NOT to have scratched and will be seeded into the event. Swimmers who are initially announced as an Alternate (or lower) for the Finals will not be so penalized. Swimmers must scratch or declare their intention to scratch with the Admin Referee at the appropriate time.

A Declared False Start, a Delay-of-Meet False Start or other action taken by a swimmer with the intent to non-compete at a Finals session will be treated as a failure to compete and will be penalized as such.

**FINE for NON-COMPETE**

on LAST MEET DAY: A \$50 fine will be imposed on any swimmer who qualifies for Finals on Sunday night (or on the last day of competition for that swimmer) and then does not compete in said Finals event unless such swimmer has appropriately scratched (see previous paragraph) or was initially listed as an Alternate (or lower) in said event. A \$50 fine will be similarly imposed on any swimmer who checks-in and is seeded to swim in the final heat of 1650 Free or the 11-12 400 IM on Sunday night and then does not compete in that heat at Finals, unless the swimmer was initially not listed among the fastest eight swimmers entered in the event. Any swimmer fined for such violations will be suspended from further competition in Middle Atlantic sponsored meets until the fine is paid.

OFFICIALS: All certified Middle Atlantic and USA Swimming Officials are welcome and encouraged to help officiate at this meet. Officials should contact the Meet Director or Meet Referee (at

[officials@maswim.org](mailto:officials@maswim.org)) prior to the meet to indicate which sessions they will be available – or should report to the Referee one hour before the start of each session.

#### STARTING

**PROCEDURES:** This meet will be conducted using the 'No Recall' false start rule and will use whistle command starting procedure. Fly-over starts will be used at the morning and afternoon sessions, and the Thursday evening session.

**TIME TRIALS:** Time trials will be available after Prelims or Finals on Friday, Saturday & Sunday, time permitting; the cost is \$10.00 per individual swim, \$20.00 per Relay. To swim a Time Trial, a swimmer must be within 0.5 seconds per 50-yd (or 50-m) distance of the Sectional Time Standard for that event. A swimmer may swim one Time Trial per day in an event, and a maximum of two Time Trials per day. Time Trial Events count in the total allowable individual events to be swum in one day. Swimmers participating in this meet will have priority at time trials; swimmers not in the meet must provide proof of USA Swimming registration. **TIME TRIAL RESULTS WILL NOT BE ACCEPTED FOR CONSIDERATION TO THE MIDDLE ATLANTIC WINTER ALL-STAR ZONE TEAM.**

#### BONUS

**EVENTS:** Bonus events will be offered at the 2010 Winter JO Meet. In order to swim a bonus event, a swimmer must have qualified and signed-up for at least one individual event. Relay only swimmers are not eligible for bonus swims. The qualifying times for Bonus events are the 2007 Winter Junior Olympic time standards. Swimmers can participate in a maximum of two (2) bonus events, as follows:

- 1 qualifying time: Swimmer can add ONE Bonus Event
- 2 qualifying times: Swimmer can add TWO Bonus Events
- 3 qualifying times: Swimmer can add ONE Bonus Event
- 4 or more qualifying times: No Bonus Events

Bonus events will be seeded last (slowest), proceeded by non-conforming times and then conforming times. Swimmers competing in Bonus Events will be eligible for Finals and all awards/points available for that event.

Team entry persons are cautioned to make sure that they are not entering bonus swims into the meet that have not met the bonus qualifying times. Team entries will be reviewed after the meet and any team found to be in violation of this will be subject to all Middle Atlantic Fines and Penalties. **Please take the time and double check your entries!**

**DECK ID:** **Only swimmers, coaches, and meet personnel are allowed on deck.** All coaches must display their 2010 USA Swimming Coach's registration card. Officials must display their 2010 USA Swimming Officials registration card. This requirement will be strictly enforced! Coaches and officials without proper credentials will not be permitted on the pool deck. Meet workers will be given identification tags to be worn on deck. **THERE ARE NO EXCEPTIONS TO THIS RULE.**

**ADMISSION:** A four-day program will sell for \$10.00. Included in the program will be coupons that are redeemable for a Finals program at night. Finals programs can be purchased for \$2.00.

#### FINAL

**RESULTS:** Will be available on the Middle Atlantic Swimming website. [www.maswim.org](http://www.maswim.org)

**SEATING:** There is seating for 450 spectators. Parents and swimmers for the afternoon session will be held in the lobby each day until the morning session is finished. This is for everyone's safety.

