

**JW THANKSGIVING ABBC MEET AT GCIT
NOVEMBER 14-15, 2026**

MEET HOST	JERSEY WAHOOS		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 2762 A <i>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.</i>		
MEET DIRECTOR	BRUCE BROCKSCHMIDT	E-MAIL: jwmeets@jerseywahoosswim.net	PHONE: 856-234-5898
LOCATION	Pool name GCIT Street address TANYARD RD City, state and zip SEWELL, NJ Day of meet ONLY emergency phone 856-468-1445 EXT 2657		
FACILITY DESCRIPTION	This is an ☒ indoor ☐ outdoor pool with 2 x 8 lanes for competition, a Colorado timing system with a multi line scoreboard and competitor lane lines. The meet will be conducted in ☒ SCY ☐ SCM ☐ LCM. Deck seating for 450 and spectator seating for 400. Parking 500 Hospitality yes Snack bar ?		
WATER DEPTH	The depth of the water at the start end of the pool is Pool A 10 Pool B 5 feet and at the turn end is Pool A 10 /Pool B 5 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	SEP. 30, 2026		
ENTRY DEADLINE	OCT. 29, 2026 at 11:59 PM		
ENTRY FEES	Individual Events: \$10.00 Relay Events: \$20.00 Pre-Paid Admission Fee \$10.00 per swimmer		
ENTRY LIMITs	4 Individual Events per day (excluding relays).	Relays per day	MEET ENTRY LIMIT: 8
ELIGIBILITY	All entrants must be registered members of USA Swimming. Age as of the first day of the meet determines eligibility. This meet is open to ANY USA swimming registered swimmers.		
ENTRY PROCEDURES	- The Meet Director reserves the right to limit entries, events or heats in order to conform to MA/USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund. - Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded last. NT entries ☒ will ☐ will not be accepted. - Entries must be submitted electronically in a format compatible with hy-tec meet management software. - All entries should be submitted via e-mail, subject YOUR TEAM NAME – MEET NAME entry. Please include the following information in the body of the e-mail: Meet Name, Team Name, Number of Individual Entries, Number of Relay Entries and Team Meet Entry Person's Contact Information - Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's TM Lite for entry submission. Manual (paper) entries are subject to a \$15 surcharge. Teams with five or more swimmers who submit manual entries are subject to an additional \$25/swimmer surcharge. These fees are due at the time of entry submission. A manual entry form can be found here. FINAL entry payments and any necessary reports must be mailed or e-mailed to the entry chair by 11/12/22 Include Meet Entry Summary with payment.		
MEET ENTRY CHAIR	BRUCE BROCKSCHMIDT	PHONE #: 856-234-5898 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	JWMEETS@JERSEYWAHOOSWIM.NET		
MAIL CHECKS/ REPORTS	JW ENTRY COORDINATOR JERSEY WAHOOS / 4101 CHURCH RD / MT. LAUREL, NJ 08054		
CHECKS PAYABLE TO	JERSEY WAHOOS		
OPERATIONAL RISK DIRECTOR	NANCY CURTIS-PEGUES	E-MAIL: nancycurtispegues@jerseywahoos.org	PHONE: 856-234-5898
OFFICIALS CONTACT	JEFF MCMURRAY	E-MAIL: jw.officials@jerseywahoos.org	PHONE: 856-234-5898

Session #1 Saturday Morning Pool A Senior (Deep End)

Warm up 8:00am / Meet 9:00am

GIRLS	EVENT	BOYS
1	senior 200 back	2
3	senior 100 free	4
5	senior 200 fly	6
7	senior 100 breast	8
9	senior 200 free	10

Session #2 400 IM

10 Warm up Immediately Following Session #1 / Start 15 Min after Session #1

GIRLS	EVENT	BOYS
11	senior girls 400 IM	12

Session #3 & #4 Saturday pm 11-14 year olds

Warm up 2:00pm / Meet 3:00pm

GIRLS	EVENT	BOYS
101	11-12 100 IM	102
103	13-14 200 back	104
105	11-12 200 back	106
107	13-14 100 free	108
109	11-12 100 free	110
111	13-14 200 fly	112
113	11-12 200 fly	114
115	11-12 50 back	116
117	13-14 100 breast	118
119	11-12 100 breast	120
121	13-14 200 free	122
123	11-12 200 free	124
125	13-14 400 IM	126
127	11-12 400 IM	128

