

*2009 Ashwaubenon Fall Invitational*  
*Saturday October 24 and Sunday October 25, 2009*

- SPONSORED BY: Ashwaubenon Swim Club (ASC)
- SANCTION #: 2009-215WI  
Swimmers must be USA-S registered.  
USA-S Rules and Regulations prevail.
- DATE: Saturday and Sunday, October 24 and 25, 2009
- PLACE: Ashwaubenon High School Pool  
2391 Ridge Road  
Green Bay, WI 54304
- MEET DIRECTORS: Jay & Cindy Van Laanen – (920) 498-0223
- ENTRY FEES: \$3.00 per Swimmer “Splash Fee”  
\$3.00 per Individual Event  
\$12.00 per relay
- ENTRY LIMITS: Swimmers are limited to 4 individual events on Saturday and 3 individual events on Sunday plus relays. Meet entries are limited to 1000 entries per day. Swimmer’s age the day of the meet will determine age group. Deck entries will be accepted in open lanes only, and must be made no later than 30 minutes prior to the start of the respective sessions.  
There will be no deck registrations.
- HY-TEK FILE: A Hy-tek events file for downloading into the Team manager will be Available.

MAIL ENTRIES TO:

Cara Steinhoff

1580 Carole Lane

Green Bay, WI 54313

Email to: [ashswimclub@yahoo.com](mailto:ashswimclub@yahoo.com)

SEND ENTRIES ON HY-TEK WITH A HARD COPY BACK UP.

EMAIL ONLY IF HY-TEK DISK IS NOT AVAILABLE.

DEADLINE:

Entry forms, waiver, and check must be received by

**Friday October 9, 2009**

Checks should be made payable to:

Ashwaubenon Swim Club

SCHEDULE:

**Saturday (10 & Under AM; 11 & Over PM)**

7:00-8:00 AM Warm ups

7:50am Timers' meeting

8:05 am Meet begins (10 & Under)

Afternoon warm ups will not begin before 11:00 am and will last for 1 hour.

12:00pm (approximately) Afternoon session begins (11 & Over)

**Sunday (combined session)**

7:00-8:00am Warm ups

7:50am Timers' meeting

8:05am Meet begins

**Positive check in for 500 free**, no later than 30 minutes after start of Sunday session. There will be a 10 minute warm up prior to the start of the 500 free. 500 free will be swam fastest heat to slowest heat.

WARM UPS:

First 20 minutes circle swim in all lanes.

Next 20 minutes sprints in lanes 2, 3, & 4, circle swim in lanes 1 & 5.

Last 20 minutes sprints in lanes 1, 2, 3, & 4, circle swim in lane 5.

Feet first three-point entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition in accordance with the recent change to Policy 4.5.2(a).

FACILITY:

Five (5) Lanes, 25 yards, Back Stroke Flags, Non-Turbulence lane dividers.

Starting depth- 9 ½ feet with 30" blocks.

Turn side depth – 3 ½ feet.

Colorado Timing System with Back-up stop watches – Two (2) per lane.

100 yard Relays- swimmers 2 & 4 will start in the water- 3 ½ feet water depth.

**The Competition course has not been certified in accordance with 104.2.2(C)**

MEET FORMAT:

Meet will be pre-seeded. 8 & Under report to 8 & Under seating in the school hallway. All other swimmers report to the blocks prior to the event.

100 yard Relays- swimmers 2 & 4 will start in the water- 3 ½ feet water depth. 500 free will be swam fastest to slowest heat.

OFFICIALS:

Judy Felts

Ron Mauermann

TBA

Beth Pless

Jane Strebel

- AWARDS:** Individual Events: Medal 1<sup>st</sup>-3<sup>rd</sup>, Ribbons 4<sup>th</sup>-16<sup>th</sup>  
Relay Ribbons: 1<sup>st</sup>-6<sup>th</sup>  
Heat Winner awards will be given for individual events.  
Awards must be picked up the day of the meet, no awards will be mailed.
- FINAL RESULTS:** Each team will receive a copy of the final results.
- DISABLED SWIMMERS:** Complete and submit the appropriate WI disabled swimmer form.
- FIRST AID:** Available during the meet in the pool office.
- ADMISSIONS:** \$3.00 Adults (under 12 – no charge)  
\$4.00 Heat Sheet
- FOOD:** Available in the commons. All food and drinks must be consumed in the commons area.
- LOST & FOUND:** Swimmers are responsible for their own belongings. Lost & found articles will be located at the head table. After the meet call Cindy at (920) 498-0223.
- CONDUCT:** **In accordance with the Federal Video Voyeurism Prevention Act of 2004- the use of camera phones or video recording devices in the locker rooms is prohibited.**  
Each club is responsible for the conduct of their swimmers.