**SCHOOL IN**

**SESSION:** The GCIT school is in session on Thursday evening (5 pm to 10 pm) and Friday from 7:30 am until 3:30 pm. Access to the hallways will be extremely limited during these times. Persons found in unauthorized areas of the school will be barred from the facility for the remainder of the meet.

**PARKING:** Parking in the GCIT parking lot will be limited to essential meet officials and personnel only on Friday until 3:30 pm. Swimmers may be dropped off at GCIT from 6:30 am until 7:20 am **ONLY**. The parking lot will be off limits from 7:20 am until 3:30 pm on Friday. Parking will be available in designated areas at Gloucester County College located next to GCIT. Cars must be parked in designated parking spots only. Cars parked illegally will be subject to ticketing by the Gloucester County Sheriff's Office. Shuttle buses will run between GCIT and the Gloucester County College parking area throughout the day.

**TEAM**

**ASSIGNMENTS:** Every team entered in the Meet will be responsible for supplying workers for the Meet. **THIS IS A MANDATORY RESPONSIBILITY and is necessary for a successful Meet.** Each Team's contact person will be contacted in order to organize our work force. Teams are also asked to keep their team area clean. It is important that Middle Atlantic Swimming respect the facilities that they use.

**HOSPITALITY:** There will be food and drink available at all sessions for coaches, officials and meet workers. A concession stand will be available during the meet for all meet attendees. Due to school space restraints hospitality may be very limited on Thursday and Friday. Coaches, officials and meet workers should plan accordingly.

**DIRECTIONS: FROM THE SOUTH:** Take Route 55 North to exit 56B (Route 47-N/Westville or Woodbury). Turn left at the first traffic light onto Bankbridge Road; then 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 AND THE WALT WHITMAN BRIDGE:** Take I-295 South to the merge with route 42 south. Follow 42-S to Route 55, and then take Route 55 South to exit 56B (Route 47-N/Woodbury). Turn left at the first traffic light onto Bankbridge Road; then 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 DELAWARE MEMORIAL BRIDGE AND COMMODORE BARRY BRIDGE:** Take I-295 North to exit 21 (Woodbury - Delaware Street) and continue through Woodbury. After passing through center of Woodbury, Turn right at the next traffic light onto Evergreen Avenue; then left at next traffic light onto Egg Harbor Road. Continue approx. 3 miles (past a Wawa market on the left) to the next traffic light (Bankbridge Road.) GCIT is on the left at the bottom of the hill beyond the traffic light.

**ACCOMMODATIONS:**

FOUR POINTS  
CHERRY HILL  
(856) 428-2300

HOLIDAY INN  
RUNNEMEDE  
(856) 939-4200

DAYS INN  
BROOKLAWN  
(856) 456-6688

RESIDENCE INN  
DEPTFORD  
(856) 686-9188

HOLIDAY INN  
CHERRY HILL  
(856) 663-5300

FAIRFIELD INN  
DEPTFORD  
(856) 686-9050

HOLIDAY INN SELECT (FULL SERVICE HOTEL)  
BRIDGEPORT  
(856) 467-3322

# MIDDLE ATLANTIC - JUNIOR OLYMPICS

## Thursday Events

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	11-12 1000 Free 13-14 1000 Free	2
3	11-12 500 Free 10&Under 500 Free	4
5	13-14 800 Free Relay	6

**The 1000 Free (check-in closes at 5:00 pm):** The 1000 Free for 11-12 and 13-14 swimmers is a deck seeded, timed final event and will be swum fastest to slowest. This event is combined but will be scored separately for the 11-12 and 13-14 age groups. The event may be limited to four (4) heats per gender. Each swimmer must provide their own timer and counter.

**The 500 Free (check-in closes at 5:00 pm):** The 500 Free for 12 and under swimmers is a deck seeded, timed final event and will be swum fastest to slowest. This event is combined but will be scored separately for the 11-12 and 10&U age groups. If appropriate, a separate heat will be provided for the fastest swimmers in the 10&U age group (min of 6 swimmers); remaining swimmers will be seeded based on time. Each swimmer must provide their own timer and counter.

