

**CLINTONVILLE AREA SWIM TEAM
2009 GROUND HOG MEET**

DATE: January 30 & 31, 2009

SPONSORED BY: CLINTONVILLE AREA SWIM TEAM

LOCATION: CLINTONVILLE HIGH SCHOOL REC CENTER POOL
330 N. HARRIET STREET
CLINTONVILLE, WI 54929

SANCTION NUMBER: 2009-034WI
USA AND WISCONSIN LSC RULES APPLY

AGE DIVISION: Friday (Combined Age Group)
Sat. AM SESSON: 8 & U, 9-10
Sat. PM SESSON: 11-12, OPEN
AGE AS OF JANUARY 30 WILL DETERMINE
SWIMMERS CLASS

ENTRY FEES: \$3.00 PER SWIMMER SPLASH FEE
\$3.50 PER INDIVIDUAL EVENT
\$10.00 PER RELAY

ADMISSION: ADULTS \$3.00, UNDER 12 NO CHARGE
HEAT SHEETS, \$2.00 PER DAY

ENTRY INFORMATION: SWIMMERS ARE LIMITED TO **3 INDIVIDUAL EVENTS ON FRIDAY, 4 INDIVIDUAL EVENTS ON SATURDAY PLUS RELAYS FOR BOTH DAYS AND MUST BE USS REGISTERED WITH USA SWIMMING.** IF OPEN HEATS/LANES ARE AVAILABLE DECK SEEDING WILL BE PERMITTED AT \$5.00 PER INDIVIDUAL EVENT. **TEAMS ARE ENCOURAGED TO SUBMIT ENTRIES ON HYTECH BY DISK OR EMAIL. A PRINTED COPY OF YOUR ENTRIES MUST ALSO BE INCLUDED. SWIMMERS SHALL PROVIDE TIMERS FOR 500 & 1000 FREE.**

ENTRY CHAIR CHECKS SHOULD BE PAYABLE TO: **CLINTONVILLE AREA SWIM TEAM (CAST)** AND BE SENT WITH ENTRY FORMS TO:
LOIS GRAPER
E7621 HWY 22
BEAR CREEK, WI 54922
(E-MAIL to realgraper@frontiernet.net)

DEADLINE: ENTRY AND WAIVER FORMS MUST BE RECEIVED NO LATER THAN **JANUARY 21, 2009.**

DISABLED SWIMMERS: COACHES PLEASE INFORM MEET OFFICIALS OF DISABLED SWIMMER'S NEEDS.

FACILITY: EIGHT (8) LANE, 25 YARD, 7' LANE WIDTH, BACKSTROKE FLAGS, NON-TURBULENCE LANE DIVIDERS. STARTING DEPTH-6'8" ON EDGE, SLOPING DOWN TO 10' IN CENTER; TURN SIDE DEPTH-3'6", BLOCK HEIGHT-26". COLORADO TIMING SYSTEM WITH BACKUP STOP WATCHES (2 PER LANE). PLEASE BE ADVISED THAT DUE TO THE DEPTH OF THE NON-STARTING END OF THE POOL, THE 2ND AND 4TH LEG OF ALL 100-YARD/METER RELAYS WILL START IN THE WATER.

THE COMPETITION COURSE HAS NOT BEEN CERTIFIED IN ACCORDANCE WITH 104.2.2(C).

MEET DIRECTOR: MARY WETZEL
N2829 CTY RD Y
CLINTONVILLE, WI 54929
(715) 823-5800

TIME SCHEDULE: **FRIDAY (COMBINED SESSION)**
4:00-5:00PM WARM-UPS
4:45PM TIMERS MEETING
5:15PM MEET BEGINS
POSITIVE CHECK-IN FOR 500 FREE NO LATER THAN 30 MINUTES AFTER WARM-UPS BEGIN

SATURDAY (10 & UNDER AM: 11 & OVER PM)

7:00 – 8:00 AM WARM-UPS
7:45 AM TIMERS MEETING
8:15 AM MEET BEGINS
AFTERNOON WARM-UPS WILL NOT BEGIN BEFORE 11:00 AM AND WILL LAST 1 HOUR. 12:00 PM (APPROX.) AFTERNOON SESSION BEGINS. POSITIVE CHECK-IN FOR 1000 FREE NO LATER THAN 30 MINUTES AFTER WARM UPS BEGIN
SIT AND SLIDE ENTRIES FROM THE STARTING END OF THE POOL DURING GENERAL WARM-UPS WILL BE ENFORCED FOR ALL SANCTIONED/APPROVED COMPETITION.

