

**2014 Middle Atlantic
Long Course Junior Olympic Championships
July 24-27, 2014**

Hosted by



Held Under the Sanction of Middle Atlantic
Swimming



**MIDDLE
ATLANTIC
SWIMMING**

Meet Sanction MA 14153 AG

Time Trial Sanction MA 14153 TT

In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Meet Director: Matthew Sprang

Safety Director: Matthew Sprang

Meet Referee:

General Chair: Mike Seip

Age Group Chair: Kate Scheuer

Administrative Chair: Jamie Platt

Officials Chair: Kent Steeves

Middle Atlantic Office: (302) 429-6288

LOCATION	The meet will be held at the Gloucester County Institute of Technology in Deptford, NJ. Day of Meet Emergency Phone: 856-468-1445 x. 2659
FACILITIES	<p>The pool is a 50-meter heated, indoor 8-Lane facility. Pool depth at the starting end is 12" and at the turn end is 5" feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The pool has Non-turbulent lane markers and a CTS 6 Timing System with 8 lane read out scoreboard.</p> <p>PARKING: Parking is available for 500 cars in the GCIT lot. Additional parking is available at the adjacent schools.</p> <p>FOOD: Concessions are available throughout the meet. Please note that the concession stand is independent of Middle Atlantic Swimming and the meet host.</p>
MEET DIRECTOR & SAFETY DIRECTOR	Matthew Sprang: 856-588-0912. 2014lcjo@gmail.com
SAFETY INFORMATION	MA safety rules and warm up procedures apply. All swimmers should be familiar with these rules. Any swimmer disregarding the rules could be suspended from the meet.
OFFICIALS	Certified Middle Atlantic Officials interested in working at this meet should contact Mary Katherine Weatherby: mkweatherby@verizon.net
TEAM ASSIGNMENTS	With the Middle Atlantic's endorsement we will be requesting that every team entered in the meet supply timers. Each team's contact person will be provided with their team's timer responsibilities by July 19th. Please make sure you have these timer responsibilities assigned prior to the meet to ensure the meet runs as smoothly as possible. Teams with swimmers in finals will be asked to assist in timing the finals sessions.
Breaks	Breaks will be added to the meet sequence to allow for warm-up/warm down in the competition pool. This will happen during Prelims and Finals as well as the 10 & Under Timed Finals sessions. A minimum of a 10 minute break will be added to the session where 11-12 events are scheduled back-to-back.