**The 800 Free Relays: (check in/relay cards due by 6:00 pm):** Each Team must provide a timer for their relay. The 800 Free Relays are no longer designated as "open" or "senior" so all swimmers must be within a specified age group.

**Note:** In the event that only one pool is used for competition, a determination of whether to alternate girls/boys heats will be made at that time.

## Friday Events

### Prelims - Morning

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
7	11-12 100 Breast	8
9	13-14 200 Breast	10
11	11-12 200 Free	12
13	13-14 100 Fly	14
15	11-12 50 Fly	16
17	13-14 200 IM	18
19	11-12 100 IM	20
21	13-14 500 Free	22
23	11-12 200 Back	24
25	13-14 400 Free Relay	26
27	11-12 200 Free Relay	28

### Timed Finals - Afternoon

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
29	10 & Under 100 Breast	30
31	10 & Under 200 Free	32
33	10 & Under 50 Fly	34
35	10 & Under 100 IM	36
37	10 & Under 200 Free Relay	38

### **Finals, order of events**

11-12 100 Breast  
13-14 200 Breast  
11-12 200 Free  
13-14 100 Fly  
11-12 50 Fly  
13-14 200 IM  
11-12 100 IM  
13-14 500 Free  
11-12 200 Back

## Saturday Events

### Prelims - Morning

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
39	11-12 200 IM	40
*41	*13-14 400 IM*	*42
43	11-12 50 Free	44
45	13-14 50 Free	46
47	11-12 100 Back	48
49	13-14 100 Back	50
51	11-12 50 Breast	52
53	13-14 100 Breast	54
55	11-12 200 Fly	56
57	13-14 200 Free	58
59	11-12 200 Medley Relay	60
61	13-14 400 Medley Relay	62

\* These events may be deck seeded with positive check-in, if required to meet the time line.

### Timed Finals - Afternoon

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
63	10 & Under 200 IM	64
65	10 & Under 50 Free	66
67	10 & Under 100 Back	68
69	10 & Under 50 Breast	70
71	10 & Under 200 Medley Relay	72

### Finals order of events

11-12 200 IM  
13-14 400 IM  
11-12 50 Free  
13-14 50 Free  
11-12 100 Back  
13-14 100 Back  
11-12 50 Breast  
13-14 100 Breast  
11-12 200 Fly  
13-14 200 Free

## Sunday Events

### Prelims - Morning

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
77	11-12 200 Breast	78
79	13-14 200 Back	80
81	11-12 50 Back	82
83	13-14 100 Free	84
85	11-12 100 Free	86
87	13-14 200 Fly	88
89	11-12 100 Fly	90
73	11-12 400 IM	74
75	11-12 1650 Free	76
	13-14 1650 Free	

- **The 1650 Free** is a deck seeded, Timed Final event. The fastest heat in each event will swim at Finals while the other heats will swim at Prelims, fastest to slowest. The event is combined but will be scored separately for the 11-12 and 13-14 age groups. The event will be limited to four heats per gender (including the heat at Finals) with guaranteed slots for 16 swimmers per age group. Each swimmer must provide their timer and counter (except timer for heat at Finals). **Check-in will close at 6:00 pm on Saturday evening.**
- **The 400 IM** is a Timed Final event. The fastest heat in each event will swim at Finals while the other heats will swim at Prelims, slowest-to-fastest. This event will be deck seeded with check-in closing at 6:00 pm on Saturday evening.

**Sunday Events (continued)**

**Timed Finals - Afternoon**

**Girls**

91  
93  
95

**Event**

10 & Under 100 Free  
10 & Under 100 Fly  
10 & Under 50 Back

**Boys**

92  
94  
96

**Finals order of events**

11-12 400 IM (G)  
11-14 1650 Free (G)  
11-12 400 IM (B)  
11-14 1650 Free (B)  
11-12 200 Breast  
13-14 200 back  
11-12 50 Back  
13-14 100 Free  
11-12 100 Free  
13-14 200 Fly  
11-12 100 Fly

