

**2010 Ashwaubenon Fall Meet**  
**Saturday October 23 and Sunday October 24, 2010**

SPONSORED BY: Ashwaubenon Swim Club (ASC)

SANCTION #: WI2010-317S  
Swimmers must be USA-S registered.  
USA-S Rules and Regulations prevail.

DATE: Saturday and Sunday, October 23 and 24, 2010

PLACE: Ashwaubenon High School  
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 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 session. 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  
E-mail to Cindy: [kacjvl@sbcglobal.net](mailto:kacjvl@sbcglobal.net)  
**SEND ENTRIES ON HY-TEK WITH A HARD COPY BACK-UP. E-MAIL ONLY IF HY-TEK DISK NOT AVAILABLE.**

DEADLINE: Entry forms, waiver, and check must be received by  
**Friday, October 8, 2010.**  
Checks should be made payable to:  
Ashwaubenon Swim Club

SCHEDULE:

**Saturday (10 and under AM; 11 and over PM)**

7:00-8:00 AM Warm-ups

7:50AM Timers meeting

8:05AM Meet begins (10 and under)

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

12:00PM (approx.) Afternoon session begin (11 & over)

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

**Sunday (combined session)**

7:00-8:00AM Warm-ups

7:50AM Timers meeting

8:05AM Meet begins

WARM-UPS:

First 20 minutes circle swim in all lanes

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

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

**Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.**

FACILITY:

Five (5) Lanes, 25 yard, 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

100yd Relays –swimmers 2 & 4 will start in the water – 3 ½ feet water depth

**The Competition Course has not been certified in accordance with USA Swimming’s Rule 104.2.2C(4).**

MEET FORMAT:

Meet will be pre-seeded. 8 & U report to Clerk of Course in the school hallway. All other swimmers report to the blocks prior to the event. 100yd Relays –swimmers 2 & 4 will start in the water – 3 ½ feet water depth. 500 Free will be swam fastest heat to slowest heat.

OFFICIALS: Judy Felts  
Beth Pless  
Jane Strebel  
Cindy Maltry  
John Garvey

AWARDS: Individual Events: Medals 1<sup>st</sup>-3<sup>rd</sup>, Ribbons 4<sup>th</sup>-16<sup>th</sup>  
Relays: 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 in the meet will receive a copy of the final results.

DISABLED SWIMMERS: Complete and submit with 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 Sheets

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 awards 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.**

**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.**

Girls	2010 ASC Fall Meet Sanction # Saturday October 23, 2010	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	2010 ASC Fall Meet Sanction # Sunday October 24, 2010	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

