



MIDDLE
ATLANTIC
SWIMMING



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MIDDLE ATLANTIC SWIMMING JUNIOR OLYMPIC AGE GROUP CHAMPIONSHIPS

March 8-11, 2012

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 USA Swimming and Middle Atlantic Swimming
Sanction MA 1298 AG
Time Trials MA 1298 TT

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

Matt Sprang
Mike Seip
Michael Brooks
Kent Steeves
Michael Gobrecht
Bob Stockett
Larry Shoemaker
302/429-6288 office@maswim.org

- *The 2012 Winter Junior Olympic meet is for 14 and under swimmers ONLY.*
- *Bonus events will be allowed again this year. Please see the section on Bonus Events for more info.*
- *10 & Under swimmers will be swimming Prelims and Finals. There will not be a separate afternoon session for the 10 & Unders.*
- *The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.*

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

SITE: The GCIT Aquatics Center, located on the campus of the Gloucester County Institute of Technology, has two 8-lane/25-yard courses equipped with Competitor non-turbulent lane lines; water depth is 10 feet at the start end and 5 feet at the turn end of Pool A, and 5 feet at the start/turn ends of Pool B. GCIT has Colorado timing systems on each pool with an 8-lane scoreboard on Pool A and 1-lane scoreboard on Pool B. The competition course has been measured but not certified in accordance with USA Swimming Rule 104.2.2C (4). There is seating on the balcony for 450 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 8, 2012. *All qualifying times must have been swum no earlier than September 1, 2010. 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.

ENTRIES: Swimmers must enter their best time in an event. All times submitted must be for the course in which they were achieved; converted times are not acceptable. Non-conforming (SCM and LCM) times will be seeded according to USA Swimming Rule 207.12.7B.

Entries sent with 'No Time' will be rejected!

All entries MUST be submitted using the Hy-Tek Team Manager or compatible program using swimmer information generated by the Team's registration database and identical to that in the SWIMS database. Teams should send an email containing the entry file, entry report, and Meet Summary Sheet to the Meet Director via E-mail to juniorolympic@maswim.org . Then send a hard copy of the Meet Summary Sheet and a check for entry fees to the Meet Director at the address below. **DO NOT SEND ANYTHING TO THE MIDDLE ATLANTIC OFFICE.** See protocol for e-mail entries below. 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. **MANUAL ENTRIES FROM CLUB SWIMMERS WILL NOT BE ACCEPTED!** This insures that all results achieved by the swimmer will be correctly assigned to that swimmer in the SWIMS database. Swimmers currently registered as UNATTACHED may use the attached Entry Form.

Deck entries will not be accepted at this Meet. On-site registrations will not be accepted at this meet. Each swimmer must be registered through Middle Atlantic prior to competition.

Protocol for e-mail entries:

- 1) Subject line should read "your team name" entry for Short Course JOs 2012.
- 2) Include the number of swimmers, individual events and relays in the text of the e-mail.
- 3) Provide contact name and information.
- 4) Attach exported entry file and entry report.

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, Thursday, March 1, 2012.** DO NOT SEND ENTRIES TO THE MIDDLE ATLANTIC OFFICE!! **Payment must be received by Monday, March 5, 2012.** No post entries will be accepted. Entries without full payment will not be processed.

MAIL CHECKS TO: **MA JO Entries**
Attn. Michael Gobrecht
410 Fallowfield Road
Camp Hill, PA 17011-4900 FAX (717) 728-3561 juniorolympic@maswim.org

RELAYS: All relays are Timed Finals. There are no qualifying times for relays. **Each competing relay team must contain at least three (3) swimmers who are entered in the meet and compete in an individual event.** Teams may enter as many relays as they wish, but only two (2) relays from a team may score in an event. All relay-only swimmers must be entered in the meet before the entry deadline and pay the \$5 surcharge. The top eight (8) seeded teams will swim at the Finals sessions on respective days; remaining teams will swim in the morning Prelims sessions. All Relays must check-in prior to the start of Prelims each day, but need not declare their swimmers until just before swimming. Relays seeded at Finals may take a Declared False Start if they cannot swim.