<p>ELIGIBILITY</p>	<p>All swimmers must be currently registered with USA Swimming. <u>The meet is limited to Middle Atlantic registered swimmers only.</u> All swimmers, including relay-only swimmers, must be entered into the meet prior to the entry deadline. <i>On-site registration will not be accepted at this meet. Each swimmer must be registered through Middle Atlantic prior to competition.</i></p> <p>Age Group is determined by the swimmer's age as of July 24, 2014.</p> <p>Each swimmer may compete in a maximum of three (3) individual events (including time trials) and two (2) relays per day.</p> <p>Qualifying times must have been achieved on or after January 1, 2013.</p> <p>Entry times must be equal to or faster than the Qualifying Times shown below. All entry times must be from a USA Swimming Sanctioned, Observed or Approved meet. YMCA and high school times are not acceptable unless that particular meet was granted one of the above statuses.</p> <p>Swimmers eight (8) years and younger may enter 10 & Under events if they have achieved the event qualifying time.</p> <p>Athletes with disabilities -Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.</p>												
<p>WARM-UP & START TIMES</p>	<table border="0"> <thead> <tr> <th></th> <th style="text-align: center;">Warm Up</th> <th style="text-align: center;">Start</th> </tr> </thead> <tbody> <tr> <td>11-14 Prelims</td> <td style="text-align: center;">6:30 am</td> <td style="text-align: center;">8:15 am</td> </tr> <tr> <td>10&under Timed Finals</td> <td style="text-align: center;">1:30 pm</td> <td style="text-align: center;">2:20 pm</td> </tr> <tr> <td>Finals</td> <td style="text-align: center;">4:30 pm</td> <td style="text-align: center;">5:20 pm</td> </tr> </tbody> </table> <p>The afternoon sessions will begin no earlier than the above times, depending on the length of the morning sessions. Finals times may be delayed depending on the length of the afternoon sessions.</p>		Warm Up	Start	11-14 Prelims	6:30 am	8:15 am	10&under Timed Finals	1:30 pm	2:20 pm	Finals	4:30 pm	5:20 pm
	Warm Up	Start											
11-14 Prelims	6:30 am	8:15 am											
10&under Timed Finals	1:30 pm	2:20 pm											
Finals	4:30 pm	5:20 pm											
<p>RELAYS</p>	<p>All Relays are Timed Finals and will be deck seeded. All 10 & Under Relays will swim in the afternoon session. The top eight (8) seeded relays (after check-in) 11-12, 13-14 will swim at Finals; all other Relays will swim during the Prelims sessions. Relays seeded in the top-8 must swim at Finals. Requests to swim in prelims will NOT be permitted.</p> <p>All 11-12 and 13-14 relays on Sunday will be swum with Prelims. No relays will swim during the Finals session on Sunday.</p> <p>A swimmer does not have to be entered in an Individual Event at the Meet in order to swim on a Relay. Relay only swimmer must still pay the swimmer surcharge. Each relay must include at least one (1) swimmer entered in the meet in an individual event. <u>You may not enter relays composed entirely of relay only swimmers.</u> Only two (2) Relays from a Team will score in an event, although additional Relays may be entered. All relay cards must be returned to the Admin Referee at a designated time during each Prelims session. Failure to do so will result in a relay not being seeded.</p>												

<p>DECK</p> <p>ENTRIES</p> <p>TIME</p> <p>TRIALS</p>	<p>Deck entries will not be accepted.</p> <p>Time Trials will be available after each session on Friday, Saturday and Sunday, time permitting, or at other times determined by the Meet Referee. \$10.00 per individual swim, \$20.00 per relay. Middle Atlantic Time Trials policy will be followed. Time Trials Events count in the total allowable events to be swum in one day. Time Trial results can be used for entry to the Eastern Zone LC Championship Meet.</p>
<p>SEEDING & FORMAT</p>	<p>Positive check-in will be required for all events 400 meters and longer in order to be seeded. All events 200 meters and shorter will be pre-seeded; however, the Meet Director reserves the right to require positive check-in for certain 200 meter events if it is deemed necessary to keep the Meet within the allowable time limits. Positive check-in events will generally close for seeding thirty minutes before the expected starting time for that event.</p> <p>All events 400 and longer will be timed finals. The top 8 seeded swimmers after check-in in the 11-12 and 13-14 400 Free, 400 IM, 800 Free, and 1500 Free will swim with Finals.</p> <p>Entry times must be submitted in the course in which they were achieved. All entries other than LC will be treated as Non-Conforming, and will be seeded according to USA Swimming Rules (i.e., they will not be converted and will be seeded AFTER all LC entry times.)</p> <p>The 13-14 age group will have a C- Final, B-Final and A-Final, swum in that order, in all events except those listed as Timed Finals. The 11-12 age group will have a C-Final, B-Final, and A-Final swum in that order for all events 50 or 100 meters in length and a B-Final, A-Final, swum in that order, for all events 200 meters in length. All events 400 meters or longer will be swum as timed finals.</p> <p>Fly-over starts will be utilized at both morning and afternoon sessions in order to facilitate the running of the meet, except when Backstroke starts are used. Swimmers should remain in the water until after the start of the next heat.</p>
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session, and will be assigned to a Team for that session.</p> <p>Any swimmer entering the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA member swimming coach as being proficient as performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p>