**2010 JUNIOR OLYMPIC QUALIFYING TIME STANDARDS**

<b>GIRLS</b>			<b>13-14</b>	<b>BOYS</b>		
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>		<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
31.89	30.49	27.49	<b>50 Free</b>	25.49	28.49	30.69
1:09.29	1:04.89	58.59	<b>100 Free</b>	55.59	1:01.89	1:06.39
2:28.59	2:23.69	2:08.59	<b>200 Free</b>	2:03.59	2:17.89	2:24.99
5:16.59	5:04.49	5:48.69	<b>400/500 Free</b>	5:33.09	4:51.49	5:06.29
10:47.99	10:36.69	12:07.59	<b>800/1000 Free</b>	11:43.89	10:15.99	10:31.29
20:39.79	20:05.09	20:12.19	<b>1500/1650 Free</b>	19:39.49	19:32.59	20:14.39
1:19.69	1:15.09	1:07.69	<b>100 Back</b>	1:04.89	1:11.69	1:15.59
2:51.99	2:42.69	2:25.69	<b>200 Back</b>	2:19.49	2:35.99	2:42.99
1:30.09	1:24.89	1:16.49	<b>100 Breast</b>	1:12.29	1:19.89	1:23.59
3:11.99	3:03.69	2:45.99	<b>200 Breast</b>	2:36.29	2:52.69	3:02.39
1:17.59	1:14.29	1:06.69	<b>100 Fly</b>	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	<b>200 Fly</b>	2:22.29	2:37.19	2:41.59
2:48.39	2:42.79	2:25.79	<b>200 IM</b>	2:18.99	2:35.19	2:44.59
6:03.19	5:54.79	5:17.49	<b>400 IM</b>	5:02.39	5:34.19	5:46.79

<b>GIRLS</b>			<b>11-12</b>	<b>BOYS</b>		
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>		<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
33.59	31.99	28.59	<b>50 Free</b>	28.09	31.19	33.09
1:13.59	1:08.39	1:01.19	<b>100 Free</b>	1:01.19	1:08.09	1:11.59
2:39.69	2:30.39	2:14.49	<b>200 Free</b>	2:16.89	2:31.19	2:36.19
5:32.29	5:13.79	5:59.29	<b>400/500 Free</b>	6:01.09	5:15.79	5:30.89
11:36.46	11:16.49	12:52.99	<b>800/1000 Free</b>	12:48.89	11:12.89	11:39.29
22:23.79	21:34.09	21:41.69	<b>1500/1650 Free</b>	21:35.89	21:28.39	22:27.89
39.19	36.79	33.09	<b>50 Back</b>	33.29	36.79	38.79
1:26.29	1:20.49	1:11.39	<b>100 Back</b>	1:12.09	1:19.69	1:24.09
3:00.69	2:51.59	2:35.09	<b>200 Back</b>	2:33.79	2:49.99	3:01.59
43.19	41.29	37.09	<b>50 Breast</b>	37.59	41.39	43.69
1:33.79	1:30.19	1:20.79	<b>100 Breast</b>	1:21.29	1:29.79	1:33.89
3:23.69	3:15.89	2:57.29	<b>200 Breast</b>	2:52.99	3:11.09	3:21.19
36.79	35.19	31.59	<b>50 Fly</b>	31.89	35.29	36.79
1:24.09	1:20.79	1:12.39	<b>100 Fly</b>	1:12.49	1:20.19	1:23.09
3:07.89	3:01.99	2:44.69	<b>200 Fly</b>	2:38.29	2:54.89	3:02.19
N/A	1:18.99	1:11.09	<b>100 IM</b>	1:11.39	1:19.39	N/A
3:00.19	2:52.89	2:34.69	<b>200 IM</b>	2:35.19	2:52.59	2:58.09
6:20.09	6:15.39	5:38.09	<b>400 IM</b>	5:36.69	6:11.99	6:24.29