FINALS: The following events are Timed Finals:

- All Thursday events
- The 1650 Free on Sunday
- The 11-12 400 IM on Saturday
- All Relays.

For the remaining events, all are Prelims/Finals and will swim the following at Finals:

- 13-14 events 200 yards and shorter will swim A-, B-, and C-Finals
- 13-14 400 IM and 500 Free will swim A- and B-Finals

11-12 events 200 yards and shorter will swim A- and B-Finals

10 & U events will swim an A-Final only

The C-Final will swim first at Finals, followed by the B-Final and then 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; 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 &
FORMAT

	<u>Day</u>	<u>Warm -Up</u>	<u>Meet Starts</u>
	Thurs	4:30 pm	5:30 pm
Prelims	Fri/Sat	7:30 am	9:00 am
Prelims	Sun	8:00 am	9:30 am
Finals	Fri/Sat/Sun	4:30 pm	5:30 pm

Note: due to Daylight Saving Time beginning on Sunday, the Sunday morning Prelims will begin one-half hour later than the previous days' Prelims.

During warm-ups, sprint and pace lanes will be opened approximately thirty minutes before the start of each session.

Morning Prelim sessions will be held in both courses, with intermittent breaks to give swimmers the opportunity to warm-up or warm-down between events.

The evening Finals will be held in the deep pool (Pool A.), with the shallow Pool available for warm-up / warm-down during the Finals sessions. The order of events for Finals will be identical to the order for Prelims, except for the 1650 Free events which will be swum first at Finals on Sunday evening.

Middle Atlantic reserves the right to modify the meet format to allow for the timely running of the meet

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

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

SEEDING:

All events will be pre-seeded except all Thursday evening events, all Relays and any other event 400 yards and longer. 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, for which check-in will close at 6:00 pm on Saturday evening.*

LCM and SCM entry times will be seeded as non-conforming; bonus entries will be seeded last.

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

Trophies will be presented to the top three (3) Teams scoring the most overall combined points, and to the highest scoring Girls and Boys Team.

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

**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 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 sign-up online at http://www1.mysignup.com/cgi-bin/view.cgi?datafile=ma_sc_jos_2012 , or contact the Meet Referee (at officials@maswim.org) prior to the meet to indicate which sessions they will attend. Officials that have not signed-up in advance should report to the Referee at least 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 Prelims and on Thursday evening.

TIME TRIALS: Time trials will be available after Prelims or Finals on Friday, Saturday & Sunday, at the discretion of the Meet Referee; the cost is \$10.00 per individual swim, \$20.00 per Relay. 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 allowed three (3) 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 TRIALS WILL NOT BE ACCEPTED FOR CONSIDERATION TO THE MIDDLE ATLANTIC WINTER ALL-STAR ZONE TEAM.**

BONUS

EVENTS: Bonus events will be offered. A swimmer, in order to swim a bonus event, must have qualified and entered at least one individual event. Relay only swimmers are not eligible for bonus swims. The qualifying times for Bonus events stated below. Swimmers can participate in a maximum of 2 bonus events, depending on the number of events entered with official meet qualifying times.

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

Swimmers competing in Bonus Events will be eligible for Finals and all awards/points available for that event. Team entry people are cautioned to make sure that they do not enter bonus swims 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. In team entries, bonus events should be clearly marked as such **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 2012 USA Swimming Coach's registration card. Officials must display their 2012 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 in both readable and electronic data transfer (for Team Manager) formats.

SCHOOL IN SESSION:

The GCIT school is in session on 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 to have 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 hospitality 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 EVENT LIST

Thursday Events

1	11-12 500 Free	2
3	13-14 800 Free Relay	4
5	10 & U 500 Free	6
7	11-12 1000 Free	8
	13-14 1000 Free	

Notes:

- all Thursday events are Timed Finals
- The 10 & Under 500 Free will swim fast-to-slow.
- The 1000 Free is a combined event, swum together but scored separately, and will swim fast-to-slow.