EVENT STAGING: 8 & unders report to designated staging area. All other swimmers report to your blocks prior to your event. This is a pre seeded meet.

HEAD OFFICIAL: CINDY MALTRY

LOCKERS: WOMEN'S AND MEN'S LOCKERS ARE AVAILABLE. SWIMMERS ARE RESPONSIBLE FOR SECURING THEIR BELONGINGS. CLINTONVILLE AREA SWIM TEAM WILL NOT BE RESPONSIBLE FOR LOST ARTICLES. 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.

LOST & FOUND: LOCATED AT THE AWARDS TABLE DURING THE MEET. AFTER-WARD CALL MARY WETZEL AT (715) 823-5800.

FOOD: **DELICIOUS HOT AND COLD** FOODS WILL BE AVAILABLE FOR PURCHASE DURING THE MEET AND MUST BE EATEN IN THE CAFETERIA. **NO GLASS CONTAINERS** ALLOWED ON THE POOL DECK.

FIRST AID KIT: AVAILABLE DURING THE MEET IN POOL OFFICE.

CONDUCT: EACH CLUB IS RESPONSIBLE FOR THE CONDUCT OF ITS SWIMMERS. ANY PERSON WHO, IN THE OPINION OF THE MEET DIRECTOR OR MEET MARSHAL, IS HARMFUL TO OTHERS OR TO OTHER'S PROPERTY WILL BE REQUIRED TO LEAVE THE COMPETITION. PLEASE SIT IN THE DESIGNATED AREAS FOR TEAMS AND SPECTATORS. ALL SPECTATOR SEATING IS IN THE BLEACHERS ON THE EAST SIDE OF THE POOL DECK. ALL SWIMMERS MUST KEEP THEIR BAGS IN THE TEAM SEATING AREAS. IN ACCORDANCE WITH USA SWIMMING RULES, **NO SPECTATORS ARE ALLOWED ON THE POOL DECK.**

AWARDS:

RESULTS WILL BE POSTED IN THE LOBBY. 1st – 8th RIBBONS FOR INDIVIDUAL EVENTS, 1ST – 3RD RIBBONS FOR THE RELAYS. **ALL AWARDS MUST BE PICKED UP DURING THE MEET. WE WILL NO LONGER MAIL AWARDS TO PARTICIPATING TEAMS. PLEASE HAVE SOMEONE FROM YOUR TEAM PICKUP THE AWARDS AFTER THE LAST EVENT.**

FINAL RESULTS:

EACH TEAM IN THE MEET WILL RECEIVE A COPY OF THE FINAL RESULTS.

COACHES NOTE:

A USA SWIMMING COACH MUST BE ON DECK AT ALL TIMES WITH SWIMMERS. ALL TEAMS MUST KEEP THE POOL DECK AS CLEAN AS POSSIBLE. PER USS RULES AND STATE OF WISCONSIN- NO SMOKING IS ALLOWED ON THE PREMISES. THANK YOU!

CLINTONVILLE AREA SWIM TEAM WAIVER

Official Entry Form- all meet and relay entry forms must be submitted with this waiver.