<p>HOW TO ENTER</p>	<p>Entries must be submitted through the USA Swimming website using the OME (Online Meet Entry) process at http://www.usaswimming.org/ome. Entries will be accepted beginning Saturday, June 14, 2014 and will close on Monday, July 14, 2014 at 11:59 pm EDT.</p> <p>You can return to your entry to modify entry times should they improve during the entry period. Once you "check out" using OME you can add events (prior to entry deadline) but you cannot delete events.</p> <p>Entry times will be taken from the SWIMS database. Custom times may be entered; however, all times not from SWIMS are subject to 'proof' prior to the meet. Coaches will be notified of the need to prove times. Swimmers will not be permitted to swim with un-proven times. Times must be entered in the course in which achieved; converted times will not be accepted. Times other than LC will be treated as 'non-conforming' and will be seeded according to USA Swimming procedures.</p> <p>Payment will not be accepted through OME. You must complete your entries using OME and send a check for your entry fees (including individual entries, relay entries, and swimmer surcharge to: GPAC PO Box 293 Sewell, NJ All fees must be received by Monday, July 21, 2014</p>
<p>ENTRY FEES</p>	<p>\$5.00 per individual event. Relay entries \$10.00 per relay team. \$5 per swimmer surcharge (this includes relay only swimmers).</p>
<p>ENTRY DEADLINE</p>	<p>All entries must be completed using the OME system by Monday, July 14, 2014 at 11:59 pm.</p> <p>Entry fees must be received by Monday, July 21, 2014. No team will be permitted to enter the pool for warm-up if meet entry fees are not paid in full.</p>

<p>RULES</p>	<p>This meet will be conducted according to current USA Swimming Rules and Middle Atlantic Swimming practices. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. Warm-ups are subject to the following procedures: No diving during warm-up except in designated sprint lanes. Pool entry during warm-up must be from the end of lanes only. The Referee may remove anyone from the warm-up for failure to comply with appropriate warm-up rules and procedures.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and registered essential meet personnel will be permitted on deck within 10' of the pool edge. All coaches must display their 2014 USA Swimming Coach Membership Card. Officials and meet personnel must display their 2014 Non-Athlete Membership Card. This requirement will be strictly enforced! This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>Fly-over starts will be used in the morning and afternoon sessions.</p> <p>Any swimmer who does not swim a pre-seeded preliminary or timed-final event will not be penalized.</p> <p>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.</p>
<p>SCORING & AWARDS</p>	<p>Swimmers qualifying for FINALS in a Prelims/Finals event or seeded into a deck-seeded Timed Final heat that swims at Finals, who do not compete, are disqualified from participation in the remainder of the meet; Swimmers who qualify for FINALS on their last meet day and do not compete are subject to a \$50 fine. Such swimmer will be suspended from MA Championship or other MA hosted meets until the fine is paid. These penalties do not apply if the swimmer has appropriately scratched at Prelims, or is listed as an alternate.</p> <p>A swimmer may take a Declared False Start in a Preliminary or Timed Final event, including deck-seeded events. At Finals, a Declared False Start, deliberate Delay of Meet False Start or other action to non-compete will be subject to the penalty for non-competition.</p> <p>The use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, rest rooms or locker rooms.</p> <p>Except where venue facilities require otherwise, changing into or out of swimsuits, other than in locker rooms or designated areas is inappropriate and is prohibited.</p>
<p>SCORING & AWARDS</p>	<p>Medals will be awarded to swimmers who finish 1st through 8th in all individual events and 1st through 3rd for all relay events.</p> <p>High Point</p> <p>Team: 1st place Combined; 2nd place Combined; 3rd place Combined Individual: For each gender and age group</p> <p>No more than 2 relays per team can score points.</p>