Girls	2009 ASC Fall Invitational Sanction #2009-215WI Saturday October 24,2009	Boys
	Morning Session	
1	10&U 200 Free Relay	2
3	8&U 100 Free Relay	4
5	10&U 200 Free	6
7	8&U 25 Free	8
9	10&U 100 Back	10
11	8&U 25 Back	12
13	10&U 200 IM	14
15	8&U 100 IM	16
17	10&U 50 Fly	18
19	8&U 25 fly	20
21	10&U 100 Breast	22
23	8&U 25 Breast	24
25	10&U 50 Free	26
27	8&U Mixed 100 Medley Relay	
28	10&U Mixed 200 Medley Relay	
	Break – 1 hour warm up	
Girls	Afternoon Session	Boys
29	Open 200 Free Relay	30
31	11-12 200Free Relay	32
33	Open 100 Free	34
35	11-12 100 Free	36
37	Open 200 Back	38
39	11-12 100 Back	40
41	Open 200 IM	42
43	11-12 200 IM	44
45	Open 100 Fly	46
47	11-12 50 Fly	48
49	Open 200 Breast	50
51	11-12 100 Breast	52
53	Open 200 Free	54
55	11-12 200 Free	56
57	Open Mixed 200 Medley Relay	
58	11-12 Mixed 200 Medley Relay	

Girls	2009 ASC Fall Invitational Sanction #2009-215WI Sunday October 25, 2009	Boys
59	Open 200 Medley Relay	60
61	11-12 200 Medley Relay	62
63	10&U 200 Medley Relay	64
65	Open 50 Free	66
67	11-12 50 Free	68
69	Open 100 Back	70
71	11-12 50 Back	72
73	10&U 50 Back	74
75	Open Mixed 200 Free Relay	
76	11-12 Mixed 200 Free Relay	
77	10&U Mixed 200 Free Relay	
79	Open 200 Fly	80
81	11-12 100 Fly	82
83	10&U 100 Fly	84
85	Open 100 Breast	86
87	11-12 50 Breast	88
89	10&U 50 Breast	90
91	Open 100 IM	92
93	11-12 100 IM	94
95	10&U 100 IM	96
	10 minutes warm up for 500 Free	
97	Open 500 Free	98

# Ashwaubenon Swim Club 2009 Fall Invitational

OFFICIAL ENTRY FORM-  
ALL MEET AND RELAY ENTRIES MUST BE SUBMITTED WITH THIS WAIVER.

NAME OF CLUB: \_\_\_\_\_ USS ALPHA CODE: \_\_\_\_\_

NUMBER OF:

\_\_\_\_\_ SWIMMERS (SPLASH FEE) @ \$3.00 \$ \_\_\_\_\_

\_\_\_\_\_ INDIVIDUAL EVENTS @\$3.00 \$ \_\_\_\_\_

\_\_\_\_\_ RELAY EVENTS @\$12.00 \$ \_\_\_\_\_

Make checks payable to "ASC"

TOTAL \$ \_\_\_\_\_

In consideration of acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators, and assigns, waive and release any and all claims against the USA-S, WI chapter of USA-S, Ashwaubenon High School, Ashwaubenon Swim Club, and its Board of Directors and the meet officials, for injuries and/or expense incurred by me/us at the meet, or while on the road to and from the meet. I/we are bonafide amateur athlete(s) and eligible to compete in all events I/we have entered.

Signature of Club Official: \_\_\_\_\_ Position: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

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

Contact person regarding this entry: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Phone: \_\_\_\_\_

Entries along with the signed waiver and fees must be received by Friday October 9, 2009. Please make checks payable to "ASC" (Ashwaubenon Swim Club). See information sheet for entry limits and fee requirements. Deck entries will only be done as long as they don't result in additional heats. Fees will be refunded only if for unforeseen reasons this meet is cancelled. Mail all signed forms and fees to: Cara Steinhoff

1580 Carole Lane  
Green Bay, WI 54313