Friday Events

9	10&U 400 Med. Relay	10
11	11-12 400 Med. Relay	12
13	10&U 100 Breast	14
15	11-12 100 Breast	16
17	13-14 200 Breast	18
19	10&U 200 Free	20
21	11-12 200 Free	22
23	10&U 50 Fly	24
25	13-14 100 Fly	26
27	11-12 50 Fly	28
29	10&U 100 IM	30
31	13-14 200 IM	32
33	11-12 100 IM	34
35	13-14 500 Free	36
37	11-12 200 Back	38
39	10&U 200 Free Relay	40
41	13-14 400 Free Relay	42
43	11-12 200 Free Relay	44

Notes:

- Relays are Timed Finals, with the top eight (8) seeded teams swimming at Finals.



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SWIMMING**

Saturday Events

45	13-14 200 Free Relay	46
47	11-12 400 IM	48
49	13-14 400 IM	50
51	10&U 200 IM	52
53	11-12 50 Free	54
55	13-14 50 Free	56
57	10 & U 50 Free	58
59	11-12 100 Back	60
61	13-15 100 Back	62
63	10&U 100 Back	64
65	11-12 50 Breast	66
67	13-14 100 Breast	68
69	10&U 50 Breast	70
71	11-12 200 Fly	72
73	13-14 200 Free	74
75	10&U 200 Med. Relay	76
77	11-12 200 Med. Relay	78
79	13-14 400 Med. Relay	80

Notes:

- The 11-12 400 IM is a Timed Finals event with the top eight (8) swimming at Finals.
- Relays are Timed Finals, with the top eight (8) seeded teams swimming at Finals.

Sunday Events

81	11-12 400 Free Relay	82
83	10&U 400 Free Relay	84
85	13-14 200 Medley Relay	86
87	11-12 200 IM	88
89	13-14 200 Back	90
91	11-12 50 Back	92
93	10 & U 50 Back	94
95	13-14 100 Free	96
97	11-12 100 Free	98
99	10 & U 100 Free	100
101	13-14 200 Fly	102
103	11-12 100 Fly	104
105	11-12 200 Breast	106
107	10&U 100 Fly	108
109	11-12 1650 Free	110
	13-14 1650 Free	

Notes:

- Relays are Timed Finals, with the top eight (8) seeded teams swimming at Finals.
- The 1650 Free is a Timed Final and combined event, swum together but scored separately; the fastest eight (8) will swim at night at the start of the Finals session; and remaining heats will swim at the end of the morning Prelims session, fast to slow.

2012 JUNIOR OLYMPIC QUALIFYING TIME STANDARDS

GIRLS			13-14	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
31.59	30.19	27.19	50 Free	25.49	28.49	30.69
1:09.29	1:04.89	58.59	100 Free	55.59	1:01.89	1:06.39
2:28.59	2:23.69	2:08.59	200 Free	2:03.59	2:17.89	2:24.99
5:14.59	5:02.49	5:46.19	400/500 Free	5:33.09	4:51.49	5:06.29
10:47.99	10:36.69	12:07.59	800/1000 Free	11:43.89	10:15.99	10:31.29
20:39.79	20:05.09	20:12.19	1500/1650 Free	19:39.49	19:32.59	20:14.39
1:19.69	1:15.09	1:07.69	100 Back	1:04.89	1:11.69	1:15.59
2:50.99	2:41.69	2:24.69	200 Back	2:19.49	2:35.99	2:42.99
1:30.09	1:24.89	1:16.49	100 Breast	1:12.29	1:19.89	1:23.59
3:11.99	3:03.69	2:45.99	200 Breast	2:36.29	2:52.69	3:02.39
1:17.59	1:14.29	1:06.69	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	200 Fly	2:22.29	2:37.19	2:41.59
2:47.39	2:40.19	2:23.49	200 IM	2:18.99	2:35.19	2:44.59
6:03.19	5:54.79	5:17.49	400 IM	5:02.39	5:34.19	5:46.79