PROGRAMS & ADMISSION	<p>Admission: \$5.00 per session. Spectators 8 years of age and under will be admitted free. Finals- Free Admission.</p> <p>Programs: Full Meet Program will be sold for \$10. Included in the program will be a coupon redeemable for a finals heat sheet. Finals Heat Sheets -- \$2 without coupon</p>
RESULTS	Results will be posted on the Middle Atlantic website www.maswim.org and real time on the MA website as well.
DIRECTIONS	<p>Use the GCIT address of 1360 Tanyard Road Sewell, NJ 08080</p> <p>Plug this into your GPS device to obtain point-to-point directions from your originating location.</p>
ACCOMODATIONS	Information on accommodations can be obtained by contacting the meet director.

Thursday, July 24, 2014

Session 1: 11-14 Prelims

Warm-up: 6:30 am

Meet: 8:15 am

Girls Event #	Event Description	Boys Event #
1	13-14 200 Free Relay*	2
3	11-12 200 Free Relay*	4
5	13-14 100 Butterfly	6
7	11-12 200 Butterfly	8
9	13-14 200 IM	10
11	11-12 200 IM	12
13	13-14 100 Free	14
15	11-12 100 Free	16
17	11-14 1500 Free*^	
	11-14 800 Free*^	18

*Timed Final event. The fastest 8 seeded entries after check-in will swim with Finals.

^The girls 1500 and boys 800 will be swum together but scored separately (11-12, 13-14). During the preliminary session these events will be swum fastest to slowest alternating 1 heat of girls with 1 heat of boys. Breaks will be taken during prelims at the discretion of the Meet Referee and contingent on the timeline after check-in.

Session 2: 10 & Under Timed Finals

Warm-up: 1:30 pm

Meet: 2:20 pm

Girls Event #	Event Description	Boys Event #
19	100 Back	20
21	400 Free	22
23	200 Free Relay	24

Session 3: 11-14 Finals

Warm-up: 4:15 pm

Meet: 5:15 pm

11-14 Girls 1500 (Final Heat)

11-14 Boys 800 (Final Heat)

13-14 200 Free Relay

11-12 200 Free Relay

13-14 100 Fly

11-12 200 Fly

13-14 200 IM

11-12 200 IM

13-14 100 Free

11-12 100 Free

Friday, July 25, 2014

Session 4: 11-14 Preliminaries

Warm-up: 6:30 am

Meet: 8:15 am

Girls Event #	Event Description	Boys Event #
25	11-12 200 Medley Relay*	26
27	13-14 200 Medley Relay*	28
29	11-12 100 Back	30
31	13-14 100 Back	32
33	11-12 200 Breast	34
35	13-14 200 Breast	36
37	11-12 50 Fly	38
39	13-14 400 Free*	40
41	11-12 400 Free*	42

*Timed Final event. The fastest 8 swimmers/teams after seeding will swim with Finals.

Session 5: 10 & Under Timed Finals**Warm-up: 1:30 pm****Meet: 2:20 pm**

Girls Event #	Event Description	Boys Event #
43	50 Breast	44
45	50 Free	46
47	200 IM	48
49	400 Free Relay	50

Session 6: 11-14 Finals**Warm-up: 4:15 pm****Meet: 5:15 pm**

11-12 200 Medley (Final Heat)
13-14 200 Medley (Final Heat)
11-12 100 Back
13-14 100 Back
13-14 200 Breast
11-12 200 Breast
11-12 50 Fly
13-14 400 Free (Final Heat)
11-12 400 Free (Final Heat)
13-14 400 Free Relay (Final Heat)

Saturday, July 26, 2014**Session 7: 11-14 Preliminaries****Warm-up: 6:30 am****Meet: 8:15 am**

Girls Event #	Event Description	Boys Event #
51	13-14 400 Free Relay*	52
53	11-12 400 Free Relay*	54
55	13-14 200 Fly	56
57	11-12 100 Fly	58
59	11-12 100 Breast	60
61	13-14 200 Free	62
63	11-12 200 Free	64
65	11-12 50 Back	66
67	13-14 400 IM*	68
69	11-12 400 IM*	70

A minimum of a 10 minute break will be added to the session where 11-12 events are scheduled back-to-back.