Session #5 Sunday Morning Pool A Senior

Warm up 8:00am / Meet 9:00am

GIRLS	EVENT	BOYS
13	senior 100 back	14
15	senior 100 fly	16
17	senior 200 IM	18
19	senior 50 free	20
21	senior 200 breast	22
23	senior 500 free	24

Session #2 Boys 1650 Free - Pool A (Deep End)

Warm up Immediately Following Session #1 / Start 10 Min after Session #1

GIRLS	EVENT	BOYS
	senior boys 1650 free	26

Session #7 & #8 Sun pm 11-14 year olds

Warm up 2:00pm / Meet 3:00pm

GIRLS	EVENT	BOYS
129	11-12 100 back	130
131	13-14 100 back	132
133	11-12 50 free	134
135	13-14 50 free	136
137	11-12 100 fly	138
139	13-14 100 fly	140
141	11-12 50 breast	142
143	11-12 200 IM	144
145	13-14 200 IM	146
147	11-12 50 fly	148
149	13-14 200 breast	150
151	11-12 200 breast	152
153	13-14 500 free	154
155	11-12 500 free	156

DECK ENTRIES	Deck Entries ☒ will not be accepted ☐ will be accepted at this meet subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of _____ per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the Meet _____ before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
PROOF OF TIMES	Entry times must be from a sanctioned, approved or observed meet. Proof of time ☐ is ☒ is not required for this meet. _____ Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
SEEDING	This meet will be deck-seeded with the exception of the event(s) noted below.
AWARDS	none
SCORING	none
PROGRAMS AND ADMISSION	Programs/heat sheets will be sold by ☐ session ☐ entire meet. Meet mobile ☒ will ☐ will not be available. Admission is \$10.00 per swimmer pre-paid with entries. Children under _____ admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	\$10.00 per swimmer admission fee paid with entries that covers admission to all sessions (no admission at the door) Program will only be available on meet mobile (free) except for coaches & officials 1650 free swimmers need their own timer and counter

SESSION	WARM-UP TIMES	MEET STARTS
Sat & Sun senior	8:00am - 8:55am	9:00
senior 1650	immediately following morning session for 10 minutes	10 min after am session
11-14 year olds	2:00pm - 2:55pm	3:00pm
WARM-UP INFORMATION	USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes. Warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted and made available to coaches at the meet. Sprint/ Start lanes will be available at the end of the warm-up period. No diving or backstroke starts will be permitted, except in sprint lanes, when designated. The referee may remove anyone from the warm-up for failure to comply with warm-up rules	

MEDICAL SUPERVISION AVAILABLE	GCIT will have lifeguards, 1st aid kit and an AED on premises during the meet.
ATHLETE PROTECTION (MAAPP)	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.
SAFE SPORT MEET 360 REQUIREMENTS	The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet. Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.
DECK PRIVILEGES	Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. A (non-removable) identification band must be provided to and worn by each non-athlete member of USA Swimming, including coaches and officials, that is on-deck at a sanctioned meet; such identification band shall be issued following a review of that individual's membership/certification credentials and personal photo ID. A new identification band shall be issued for each day of such meet, and the credentials/photo ID must be re-checked if a replacement ID is issued. Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them while on deck during warm-up, warm down, before, during, or after the meet. Additionally, these swimmers must register a contact person with the meet director. This information should be submitted with the entries.
TECH SUIT POLICY	102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.
RACING START CERTIFICATION	Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
QUALIFYING TIMES	Qualifying Times (if applicable) are shown on the attached Meet Structure
MEET/DECK REFEREE	The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgment for any issues that arise that day during the course of the meet.
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee & Operational Risk Director for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.
RULES:	This meet will be governed by current USA Swimming Rules. Fly-over starts will be used at this meet for all events involving swimmers 9 and over. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun. For pools with bulkheads: Any swimmer observed swimming under or through the bulkhead by an Official or Safety Monitor/Marshal 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.

	Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/ No unauthorized personnel will be allowed on the pool deck. Coaches, Officials, and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. All other individuals, except swimmers, will be prevented from entering the deck area
DISABLED SWIMMERS	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.
PROTESTS	A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet Referee will act as a mediator
PHOTOGRAPHY	Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT In compliance with USA Swimming Rules and Regulations: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, PDA's, etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods. Unless approved in advance by the MAS Board and stated in the meet announcement, photographers /videographers are not permitted on deck at any time. As an approved exception, USA Swimming-registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training subject to the location restrictions of this statement so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.
DRONES	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.
DECK CHANGING	Deck changes are prohibited.
DIRECTIONS	
ACCOMMODATIONS	