GIRLS			11-12	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
33.29	31.69	28.29	50 Free	28.09	31.19	33.09
1:13.59	1:08.39	1:01.19	100 Free	1:01.19	1:08.09	1:11.59
2:39.69	2:30.39	2:14.49	200 Free	2:16.89	2:31.19	2:36.19
5:32.29	5:13.79	5:59.29	400/500 Free	6:01.09	5:15.79	5:30.89
11:36.46	11:16.49	12:52.99	800/1000 Free	12:48.89	11:12.89	11:39.29
22:23.79	21:34.09	21:41.69	1500/1650 Free	21:35.89	21:28.39	22:27.89
39.09	36.69	32.99	50 Back	33.29	36.79	38.79
1:26.29	1:20.49	1:11.39	100 Back	1:12.09	1:19.69	1:24.09
3:00.69	2:51.59	2:35.09	200 Back	2:33.79	2:49.99	3:01.59
43.19	41.29	37.09	50 Breast	37.59	41.39	43.69
1:33.79	1:30.19	1:20.79	100 Breast	1:21.29	1:29.79	1:33.89
3:23.69	3:15.89	2:57.29	200 Breast	2:52.99	3:11.09	3:21.19
36.79	35.19	31.59	50 Fly	31.89	35.29	36.79
1:24.09	1:20.79	1:12.39	100 Fly	1:12.49	1:20.19	1:23.09
3:07.89	3:01.99	2:44.69	200 Fly	2:38.29	2:54.89	3:02.19
N/A	1:18.99	1:11.09	100 IM	1:11.39	1:19.39	N/A
3:00.19	2:52.89	2:34.69	200 IM	2:35.19	2:52.59	2:58.09
6:20.09	6:15.39	5:38.09	400 IM	5:36.69	6:11.99	6:24.29

GIRLS			10/Under	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
38.49	35.79	31.99	50 Free	31.89	35.69	36.79
1:21.89	1:18.29	1:10.39	100 Free	1:10.19	1:17.59	1:21.59
2:59.89	2:52.79	2:36.39	200 Free	2:37.39	2:53.79	3:00.39
6:05.39	5:54.39	6:49.39	400/500 Free	6:50.59	5:55.59	6:06.59
43.69	41.69	37.49	50 Back	37.79	42.09	44.69
1:35.49	1:29.89	1:21.19	100 Back	1:21.69	1:30.19	1:34.69
48.79	46.49	41.99	50 Breast	42.99	47.79	48.99
1:47.49	1:43.19	1:33.39	100 Breast	1:34.09	1:44.49	1:46.99
42.09	41.19	36.99	50 Fly	36.69	40.49	41.49
1:39.69	1:34.19	1:25.79	100 Fly	1:26.69	1:36.29	1:38.19
N/A	1:30.39	1:21.29	100 IM	1:21.49	1:29.79	N/A
3:22.59	3:14.29	2:54.99	200 IM	2:56.29	3:16.09	3:20.89

2012 JUNIOR OLYMPIC BONUS TIME STANDARDS (approved 10/10)

GIRLS			BOYS			
LC	SCM	SCY	10/Under BONUS STANDARDS	SCY	SCM	LC
:38.49	:36.29	:32.49	50 Free	:32.39	:36.19	:36.79
1:21.89	1:19.29	1:11.39	100 Free	1:10.79	1:18.19	1:21.59
3:00.49	2:53.59	2:37.39	200 Free	2:38.39	2:55.39	3:01.39
6:07.39	5:57.49	6:53.09	500 Free	6:54.59	5:58.09	6:08.79
:43.69	:42.19	:37.99	50 Back	:38.29	:42.59	:44.69
1:35.49	1:30.89	1:22.19	100 Back	1:22.69	1:31.19	1:35.69
:49.29	:46.99	:42.49	50 Breast	:43.49	:48.29	:49.49
1:47.49	1:43.19	1:33.39	100 Breast	1:35.79	1:45.39	1:47.29
:42.09	:41.19	:36.99	50 Fly	:36.69	:40.49	:41.49
1:39.69	1:35.09	1:26.69	100 Fly	1:27.19	1:36.79	1:38.69
N/A	1:31.39	1:22.29	100 IM	1:21.49	1:29.79	N/A
3:23.59	3:17.49	2:56.99	200 IM	2:58.29	3:18.49	3:24.59