<b>GIRLS</b>			<b>10/Under</b>	<b>BOYS</b>		
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>		<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
38.49	35.79	31.99	<b>50 Free</b>	31.89	35.69	36.79
1:21.89	1:18.29	1:10.39	<b>100 Free</b>	1:10.19	1:17.59	1:21.59
2:59.89	2:52.79	2:36.39	<b>200 Free</b>	2:33.89	2:50.89	2:54.39
6:09.69	5:54.59	6:48.39	<b>400/500 Free</b>	6:44.59	5:54.09	6:06.29
43.69	41.69	37.49	<b>50 Back</b>	37.79	42.09	44.69
1:35.49	1:29.89	1:21.19	<b>100 Back</b>	1:21.69	1:30.19	1:34.69
48.79	46.49	41.99	<b>50 Breast</b>	42.99	47.79	48.99
1:47.49	1:43.19	1:33.39	<b>100 Breast</b>	1:34.09	1:44.49	1:46.99
42.09	41.19	36.99	<b>50 Fly</b>	36.69	40.49	41.49
1:39.69	1:34.19	1:25.79	<b>100 Fly</b>	1:26.69	1:36.29	1:38.19
N/A	1:30.39	1:21.29	<b>100 IM</b>	1:21.49	1:29.79	N/A
3:22.59	3:14.29	2:54.99	<b>200 IM</b>	2:56.29	3:16.09	3:20.89

## 2009 BONUS TIME STANDARDS for Junior Olympics

GIRLS			BONUS STANDARDS	BOYS		
JO LC	JO SCM	JO SCY	10/Under	JO SCY	JO SCM	JO LC
:38.49	:36.29	:32.49	<b>50 Free</b>	:32.39	:36.19	:36.79
1:21.89	1:19.29	1:11.39	<b>100 Free</b>	1:10.79	1:18.19	1:21.59
2:59.89	2:52.79	2:36.39	<b>200 Free</b>	2:33.89	2:50.89	2:54.39
6:09.69	5:57.39	6:48.39	<b>500 Free</b>	6:44.59	5:54.09	6:06.79
:43.69	:42.19	:37.99	<b>50 Back</b>	:38.29	:42.59	:44.69
1:35.49	1:30.89	1:22.19	<b>100 Back</b>	1:21.69	1:30.19	1:34.69
:48.79	:46.49	:41.99	<b>50 Breast</b>	:42.99	:47.79	:48.99
1:47.49	1:43.19	1:33.39	<b>100 Breast</b>	1:34.09	1:44.49	1:46.99
:42.09	:41.69	:37.49	<b>50 Fly</b>	:36.69	:40.49	:41.49
1:39.69	1:35.09	1:26.69	<b>100 Fly</b>	1:26.69	1:36.29	1:38.19
N/A	1:31.39	1:22.29	<b>100 IM</b>	1:21.49	1:29.79	N/A
3:22.59	3:16.49	2:55.99	<b>200 IM</b>	2:56.29	3:16.09	3:20.89

GIRLS			BONUS STANDARDS	BOYS		
JO LC	JO SCM	JO SCY	11/12 YO	JO SCY	JO SCM	JO LC
:33.59	:31.99	:28.59	<b>50 Free</b>	:28.59	:31.69	:33.09
1:13.59	1:08.49	1:01.29	<b>100 Free</b>	1:02.19	1:09.09	1:11.59
2:39.69	2:32.09	2:16.19	<b>200 Free</b>	2:16.89	2:31.19	2:36.19
5:32.29	5:18.79	6:04.29	<b>400/500 Free</b>	6:06.09	5:20.29	5:30.89
11:36.46	11:16.49	12:52.99	<b>800/1000 Free</b>	12:48.89	11:12.89	11:39.29
22:23.79	21:34.09	21:41.69	<b>1500/1650 Free</b>	21:35.89	21:28.39	22:27.89
:39.19	:36.79	:33.09	<b>50 Back</b>	:33.79	:37.59	:38.79
1:26.29	1:20.49	1:12.09	<b>100 Back</b>	1:13.09	1:20.69	1:24.09
3:00.69	2:53.59	2:37.09	<b>200 Back</b>	2:33.79	2:49.99	3:01.59
:43.19	:41.79	:37.59	<b>50 Breast</b>	:37.69	:41.49	:43.69
1:33.79	1:30.19	1:20.79	<b>100 Breast</b>	1:21.29	1:29.79	1:33.89
3:23.69	3:16.29	2:57.69	<b>200 Breast</b>	2:52.99	3:11.09	3:21.19
:36.79	:35.69	:32.09	<b>50 Fly</b>	:32.39	:35.79	:36.79
1:24.09	1:21.79	1:13.29	<b>100 Fly</b>	1:12.49	1:20.19	1:23.09
3:07.89	3:01.99	2:44.69	<b>200 Fly</b>	2:38.29	2:54.89	3:02.19
N/A	1:19.79	1:11.89	<b>100 IM</b>	1:12.39	1:20.39	N/A
3:00.19	2:54.89	2:36.69	<b>200 IM</b>	2:36.69	2:53.09	2:58.09
6:42.49	6:31.89	5:54.59	<b>400 IM</b>	5:36.69	6:11.99	6:24.29