Name of Club: _____ USS Club Code: _____

Number of:

_____ Swimmers (splash fee) @ \$3.00 \$ _____

_____ Individual Events @ \$3.50 \$ _____

_____ Relay Events @ \$10.00 \$ _____

Subtract reservation already paid - \$ _____

Make Check payable to CAST TOTAL \$ _____

IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY. I/WE HEREBY, FOR MYSELF, OURSELVES, MY/OUR HEIRS, ADMINISTRATORS, AND ASSIGNS, WAIVE AND RELEASE ANY AND ALL CLAIMS AGAINST USA SWIMMING. THE WISCONSIN ASSOCIATION OF THE USA, THE CITY OF CLINTONVILLE, CLINTONVILLE PUBLIC SCHOOL DISTRICT, THE CLINTONVILLE AREA SWIM TEAM AND THEIR STAFF FOR INJURIES AND/OR EXPENSES INCURRED BY ME/US AT THE MEET, OR WHILE ON THE ROAD TO AND FROM THE MEET. I/WE ARE BONAFIDE AMATEUR ATHLETES AND ELIGIBLE TO COMPETE IN ALL THE EVENTS I/WE HAVE ENTERED.

Signature of Club Official: _____ Position: _____

Address: _____ City _____

State: _____ Zip: _____ Phone: _____

Name of Coach(s): _____

Contact person regarding this Entry: _____

Email: _____ Phone: _____

Deadline for Entries: January 21, 2009

Make checks payable to: Clintonville Area Swim Team (CAST)

Mail Entries to: Clintonville Area Swim Team (CAST)

C/O Lois Graper
E7621 HWY 22
Bear Creek, WI 54922

**Clintonville Area Swim Team - 2009 Ground Hog Meet
Friday, January 30, 2009 - ORDER OF EVENTS
COMBINED SESSION**

**WARM-UPS 4:00 PM MEET STARTS AT 5:15 PM
FRIDAY EVENING EVENTS**

<u>GIRLS</u>		<u>BOYS</u>
1	OPEN 400 FREE RELAY	2
3	12 & U 400 FREE RELAY	4
5	OPEN 200 FLY	6
7	12 & UNDER 100 FLY	8
9	OPEN 200 BREAST	10
11	12 & UNDER 100 BREAST	12
13	OPEN 400 MEDLEY RELAY	14
15	12 & UNDER 400 MEDLEY RELAY	16
17	OPEN 400 IM	18
19	12 & UNDER 200 IM	20
*****10 MINUTE IN WATER BREAK*****		
21	OPEN 500 FREE	22

**Saturday, January 31, 2009 - ORDER OF EVENTS
WARM-UPS 7:00AM MEET STARTS AT 8:15AM
SATURDAY MORNING EVENTS**

<u>GIRLS</u>		<u>BOYS</u>
23	8 & UNDER 100 MEDLEY RELAY	24
25	10 & UNDER 200 MEDLEY RELAY	26
27	8 & UNDER 25 FREE	28
29	9-10 50 FREE	30
31	8 & UNDER 100 IM	32
33	9-10 100 IM	34
35	8 & UNDER 25 FLY	36
37	9-10 50 FLY	38
39	8 & Under 25 BACK	40
41	9 & 10 50 BACK	42
43	8 & UNDER 25 BREAST	44
45	9 & 10 50 BREAST	46
47	8 & UNDER 50 FREE	48
49	9 & 10 200 FREE	50
51	8 & UNDER 100 FREE RELAY	52
53	10 & UNDER 200 FREE RELAY	54
*****10 MINUTE IN WATER BREAK*****		
55	OPEN 1000 FREE	56

AFTERNOON SESSION
WARM-UPS AFTER MORNING SESSION ENDS (NOT BEFORE 11:00AM)
SATURDAY AFTERNOON EVENTS

<u>GIRLS</u>		<u>BOYS</u>
57	11 & 12 200 MEDLEY RELAY	58
59	OPEN 200 MEDLEY RELAY	60
61	11 & 12 50 FREE	62
63	13&14 50 FREE	64
65	OPEN 100 FREE	66
67	11&12 100 IM	68
69	13&14 100 IM	70
71	OPEN 200 IM	72
73	11&12 50 FLY	74
75	OPEN 100 FLY	76
77	11&12 50 BACK	78
79	OPEN 100 BACK	80
81	11&12 50 BREAST	82
83	OPEN 100 BREAST	84
85	11&12 100 FREE	86
87	OPEN 200 FREE	88
89	11&12 200 FREE RELAY	90
91	OPEN 200 FREE RELAY	92