

**2007 Ashwaubenon Fall Invitational
Saturday October 20 and Sunday October 21, 2007**

SPONSORED BY: Ashwaubenon Swim Club (ASC)

SANCTION #: 2007-134WI
Swimmers must be USA-S registered.
USA-S Rules and Regulations prevail.

DATE: Saturday and Sunday, October 20 and 21, 2007

PLACE: Ashwaubenon High School
2391 Ridge Road
Green Bay, WI 54304

MEET DIRECTORS: Jay & Cindy Van Laanen – (920) 498-0223

ENTRY FEES: \$2.00 per Swimmer “Splash Fee”
\$3.00 per Individual Event
\$10.00 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: ashswimclub@yahoo.com
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
Monday, October 8, 2007.
Checks should be made payable to:
Ashwaubenon Swim Club

SCHEDULE:

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

7:30-8:30 AM Warm-ups

8:30AM Timers meeting

8:40AM 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.

Sunday (combined session)

8:00-9:00AM Warm-ups

9:00AM Timers meeting

9:10AM 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.

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

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

OFFICIALS:

Maurice Pheil-head official

Brian Dyer

Beth Pless

Sharon Anderson

TBA-1

- AWARDS:** Individual Events: Medals 1st-3rd, Ribbons 4th-16th
Relays: Ribbons 1st-6th
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:** \$2.00 Adults (under 12 – no charge)
\$3.00 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.

Girls	2007 ASC Fall Invitational Sanction # Saturday October 20, 2007	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	2007 ASC Fall Invitational Sanction # Sunday October 21, 2007	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 200 Fly	76
77	11-12 100 Fly	78
79	10&U 100 Fly	80
81	Open 100 Breast	82
84	11-12 50 Breast	84
86	10&U 50 Breast	86
87	Open 100 IM	88
89	11-12 100 IM	90
91	10&U 100 IM	92
93	Open Mixed 200 Free Relay	
94	11-12 Mixed 200 Free Relay	
95	10&U Mixed 200 Free Relay	
	10 minutes warm up for 500 Free	
97	Open 500 Free	98

**Ashwaubenon Swim Club
2007 Fall Invitational Swim Meet
Saturday October 20 & Sunday October 21, 2007**

**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) @ \$2.00** \$ _____

_____ **INDIVIDUAL EVENTS @\$3.00** \$ _____

_____ **RELAY EVENTS @\$10.00** \$ _____

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 Monday October 8, 2007. 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**