*Timed Final event, the 8 fastest seeded swimmers/relays will swim with Finals.

Session 8: 10 & Under Timed Finals**Warm-up: 1:30 pm****Meet: 2:20 pm**

Girls Event #	Event Description	Boys Event #
71	50 Fly	72
73	100 Breast	74
75	200 Free	76
77	200 Medley Relay	78

Session 9: 11-14 Finals**Warm-up: 4:15 pm****Meet: 5:15 pm**

13-14 400 Free Relay (Final Heat)

11-12 400 Free Relay (Final Heat)

13-14 200 Fly

11-12 100 Fly

11-12 100 Breast

13-14 200 Free

11-12 200 Free

11-12 50 Back

13-14 400 IM (Final Heat)

11-12 400 IM (Final Heat)

Sunday, July 27, 2014**Session 10: 11-14 Preliminaries****Warm-up: 6:30 am****Meet: 8:15 am**

Girls Event #	Event Description	Boys Event #
79	13-14 100 Breast	80
81	11-12 200 Back	82
83	13-14 200 Back	84
85	11-12 50 Breast	86
87	13-14 50 Free	88
89	11-12 50 Free	90
91	13-14 400 Medley Relay*	92
93	11-12 400 Medley Relay*	94
95	11-14 800 Free*^	
	11-14 1500 Free*^	96

*Timed Finals event. The fastest 8 seeded entries after check-in will swim with Finals.

^The Girls 800 Free and Boys 1500 will be swum together but scored separately (11-12, 13-14). During prelims these events will be swum fastest to slowest, alternating 1 heat of girls and then 1 heat of boys. Breaks may be taken during the preliminary heats at the discretion of the Meet Referee and contingent on the timeline.

Session 11: 10 & Under Timed Finals

Warm-up: 6:30 am

Meet: 8:15 am

Girls Event #	Event Description	Boys Event #
97	100 Fly	98
99	100 Free	100
101	50 Back	102

Session 12: 11-14 Finals

Warm-up: 4:00 pm

Meet: 5:00 pm

Girls 800 Free (Final Heat)

Boys 1500 Free (Final Heat)

11-12 400 Medley Relay

13-14 400 Medley Relay

13-14 100 Breast

11-12 200 Back

13-14 200 Back

11-12 50 Breast

13-14 50 Free

11-12 50 Free

**2014 JUNIOR OLYMPIC QUALIFYING TIME STANDARDS
GIRLS**

GIRLS			13-14	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
30.19	29.59	26.59	50 Free	25.09	28.09	28.79
1:05.09	1:03.89	57.49	100 Free	54.49	1:00.49	1:02.39
2:20.79	2:17.89	2:04.49	200 Free	1:59.89	2:12.79	2:16.99
4:57.89	4:49.79	5:34.19	400 Free	5:24.99	4:45.29	4:51.49
10:42.09	10:29.29	12:05.59	800 Free	11:43.09	10:09.79	10:30.59
20:29.59	19:55.69	20:11.19	1500 Free	19:39.49	19:24.29	20:09.69
1:14.09	1:11.89	1:04.69	100 Back	1:02.59	1:09.49	1:13.19
2:40.19	2:36.09	2:20.49	200 Back	2:15.49	2:27.99	2:35.99
1:25.39	1:23.59	1:15.19	100 Breast	1:12.29	1:19.79	1:23.49
3:03.59	2:57.99	2:42.99	200 Breast	2:36.29	2:52.59	3:00.09
1:13.49	1:12.39	1:05.19	100 Fly	1:02.09	1:09.19	1:10.69
2:46.79	2:42.29	2:28.59	200 Fly	2:22.29	2:38.89	2:41.59
2:40.29	2:36.09	2:20.59	200 IM	2:15.69	2:30.79	2:36.49
5:48.19	5:38.49	5:04.99	400 IM	4:55.89	5:27.19	5:42.69