GIRLS			BOYS			
LC	SCM	SCY	11/12 YO BONUS STANDARDS	SCY	SCM	LC
:33.59	:31.99	:28.59	50 Free	:28.29	:31.39	:33.09
1:13.59	1:08.49	1:01.29	100 Free	1:02.19	1:09.09	1:11.59
2:39.69	2:32.09	2:16.19	200 Free	2:16.89	2:31.19	2:36.19
5:32.29	5:18.79	6:04.29	400/500 Free	6:06.09	5:20.29	5:30.89
11:36.46	11:16.49	12:52.99	800/1000 Free	12:48.89	11:12.89	11:39.29
22:23.79	21:34.09	21:41.69	1500/1650 Free	21:35.89	21:28.39	22:27.89
:39.19	:36.79	:33.09	50 Back	:33.79	:37.59	:38.79
1:26.29	1:20.49	1:11.39	100 Back	1:13.09	1:20.69	1:24.09
3:00.69	2:53.59	2:37.09	200 Back	2:34.79	2:50.99	3:02.59
:43.19	:41.79	:37.59	50 Breast	:37.69	:41.49	:43.69
1:33.79	1:30.19	1:20.79	100 Breast	1:21.29	1:29.79	1:33.89
3:23.69	3:16.29	2:57.69	200 Breast	2:54.99	3:13.09	3:23.19
:36.79	:35.69	:32.09	50 Fly	:31.89	:35.29	:36.79
1:24.09	1:21.79	1:13.29	100 Fly	1:12.49	1:20.19	1:23.09
3:09.89	3:04.29	2:46.69	200 Fly	2:42.29	2:58.49	3:06.19
N/A	1:19.79	1:11.89	100 IM	1:11.89	1:19.89	N/A
3:00.19	2:54.89	2:36.69	200 IM	2:36.69	2:53.09	2:58.09
6:42.49	6:31.89	5:54.59	400 IM	5:40.69	6:15.99	6:28.29

GIRLS			BOYS			
LC	SCM	SCY	13/14 YO BONUS STANDARDS	SCY	SCM	LC
:31.89	:30.49	:27.49	50 Free	:25.49	:28.49	:30.69
1:09.29	1:04.89	:58.59	100 Free	:55.59	1:01.89	1:06.39
2:28.59	2:23.69	2:08.59	200 Free	2:03.59	2:17.89	2:24.99
5:16.59	5:04.49	5:48.69	400/500 Free	5:35.09	4:53.29	5:06.29
10:47.99	10:36.69	12:07.59	800/1000 Free	11:43.89	10:15.99	10:31.29
20:39.79	20:05.09	20:12.19	1500/1650 Free	19:39.49	19:32.59	20:14.39
1:19.69	1:15.09	1:07.69	100 Back	1:04.89	1:11.69	1:15.59
2:51.99	2:42.69	2:25.69	200 Back	2:19.69	2:34.19	2:42.99
1:30.09	1:25.89	1:17.49	100 Breast	1:12.29	1:19.89	1:23.59
3:11.99	3:03.69	2:45.99	200 Breast	2:37.29	2:54.99	3:03.39
1:17.59	1:14.89	1:07.39	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	200 Fly	2:24.29	2:39.19	2:43.59
2:48.39	2:41.79	2:24.79	200 IM	2:20.49	2:35.99	2:44.59
6:03.19	5:54.79	5:17.49	400 IM	5:02.89	5:34.69	5:46.79

2012 JUNIOR OLYMPIC AGE GROUP CHAMPIONSHIPS

INDIVIDUAL ENTRY FORM

Team _____ Contact person _____ Phone _____ E-mail _____

NAME	USS #	Thursday		Friday		Saturday		Sunday	
		Event #	Time	Event #	Time	Event #	Time	Event #	Time

All entries must be received by 2:00 pm, Thursday, March 1, 2012. Include summary sheet with entry submission

SHORT Course JOs – MARCH 8-11, 2012

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

Attn. Michael Gobrecht

410 Fallowfield Road

Camp Hill, PA 17011-4900

FAX (717) 728-3561

juniolympic@maswim.org

ENTRY DEADLINE: Received by 2:00 pm, Thursday, March 1, 2012

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 _____