GIRLS			BONUS STANDARDS	BOYS		
JO LC	JO SCM	JO SCY	13/14 YO	JO SCY	JO SCM	JO LC
:31.89	:30.49	:27.49	<b>50 Free</b>	:25.89	:28.89	:30.69
1:09.29	1:05.89	:59.59	<b>100 Free</b>	:55.59	1:01.89	1:06.39
2:28.59	2:24.99	2:09.89	<b>200 Free</b>	2:04.69	2:19.19	2:24.99
5:16.59	5:09.49	5:53.69	<b>400/500 Free</b>	5:35.09	4:53.29	5:06.29
10:47.99	10:36.69	12:07.59	<b>800/1000 Free</b>	11:43.89	10:15.99	10:31.29
20:39.79	20:05.09	20:12.19	<b>1500/1650 Free</b>	19:39.49	19:32.59	20:14.39
1:19.69	1:15.49	1:08.09	<b>100 Back</b>	1:04.89	1:11.69	1:15.59
2:51.99	2:42.69	2:25.69	<b>200 Back</b>	2:19.69	2:34.19	2:42.99
1:30.09	1:25.89	1:17.49	<b>100 Breast</b>	1:12.29	1:19.89	1:23.59
3:11.99	3:05.69	2:47.99	<b>200 Breast</b>	2:36.29	2:52.69	3:02.39
1:17.59	1:14.89	1:07.39	<b>100 Fly</b>	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	<b>200 Fly</b>	2:22.29	2:37.19	2:41.59
2:48.39	2:42.79	2:25.79	<b>200 IM</b>	2:20.49	2:35.99	2:44.59
6:03.19	5:58.79	5:21.49	<b>400 IM</b>	5:02.89	5:34.69	5:46.79





# SHORT Course JOs – MARCH 11-14, 2010

## Summary Sheet

THIS FORM **MUST** ACCOMPANY THE OFFICIAL ENTRY BLANK

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

Head Coach \_\_\_\_\_

Coach's Address \_\_\_\_\_

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

Telephone: Daytime ( ) \_\_\_\_\_ Evening ( ) \_\_\_\_\_

**Person designated to receive entry questions and/or limitation information, if needed:**

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

Mail Entries to: **MA JO Entries**  
**c/o Stephanie Rozick**  
**5249 West Buffalo Run Road**  
**Port Matilda, PA 16870**

**ENTRY DEADLINE:** Received by 2:00 pm, Tuesday, March 2, 2010  
No entries will be accepted after that date.

Please make checks payable to Middle Atlantic Swimming. One check per club, please.

**Check here if you e-mailed your entry**

**ENTRY FEES:** (Fill in every blank. If zero, so note.)

\_\_\_\_\_ Individual Events @ \$4.00 \$ \_\_\_\_\_

\_\_\_\_\_ Relay Teams @ \$8.00 \$ \_\_\_\_\_

\_\_\_\_\_ Manual processing fee @ \$5.00 \$ \_\_\_\_\_  
(for non-disk entry of swimmers only)

\_\_\_\_\_ **Total swimmers entered in meet**  
**(including relay only) x \$5 surcharge = \$ \_\_\_\_\_** (everybody pays this!!!)

**Total** \$ \_\_\_\_\_

**WORKER CONTACT PERSON:** THIS PERSON WILL BE RESPONSIBLE FOR OBTAINING THE WORKERS FOR YOUR CLUB FOR THIS MEET. THE AGE GROUP COMMITTEE WILL CONTACT THEM AFTER THE ENTRIES ARE SUBMITTED. **NO ENTRIES WILL BE ACCEPTED WITHOUT THIS INFORMATION.**

**NAME:** \_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_

**FAX NUMBER:** \_\_\_\_\_

**EMAIL: (mandatory!!!)** \_\_\_\_\_

*I certify that all swimmers from this team entered in this meet are current members of USA Swimming and that all coaches from this team who will attend the meet hold current USA Swimming coaching credentials.*

*Head coach's signature* \_\_\_\_\_