GIRLS

GIRLS			11-12	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
31.79	31.19	27.99	50 Free	27.79	31.09	31.89
1:08.99	1:07.79	1:00.99	100 Free	1:00.99	1:07.79	1:09.89
2:30.39	2:27.39	2:12.99	200 Free	2:13.89	2:28.39	2:32.99
5:17.39	5:08.79	5:56.09	400 Free	6:00.89	5:16.89	5:23.69
11:23.69	11:10.09	12:52.59	800 Free	12:47.89	11:05.99	11:28.69
22:00.79	21:24.29	21:40.99	1500 Free	21:34.89	21:18.29	22:08.09
37.09	35.89	32.29	50 Back	32.59	36.19	38.29
1:19.49	1:17.09	1:09.39	100 Back	1:10.89	1:18.79	1:22.89
2:53.29	2:48.89	2:31.99	200 Back	2:33.59	2:50.59	2:56.69
41.69	40.59	36.59	50 Breast	36.69	40.39	42.19
1:31.59	1:29.59	1:20.59	100 Breast	1:21.29	1:29.79	1:33.89
3:17.19	3:14.69	2:55.09	200 Breast	2:52.99	3:10.99	3:19.39
35.09	34.09	30.69	50 Fly	31.29	34.89	35.79
1:20.19	1:18.99	1:11.09	100 Fly	1:11.99	1:20.19	1:21.99
3:04.89	2:59.79	2:44.69	200 Fly	2:38.29	2:56.69	3:00.79
2:52.69	2:48.19	2:31.49	200 IM	2:33.19	2:50.19	2:56.69
6:19.09	6:08.59	5:32.09	400 IM	5:36.19	6:13.49	6:28.69

GIRLS

GIRLS			10/Under	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
35.59	35.09	31.39	50 Free	30.99	34.69	35.59
1:17.69	1:16.39	1:08.69	100 Free	1:08.89	1:16.49	1:18.89
2:53.49	2:49.99	2:33.39	200 Free	2:34.19	2:50.89	2:56.19
6:04.49	5:54.69	6:48.99	400Free	6:50.09	5:59.99	6:07.79
42.19	40.79	36.69	50 Back	36.49	40.49	42.79
1:31.59	1:28.89	1:19.99	100 Back	1:20.19	1:29.09	1:33.79
47.79	46.59	41.89	50 Breast	42.39	47.09	49.09
1:44.99	1:42.69	1:32.39	100 Breast	1:33.09	1:43.29	1:47.49
39.79	38.69	34.79	50 Fly	35.19	39.19	40.19
1:36.39	1:34.99	1:25.49	100 Fly	1:26.49	1:36.39	1:38.49
3:16.79	3:11.59	2:52.59	200 IM	2:56.09	3:15.59	3:23.09

LONG COURSE JOs – SUMMARY SHEET
THIS SHEET MUST ACCOMPANY THE OFFICIAL ENTRY BLANK

TEAM _____ TEAM CODE _____

COACH _____ PHONE# _____

ADDRESS _____

E-MAIL _____

Person designated to receive entry limitation information, if needed:

Name: _____ Phone: _____

Email: _____

Mail Payment To: GPAC; PO Box 293; Sewell, NJ 08080

ENTRY DEADLINE: 11:59 pm on Monday, July 14, 2014.

Please make checks payable to: GPAC, one check per team, please.

ENTRY FEES:

_____ Individual Events @ \$5.00 \$ _____

_____ Relay Teams @ \$10.00 \$ _____

_____ Swimmer Surcharge @ \$5.00 \$ _____ (everybody pays this)

TOTAL: \$ _____

Payment to be received by Monday, July 21, 2014

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 _____
